



October 2006 Newsletter

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Dear Polly and Linda,

Thanks for subscribing to the newsletter. My goal is for each issue to have something meaningful to suggestions. With Appreciation, Marilyn

Perspective

One of the books I read recently is *The Five Love Languages: How to Express Heartfelt Commitment*. It does a wonderful job of explaining that we have differing ways in which we experience love and caring. It teaches the communicator of love whether we are trying to express love to our significant other, a friend or colleague. It even has a section on Loving the Unlovely that can create miraculous possibilities in the most difficult situations. It helps you understand how you receive love and use this knowledge to request (not demand) expressions of love. It stays full and in turn do this for others. Chapman's five love languages include: words of affirmation, acts of service and physical touch.

Resources

- Spreading ripples of kindness, compassion. . . www.therippleproject.org
- Developing emotional intelligence in young people www.masterfulkids.com
- Exploring the frontiers of consciousness to advance individual, social, and global transformation
- Fostering Dialogue Across Divides: A Nuts and Bolts Guide from the Public Conversation Project [conversations.org](http://www.conversations.org)
- Freeing yourself from junk mail www.newdream.org/junkmail

Facilitation Tip

It can be useful to be aware that our culture trains us to come at life with a simplistic either/or perspective. The complexities all around us. We can retrain ourselves to honor life's complexities by embracing a both/and perspective with this by responding with a yes/and statement when we are pulled to respond by discounting something. It is grounded in the reality that being open to other perspectives doesn't mean we are giving up our perspective.

and even embrace other perspectives that initially appear to be contradictory to ours, we broaden our understanding of life from a variety of perspectives. It also nurtures trust and respect in our relationships with others.

Favorite Activities- Appreciations

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Appreciate, appreciate, appreciate appreciate yourself and others frequently in multiple ways. Build a habit of appreciating others so they can become and praise them every step of the way. There are numerous ways to do this such as during group gatherings or meetings with appreciations, set up appreciation bags for people to put notes in, design appreciation cards, or have everyone else send them appreciations in all forms (verbal, email, cards, singing telegrams, you name it).

Other Methods include:

**Appreciation Mingle:** Have participants mingle around with the purpose of giving every person one compliment and a thumbs up.

**Appreciation Sheets:** Have each person put their name on the top of a piece of paper and decorate it. Then have everyone in the group write an admirable trait or quality on each person's sheet to express what they appreciate about them. Everyone sit in a circle and read off their own sheets by starting with "I am" and then reading each person's sheet. In the process this activity you can cover a number of possible topics. Self esteem, need for approval, fear of rejection, and acknowledgement are examples.

**Touch Someone Activity** The quintessential way to do group appreciations. See [www.marilynlevin.com](http://www.marilynlevin.com) for activity description. Go forth and use it for good!

*Strengthening your skills in the art of appreciation and acknowledgement is one of the most powerful ways to bring about a transformation. We will almost always have more success when we praise, acknowledge, encourage and support others rather than criticizing or admonishing them for their shortcomings.*

### **Quotes**

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The sharing of joy, whether physical, emotional, psychic or intellectual, forms a bridge between the hearts of those who understand much of what is not shared between them, and thus lessens the threat of their differences.

One cannot deny the humanity of another without diminishing one's own. — James Baldwin

I don't know what your destiny will be, but one thing I know; the only ones among you who will be great in the world are those who have sought and found how to serve. — Dr. Albert Schweitzer

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