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# October 2007 Newsletter

From Marilyn Levin Consulting

Igniting \* Passion \* Power \* and \* Possibility

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As you read this - are you creating a life you LOVE?
If not, use this newsletter to move you forward in some powerful way.
If so, go celebrate!!

I'm celebrating putting the finishing touches on my new book. I've already begun offering keynotes and workshops related to it.

NEW KEYNOTE/WORKSHOP OFFERING

*Using the Law of Attraction to Create a World that Works for Everyone -

What if you realized that you really did have the power to create the world you wish for in your dreams? This session will blow the roof off of what is possible and take it into orbit! It will show you how to create a life you love AND the world you wish for - with power and velocity; creating more joy and fulfillment in your life than you thought possible.

MORE on booking and workshops www.marilynlevin.com

Perspective

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I watched a GREAT movie recently - Peaceful Warrior. It has one powerful message after another. My favorite part involves the main character struggling with his alter ego. In this gripping scene, he has the epiphany that the only way to survive is to let go of the part of himself that is out to get him.

Just like this character, we all have ways in which we sabotage ourselves. What are the ways you give yourself a hard time? How do you interfere with your well-being? Are you in an abusive relationship - with yourself?

Most of us are, at least in some aspects of how we see or treat ourselves. Take a good look at how you talk to yourself and treat yourself. If someone else talked to you that way or treated you that way, you wouldn't stand for it. Don't take that from yourself anymore!!

Demand a loving, compassionate and respectful relationship with yourself. As you grow in self-love, you are more and more able to share love with others. The world could use a little more love, right now.

## Collaboration Activity

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Stand facing a partner and clasp hands together by interlocking your fingers. One person should attempt to safely move the other persons arms in any way they like for about twenty seconds. Have the other person physically resist the movements. Switch roles.

This represents RESISTANCE.

Next, maintaining the same position (facing partner with hands clasped) take turns trying to move each other's arms again. This time don't resist and allow your partner to move your arms in any way they like. Switch roles.

This represents COOPERATION.

Finally, maintain the same position and move together with no one leading or resisting. Co-create movement that feels good to both of you.

This represents COLLABORATION.

The point of the activity is to go beyond cooperation to collaboration, where all parties feel invested and in control. The synergy that can come from this mutually beneficial co-creation can be magical and rewarding for everyone involved.

Quotes

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"Ultimate vulnerability is the only true courage." Peaceful Warrior

"Heaven is where you'll be when you are okay right where you are." Sun Ra  
And, I believe that heaven is where you'll be when you are okay with WHO you are.

"As human beings, our greatness lies not so much in being able to remake the world - as in being able to remake ourselves." Mohandas Gandhi

"Hatred is never ended by hatred; hatred is ended only by non-hatred. This is the law, ancient and inexhaustible." The Buddha

**Recommended Reading**

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Acts of Faith: Daily Meditations for People of Color by Iyanla Vanzant

The Voice of Knowledge by Don Miguel Ruiz

The Key: The Missing Secret for Attracting Anything You Want by Joe Vitale

*Lessons from the Road: Inspirational Insights by Leading Speakers in Education, (Marilyn Levin, Contributing Author)

Quick Links...

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- [http://oneminuteshift.com/videos/eleven\\_percent](http://oneminuteshift.com/videos/eleven_percent)
- <http://clicks.aweber.com/y/ct/?l=IZLH4&m=1fxse8B1u0rcB5&b=eHSWQadXBsZ78gcNQY0FVw>
- [www.catalysthealthysolutions.com](http://www.catalysthealthysolutions.com)
- [www.diverseandresilient.org](http://www.diverseandresilient.org)
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MORE on Marilyn [www.marilynlevin.com](http://www.marilynlevin.com)

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