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# October 2008 Newsletter

From Marilyn Levin Consulting



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

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Open to the Public chance to catch Marilyn in action on October 25th, in Austin, Texas www.remarkableconferences.com.

Let's help each other get connected!! Send me contact info of people you know would want to be connected to me (especially in Austin, Texas where I now live) and let me know how I can help you get connected in some way.

The kidney transplant was a resounding success!! Thanks to everyone who contributed well wishes, prayers, money and support!! www.kidney4thomas.com

I'm now on YouTube. Check it out here - www.marilynlevin.com

Empowering Yourself

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As we face the troubles in the economy, the divisiveness in society and our overly busy lives, many of us are looking for help in handling the challenges we experience in our daily lives.

Here is a sample of what works for me:

**1) Don't ingest too much of anything that brings you down.** For example I recently got hooked into watching TV coverage of the election and economy after over a year of not watching. Trust me, it is much easier to stay positive and hopeful when you are not hooked into the trauma drama of mainstream media. Remember media is trying to make money and sensationalism sells.

**2) Care for yourself well.** If you are not getting enough sleep, eating all of the wrong things, not getting adequate exercise, not taking time to meditate or reflect and filling your life with way more to do that you can possible manage, your setting yourself up to be vulnerable to all of life's stressors.

**3) Be Grateful.** Even if my financial life fell apart and I went bankrupt I would be better off than at least half of the worlds population that lives on less than \$2 per day. And I have my health and people who love me and passion for my life's work. I am truly blessed. I make it a practice to be so aware of the blessings in my life that I cry for joy most days.

**4) Do your inner work.** There are a plethora of possibilities for examining what interferes with you being your very best. Choose your methods and make a long term commitment. This is the most powerful way to empower yourself in all areas of life. A few of my favorites - A New Earth by Eckhart Tolle, Landmark Education and Unity Church.

## Perspective Activity

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Hold your hand as high in the air as you can with your index finger pointed at the ceiling and draw a clockwise circle with your finger in the air. Now continue drawing this clockwise circle in the air with your finger pointed up toward the ceiling and slowly bring your hand down to the point where you are circling at the level of your stomach (note that your finger is still pointing towards the ceiling). Look down and notice that the circle that started out going clockwise is now going counter clockwise.

So what happened? It appears that the circle's direction reversed itself but this is not the case. The only thing that altered was that your perspective on your finger shifted. You began by looking up your finger and you ended by looking down at your finger. This activity demonstrates the power of perspective and points to the fact that there is not ONE reality - only perspectives on reality.

In a rigid view of reality, you constrain yourself by deciding that your perspectives are the only valid ones. Failing to embrace multiple ways of knowing and being limits your access to a broad range of wisdom. This inhibits you from using the wisdom of all cultures as tools to address the challenges of our time. When you learn to embrace what can seem to be mutually exclusive beliefs and practices, you gain insights that help you see the deeper levels of congruence that exists between different ways of being. You grasp that being open to other's perspectives does not require you to give up your perspective. It shifts you from experiencing life as an either/or dilemma and opens you up to embracing a both/and, or all of the above, existence.

Quotes

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"Worry is the vampire that drains life of its force. Worry stagnates the mind, creates an imbalance in the immune system. . . impairs the ability to see beyond the thing being worried about." Iyanla Vanzant

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." Barak Obama

"Practice hope. As hopefulness becomes a habit, you can achieve a permanently happy spirit." Norman Vincent Peale

### Recommended Reading/Watching

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One Minute Shift Videos www.oneminuteshift.com

The Little Book of Justice and Peacebuilding Series www.mennonitechurch.ca

Quick Links...

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National Coalition for Dialogue and Deliberation [www.thataway.org](http://www.thataway.org)

America Speaks [www.americaspeaks.org](http://www.americaspeaks.org)

Everday Democracy [www.everyday-democracy.org](http://www.everyday-democracy.org)

Check out the beginnings of the website for my new book, *The Secret For Humanity*, [www.secretforhumanity.com](http://www.secretforhumanity.com).

The highest compliment you can pay me is forwarding this to others who might appreciate it. Thanks for spreading the word! Use the Forward email link below. For more on Marilyn, see [www.marilynlevin.com](http://www.marilynlevin.com)

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