

You are receiving this email from Marilyn Levin Consulting per request. To ensure that you continue to receive emails from us, add marilyn@marilynlevin.com to your address book today. If you haven't done so already, click to [confirm](#) your interest in receiving email campaigns from us. You can always unsubscribe by clicking the "unsubscribe" hyperlink. To update your own contact information, follow the link at the bottom of the newsletter, entitled "Update Profile/Email Address" To no longer receive our emails, click to [unsubscribe](#).



September 2006 Newsletter

Please forward to interested others!

Dear Polly and Linda,

UPDATE After 12 wonderful years in the La Crosse area, Marilyn has moved to Madison to accommodate an expanded travel schedule. She will maintain deep personal and professional connections to the amazing people in the Coulee Region she has come to know and love. See below for contact information.

New Offering Empowering Non Profits- Marilyn has developed a series of half day workshops for non-profit staff that can transform the workplace culture. The workshop explores the cultural conditioning the inhibits people's capacity to thrive in work and in life. The series then addresses these barriers through skills development in self awareness, conflict transformation, interpersonal effectiveness, the are of inspiring others and more.

PLUS- Check out other new workshop and new resources at www.marilynlevin.com

PERSPECTIVE I am currently reading a Love & Logic book *From Innocence to Entitlement* by Fay & Billings. The purpose of this book is to help parents raise happy, productive children but I am finding it amazingly useful in raising myself. The book explores how our culture of entitlement is sabotaging our ability to enjoy life and develop our capacity. It gives specific advice on how to transform an entitled perspective into one of gratitude and responsibility. Fay & Billings explain that "Entitlement cripples our ability to be grateful. Combined with the fear that accompanies it, entitlement limits us from seeing anything but scarcity, lack, frustration and disappointment." If these qualities are more present in your life than you would like them to be- check out the book. Two steps to take right away - create and cultivate appreciation practices in your daily life and retrain yourself to see life's challenges as exciting opportunities to prove your character and expand your capacity.

RESOURCES

Transformation and cool activities - www.wilderdom.com
Conflict Transformation - www.sfcg.org
Effective Parenting and Teaching - www.loveandlogic.com
Nurturing Gratefulness - www.gratefulness.org

End Genocide - www.save.darfur.org
Giving While You Surf the Net - www.goodsearch.com

BOOKS

From Innocence to Entitlement - Fay & Billings
The Soul of Money - Lynne Twist
The Cultural Creatives - Ray and Anderson
Peace is the Way - Chopra

QUOTES

"It is never too late to be what you might have been." -- George Eliot
"Above all we must realize that each of us makes a difference with our lives. Each of us impacts the world around us every single day. We have a choice to use the gift of our life to make the world a better place - or not to bother." -Jane Goodall

FAVORITE ACTIVITY- Trust in Your Untapped Capacity Tie a 1/2 inch washer to a foot long string. Hold the string out in front of you level with your forehead. Now focus on the washer with your eyes and see if you can get the washer to move side to side while keeping your hand as still as possible. Once you've succeeded at this, try making the washer move front to back, clockwise in a circle, or counter clockwise. This activity is our reminder that we have amazing capacities we are not yet aware of. (Adapted from Activities that Teach by Tom Jackson - Mind Power)

FACILITATION TIP When you are working with people on areas where they fall short of their capacity, hold out a vision of their fabulousness for them. Have compassion for the ways in which people are culturally conditioned to be less than their best selves. AND, be courageous in empowering participants to reclaim the best of who they are. Remind them of their capacity to become the heroes and sheroes we need in the world today. Reassure them that even if they have lost touch with their integrity, their courage, their compassion, their power or their hope - that they still possess all of these qualities. They simply need to reconnect to those parts of who they are and nurture them back to full expression.

New Contact Information

Marilyn Levin, MSW, CAPSW
1201 S. Midvale Blvd, Apt C
Madison WI 53711
home- 608.288.7823
fax- 608.288.7824
marilyn@marilynlevin.com

[Link to Marilyn's Website](#)

Join our mailing list!

marilyn@marilynlevin.com

[Forward email](#)

✉ [SafeUnsubscribe™](#)

This email was sent to pollyn@austin.rr.com, by marilyn@marilynlevin.com

Powered by

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Marilyn Levin Consulting | 1201 S. Midvale Blvd. | Madison | WI | 53711