

The AUTHENTIC NEWS

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Your Essence In Action

Fall 2007



Celebrate Life!

The only way to live is to accept each minute as an unrepeatabe miracle, which is exactly what it is: a miracle and unrepeatabe. ~ Storm Jameson

On September 27th, ALC will present an evening seminar, Celebrate Life, based on the inspiring and moving film, **Celebrate What's Right with the World™** by world famous National Geographic photographer, Dewitt Jones. Celebrating our lives and recognizing what is right in ourselves and the world is a basic tenant at ALC. When we celebrate our lives, we make a conscious choice about who we are and what our lives mean to us. We choose to value our journeys and what we have experienced and learned. We believe that we are always at choice in our thoughts and how we act on them. Strengthening this awareness of choice creates new options and possibilities, and increases optimism

and hope in our lives.

Celebrating the good things in life isn't always easy, and it may require a resetting of or re-evaluating our filter - the filter that we use to screen in and out information and data. Since this filter helps form the basis of how we perceive life, as we begin to examine this filter with awareness, we can change our experience. This doesn't mean denying the things that are challenging or wrong in the world, but it is about also seeing what is right and where new paths and solutions may be. Recognizing options and opportunities requires that we expand our filters and challenge our perceptions.

Celebrating what is right opens a direct channel in us for gratitude and appreciation. As we practice gratitude and appreciation, they feed back and create more ability for seeing and celebrating what is right. It is a wonderful and fully integrated feedback loop and one that enriches our lives. As many of us have learned as we have grown and undergone change, that what we "feed" ourselves has great impact on our well being. Just as with any discussion of good nutrition, the care and feeding of our emotional and spiritual selves requires information, intention, and commitment. Celebrating life and seeing the abundance, possibilities, and goodness around us is a sound and productive way to continue to nurture ourselves. One of the greatest challenges we have seen at ALC , is the need to learn to nurture ourselves lovingly, respectfully, and with kindness.

Our creativity, passion, productivity, connections are all a function of how we choose to look at the world. As we expand and enrich our visions, we change the world. Join us in celebrating life, experiencing what is right with the world, and celebrating who we are.

Quick Notes

Seminar: Celebrate Life!

ALC brings a wonderful evening with an award winning film and thoughtful, uplifting exercises.

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Workshop: Compassionate Communication

Lou Zweier returns in December with a new format for those just beginning or more experienced with NVC.

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Upcoming ALC Seminars and Workshops

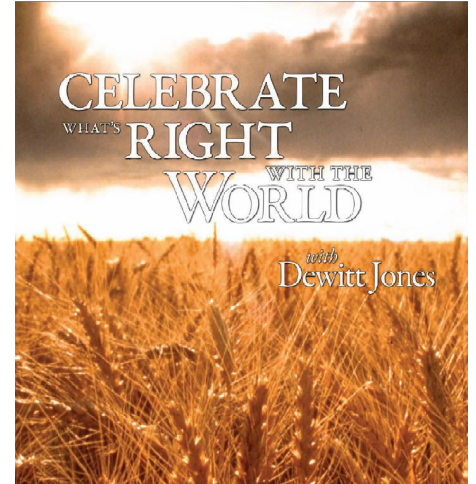
Celebrate Life!

September 27th

Please join us at ALC for an evening of celebration. We will be showing the award winning DVD, ***Celebrate What's Right With the World*** by noted National Geographic photographer, Dewitt Jones. We will be following the presentation with discussion and activities around celebrating our lives and our world.

Celebrate What's Right With The World teaches what a powerful force having a vision of possibilities can be for you. Do you have a vision for your organization? More importantly, do you have one for yourself? One that gets you excited every morning and keeps you open to possibilities? Stunning photography and powerful dialogue also help us see how we can approach our lives with celebration, confidence and grace.

This wonderful seminar will be on Thursday evening, September 27th. The cost for the evening is \$15 per person.



Compassionate Communication - Nov 30, Dec 1 & 2

Friday Evening, 6:00 - 9:00 pm, Saturday, 9:00 am - 5:00 pm, and Sunday, 10:00 am - 2:00 pm

Lou Zweier returns to facilitate a new format for a very successful workshop called Compassionate Communication, based on the principles of Non-Violent Communication™ (NVC). It is now designed to accommodate people new to Compassionate Communication as well as those who already have some experience with this material, or who have experience with NVC. Those interested can choose the days that best suit their goals and experience. Here's how the days lay out:

Friday evening – Introduction to Compassionate Communication

An introduction to the basic principles and concepts of Non-Violent Communication. 6:00 – 9:00 pm. Tuition: **\$25**

Saturday - Deepening Skills with Compassionate Communication

Learning and practicing how to deepen empathy, say “No” and hear “No”, express and receive anger, and transform judgments. 9:00 am – 4:00 pm. Tuition: **\$85**

Sunday - Communication Skills Practice

Attendees work on their own real life situations from workplace, relationships, parenting, etc. and watch others practice as well. 10:00 am – 2:00 pm. Tuition: **\$35**

If you're new to NVC or want a refresher on the concepts, you should attend Friday night. If you wish to deepen what you have learned, you should attend Saturday. If you want more extensive practice and to witness others work, then you should attend Sunday. There are many combinations possible, depending on your needs and knowledge level.



Lou Zweier

Compassionate Communication utilizes the principles of ***Non-Violent Communication***™ to create understanding and compassion for self and others. Honest expression of needs and empathetic listening to the feelings and needs of others creates a connection between people from which solutions flow more easily.

Lou Zweier has been a student and practitioner of Non-Violent Communication since 1995 and has taught communication skills to adults in a variety of settings since 2002. He has also presented at regional and national educational technology conferences on communication skills and conflict resolution. Mr. Zweier has been married for 25 years and has two teenage children.

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The Authentic News is a quarterly publication produced by The Authentic Leadership Center, LLC. If you have any questions or wish to submit content for possible publication in the newsletter, please contact us by mail or email:

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THE LAW OF ATTRACTION

By Jerry and Esther Hicks

Once I got over my resistance to the notion of "channeling", and was open to the experiences that the authors recount in *The Law of Attraction*, I found the book to be succinctly consistent with my more ethereal beliefs around spirit, and connection to the abundance of the universe; and they do this from a profound, even scientific position.

They posit that our "Inner Being" is much larger, and more permanent than the "Physical Being" we've chosen to inhabit for this lifetime on Earth, and that only a portion of our Inner Being resides in the Physical. They say that if we "feel good", then we are doing or thinking that which is consistent with our Inner Being's Intention. When we are stepping in a direction that is inconsistent with our Intention, our emotions will feel "bad". Also, the focus and intention of our thoughts resonate at a vibrancy that attracts similar vibrations (*The Law of Attraction*). Hence, we can attract the power and intent that is abundant in the Universe, which aligns with (vibrates) our Intention.

When focused on our Intention, thinking of only the things we want to attract into our lives, then we will tap into the abundance of the universe that is aligned with like/similar Intention. Likewise, when we focus on that which we do not want (sickness, poverty, pain) we will attract these things into our experience. They suggest being observers, and collectors of "life experiences". So if we see someone who is wealthy and mean, collect only the wealthy portion of that experience (if wealth is what I seek).

They suggest an exercise called "The Creative Workshop" as a Daily Practice. This is a way, as I "collect life experiences", to bring them into focus in an intentional way, and it takes about 15 minutes. First, I get comfortable, and try to "get happy". Then, I call forth the "positive life experiences" I've encountered, focus on them, and infuse them into my future. They say that I will then attract those experiences to me. Part of it is my own experience of myself. If I view myself differently, I will change. Part of the experience is also how others view me. So, as I move forward, I want to focus on those who view me in a positive way, and release (or not focus on) those who may view me negatively.

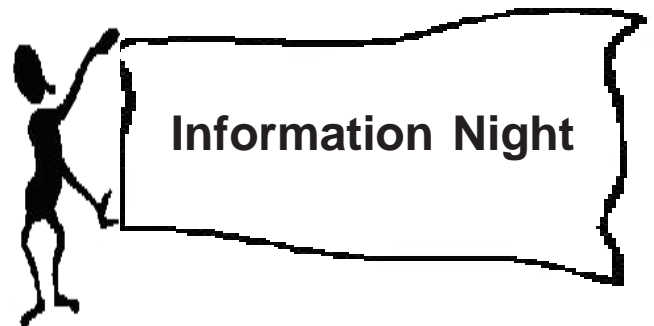
The challenge for me has been to practice focusing on that which I love in others, and myself, and releasing (not focusing on) that which I don't. I have found that this practice allows me to "soften" the "negative life experiences" I encounter in people and situations, and thus makes my life more peaceful and harmonious, which is something I seek.

Take a deep breath. Try setting aside a few times a day to just breathe. Turn off the television, radio, cell phone, etc., and let yourself breathe in and out slowly and deeply. See if you can make your stomach rise and fall. Exhale deeper than you inhale.

Turn your world upside down. As anyone who does yoga will tell you, combining your breath with movement can help foster a sense of peace. Even if you can't get to a yoga workout, try lying on your back with your legs up against the wall. This position combats the effects of gravity on your circulatory system.

Show up. People with strong social connections tend to experience less stress and depression than those who are more isolated. Join a support group. Share your feelings. Putting feelings into words helps reduce stress.

Make an "I Did it" List. Foster a sense of control by writing down and recalling things you have handled successfully. Before going to sleep, list three things you did that day that you are proud of. Then, when you're feeling stressed out and unsure of whether or not you can handle something, go back and read what you have already accomplished.



Leading from the Center, our flagship training, is based on the conviction that your outward expression of yourself, and your attitude towards your life, your work and your relationships, is a direct reflection of your internal landscape - your awareness, understanding and acceptance of yourself and others.

Join us Monday evening, **November 26th** from 7:00 to 9:00 pm, for an informal evening designed to answer your questions and help you determine if **Leading from the Center** is for you!



Master Calendar of Events

Living Authentically (Thursdays, 6:30 - 9:00 pm \$15/person, \$25/couple)

Sep 13 th Process Night	Sept 20 th Money
Oct 11 th The Power of Thought	Oct 25 th Stress - Self Care
Nov 1 st Saying NO, Saying YES	Nov 15 th What? Me Defensive?
Nov 29 th Process Nigh	Dec 13 th Growing Old, Growing Young
Dec 20 th The Gap	Dec 27 th Year End Party!

Seminar

Sept 27th *Celebrate Life!* 6:30 - 9:00 pm \$15/person

Leading From the Center (two session, 8-Day training)

Celebrations 5:30 pm on Sunday of each session

	Session 1	&	Session 2
Fall '07	Oct 19 - 21		Nov 7 - 11
Winter '08	Feb 1- 3		Feb 20 - 24
Spring '08	Apr 18 - 20		Apr 30 - May 4
Summer '08	July 25 - 27		Aug 13 - 17

Workshops

Nov 30-Dec 1&2 - **Compassionate Communication** - Fri evening, Sat & Sun
 Jan 9-13, 2008 - **Going Deeper** - Advanced Workshop - Wed evening - Sun

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