

# The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

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Your Essence In Action

Summer 2006

## Diving Deep



***Be not the slave of your own past - plunge into the sublime seas, dive deep, and swim far, so you shall come back with self-respect, with new power, with an advanced experience, that shall explain and overlook the old.***

*Ralph Waldo Emerson*

I wonder what people thought or felt in the mid-1800's when they read this. I'm imagining it didn't have the same impact or meaning then as it seems to now. Maybe people thought it was really about swimming!

This was a quote that was on my calendar one day. I was struck by how it seemed to describe our training, ***Leading from the Center***, and our newest training, ***Going Deeper***. I was even more surprised to see that it was from someone who lived from 1803-1882, and not from a more current writer or philosopher. I also felt extremely grateful that the opportunity is here today, in our time, to do what Mr. Emerson spoke of, that it can be a reality and not "just a profound quote."

I would imagine that those of you who have already completed *Leading from the Center* or *Going Deeper* understand or have your own opinion of what this quote is speaking to. For me, it is a reminder that I can and have been a slave to my own past. I often made meaning about things or made decisions about who I am that are not necessarily true and basically, held myself captive. And for whatever reason or time in my life, I jumped into the sea... regardless of how deep and scary it seemed... and swam far out and faced those past hurts. And by doing that, I uncovered what was really true about me. And when I made that discovery, there was such a feeling of respect, deep self-respect, for where I had been and how I had changed, I did feel powerful. And with that new strength and faith in myself, my life began to change and unfold. Now, the good news is that I wasn't swimming alone or without a life preserver, which made the journey less scary.

So if this quote strikes a chord somewhere in your own deep sublime sea, and you would like to unfold it for yourself, you can have that opportunity. Come to *Living Authentically* to get a small taste of what we're about, visit our website, attend one of our Information Nights or call one of the Management Team and one of us will be happy to answer any and all of your questions. Or, possibly consider *Going Deeper* for those of you who are past graduates. Whether you are ready to jump in over your head or just wade for a while, it will be just right for you. ***~Maril Cardwell***

### Quick Notes

#### Celebrations

Join us in celebrating the August 2006 *Leading from the Center* participants @ 5:30 pm, Sundays, August 6<sup>th</sup> and 27<sup>th</sup>

#### "The Work" of Byron Katie

Bonny Mathe-Helms leads this introductory workshop using a unique form of inquiry that gets to the heart of change. ***Details pg. 2***

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## Upcoming ALC Workshops and Seminars

### **Bring Compassion to You, Your Story and The World Around You: A Workshop on The Work of Byron Katie**

**Friday Evening, September 22, 2006, 6:00 - 9:00 pm and Saturday, September 23, 9:00 am - 5:00 pm**

"...There is no story that is you or that leads to you. Every story leads away from you....You are what exists before all stories. You are what remains when the story is understood."  
~Byron Katie

Bonny Mathe Helms will be facilitating this one and a half day workshop on The Work of Byron Katie. Bonny says, "The Work of Byron Katie is profound yet simple, and a powerful way to deal with our painful thoughts. It can be learned quickly and can change your life forever."

"The Work" is a process of self-inquiry that points you in the direction of realizing your sweet, innocent Self. It is simply four questions and a process called 'the turnaround'. This unique way of questioning cuts through the story of "you" as seen through the lens of your core beliefs. It cuts through the harsh judgments you have of yourself and others.



Bonny Mathe-Helms

In this workshop, you will learn and practice The Work. You will leave this workshop with more of your Self, more freedom in your relationships, and more joy in your life. AND, you will have the tools to continue the journey.

Bonny Mathe Helms, LMFT, graduated from The School for The Work, taught by Byron Katie in October, 2004. She has been giving wonderfully well-received seminars and workshops about The Work ever since. Ms. Mathe-Helms has a private psychotherapy practice in Sacramento and is a Coach for ALC's *Leading From The Center*.

The workshop fee is \$100 per person or \$160 per couple. You can find a registration form on our website.

### **September 28<sup>th</sup> Seminar: Exploring your Creative and Intuitive Expression**

**Thursday evening, 6:30 - 9:00 - \$15 per person or \$25 per couple**

Alicia Stammer will facilitate a journey into your own creative source. She will help you examine in many different ways...



Alicia Stammer

- **Where do your creative impulses come from and how do you use creativity in your life?**
- **How can you embrace your creativity?**
- **How can you trust your intuition?**
- **How do you tap into intuitive ways of knowing?**

You are invited to step inside your own creativity and intuition through an evening of inquiry, experience, and discovery. You'll have the opportunity to connect with the creative and intuitive aspects of yourself and discover ways to connect with these aspects more deeply and with more intentionality.

Alicia is an organization development consultant with experience as a vice president and internal consultant for an international non-profit organization. She grew up surrounded by creativity and art and continues to do artwork, write poetry, make jewelry and many other expressions of creativity. Alicia is continually seeking new ways to incorporate creativity and intuition into business settings and encouraging others to embrace these aspects in themselves.

#### **The AUTHENTIC NEWS** *Newsletter of the Authentic Leadership Center*

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 Wisdom of a Young Man

Mattie J.T. Stepanek (1990-2004) was a reflective and wise young man. Through seven amazing books of poetry, he shared with the world his spirit, insights, hopes and dreams. He addresses issues of life and death, peace and war, hope and despair. He had a rare form of muscular dystrophy, Dysautonomic Mitochondrial Myopathy. His courage and love of life is inspiring and challenges the world to embrace peace and connection with each other. Jimmy Carter, Oprah, and Maya Angelou are among the many people who have been profoundly touched through Mattie's words and actions. His poetry inspires young people to realize that their voices can make a difference in the world. Adults can connect with their children and other young people by reading Mattie's poetry together.

**What matters to Mattie:** "Praying and playing, and celebrating life every day in some way."

**Mattie's motto:** "Think gently, speak gently, live gently."

**Mattie's philosophy:** "Remember to play after every storm."

**How Mattie wants to be remembered:** As a "Poet, Peacemaker, and Philosopher Who Played"

His books are entitled: *Just Peace; Reflections of a Peacemaker; Heartsongs; Journey Through Heartsongs; Hope Through Heartsongs; Celebrate Through Heartsongs; and Loving Through Heartsongs.*

You can learn more about Mattie from his website, [www.mattieonline.com/about.htm](http://www.mattieonline.com/about.htm).

**Practice Kindness** - Look for opportunities to make someone feel happy: sweep the sidewalk in front of your neighbor's house, give up your seat on a bus to an elderly person, bring food to the homeless.

**Being Nice is Good for You** - Researchers have discovered that selfless, altruistic service not only promotes love, peace and understanding but also produces natural killer cells that protect you from infection.

**Make a Joy List** - This gives you scheduled time to focus on joy. This is so incredibly simple that most of you reading this will think it's too silly to do. But it is one of those life-changing things that is incredibly effective.

**Begin Appreciating Everything** - One of the most effective ways to shift the way we feel is to consciously appreciate. Begin with one thing, anything, then more things... until gratitude and appreciation are a natural habit.

**Choose Happiness** - You can start with a simple smile. Something as simple as smiling can do wonders to help us see that we have in us the ability to choose to be happy.

Tips for Authentic Living



### Future Reminiscing

It is good  
To have a past  
That is pleasant  
To reflect upon.  
Take care  
To create  
Such a gift  
For your future.

by Mattie Stepanek

## Coaches'

Corner

While working with participants is what most of our coach training focuses on, working with a coaching partner sometimes surprises us with our biggest challenges during a training.

The skill of coach "teaming" requires a commitment and ability to subordinate personal goals in service of team goals and ultimately, the goals of the participant.

The most successful coaching partnerships require coaches to graciously release control over the process and their agendas, and remain engaged and flexible. Being able to receive feedback and to clear conflicts, in the moment, so that they do not interfere with a coach's ability to remain present and to contribute are vital to successful coaching.

When you coach, bring both your "adult" and your "nurturer" with you to remember that everyone is doing the best in the moment they can, including you.



**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, **July 24th** or **October 2nd** 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/per, \$25/couple)

July 27 <sup>th</sup>	Saying the Hard Stuff	Oct 5 <sup>th</sup>	Sex and Intimacy
Aug 17 <sup>th</sup>	Trust	Oct 19 <sup>th</sup>	Loving Kindness
Aug 31 <sup>st</sup>	Relaxation & Stress Reduction	Nov 2 <sup>nd</sup>	Finding Your Voice
Sept 7 <sup>th</sup>	Loving Your Critic	Nov 30 <sup>th</sup>	Gratitude & Appreciation
Sept 21 <sup>st</sup>	Purpose & Vision	Dec 7 <sup>th</sup>	Inner Wisdom

### Seminar Series (Thursdays, 6:30 - 9:00 pm \$15/per, \$25/couple)

Sept 28 <sup>th</sup>	<i>Exploring Your Creative Expression</i>	Alicia Stammer
Nov 9 <sup>th</sup>	TBA	Pauli Hakenson

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

	Session 1	&	Session 2	Celebrations (5:30 pm)	
<b>Summer '06</b>	Aug 4 - 6		Aug 23 - 27	Aug 6	Aug 27
<b>Fall '06</b>	Oct 27 - 29		Nov 15 - 19	Oct 29	Nov 19
<b>Winter '07</b>	Jan 12 - 14		Jan 31 - Feb 4	Jan 14	Feb 4

### Workshops

Sept. 22-23 - **A Workshop on "The Work" of Byron Katie** - Friday evening, all day Saturday  
 Dec 2 - 3 - **Compassionate Communication** - Friday evening, all day Saturday  
 Mar 7-11, 2007 - **Going Deeper** - Advanced Workshop - Wed evening - Sunday

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