

AUTUMN 2003: Phil's What's New and Up

Hello dear students and those who have contacted me one way or another in the past!

Here's my once in a blue moon "newsletter" - well, quarter moon anyway, or seasonal. We are now receiving that great opportunity to experience the beauty of Autumn, the time when leaves show their colors. That's one good message we can pick up from the leaves (*without raking!*): we show our colors when we are ready to let go. Isn't it interesting that the word "sacrifice," which has gotten such a bad name over the years (☺), originally meant "to become whole, or to give one's self totally to the moment"? May you make the Supreme Sacrifice this season and reap all the wonders it brings!

I want to bring you up to date on my classes and a few workshops I am offering soon, and then share with you some tips for personal growth and hopefully "world" growth - the world has a lot of growing up to do!

Here is a "table of contents" for your convenience: please pull up a chair and enjoy!

1. **Classes and workshops**
2. **Web site recommendation**
3. **Stress Relief: Techniques and Recommended Reading**
4. **How We Can Lead our Leaders and Our Nation and Ourselves for Prosperity, Peace, and Wellness for All**

1. Classes and Workshops

My classes continue for the public on Wednesdays:

- 12 noon at The First Church Unitarian, 19 Foster Street, Littleton
- 7 pm at the Beyond Bliss Yoga Studio, 313 Littleton Rd (Rt 110), Chelmsford
(I also teach classes at Hewlett-Packard for employees, Tuesdays at 11:30)

Upcoming workshops:

Laughter Is a Good Stretch, Too: Yoga, Humor, and Healing

Saturday, November 1 (ok, one day late for Halloween)
1 to 4:30

Fit for Life Yoga Studio

50 Beharrell St, West Concord

\$50: To register, bring a check to class or send it to me
(make it out to The Centered Place, Inc.) at

PO Box 1210, Warren 01083-1210 - earlier the better to reserve a place

Short Description: *This introduces the yoga of humor and the humor of yoga, and how both can heal. When we laugh and practice yoga, we flow more easily through life, and life flows more easily through us.*

Note: I will also be offering this workshop in Connecticut (southern part of the state) October 26th. If you want more information for yourself or Connecticut friends, contact Ann Katz <annkatzyoga@hotmail.com> 203 226-2701. I will also be presenting a talk entitled "Living Healthier, Heartier, and Happier Ever Laughter" the 26th to Cancer Survivors (or anyone who just wants to survive), as I did last June at the Cancer Care center of St. Francis Hospital in Hartford.

In addition, I have been selected to present a talk entitled "Yoga, Laughter, and Healing: Embracing the Whole/World" at the next AATH (Association of Applied Therapeutic Humor) conference, in San Francisco this March. Stay tuned to www.aath.org for more information (web site will have the details soon).

Bliss is Yoga: Yoga Is Bliss

Saturday, November 8

10 to 12 (for newcomers and experienced alike) \$25

1:30 to 4:30 (not for newcomers: experienced with Svaroopaa yoga only) \$45

Both sessions (yes, you have to be experienced to do both!) \$60

Beyond Bliss Yoga Center, Chelmsford (www.bbyoga.com)

To register, contact www.bbyoga.com or call 978 729-4731 (or bring or send a check to me, as indicated above)

Short Description: *Take a "magical mystery tour" of yoga and the depths of your inner being.*

Discover the sweet delight of letting go to a deeper level.

Relaxing, restorative, and rejuvenating.

2. Web Sites

There are a billion beautiful and inspiring web sites out there. Here is one. It's a slide show with uplifting quotes and refreshing pictures and music. Nice as a stress relief break at your computer. <http://www.pathways-to-peace.com/popframeset.html>

3. Stress Relief and Our Survival in Troubling Times: recommended actions and reading

Best stress relief comes with a good yoga practice! Another quick route to relief is to connect to your heart with a smile and recall a lovely event, someone you love, or even a humorous situation. Let your heart bubble with joy and peace, and then you are free. Any inner disturbance vanishes, just as does fog when the sun grows warm. For more information, see www.heartmath.org, the web site of the scientific organization that has been researching neurocardiology (the wisdom and intelligence of the heart). Great yogis have always known the wisdom, intelligence, and power of the heart. Carlos Castaneda wrote about that in his books (Teaching of Don Juan). Joseph Chilton Pearce writes about it. I spent this past weekend in a seminar led by Pearce, a 77 year old wonderful man full of vigor and great wisdom. The main focus of his compassionate talk is that we must connect with our hearts now if humanity is going to survive. His books talk about the importance of: inner and outer environment for child birth, nurturing the infant (and child and teenager!), and making sure that we are the best models we can be, for the only way "...we can change the world is to be the change we want to see" (Gandhi). Pearce said to us: **"We can't tell children what to be - they can only become what we are."**

He wrote Crack in the Cosmic Egg back in the 70s, and has since written such books as Magical Child, Toward Evolution's End, and most recently, Biology of Transcendence: A Blueprint of the Human Spirit.

He is an expert on child development, brain research, and consciousness, and for several years lived - along with his wife and children - with my teacher's teacher named Muktananda in India (my teacher, Rama Berch, knows Pearce). Muktananda predicted back in the 70s that science would verify the intelligence and power of the heart twenty years from then, and that has come to be true, especially thanks to the HeartMath Institute. **Note:** the heart's electromagnetic field is 40 to 50 times stronger than that of the brain. When you are connected to your heart as described above, your heart's energy embraces and soothes those around you! Pearce related to us that children at a special educational conference were asked how we might solve the world problems we are facing today. One child responded: "You must learn to think with your heart - when you

think with your head, you mess things up!" This is great wisdom, and segues with the next (and last) item:

4. How We Can Lead Our Leaders, Nation, and Selves

The following is written by Corinne McLaughlin, writer of [Spiritual Politics](#). More can be read at www.visionarypolitics.org.

Corinne McLaughlin is Executive Director of The Center for Visionary Leadership in Washington, D.C. and co-author of [Spiritual Politics](#). She is co-founder of Sirius, an ecological village in Massachusetts, and formerly coordinated a national task force for President Clinton's Council on Sustainable Development and taught politics at American University. For information on ordering her book or attending her classes, contact: The Center for Visionary Leadership, 3408 Wisconsin Ave. NW Suite 200, Washington, DC 20016; (202) 237-2800; email: corinnemc@visionarylead.org; website: [www: visionarylead.org](http://www.visionarylead.org).

I. INNER, SPIRITUAL WORK

1) Pray - For our nation, for our leaders and our government, to heal the divisions which divide us and create a society that truly serves the good of the whole.

2) Meditate – To create inner peace; to receive spiritual inspiration; to send positive, healing energy to world crises.

3) Invoke the soul of our nation - Honestly assess national strengths and weaknesses, avoiding chauvinism, and visualize the nation's soul or higher qualities coming into greater expression, to create a more just and peaceful world for all people.

4) Adopt a leader - Choose a political leader who has potential for good, but who needs help, and follow his/her career; send your prayers and positive energy to help him/her align with his/her highest self.

5) Focus on the positive, rather than energize the negative - Give attention, energy and support to "best practices"—innovative solutions that promote greater harmony, compassion and justice in the world.

6) Build new ideas and thought-forms - Understand the life cycle of ideas: listen inwardly to receive inspiration, and become a builder and promulgator of new ideas that further human evolution and provide effective solutions to social problems.

7) Use intuition and inner guidance - To make decisions that will serve the good of all.

8) Recognize your opponent or your enemy as a teacher, bringing an opportunity for spiritual growth.

9) Watch or read the news with a new lens, reflecting on problems and crises from a spiritual perspective:

- A. Examine the inner, spiritual forces at work behind events—the deeper causes or karma of an event or crisis
- B. Observe the spiritual lessons being learned by those involved and all of us:
 - understand the meaning of the crisis by identifying with the participants

- develop compassion and love for all involved in the event or crisis
 - reflect on how the event or crisis serves a larger purpose in human evolution
- C. Note the "coincidence" of the timing of events and natural disasters with collective human thoughts and emotions.

10) Transform your own consciousness through:

- A. Purifying your motives and desires for doing political work
- B. Practicing detachment from the outcome of your work
- C. Avoiding self-righteousness and ego trips

II. OUTER, ACTIVE WORK

1) Transform conflict by listening more deeply to a group or person you disagree with:

- A. Separate the people from the problem
- B. Work to find higher common ground;
- C. Refuse to become entrenched in a polarized position; but stand for principles;
- D. Look for the grain of truth, the positive intent in your opponent's position;
- E. Build a higher synthesis of the best of both sides of an issue; a left/right synthesis using the truth on both sides.
- F. Use a whole systems approach -- see how all issues are interconnected with other factors.

2) Promote a code of conduct for campaigns and for public life - Principles for political leaders to sign on to if they want our support.

3) Do one thing that symbolizes your commitment to creating a better world -- Join or contribute money or time to an organization that is effectively creating solutions to social problems.

4) Focus on ethics and values in public debates on issues and in discussions with friends and colleagues.

5) Work with those individuals and organizations most open to the new ideas and ways of working; don't try to crack the hardest, most resistant cases, as life will eventually open them.

6) Create a "salon" - a citizen dialogue or study group in your home to study and discuss an issue, and then develop an action plan to address it.

7) Write letters to the editor of your paper and to your Congresspeople -- comment on current problems and suggest solutions, or voice support or opposition to important legislation—your opinion is important.

8) Transform an institution and bring spiritual values into it -- begin by educating yourself about the real needs and issues in the institution, and use bridging language, not jargon.

9) Take action in an area you feel most concerned about -- help the poor, protect the environment, transform declining morals, prevent violence, etc.

As Jefferson so wisely said, "A people get the government they deserve." Let us each see what we can each do as citizens so that our government will reflect the highest, rather than the lowest, in us. [End of Corinne McLaughlin article]

=====

Take care and hope to see you soon. Most important, be well. Smile in your heart.

Warmly, Phil

"Yoga is not about becoming a pretzel. Yoga is about becoming a human being." Phil Milgrom

<http://www.philmilgrom.com>

Registered Yoga Teacher, Motivational Speaker

800 815-7374