



September 19, 2011

Let's Rise Newsletter

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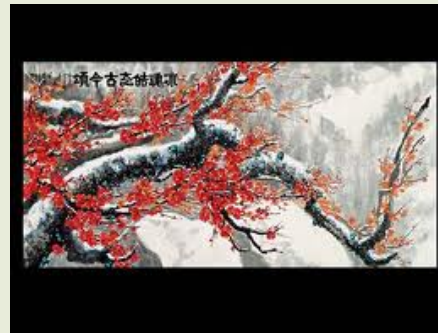
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"Plum Blossom Courage"

(excerpt taken from two wise teachers, Gay & Katie Hendricks and their book "The Conscious Heart")

Sometimes relationship learning does not come easily or without a tremendous amount of pain. At any given moment, the choice always placed before us is to open ourselves up to love and learning or withdraw from it. The more gentle, honest and committed we are with loving ourselves the more whole we may feel with loving others. Some of the most valuable learning imaginable occurs when committed people in relationship continue to allow for new discoveries and lead with appreciation.

"Zen masters speak of the development of plum-blossom courage. The plum blossom appears soft and glowing, even when winter winds still blow. It knows, deep in its essence, that spring is almost

here, even without outside agreement. The plum blossom symbolizes the resilience of the human spirit, its ability to open again to love and to go forward into another opportunity for celebration. In close relationships, we gradually develop plum-blossom courage through coming back, time and again to fundamental skills like telling the truth, taking responsibility, and holding ourselves and our significant others in a space of loving acceptance.

There is no better place to practice all this than right where we are, every moment of every day: in relationship with our own hearts and souls, and with the hearts and souls of people around us. This

with the hearts and souls of people around us. This is why close relationships open the conscious heart."

Come explore in a group or workshop this fall all of the possibilities to deepen your plum-blossom courage. Sharpen your skills for truth telling, taking responsibility and move towards greater self awareness & acceptance.

Note: If you enjoyed reading this newsletter, please pass it onto a friend! If you have an experience you'd like to share, email me@ letsrise@yahoo.com

Sincerely,
Sydney

FALL HAPPENINGS...

FOR THE OLDER GENERATION:

LEARNING CIRCLES – Free! 1/month (Sundays)

For folks interested in deepening their experience and application of conscious living. Open group to anyone who wants to come have fun exploring and committing to creative expansiveness. Nominal charge to cover cost of space only. Email Sydney for details... (co facilitated with Tim Peek)

"From Victim to Creative Genius; A Retreat for Women" – October 30 (2–5pm) \$55 in Mendham

All women have different girls "on the bus" but who is driving most of the time? If you would like to spend time discovering your conscious and unconscious commitments to yourself and others, explore how you are showing up in relationships and learn new ways of to appreciate your most valuable gifts, this is worth attending.

"Get Your Groove Back" – a coaching group for women – In a supportive and challenging environment, set goals with accountability, take time for self discovery and make changes you are seeking. This group will meet a total of 6 times every other week – Dates/Time TBA – email if interested...

(FOR THE YOUNGER GENERATION:)

"A Girl's WORLD" – 1 Sunday/Month – 9sessions
October–June – Fee \$350 A supportive group for girls in grades 6–8 to explore assertiveness, managing friendships & stress, making healthy choices and how to keep it real in middle school.

"Conscious Kids" –5 Tuesdays 10/18–11/15 (4:00 – 5:15)Fee \$130 Through play and interactive games, kids learn how to use "whole body wisdom" to increase self awareness and better identify and express their feelings. Kids are taught the power of staying conscious, using creative problem solving and claiming their unique identity.

"Live each season as it passes; breathe the air, drink the drink, taste

the fruit, and resign yourself to the influences of each."

- Henry David Thoreau

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