

#1 EXPRESSIONS of LOVE, GRATITUDE and PEACE

Thread 1: Desiderata life is an ongoing lesson....

Author

hollyamy

Joined: 18 Jul 2005
Posts: 3
Location: New Jersey

Message

Posted: Wed Jul 20, 2005 9:03 am Post subject: Desiderata life is an ongoing lesson....

I hope all will take this to heart as much as I do....

Max Ehrmann

Desiderata

Go placidly amid the noise and haste,
and remember what peace there may be in silence.
As far as possible without surrender
be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others,
even the dull and the ignorant;
they too have their story.

Avoid loud and aggressive persons,
they are vexations to the spirit.
If you compare yourself with others,
you may become vain and bitter;
for always there will be greater and lesser persons than yourself.
Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble;
it is a real possession in the changing fortunes of time.
Exercise caution in your business affairs;
for the world is full of trickery.
But let this not blind you to what virtue there is;

many persons strive for high ideals;
and everywhere life is full of heroism.

Be yourself.
Especially, do not feign affection.
Neither be cynical about love;
for in the face of all aridity and disenchantment
it is as perennial as the grass.

Take kindly the counsel of the years,
gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with dark imaginings.
Many fears are born of fatigue and loneliness.
Beyond a wholesome discipline,
be gentle with yourself.

You are a child of the universe,
no less than the trees and the stars;
you have a right to be here.
And whether or not it is clear to you,
no doubt the universe is unfolding as it should.

Therefore be at peace with God,
whatever you conceive Him to be,
and whatever your labors and aspirations,
in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams,
it is still a beautiful world.
Be cheerful.
Strive to be happy.

Max Ehrmann, Desiderata, Copyright 1952.

Thread 2: grateful for this day

Author

ssalet

Joined: 22 Jun 2005
Posts: 1

Message

Posted: Wed Jun 22, 2005 9:34 pm Post subject: grateful for this day

i am grateful that i stopped by to read all these notes on love and gratitude. it has been a bad week for me. I realise now that i have a lot to be grateful about. thank you.

ssalet

Thread 3: The Calling to RISE UP

Author

debbekennedy

Joined: 27 Oct 2004
Posts: 96
Location: global dialogue center

Message

Posted: Thu Jun 09, 2005 6:36 am Post subject: The Calling to RISE UP

We are all faced with difficult times in our lives, but our capacity to RISE UP is always there. These two messages showed up today to remind me:

**"We never know how high we are
Till we are called to rise;
And then, if we are true to plan,
Our statures touch the skies."**

--- Emily Dickinson

"Finally...whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things. "

---- Philippians 4:8-9

Debbe

Thread 4: Tribute to Terri Shiavo

Author

debbekennedy

Joined: 27 Oct 2004

Posts: 96
Location: global dialogue center

Message

Posted: Sun Mar 27, 2005 10:57 am Post subject: Tribute to Terri Schiavo

Tribute to Terri Schiavo

Regardless of where you may fall on opinions about the Terri Schiavo situation, personally the experience of watching it all has left a lasting impact. I am not a "right to lifer" or do I hold any political favor. What I see in it is still another woman's cry for help which few are willing or able to see or listen to for reasons I don't try to understand. We hear a sound byte and make a judgment.

There are certainly enough irregularities and conflicts of interest in this situation to warrant an objective review of the full facts ---- perhaps it might have changed things for Terri long ago or at least validated the truth, but no one would LISTEN and the same MALE JUDGES pronounced their same judgments over and over. By every account, these judges never got out of their seats to visit her or ask any penetrating questions about how such a thing might have happened to such a young woman. Eating disorders are commonly a symptom of abuse.

What has haunted me is that these same denials, laws, judges, public opinion and inattention resulted in the death of women, like Nicole Simpson too. Her cry for help, as with countless other women, are routinely IGNORED, DISMISSED, DIMINISHED. This time, we've seen it vividly with a helpless woman with disabilities. The polls ruled --- *"Let her die!"*

Dear TERRI SCHIAVO...

Feeling helpless and without knowing you, I am praying for your PEACE, Terri and send this poem to you from an old and treasured book, slightly changed to be a gift to you...

**Bless You---for what you are--and, too,
For what I am because of watching you.
Bless you for broadening my sight,
For building up my inner height;
Bless you for making me to see
The finer, deeper side of me.
The joy your presence lends to your family's living,
Your smile unfolds and lights the room with forgiving,
Bless you for taking time in this life to be
The lesson you have brought to me.**

Adapted for Terri Schiavo from Bless You
by Helen Lowrie Marshall, author Quiet Power

May you feel God's presence. May your mother and family be touched with God's peace.

Debbe Kennedy

Author

Jennefer

Joined: 11 May 2005
Posts: 1

Message

Posted: Wed May 11, 2005 6:44 pm Post subject: Terri Schiavo

I thought what you wrote was wonderful, and make me do alot of thinking about this topic, I am grad college and my sociology class taked alot about her and what she and her family went through

Jenne

Author

debbekennedy

Joined: 27 Oct 2004

Posts: 96

Location: global dialogue center

Message

Posted: Thu May 19, 2005 7:19 am Post subject:

Dear Jennefer,

Thank you for sharing your thoughts. It meant a lot to hear you connected. Interestingly, my observation was that most people just saw the whole thing as a big bother...or looked at a tiny piece of the story, never stopping to step back to see the whole and its sweeping implications on a life. I'm not sure I did either, but through my lense, I am grateful for having a different view. Thank you for standing with me for a moment.

Debbe Kennedy

Thread 5: The History Behind Mother's Day

Author

debbekennedy

Joined: 27 Oct 2004

Posts: 96

Location: global dialogue center

Message

Posted: Mon May 09, 2005 7:05 am Post subject: The History Behind Mother's Day

Yesterday, two friends sent these beautiful messages to share the origins of Mother's Day. They are timely. They remind us that we need the strengths of women to bring **PEACE** and

JUSTICE through **LOVE** and **COMMUNITY**:

HISTORY of MOTHER'S DAY

The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods.

During the 1600's, England celebrated a day called "Mothering Sunday". Celebrated on the 4th Sunday of Lent (the 40 day period leading up to Easter*), "Mothering Sunday" honored the mothers of England.

During this time many of the England's poor worked as servants for the wealthy. As most jobs were located far from their homes, the servants would live at the houses of their employers. On Mothering Sunday the servants would have the day off and were encouraged to return home and spend the day with their mothers. A special cake, called the mothering cake, was often brought along to provide a festive touch.

As Christianity spread throughout Europe the celebration changed to honor the "Mother Church" - the spiritual power that gave them life and protected them from harm. Over time the church festival blended with the Mothering Sunday celebration . People began honoring their mothers as well as the church.

In the United States Mother's Day carries with it the belief that women can create peace and justice through love and community:

The movement to set aside a day for women's peacemaking began with two women: Anna Jarvis and Julia Ward Howe. Jarvis, a West Virginia mother of 11, worked to improve rural sanitation and health care before and during the Civil War. When the war ended, she worked to reconcile Union and Confederate families in her state.

Meanwhile, Julia Ward Howe, the author of "Battle Hymn of the Republic," was touring as a lecturer and witnessed the atrocities committed by both sides during the Civil War. Working with war widows and orphans, Howe was appalled, not only by the fatal casualties of violence, but by the other effects of war: economic devastation in both the North and the South, disease and physical disability.

She devoted herself to creating an international community of women creating peaceful resolution to conflicts. Although neither woman was successful in creating a permanent holiday, they worked tirelessly for the issues of peace and justice.

Some years later, Anna Jarvis' daughter, also named Anna Jarvis, carried on her mother's and Howe's struggle to create a Mother's Day for Peace. First celebrated in 1907 at the West Virginia church where the elder Anna Jarvis had worshiped, Mother's Day was both a memorial to mothers and a day to honor peace and reconciliation.

The holiday quickly spread to other states and in 1914 Woodrow Wilson declared a national Mother's Day. At the end of her life, the younger Anna Jarvis despaired that Mother's Day had become a commercial holiday lacking the message that Anna Jarvis and Julia Ward Howe had intended.

So take time on Sunday to reflect on the original meaning of Mother's Day: if all mothers said no to war, we can create a just world for the future.

Here is **Julia Ward Howe's Mother's Day Proclamation** written in 1870:

"Arise then, women of this day! Arise, all women who have hearts, whether your baptism be that of water or tears!

Say firmly: 'We will not have great questions decided by irrelevant agencies. Our husbands shall not come to us, reeking with carnage, for caresses and applause. Our sons shall not be

taken from us to unlearn all that we have taught them of charity, mercy and patience. We women of one country will be too tender of those of another to allow our sons to be trained to injure theirs.'

From the bosom of the devastated earth, a voice goes up with our own. It says, 'Disarm, disarm!' The sword of murder is not the balance of justice. Blood does not wipe out dishonor, nor violence indicate possession. As men have often forsaken the plow and the anvil at the summons of war, let women now leave all that may be left of home for a great and earnest day of counsel. Let them meet first, as women, to bewail and commemorate the dead. Let them solemnly take counsel with each other as to the means whereby the great human family can live in peace, each bearing after his own time the sacred impress, not of Caesar but of God.

In the name of womanhood and of humanity, I earnestly ask that a general congress of women without limit of nationality may be appointed and held at some place deemed most convenient and at the earliest period consistent with its objects, to promote the alliance of the different nationalities, the amicable settlement of international questions, the great and general interests of peace."

Debbe

Thread 6: The voice within

Author

meredithO

Joined: 17 Apr 2005
Posts: 2

Message

Posted: Sun Apr 17, 2005 3:25 pm Post subject: The voice within

"How do geese know when to fly to the sun?
Who tells them the seasons?
How do we, humans, know when it is time to move on?
As with the migrant birds, so surely with us, there is a voice within, if only we would listen to it, that tells us so certainly when to go forth into the unknown."

Elisabeth Kubler-Ross

Thread 7: Good Karma --- Instructions from the Dalai Lama

Author

debbekennedy

Joined: 27 Oct 2004

Message

Posted: Sat Apr 09, 2005 1:32 pm Post subject: Good Karma --- Instructions from the Dalai Lama

Someone send me a list of **Instructions for Life** from the **Dalai Lama**. I share them with you...

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's: Respect for self, respect for others and responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great relationship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend sometime alone every day.
9. Open arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, hoorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.

Debbe

Thread 8: Incipit Vita Nova by Hermann Hesse

Author

stateofmind_77

Joined: 30 Jan 2005

Posts: 20

Location: California

Message

Posted: Sat Feb 05, 2005 12:40 am Post subject: Incipit Vita Nova by Hermann Hesse

Incipit Vita Nova

"In my life as in the lives of most men there was a critical point of transformation from the universal to the particular, a place of terror and darkness, of confusion and loneliness, a day of unspeakable torpor and emptiness, whose evening brought forth new stars in the sky and new eyes within me.

Shivering, I passed among the ruins of the world of my youth, overshattered thoughts and twisted, quivering dreams, and everything I looked at dissolved into dust and ceased to live. I saw friends whom I was ashamed of knowing, thoughts I had thought only recently looked me in the face, and they had grown as alien and remote as if they had been a hundred years old and never been mine. Everything fell away from me, and soon there was a deadly emptiness and calm all about me. I had nothing more that was close to me, no loved ones or neighbors, and my life rose up in me with a shudder of disgust. Every measure was full to overflowing, every altar desecrated; there was no sweetness but sickened me, no summit I had not left behind me. Every shimmer of purity was spent, every intimation of beauty defaced and trampled underfoot. I had nothing more to long for, nothing more to offer, nothing more to hate. Everything that was still sacred and unravished and harmonious within me had lost its eyes and voice.

All the guardians of my life had fallen asleep. All the bridges had been severed and all horizons robbed of their blue.

When everything alluring and lovable had thus fallen away, when exhausted, infinitely poor and bereft, a spiritual derelict, I awoke to awareness of my misery, I cast down my eyes, arose with heavy limbs and, like a hunted criminal who leaves his house at night, without taking leave and without closing the doors behind him, departed from all the habits of my past.

Who has ever plumbed the depths of loneliness? Who can say that he knows the land of renunciation? My head reeled as I looked down into the abyss and found no end. I wandered through the land of renunciation until my knees crumpled with weariness, and still the road lay ahead in undiminished eternity.

A still, sad night arched over me, bringing comfort, and sleep. Sleep and dreams came to me as friends to a homecomer and relieved me of a deadly burden as though lifting a pack from my shoulders.

Have you ever been lost at sea and seen a swimmer approaching from the land? Have you ever, recovering from deathly illness, taken a first draft of fresh garden air and felt the sweet surge of your reviving blood? Like such a rescued mariner and such a convalescent, I felt a swirling flood of gratitude, peace, light, and well-being that night, when it became clear to me that inscrutable beings were looking down at me with friendly eyes.

The sky looked different than ever before. The position and recurrence of the heavenly bodies entered into a fore-ordained pact of friendship with my innermost life, and the eternal established a clear and soothing bond between its laws and something within me. I felt that in my life resurrected from the desert a golden foundation had been laid, a power and a law, in accordance with which, as I felt to my glorious amazement, everything old and new within me would forever after be ordered in noble crystalline forms and conclude beneficent alliances with all things and wonders of the world.

Incipit vita nova. I became a new man, still a miracle to myself, at once passive and active, receiving and giving, in possession of treasures, the most precious of which is perhaps till unknown to me."

Hermann Hesse 1899

Thread 9: From Among My Father's Treasures

Author

debbekennedy

Joined: 27 Oct 2004

Posts: 96

Location: global dialogue center

Message

Posted: Tue Feb 01, 2005 10:03 pm Post subject: From Among My Father's Treasures

From Among My Father's Treasures

A 20th Century Message with a 21st Century Meaning

Last year, I found the courage to look through a box of my father's treasures. In it I found a book, *The Best of Peter Marshall*. I remember my father quoting Peter Marshall, but I really didn't know who he was. As I read I learned he was from Scotland and most notably he rose to become a beloved chaplain of the U.S. Senate in the 1940's. The book was a collection of his sermons. One passage spoke to me. Perhaps, it will speak to the **difference maker** in YOU, too.

Excerpt from "Get Out of Step"

Best of Peter Marshall compiled and edited by Catherine Marshall, Guideposts, 1983

...Deep in your hearts you look with longing toward the heights.

You know that there will be rugged terrain---panting lungs---aching legs, but also the cool, clean upper air and the exhilaration of gaining the summit at last, of achieving vision and perspective.

[Our] marching orders always involve sacrifice and courage.

The drumbeat of the Different Drummer calls for bravery.

It is not for dancing.

It does not appeal to the blood----but to the heart of a person.

It calls for will and sacrifice.

It is a stirring drum, and they who hear it are always in a minority.

Those who answer it may perchance hear the words of a new Beatitude...

"Blessed are they who are thought *strange*, for they have taken the gospel to heart."

I am grateful for the box of treasures my father left behind. This one has an enduring quality.

Debbe

Debbe Kennedy
President, CEO and Founder
Global Dialogue Center
Leadership Solutions Companies

Visit my On a Woman's Path Blog
<http://globaldialogecenter-oawpb.blogspot.com/>

Thread 10: LOVE and GRATITUDE has taken on a new meaning

Author

debbekennedy

Joined: 27 Oct 2004
Posts: 96
Location: global dialogue center

Message

Posted: Sun Jan 02, 2005 3:40 pm Post subject: LOVE and GRATITUDE has taken on a new meaning

Dear friends,

All the prayers for peace shared in 2004 inspired us all. However, since the South Asia Tsunami Disaster happened, I have found that LOVE and GRATITUDE have taken on new meaning for me.

I have a brother and his family living in Indonesia. Although, there are some indicators that would suggest they are safe. We have no confirming word. He has always been the daring, adventuresome one that drove us all crazy with worry. He is also a devout "spiritual leader." As I have searched the Internet, made calls and sometimes fell into moments of deep sorrow in recent days, struggling at times to keep loving, grateful thoughts going, I hear my brother's words come back to me. He said long ago, "...no matter whatever happens, always know I am all right."

With so many who I know are not "all right," I am GRATEFUL for knowing his FAITH makes this always so for him. I am grateful for my FAITH that comforts all of life and is my SOURCE. I am also GRATEFUL for knowing the LOVE my brother and I shared as our lives have woven in and out of the other's.

My prayer is for PEACE in ALL hearts everywhere needing it.

With love and gratitude,

Debbe

Author

debbekennedy

Joined: 27 Oct 2004

Posts: 96

Location: global dialogue center

Message

Posted: Mon Jan 10, 2005 6:03 am Post subject:

P.S. We received word that my brother and family are safe in Indonnesia!!
With love and deepest gratitude for many prayers given and the Divine response.

Debbe

Thread 11: Give me skill to my hands;clear vision to my mind

Author

debbekennedy

Joined: 27 Oct 2004

Posts: 96

Location: global dialogue center

Message

Posted: Tue Dec 14, 2004 10:05 pm Post subject: Give me skill to my hands; clear vision to my mind.

Hi to everyone stops by...

I've been inspired by these prayers for peace that others have left for all of us. It has also been amazing to see that over 100 viewers have come by to take in the thoughts that were shared. I've been thinking about what offering I might make in return. It comes with a short story.

Some years ago, a very dear friend gave me a book with stories and prayers from Mother Teresa. One has stayed with me and filled me with peace many times as I have longed and strived to make a difference.

This is a paraphrased version from my memory...

Dear Lord, the great healer,
I kneel before you, since every perfect gift must come from you.

Give me skill to my hands,
Clear vision to my mind,
Kindness and meekness to my heart.
Give me singleness of purpose.
and the strength to lift up a part of the burden of my suffering, fellow man, and a true realization of the privilege that is mine.
Take from my heart all guile and worldliness, that with a simple faith of a child I may rely on you.

Warm wishes to you for this holiday season...

Debbe

Thread 12: Peace of Mind

Author

CristinaTemore

Joined: 10 Nov 2004

Posts: 1

Message

Posted: Thu Nov 11, 2004 11:32 am Post subject: Peace of Mind

Thank you for this opportunity. I am new to this board and this is what I need more than anything right now.

I pray for peace of mind.
Cristina

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Tue Nov 16, 2004 2:59 pm Post subject: Re: Peace of Mind

Hi,

I do not have an actual prayer out of a bible, but I do have a prayer.

I also pray for peace of mind. I am not haunted with bad thoughts, but my mind never rests. It seems like every waking moment is filled with planning what to do, how to do and when to do.

Have a wonderful day and thank you.

Bill Tipton

Thread 13: Prayer of St. Francis

Author

KYMs

Joined: 09 Nov 2004

Posts: 7

Location: Portland

Message

Posted: Tue Nov 09, 2004 5:33 pm Post subject: Prayer of St. Francis

When I think of praying for peace, the Pray of St. Francis seems to say it all for me. KYM

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.

Grant that I may not so much seek
To be consoled, as to console.
To be understood, as to understand.
To be loved, as to love.
For it is in giving that we receive.
It is in pardoning that we are pardoned.
It is in dying that we are born into eternal life.

Thread 14: Blessed are the PEACEMAKERS

Author

CarolMoore

Joined: 08 Nov 2004
Posts: 4

Message

Posted: Mon Nov 08, 2004 9:34 pm Post subject: Blessed are the PEACEMAKERS

Blessed are the PEACEMAKERS for they shall be known as the Children of God. My prayer is that violence and suffering will be replaced with peace, love and harmony. Amen.

Carol

Thread 15: Comfort those living in fear

Author

tgrant01

Joined: 16 Oct 2004
Posts: 2
Location: Southern California

Message

Posted: Sun Nov 07, 2004 7:41 am Post subject: Comfort those living in fear

Comfort the innocents who are living in fear and despair in Fallujah as the US bombs pound their city for reasons one cannot comprehend. May they know Your Divine peace and find safety in it. Please hear our prayers.

Tgrant

#2 CREATING A NEW BEGINNING FOR YOURSELF

Thread 1: 2006 – Time of my Life!

Author

melyndak

Joined: 11 Jan 2006

Posts: 1

Location: Seattle, WA

Message

Posted: Wed Jan 11, 2006 1:11 pm Post subject: 2006 - Time of my Life!

Last weekend I had the opportunity to step outside my comfort zone and try something new. My life partner and I purchased 2 brand new snowmobiles last year. I had no experience riding but she had spent 10 years riding in Alaska. Unfortunately the snow never came last year so we couldn't use them. Last weekend the snow came and we headed to the recreation club to go on a 34 mile ride with 100 other people.

Snowmobiling is primarily a male dominated sport in our community. I was intimidated by this, I was afraid I would look stupid and get laughed at. There is a lot of competition and I wasn't sure I was up to the pressure. I was also afraid that maybe I wouldn't like snowmobiling... what if we had spent all this money and I didn't like it.

As the day approached for our big ride I was so excited I could hardly contain myself. We arrived at the club with some friends and the energy was contagious. I was like a little kid all the fear was gone and instead this incredible sense of adventure was bubbling up inside me.

We took the machines off the trailer, I put my helmet on, started my machine and jumped on. I decided since I was new at this I would follow the pack so I could go slow and get used to the power of the machine. We took off and about 4 miles into the ride I couldn't stand it... I had to lead. I felt on top of the world, the snow was beautiful the trees were glistening and I was riding like I'd been riding for years.

As we reached the peak of the mountain the view was magical. You could see forever and I knew god had put his hand on me and helped me get to this point.

At the end of the ride I commented to my partner and friends if I were to die today I would die happy as I had truly felt what it was like to step past a fear and realize how fun this sport can be.

I'm heading back up Friday for another weekend of riding. I'm sure this ride will be even better than last weekends.

What a great way to start a new year with a new passion and the realization that I can do anything I set my mind to... and it doesn't matter what people think.

Have any of you had a new experience in 2006 you want to share?

Thread 2: how to be free from fear

Author

lucia

Joined: 02 Aug 2005

Posts: 1

Location: laurel springs new jersey

Message

Posted: Tue Aug 02, 2005 9:29 am Post subject: how to be free from fear

as far as i can remember i have experienced overwhelming fear, this fear has parilized me and kept me from achiving everything i ever wanted, i came to this country as a young wife and mother and i was scared, i spoke no english i made myself learn it in 6 months, i can still clearly recall the shear terror of been in a country so different from my own i clung to my husband kept him in my sight when out and about,i spent years confined to my house only going out when my husband was home and when he wasnt too tired to take me out,he has been a very good husband maby a touch overprotective but always loving and kind, togheter we raised four children and altough at times i wished i could go back to school and find me a job i really hid behind the kids, i dint really learned how to drive till a few years ago, but now the kids have grown up, my youngest is 18 i have no excuse i want soo bad to realize my self find a job feel usefull but my fears are stronger than ever,i am a 44 year old woman with no skill, i picked up a job application yesterday and i want so much to fill it out and take it inn but i am afraid what if i cant do it?would they hire someone like me?i am prying to find courage and a way to ban this axcedingly overwhelming fear,i am looking for friends and support please help,lucia

Author

debbekennedy

Joined: 27 Oct 2004

Posts: 96

Location: global dialogue center

Message

Posted: Thu Aug 04, 2005 9:05 am Post subject:

Dear Lucia,

I am so happy your shared your story. You are not alone. Most of us have had to face our FEAR as you appear to be doing so bravely. Just the fact that you are able to admit and write down your story is a big step in the right direction.

FIRST STEP: START

When I asked a friend one time, "How do I begin?" She said, "You get up in the morning and you start." With this in mind, here are a few possibilities. Each will help you begin to build your confidence:

***** Make list of all you've learned in the last 20+ years. Most of us don't give ourselves credit for the skills we've developed in the process of living and experiencing life. Think about ways you've "managed" your household, relationships, your family, volunteer work you might have done and other ways you've matured over the years. Think about the values that make you someone a company would want to hire: integrity, honesty, truthworthiness, commitment, dependability.

***** Have you looked for a support group where you live for women in transition to work? They often have great programs to help women doing what you are courageously wanting to do and job leads/connections.

You may also find some inspiration in the writings on the [Women in the LEAD INSPIRATION Blog](#). There are many topics some on FEAR.

Warm wishes...
Debbe

Thread 4: How do you go about making changes so that improve your life

Author

mjameriks

Joined: 09 Jul 2005
Posts: 1

Message

Posted: Sat Jul 09, 2005 8:26 pm Post subject: How do you go about making changes so that improve your life

This year is one filled with strife. I have always acted like I was a 15 year girl when in fact I am a 34 year old married woman. I treat the ones I love with disrespect, by lying and not supporting them in their endeavours to improve themselves and when they do succeed I do not show the correct response. I am about to lose my husband who is also my best friend through the way of divorce. Can anyone out there help me! Please offer some advice. I truly need it

Author

jmtaylor01

Joined: 13 Jul 2005
Posts: 1
Location: MA

Message

Posted: Wed Jul 13, 2005 12:01 pm Post subject: There is also a lot about you that is lovable

Don't assume that we all don't behave in the way you describe sometimes. Many of us didn't have role models for being supportive or honest when we were growing. A counselor, spiritual or a therapist, can help with this, so we can learn to behave in a way that reflects how we feel deep down. I have been helped this way and would highly recommend it for others.

Author

debbekennedy

Joined: 27 Oct 2004

Posts: 96

Location: global dialogue center

Message

Posted: Thu Jul 28, 2005 12:21 pm Post subject:

I agree that most of us can probably relate to times when our behavior and actions have not been thoughtful, respectful or loving. At times in my life when I've been hit with a big tidal wave of loss, I remember the fear and the grieving as things just slipped away. A three helpful lessons I've learned in my own healing over the years may be some comfort:

1. Asking what is behind my grief? Is it loss of the person or situation or am I grieving over "loss of self." In at least two situations, the latter was really the answer. The person and circumstances were not right for me. What I was grieving was how I had lost myself in the process of the misery.

2. Having an "after action review" with yourself.

----- What has gone well?...everything you've done cannot be all bad. Acknowledge it.

----- What hasn't gone well? Be specific.

----- MOST IMPORTANT, what are you going to do about it?

3. Forgiving yourself. If life is a classroom. What have you learned? What will you do differently now? Then forgive yourself.

One of the gifts that truly changed my life was Joel Barker's Power of Vision Video, the excerpt that talk about Viktor Frankl's work. You can see the exhibit the video excerpt in the [Knowledge Gallery](#).

You may really benefit from reading Alex Pattakos' Prisoners of Our Thoughts: Putting Viktor Frank's Principles to Work. You can review the principles in his on going dialogue at 24seven Conversations (see the dialogues above this one). He might even have a little advice.

I love Hollyamy's poem too. Great insights for us all!

Warm healing wishes to you...

Debbe Kennedy

Thread 5: Calling Up Your Courage --- Change and Renewal

Author

debbekennedy

Joined: 27 Oct 2004
Posts: 96
Location: global dialogue center

Message

Posted: Tue Jun 21, 2005 9:35 am Post subject: Calling Up Your Courage --- Change and Renewal

MESSAGE FROM Debbe Kennedy

Calling Up Your Courage: 6 Essential Qualities for Change and Personal Renewal

Ask yourself these three questions:

- Can you remember a time when you felt really good, while you were caught up in a vicious cycle of discontent about someone or something?
- Have you ever felt better after a sleepless night battling it out with someone in your mind? or rehashing every horrible aspect of your situation?
- Even when your pointing finger at someone or some set of circumstances brings some sort of moment of satisfaction, isn't "winning" such a contest, with all its negative energy, a hollow victory?

As I ponder these questions myself, a few poignant personal experiences are floating through my own mind — and I readily admit that blaming and complaining about a situation or someone else never solved a problem for me. What I do remember about these sad times is the lonely exhaustion, my empty heart, the let down after wasting so much time — and in a few cases, big lessons learned in the process. Feeling trapped and helpless by some distressing circumstance is a tough place to find oneself. However, freedom from it comes from within. It starts in your own heart — and it usually comes about when you have called up

your deepest courage to lead the way. It is in that moment that the "escape route" begins to be revealed, changing your own view of the situation from a helpless, hopeless impossibility to a freeing range of possibilities for relief and resolution.

One of life's great lessons for me has been recognizing that we all have the ability to resolve unwanted circumstances in our lives, if we want to badly enough. I'm not suggesting it is easy. It takes courage. It takes a willingness to let go of sometimes many things, both inside and out. It takes discipline to keep moving forward and not give in, settling back into familiar patterns. But strangely, taking the steps to begin actively participating in the resolution is far easier than the pain of staying where we are, unhappy and miserable. Your courage will fuel your conviction to renovate your life — cleaning out, building up and making it better than before.

You take your life in your own hands, and what happens?

A terrible thing: no one to blame.

— Erica Jong

What are those essential qualities you need to call upon to yourself headed in the new direction? Here are six that have served me well:

COURAGE

Call up the courage you have inside. If it doesn't come running, tell yourself you are going to find it. Affirm it every day. I will find courage inside me to change and

renew myself or if you are spiritually directed, let it be your prayer or your mantra for meditation. You'll be surprised how one day soon, the courage you need will show up.

➡ **HEART**

Put your heart into the notion of change and renewal. Don't waste your time doing idle wishing. Wishing doesn't change anything. Begin being the change you want in your life. Invest yourself. Spend sometime pondering what one step you can take today. Consider the possibilities. Even if you start by running into a dead-end in your early attempts, stay with it. What seems a dead-end one day will be seen as an opening or opportunity when the time is right.

➡ **ACTION**

Take some action every day. Small baby steps will do at first. Make a list of all the things, big and small, that need to be accomplished to change and renew your life. Recognize that exploring and including the tiniest details may be the secret to your success for a couple of reasons. First, some days you may only be able to deal with a small detail that is on the list. This is fine, but taking action on it, however seemingly insignificant, will keep you committed and heading in the right direction. Second, success is rarely made up of a few big-time actions. More commonly, it comes as a result of a long series of well-planned small, determined steps. When you add them up, they make change happen.

➡ **NURTURE**

Put yourself at the top of the priority list. Nurture yourself while you are tending to this important business of change and renewal. Eat healthy. Get plenty of rest. Take long mental walks visualizing yourself being in your new changed circumstance. See yourself taking each important step forward. Get outside. Look around you. Walk or run or dance or swim. Surround yourself with positive people.

➡ **GRATITUDE**

Be filled with gratitude each day. It changes everything around you. Most of all, be grateful for the strength you obviously have inside or you would not even be entertaining the courageous journey of change and renewal. Many don't. Be glad you are not one of them. Rumi, the mystic poet, said, "Fall into the safety of God." In my mind, I have a picture of this I think of often when I'm attempting some courageous step forward. The picture is that there is a very large over-sized, bigger-than-life hand, reaching out to me, palm up. I see myself falling backward into this comforting, safe place. It nurtures me. Find your own nurturing image or symbol.

➡ **EAGERNESS**

Look to the future with eagerness. Brush off any thoughts of doubt and fear. When they come, exchange those thoughts with "I will. I will. I will." Even better, "I can. I must. I will." This may sound hokey, but try it. It

brings an immediate lift with it. You'll stand and walk taller when you own the statement, "I will."

Change and renewal are not destinations. They are the continual process of life that gives it meaning and results in fulfilling our purpose and potential. However, there are wide sweeping vistas on the journey to a new life. From there, you can see and celebrate the courage, heart, action, nurturing, gratitude and eagerness that made it all possible.

I leave you with an inspiring message. A few years back, I visited an African-American exhibit on spirituality at the Smithsonian in Washington, D.C. I wrote down a poem that spoke to me in one of the showcases.

When I returned home, I framed it and put it on my desk, adding the title "The Journey to One's Calling." Since then, unknowingly, Rev. Dr. Dolores Carpenter has been an important messenger in my life. Her inspiration catches me when I need it most. In a few words, she describes the wondrous outcome of calling up your courage...

**I have draped my windows with faith;
I have carpeted my floor with gratitude;
I have covered my desk with hard work;
I've filled every corner of my room with prayer;
I have laid on the bed of trust,
And I have leaned back in the recliner
of self-confidence.**

*---Rev. Dr. Dolores Carpenter
Senior Pastor, Michigan Park Christian Church
Washington, D.C.*

ANY OTHER INGREDIENTS FOR PERSONAL CHANGE THAT HAVE WORKED FOR YOU?

**Hope you'll take the time to share them and help us all!
Would love to hear from you.**

Debbe

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*Calling Up Your Courage* by Debbe Kennedy  
On a Women's Path, Brown Herron Publishers

## **Thread 6: WHAT CAN YOU DO TO CHANGE DIRECTIONS IN YOUR LIFE?**

**Author**

**debbekennedy**

Joined: 27 Oct 2004  
Posts: 96  
Location: global dialogue center

## Message

Posted: Sun Apr 17, 2005 1:26 pm Post subject: WHAT CAN YOU DO TO CHANGE DIRECTIONS IN YOUR LIFE?

I've been thinking about YOU and wondering about what more we might explore as we move through the year. What are the stories and other events and people that have been catalysts for changing your life?

**A PERSONAL STORY**, the real "life-changer" for me came wrapped in a moving video some years ago ---- Joel Barker's *Power of Vision*. At a time. I was living in my own "personal concentration camp" with seemingly no way out. Unexpectedly, I found myself through my work being introduced to Joel Barker's landmark film, capturing of Viktor Frankl's experience at Auschwitz. Definitely, a strange place to find inspiration, yes? However, this story helped me realize I had "something significant left to contribute." It helped me build a positive vision for my future that literally years later leaves me amazed and deeply full of gratitude.

For this reason, our new [Knowledge Gallery exhibit - VIKTOR FRANKL: The man, his message and his principles](#) has a special meaning for me personally. When Joel Barker heard of our commemorative exhibit, he graciously offered to share the video clip that helped me personally change my reality. I hope you watch it...and also see the exhibit. It will change the way you see things. If not, I will be very surprised.

### WHAT ABOUT YOU?

What are YOU doing to change your reality? What is the story or catalyst that helped you change your life? TELL US ABOUT US.

### THINGS WE CAN DO?

Below is an excerpt from an essay called [Creating Your Own Reality](#). It offered some ideas to stimulate each of our minds in what we can do to change our direction or uplift our lives.

#### So what can you do to alter your own reality?

➡ Study how others have altered their reality. Helen Keller, born blind and deaf, altered her reality by developing the senses available to her: touch and intellect. If you know someone who has overcome adversity, so much the better. Ask them how they overcame. Take notes.

➡ Read about the subject. The best seller, "The Seven Habits of Highly Effective People," by Stephen R. Covey, is one I highly recommend.

➡ Decide what you want your "new reality" to look like. Build in as much detail as you can. Write out what this new reality of yours will look like and keep the description where you will see it every day. Every morning when you get up, and every evening just before you go to bed, read this description of your new reality out loud, then close your eyes and imagine it, again in as much detail as possible.

➡ Have someone you trust, and who you know will be honest with you, help you determine what habits or actions of yours will keep you from creating your new reality. Write out a list of things you need to change, based on what this friend tells you. Concentrate on one item

from the list and work on it until you can change it, then move on to the next.

👉 Work on the principle of replacing a bad habit with a good one. If you want to quit smoking, for example, substitute strenuous exercise.

👉 Remember the three rules of successful change: perseverance, and perseverance, and yet more perseverance.

👉 Don't forget to reward yourself every time you drop an element of your old reality, or pick up an element of your new reality.  
If you're truly serious about creating your own reality, this is the best, and perhaps the only proven way to go about it.

May we help one another make this a great new year!  
Looking forward to learning from your perspectives.

Debbe

Debbe Kennedy  
Founder, Global Dialogue Center  
[dkennedy@globaldialoguecenter.com](mailto:dkennedy@globaldialoguecenter.com)

## Thread 7: QUESTION 2: WHAT DIDN'T GO AS WELL AS YOU HOPED?

### Author

**debbekennedy**

Joined: 27 Oct 2004  
Posts: 96  
Location: global dialogue center

### Message

Posted: Tue Nov 23, 2004 8:35 am Post subject: QUESTION 2: WHAT DIDN'T GO AS WELL AS YOU HOPED?

Hi KYM, SARA, BILL, BETH and anyone else who stops by and wants to join in...everyone is welcome...

Enjoyed reading your responses about "what has gone well this year?" It is a tough question some years, but as you seemed to recognize, it brings out the gratitude we have about our lives even when the journey has been a challenging one.

NEXT QUESTIONS:



What hasn't gone so well this year?  
What has stood in the way?

Think about not only circumstances beyond your control, but also about things you might have dealt with differently, personal limits you put on yourself, behaviors and actions that sabotaged your success or goals you didn't really work to achieve. These reflections are "moments of truth" that can be a catalyst for creating a new beginning. Without really taking an honest look at yourself, there is a tendency to just repeat the behavior and actions over and over again.

You don't have to share everything...some answers may be too personal, but share what you can, so it will help the rest of us be brave enough to respond.

What a great gift to give yourself during this Thanksgiving week...warm wishes to you all.  
😊

Debbe

## Thread 8: QUESTION 1: WHAT WENT WELL THIS YEAR FOR YOU?

### Author

**debbekennedy**

Joined: 27 Oct 2004

Posts: 96

Location: global dialogue center

### Message

Posted: Thu Nov 11, 2004 7:49 am Post subject:

Hi KYM, Carol, Bill and anyone else who stops by...

It sounds like everyone is up for a CHANGE and RENEWAL in their lives or you wouldn't have stopped here. Me too! Actually, this is my favorite time of year for that reason. It prompts us to reflect on all that has happened during the year and offers a chance to chart a new path.

A few years back, I started to more consciously approach this idea of a new beginning. Instead of big, giant chunks of time, I now recognize that every minute, every day, every month, every year that we are alive, we have an open invitation to clean out, build up and make our lives better than they were before. I've realized that the most gratifying renewals don't come from material things we gather in, but from the sense of well-being and peace that we each carve out for ourselves that comes first, by believing we can make positive change in our lives. Then courageously doing what is necessary to enrich our lives, step-by-step, unfolding the dreams that we hold inside.

So what if we start with just one question for starters. **WHAT HAS GONE WELL THIS YEAR?** If you've had rough and troubled year, this may at first seem difficult. What is great about starting with this question is that it forces all of us to begin in a place of gratitude. Even if you have to dig deep, see if you can come up with even two or three statements of what went well for you that led you to this time and place.

Anyone is welcome to join in.

Debbe

## Thread 9: QUESTION 3: WHAT ARE YOU GOING TO DO IN 2005!!!

### Author

**debbekennedy**

Joined: 27 Oct 2004

Posts: 96

Location: global dialogue center

### Message

Posted: Sun Jan 02, 2005 4:16 pm Post subject: QUESTION 3: WHAT ARE YOU GOING TO DO IN 2005 ????

Happy New Year to everyone!

What has amazed me most about this thread as I've watched and monitored it is that we had just a few POSTERS, but they were most inspiring! However, the idea of CREATING A NEW BEGINNING seems to speak to a need as indicated by several hundred VIEWERS that stopped by.

As we start the new year, how about really working to help one another get off to a "fresh start" for 2005. BE BOLD. POST. With all that is going on the world, it is clear most of us have much to be grateful for and possibilities waiting for us to seize them, yes?

Have you established some New Year's Resolutions? or Goals for 2005?

I did mine recently and had a few copies laminated. WHY? I put them in my office and where I frequent at home. My commitment this year is to read them every day. This is not so easy! Sometimes, you just want to make your eyes BLUR rather than take it in. I am convinced that reading your goals---staying in touch with them---asks something MORE of you, which explains the blurry eye trick. I know it fills me with a sense of "duty" or "call-to-action" when I do read them. My reason for stepping up my action this year is based the amazing RESULTS I got from reading them a little bit the last few years.

So, what's on your agenda for 2005???

Inspire the rest of us! Then let's set out to support one another for a year of great achievement!!!

Best wishes for discovering the best in YOU this year!

Debbe