

Alina,

I just have to comment with how you impressed me with your dynamic as a group leader at this past Saturday's workshop. You really succeeded to provide an individualized experience in a group setting – as well as enabling everyone to share the experience collectively – you have a unique gift that I've seldom, if ever, seen in anyone conducting a workshop. In addition, your eye contact with participants is “textbook perfect,” well beyond that of the most acclaimed speakers, politicians, and executives that I've encountered.

Most people trying to do your work really have no business trying to help others. Like they say on the airplane, “Put your own life vest and oxygen mask before you try to help others.” You truly have the gift. Keep at it, as I foresee the day you'll need a crew to help answer your phones.

I took home a really powerful message, that trying to control anyone or anything – or even thinking that you can control anyone of anything – is a certain path to disappointment and misery. The only thing you can control is yourself –

Wow! I've never before been exposed to such a simple yet universal rule (This blows away all the other Golden Rules and Seven Secrets and Twelve Steps, etc. ... ) It's so universally: how you eat, how you take care of yourself, how you spend your time, with whom you spend your time, what you say, what you don't say, what you wear, what you are willing to tolerate, the temptations you avoid or cave in, your moral compass, your conduct and standards, ... these don't guarantee success (because bad luck and accidents are lurking) but they are our only mechanism, our SOLE HOPE, for attracting good into our lives, health over dis-ease, respect vs disrespect, good companions over losers. Wow, awareness of the control we have over ourselves, and proper action, are the ONLY shot we have for a better life. --- THIS IS PRETTY DEEP STUFF.

Alina, thank you for sharing your wisdom and knowledge in the Saturday workshop, and especially for the “Aha” moment. I'll give you a heads up a week ahead of my next visit to schedule.

Namaste,

John