

Alberta
Mastery

Mastery Newsletter

Volume 11, Issue 1

May 2006

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Urgent:

We need Assistants for the June 2-4 Mastery in Calgary. Please contact Kelsey at kelsey@seriousimpact.com or call 451-6101 (h) or 660-5060(c)

Upcoming Dates

- Calgary Mastery: this weekend June 2-4, 2006
- Edmonton Mastery October 13 - 15, 2006

A New Year

Here's to 2006. I know it's a little late...It seems as though time got away from me. As many of you know I have recently given birth to my first child,

Mei Lin Kimberly on September 24, 2005 which left me unable to devote time to the newsletter for a brief time.

I look forward to hearing and showcasing your achievements, epiphanies and announcements and also continue to provide some fodder for thought. I understand that we all live busy lives, even more so after Mastery.

Although this is only the 4th newsletter I've done, I'm amazed how a theme arises out



I didn't know busy until....

each time from the wonderful submissions from our growing community.

Thank you to all who took the time to reflect, write, create and share their experiences and opinions. As you read through, I hope you enjoy this issue as I did putting it together, all the while thinking about what you would like to possibly write about and send in for the next one as your submission may be the thematic elbow to the whole newsletter. In your service,
Alithea

Mastery Grad Announcements

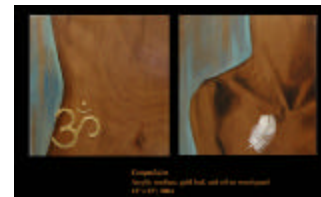


A new addition to the Mastery fold! Welcome Juliette Kathleen Thievin. Daughter of Mastery Grads Sabrina & Greg Thievin of Edmonton and sister to the master of self expression, 5 year old

Alexander. She is already expressing herself well and having her needs/preferences met - eat, sleep, poop, diaper change, smile, begin again! Born August 11, 2005, she is a happy, healthy, and loving little girl!

Serena Staples (Vancouver 1995) will be in a collaborative painting show with four other artists which will be showing at the University of Calgary's Little Gallery in mid August as well as

a solo show in the same gallery in September. Serena was fortunate enough to be granted a research award this summer, for this summer's work based on art and epistemology, generally the relationship between art and knowledge.



Contact her at

serenas@cheerful.com

tel: 403 585-3558 or visit her website for dates to upcoming shows.

<http://staples.digital-arts.ca>

Self Expression: Perfection vs. Imperfection

By Jill Kennedy

This weekend, while on retreat with my Mastery women's support group, I pulled one of Christine Northrop's Women's Bodies, Women's Wisdom cards and the card I drew was the Self Expression – Perfection vs. Imperfection card. What the card says is:

RELAX: This isn't a competition. Genuine self-expression never hurts or diminishes the personal creative space of others. Self-expression is an ongoing, ever-changing process.

No form of self-expression will ever be perfect. The minute you update your surroundings, your wardrobe, or even your computer, something will need to be changed. Accept this process and embrace it as part of joyous, ongoing, never-complete self-expression.

RELAX: This isn't a competition. Genuine self-expression never hurts or diminishes the personal creative space of others. Self-expression is an ongoing, ever-changing process.

I've applied this message to my current situation – my fear of writing this article. Taking the Mastery workshop and continuing to be involved in the program has helped me work through many of my fears of public speaking. I now find the opportunity to speak publicly brings about far more excitement than fear in me. Writing, however, is another matter entirely. I procrastinate and resist - finding things to distract myself rather than getting on with the task at hand. Writing seems like such a permanent form of expression - and my views and thoughts are constantly under revision. What it really boils down to is my fear of not being perfect. So, I'm taking the lesson from the card – I'm willing to be perfectly imperfect and write anyway.

Over the past few weeks, one of my students has repeatedly asked me when I'm going to write my book. I haven't quite known what to say given my fore-mentioned fear of writing. When I do think about writing a book, my heart starts racing and a sense of panic sets in. This is why I believe it is important that I write anyway. I haven't formulated

anything I would want to write a book about at this point, but should I be inspired with such a message, I do not want my fear of not being perfect to keep me from sharing it.

As I started thinking about writing this article my friend Gillian Maxwell came to mind. Gillian took the Mastery back in the 80's and is the woman who stood up and said: "I love to sing, who wants to sing with me?" and from that expression is responsible for the creation of the Mastery choir in Vancouver. Since that time many Mastery grads including myself have relished in the opportunity to express ourselves through song. These days Gillian has been using her self-expression to help produce the International

Harm Reduction Conference being held in Vancouver this week. The 5 day conference includes a film festival and public dialogue series designed to explore healthier ways of controlling drugs. Regardless of whether people agree or disagree with her stance on current drug policies and the alternatives, she's helping to expose us to the many alternatives by providing a forum for people's self expression on the subject. How many of us believe something should be done about the terrible disease of addiction and its cost on society? Or what about the other causes we feel strongly about? And then how many of us actually take action, perfectly imperfectly?

I recently had the hearing Bill Clinton most of us would that Bill's made a along the way. He is not claim to be, perfect. In spite of his imperfections, he continues to show up and express himself.



Remember to Play even when you drop the ball

From his inspiring and moving speech about his current world-view and humanitarian activities, the statement he made that had the greatest impact on me was "you don't have to be perfect, you've just got to play." So here I am playing. Are you?

privilege of speak. Now likely agree few mistakes not, and does

The Mastery Moment lives on

By James Downie

Do you remember Sunday night at your Mastery? The sense that something magical happened in the room that weekend.

A new awareness of how some old behaviours no longer served you, and an awareness that life is full of possibilities.

And then Monday and Tuesday and Wednesday came. The outside world started to reclaim its place in your life.

The weekend started to lose some of its magic, and the struggle began between the new you and the old habits and behaviours.

I have been so blessed in my struggle to live up to the James I discovered that weekend, by the ongoing support of my Mastery group.

Not only in the striving to live in my light and awareness more, but also in the fight to break through new barriers.

I have found a place to let go of the masks, and ask for help and support. Knowing that my requests will all be received without judgement (o.k. yes we are judgement machines, and the judgements will still be in the room, but there aren't directed at me in a way that stops me from being seen).

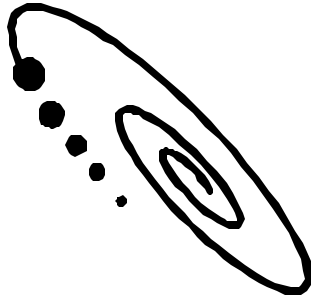
Wow to have a group of friends whose only goal is to help me and support me in my journey (and to kick my ass where appropriate) – what a gift!

People who are willing to “see” me and to be “seen”. I find it is rare in my world to find people I am willing to remove the masks for – especially ones who are willing to **stay** in the reality of who I am in all my humanity.

I have witnessed moments in other groups where the learning from someone's Mastery comes weeks after, in their follow-up meetings. How sad it would have been if they had done all the work to get to the point of being open, and then not gone to the follow-up meetings to get the goodies. Mastery is NOT just a 3-day event. It is a commitment to keep expanding your life –if you choose it. Stay connected to your group if you want the full value of Mastery.

A group that is willing to hold someone to the space that existed on Sunday at the Mastery can create magic.

That clear vision of “ If something is in the way of my living my life to the fullest” I WANT help in seeing it, and pushing through it.



Mastery is NOT just a 3-day event. It is a commitment to keep expanding your life –if you choose it.

How else will we get out of our box?

A dear friend (and Mastery grad) Martin told me that the instructions on how to get out of our box are written on the OUTSIDE of the box.

So we need people in our lives to help us find the answers.

If you are in a group that is supporting your efforts to move through the stuck parts and to

celebrate your life, and you are willing to do the same for them – congratulations. You have found one of the keys to living a Masterful life.

If you are in a group that is struggling to find its sense of purpose and a way to function effectively, then recommit to each other to stay in the connection, to see and be seen, and to leave the attitudes that don't serve that at the door.

If you are challenged by some of what you experience in your group – remember the challenge of your assignments. Sometimes growth is hard, and there is value in working through the issue. Examine your feelings. Where do they originate? Where else do the same feelings show up in my life? Use the group to help you move through, and to understand, how you are feeling. What an opportunity

for growth, to live dangerously in a safe place. If you are not in a group but would like to be: we are looking at arranging a Mastery reunion and there will be a chance to connect with other grads. Or let the editor know if you have any other ideas. As a final note I want to acknowledge the courage of my group to being committed to making it work. Sometimes it is hard, and we have lost some dear friends along the way (and you are always welcome to reconnect). My life would not be as rich without your love and support and acceptance over the last 14 months.

And to Jill for her example (something like 8 years in the same group), you fuel my belief in the future of our Mastery group.

With love and hugs to all, as you continue on your journey, just know, in my experience, it is way more fulfilling as part of a committed Mastery group,

Be well,
James

When's the next... Next Step?

Jill Kennedy and Trish Brydon (Next Step co-creator and Back Row Vancouver Mastery) are excited to invite you to be among the graduates of the first Alberta Next Step workshop which they will facilitate in Calgary the weekend of November 10, 11 and 12th.

WHAT SOME 'NEXT STEP' GRADS HAVE TO SAY:

"An experiential masterpiece!"
 "IT WAS TOTALLY AWESOME!!!! HOLY CRAP SANDWICH!!!!...I cannot POSSIBLY recommend the Next Step Highly Enough. It is HUGE!"
 "My God, I am still in awe"
 "extremely Challenging" "an absolutely unbelievable program"
 "...a new level of self-discovery"
 "The Next Step really works!"
 "words fail – it was really great!" "I highly recommend it!"
 "an action packed weekend to say the least"
 "a profound experience"
 "a beautiful transition from the Mastery"
 "This has been such an incredible gift to me"

"I had an incredible time ... the Next Step was like having the Mastery as a launch pad and then taking a quantum leap forward! An experiential masterpiece!"

This is a powerful...experiential workshop which will take you to a new level... exactly as the name suggests....
BEYOND THE MASTERY....
 Are you ready for your NEXT STEP?



What doors do you want to open?

If you are ready for more...to go deeper... for a new adventure, if you are a Mastery graduate, and if November 10th is at least 4 months after your first Mastery, the Next Step is a must. There is room for only a maximum of 20

participants (18 minimum). You are fully registered when you are fully paid. Registration deadline is September 22nd or when the workshop is full - whichever comes first. Sign up early to ensure your participation in this fabulous workshop and to give yourself plenty of time to complete the prep work for the weekend, which is a huge part of the weekend.

REGISTRATION DEADLINE: SEPTEMBER 22nd or whenever the workshop is full...whichever comes first!
 COST: \$985 +GST
 No observers

For more information and more in depth testimonials check out the Mastery website themasteryworkshops.com and click on Next Step.

To register or for more information contact Jill at jillkennedy@shaw.ca

New Mastery communities

A Mastery en Francais?

No, but **Mastery in Montreal coming this Summer or Fall**
 The exact date still to be determined. If any grads are to be

in Montreal in the fall and would like to assist, or if you have any friends or family in Eastern Canada who



would be willing to go to Montreal to participate in a Mastery please contact Jill at jillkennedy@shaw.ca to register.

Mastery Bursary Program

You know how Mastery can change a life and you know of people who would like to go. Here are the basics for the bursary program:

What is it?

The Alberta-based graduates of this workshop have chosen to set up a bursary fund. Donations made to this fund are matched by Jill Kennedy. This bursary is provided for people living with cancer and **who otherwise could not afford to attend**. Candidates for the bursary may be identified either through the Mastery Community or the referring agency chosen to participate in this program.

Contributions can be made:
 A. During the Mastery weekend:

Present the money to either Jill Kennedy or Paulette Squair who will deposit the funds to the account

- B. After the Mastery weekend:
 1. Make your cheque or money order payable to: Mastery Bursary Fund.
 2. Mail it to:

Patty Shortreed (Mastery March 2002)
 Box 82071 Scarboro PO
 Calgary AB T3C 3W5
 (Note: these contribution do not qualify as a charitable donation for tax purposes so no receipts will be issued)

Nominations for the Bursary Fund can be made through Patty Shortreed on behalf of the Bursary Fund Committee



Change a life?

Contact her at 403-229-9321 or email to pattyshortreed@pattyshortreed.com and request the Bursary Guidelines document to be emailed to you.

Share the guidelines with the nominee you have in mind and request they contact Patty for further support if they believe they meet the guidelines. Applications will be assessed on the candidates perceived desire and integrity to transform their life, their commitment to actively participate in the follow-up support process, perceived urgency plus the impact and inspiration that their participation will have on their family and friends and the Mastery Community as a whole. In addition, their resourcefulness to fulfill the logistical requirements will also be considered.



Jill's Bits and Bites

Here are a few links I thought might be of interest to some of you:

CrisMarie Campbell and Susan Clarke who are Mastery grads that live in Seattle have a company called **Thrive** that puts out an informative newsletter ongoing which has some great articles on things like communication skills and Emotional Intelligence. Their current newsletter has a good article on listening which you can access at

www.thriveinc.com/article_listening.php You can also get on their mailing list to receive future newsletters. Bob Hanson (Edmonton Mastery grad.) recently sent me this link www.youarethelightmovie.com and I was moved to tears. At the end of the movie there are links to other movies produced by the same individuals. As Bob warned, get the kleenex out!

Change in enrollment
I'd like to personally thank

Christie O. Mawer for the fabulous job she's done over the past couple of years as the Edmonton Mastery Enrollment Diva. Christie will continue to be a part of the Back-Row of the Mastery, and is passing on the job of enrollment for Edmonton to our lovely Enrollment Goddess Paulette Squair. Please forward any future inquiries regarding enrollment for both Calgary and Edmonton to Paulette at pcsquair@telus.net.

New Look to the Mastery Website!

The **new web site** of The Mastery Workshops is finally online at www.themasteryworkshops.com. Check it out! You'll find:

- € lots of testimonials
- € dates and locations of upcoming workshops
- € information about each workshop
- € contact information for each workshop
- € photos and bios of the facilitators

This is a place you can keep track of upcoming workshops and refer those friends and associates who may be interested in attending a

workshop.

I'd like to acknowledge **Rob Bruner** for his tireless devotion to getting this site going. He gave of his time freely to direct the design process, collect and write content, install the site, and generally coordinate it all. He is also now maintaining the site. Three cheers for you, Rob!

One of the ways people will find their way to the web site is through search engines. Members of the Mastery community can help us get



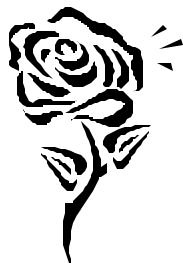
higher rankings for the site in search engine results by creating links from their personal sites to the Mastery site. Search engines have become pretty discriminating in their rankings, and one of the ways they decide how to high to rank a site is how many links are pointing to it. So help us out by putting a link to the site. If you want a small copy of the Mastery logo to use for a link, you can email me for one at UsableWebDesigns@yahoo.com.

Cheers!
Alison Taylor
(designer of the new Mastery site)

In Memory

The tragic loss of fellow Mastery Grad Bill Maloney is felt throughout the community. Subsequent reports have confirmed he was murdered in his home February 10, 2006.

The remaining members of his Mastery group held a special re-



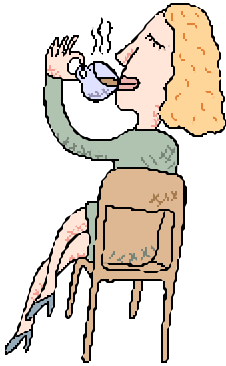
membrance for Bill. In addition, two of our members added our special comments to the guest book which is now part of the online Edmonton Journal obituary section. We will follow this story and let

you know what happens. In the meantime, it was a sad end for Bill. He lost his wife to illness a few years ago and his attendance at Mastery brought a joy to his life he had not experienced since his wife's death.
-Stan Galbraith

Addictions

By Alitheia Davis

Recently, the idea of addictions have intrigued me. What is an addiction? What constitutes and addiction? Watching "What the Bleep Do We Know" led me to these questions. How do I know I am addicted



Bliss or Illusion?

to something? Is it escapism? Is reality that difficult to deal with that we must use something to escape from it?

I thought it was an past pattern that enabled us to survive. Survive and put off dealing with whatever pain we were experiencing. However, is reality painful. Yes, I guess for some people. It would cause us to change. Living

in reality, would cause us to re-evaluate what we do, moment to moment,

do we have time for this? Is that idea too difficult to fathom. And in that moment to moment evaluation, are we able to move and respond to that moment, change and accept the change that is happening? Is that what we are escaping from, the moment of change?

In a recent viewing of "Two for the Money", Al Pacino's character delivers a monologue to a gamblers anonymous group where he explains that it isn't the win that they love, it is the losing that they love. That they feel so bad about themselves that they seek out ways to reiterate that pattern of hating themselves. Where this idea of hating ourselves comes

"I've been addicted to many things: food and sugar are high on my list..."

from can be debated: childhood abuse possibly or maybe idea of the split from the divine? Church doctrine that told us that we were sinful? The addiction to self pity? Receiving too much help and not given a chance to figure something out by oneself?

I began to contemplate addiction, and feel the truth from Al Pacino's monologue. As my thoughts moved to explore it further I came to the conclusion that an addiction is anything that enables us to believe we are not made in the image of God –anything that takes us away from the inherent light we have and are. Addiction is rooted in fear. Fear that we do not know the divine, that we could never know the divine from which we come from.

I've been addicted to many things: food and sugar are high on my list, same with personal growth courses and fairy tale endings. Believing that if only I do more of this or that, my feelings of inadequacy, my inability of knowing the divine light will cease. But

what the addiction does is feed the inadequacy, like sugar feeds yeast.

Maybe that's why the Bible encourages us to be the salt of the earth.

Salt actually stops, inhibits yeast from growing. Aside: Is this why the early Jews only ate unleavened bread? Salt is good in small

amounts, too much of it and one gets bloated.

All this discussion however leads to the question, after we give up our addictions what is left? Perhaps only light?

Everwood from the WB TV series

Ephram: The more things change, the more they stay the same. I'm not sure who the first person was said that. Probably Shakespeare or maybe Sting. But at the moment, that sentence best explains my tragic flaw; my inability to change. I don't think I'm alone in this. The more I get to know other people, the more I realize it's kind of everyone's flaw: staying exactly the same for as long as possible, standing perfectly still just feels better somehow. And if you are suffering...at least the pain is familiar.



Change.....

Because if you took that leap of faith, went outside the box, did something unexpected, who knows what other pain might be waiting out there? Chances are it could be worse, so you maintain the status quo; choose the road already traveled, and it doesn't seem that bad; not as far as flaws go. You're not a drug addict, you're not killing anyone...except maybe yourself a little. When we finally do change, I don't think it happens like an earthquake or an explosion, where all of a sudden we're

another person. I think it's smaller than that. The kind of thing that most people wouldn't even notice unless they looked really really close, which, thank God they never do. But you notice it. Inside of you, that change feels like a world of difference, and you hope that it is; that this is the person you get to be forever...that you'll never have to change again.

What the Bleep do You Want to Know About 'The Secret'

By Lorna & Pat Shanks - Mastery Grads - April 2006 - Edmonton

We've been asked if *The Secret* is *What the Bleep do We Know - Part 2*... NO it is not. But... let us put it this way... if you liked *What the Bleep do We Know*, you'll love *The Secret*!

In *The Secret* a multitude of "teachers" give us examples and stories of what *The Secret* is. Some of the teachers are historical (Buddha, Beethoven, Churchill, Einstein, etc.) and some of them are current (John Assaraf, Jack Canfield, John Gray Ph.D., Bob Proctor, etc.)

The Secret is the most powerful law in the Universe. It's what we're thinking... thoughts become things. *The Secret* reveals how to apply this powerful knowledge to your life in every area from health to wealth, to success and relationships.

The Secret is everything you have dreamed of... and is beyond your wildest dreams.

How this ties in with Mastery is through our feelings. Our thoughts create our feelings, and the better we feel the more in alignment we are with what we want in our life. We get more of what we are feeling rather than what we are thinking. What we think and what we feel and what manifests is always a match.

We have what is called an "Emotional Guidance System" (EGS). We have what we consider good feelings (joy, love, happiness, etc.) and bad feelings (anger, guilt, frustration, etc.). Your EGS will tell

you whether you really want something or not. "Good" emotion – yes. "Bad" emotion – no.

In the movie we are also told of three other powerful processes. They are: 1) The Creative Process 2) Attitudes of Gratitude and 3) Visualization.

The feeling that we the reviewers got from watching this movie was one of happiness and personal power. The knowing that we are able to create our lives and to bring to it all that we really want...



"the most powerful law in the Universe"

What is it that you want?

This ground-breaking feature length movie presentation reveals *The Great Secret* of the universe. It has been passed throughout the ages, traveling through centuries... to reach you.

This is *The Secret* to everything - the secret to unlimited joy, health, money, relationships, love, youth: everything you have ever wanted.

Presented in full screen, high quality, video with stereo sound requiring nothing more than a standard computer with a DSL/cable broadband connection. For most users, it is just like watching TV.

You have two options... go to www.thesecret.tv and watch the movie on your computer or order a DVD of the movie online... or both!!

Discover *The Secret*!



What are your thoughts?


Mastery of Self
Expression

Editors:
Alithea Davis & Jill Kennedy

Submissions to:
alitheadavis@shaw.ca
Mastery newsletter in subject

ALBERTA MASTERY

www.themasteryworkshops.
com

Meisner Technique

Mastery Grad Lori Ravensberg (Vancouver) has moved to Calgary and is offering a fabulous opportunity to experience the Meisner Technique. Originally an acting technique it is quickly becoming a lifestyle technique. As a Meisner student, the activities continue to strengthen my self-expression and my enable me to speak my thoughts, views opinions confidently and compassionately.

Mastery awoken, Meisner continues to reveal"

-Alithea Davis

Lori has remarkable ability to provide consistently constructive feedback and to challenge them without stepping on people's instincts or egos.—Jenny A.

LORI RAVENSBORG has been a Meisner Instructor in Calgary since 1999. Lori graduated from The Neighborhood Playhouse School of the Theatre, New York City under the instruction of, among others, Sanford Meisner -- the namesake of the Meisner Technique.

Aside from performing as an actor and musician, Lori is also an instructor at the Canadian Casting Centre in Calgary, helping Alberta actors increase their audition skills for film and television. She is also past vice president on council for ACTRA Calgary. **403-276-9359 or 403-510-9539**

E-mail- loriravensbor@shaw.ca

Mastery Yellow Pages

If you have a product or a service you care about, then consider this generous offer to improve your results, and feel waaaaay better about the process.

James Downie & Essentials Training present

Soul To Soul Selling

The Seven Steps of Selling Naturally

Instead of **convincing** and presenting, and facing the inevitable **resistance**, learn to create an environment where **people will line up to join you.**

"James Downie is a consummate professional, enlightening and entertaining. I highly recommend him."

Dr. Denis Waitley, author "The Psychology of Winning"

"Soul to Soul Selling is the communication style of the future."

- Chantale Fontane

"I discovered aspects of communication that ,before Saturday, I didn't even know existed ." -Anna Colin

Full day interactive seminar Calgary

Saturday, June 17th, 2006

Special Mastery offer, as little as \$58.50 each, if you bring a friend.

You cannot beat that value. Invest in yourself, allow me to take you through an amazing experience.

A POLE LOT OF FUN



It's been on Oprah, 20/20 and The View. It's sweeping the UK, Australia, the States and now Canada. What is it you ask? Why it's Pole Dancing for everyday women. With a Pole Lot of Fun, I bring the pole into your home, you invite 8-10 of your girlfriends and I teach you up to 10 moves on the pole. Then everyone does their own little show. It's done in a supportive environment, surrounded by friends and it's a blast!!!!

It gives a WHOLE NEW MEANING TO A GIRL'S NIGHT OUT! There are many ways to do it: theme parties, stagettes, couples, birthdays, you name it, we can do it!!! It's all about having fun. So give me a call for more information and we'll see what we can come up with!

Christie Mawer

780-893-9754

christie@apolelotoffun.com

www.apolelotoffun.com