

**Alberta  
Mastery**

# Mastery Newsletter

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**August 2005**

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## Don't Say It

**By Stan Galbraith**

In the 1970s George Carlin had a comedy routine where he told us all about the 7 words you cannot say on television. Of course, they were all vulgar words and mainly of a sexual nature. Their other commonality is high energy. Just using these 7 words raises the energy level of any conversation.

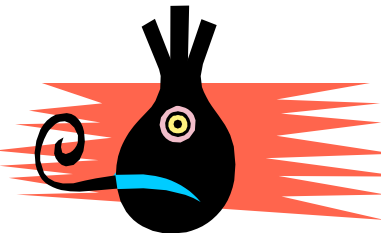
Today, we have the opposite problem. Many of the key words we use lower the energy level. As Mastery students we are all taught to play big and take our place in the world. We are inspired to raise our energy levels by the way we stand, our facial expressions and manner in which we talk. However, what about the words we use? While the actual words are only 13% of the message we convey to others, those words can dramatically affect the rest of our message. If our words drain our energy then our words will impact our body language, our tonality and our entire presentation.

The top 5 list of words to drop from our vocabulary are:

1. BUT
2. TRY
3. JUST
4. NO PROBLEM
5. AND or EH

BUT is a negative word. It negates everything that precedes it. For example, "I agree with you BUT there is a better way." This really means you don't agree with the other person so why pretend that you do. How about this for an alternative. "I agree with you. I also think there might be a better way." Doesn't that feel more energized just reading it?

Our daily conversation is peppered with BUTS. Just listen to yourself and friends and colleagues. Even professional speakers such as disk jockeys or radio commentators fall prey to this affliction. This excessive BUTTING demeans, negates, and de-energizes



*The Power of what we say  
Food or Poison?*

## Life After Mastery

Mastery grad Serena Staples (Vancouver 1995) decided to take the Next Step workshop that has led her to follow her truth as an artist.

The following is a link to her online portfolio that showcases her gifts she now shares with us all. Serena is now studying at the University of Calgary, working on her Bachelor of Fine Arts. As you will see, thank goodness for her courage and pursuit of her dreams.

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



## Don't Say It con't.

any conversation. From now on, really listen to your conversation. Notice how many times you use the word BUT. You will be amazed. Notice what it does to the energy level of the conversation. Either drop the word BUT or use a more energizing connecting word.

I learned at Mastery that TRY is simply an excuse for not doing something. Since then I have paid more attention to this word. Try as I might, I have been unable to eradicate it from my vocabulary. I notice other people use it on a regular basis. I also notice that using the word TRY is equivalent to saying "It will not get done".

TRY drains energy from any conversation. Two people can be carrying on an animated discussion. As the conversation winds down, one person might say to the other "Let's TRY and get together for lunch sometime." Immediately, the energy drains from the conversation as both parties know they will likely not get together anytime soon. They also know this is simply a cheap way to get out of expressing some real emotion or feeling. Using TRY becomes an excuse for not saying what is really on your mind or in your heart. Say what you mean and speak from the heart. Don't qualify or make what you say smaller by using the word TRY.

JUST is the latest word to make my "DON'T SAY IT" list. It is another word that negates. It lowers the energy of everything that comes after the word JUST. So often people start a conversation with words like "I JUST want to share some words with you." Or "I JUST want to take a few minutes to thank the guest speaker." Or they may start an e-mail or greeting card by stating "JUST a quick note...". In all these cases the speaker or writer are saying their words are not very important. Its almost like they are begging for permission or apologizing for speaking or writing.

We can truly play big and raise the energy of our communication by deleting the word JUST and other garbage words that surround it. For example, listen to how much more powerful these words are. "I am going to share my thoughts with you." "Thank-you to our guest speaker". Or, simply, "Thank-you!" I have been using this regularly for the past few weeks. I have found the people I talk to are more appreciative of what I say and I am more energized by my own words.

It seems that everything these days is "NO PROBLEM". We might thank a store clerk or a food server in a restaurant for great service and their response is

NO PROBLEM. We might thank a friend for some small favor and they respond with "NO PROBLEM".

Think about this. What do these words convey? What kind of energy do they bring to the communication?

There are several messages I get from these words and none of them are pretty. One message is the clerk or waiter is telling me this is no problem for them to do. They are doing it because it is part of their job description and they must do it to keep their job. They are just going through the motions and there is no emotional attachment to their actions. They are certainly not doing it out of any desire to please or connect with another person.

Now before you accuse me of being overly neurotic, stop and think about

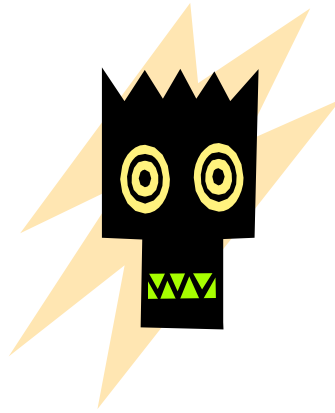
what these words really convey. Essentially, the person saying NO PROBLEM is in effect saying: "I don't know how to receive the gift of your compliment so I will pretend it's not a gift."

Much more power and energy is conveyed by replacing the words NO PROBLEM with either "You're welcome" or "My pleasure". Staff at the Fantasyland Hotel in Edmonton are trained to never use the words NO PROBLEM. They all respond with "My pleasure" every time they are acknowledged. Even though I know they have been trained to do this, spending a few hours around this wonderful staff is an energizing experience.

Filler words such as AND and EH are constantly over-used. Some of us are afraid that if we actually end our sentence we will lose our right to speak and have to fight to regain it back from the other party. Some of us are intimidated by silent gaps in our conversation. The silent gaps force us to stand into our power. Whatever the reason, our words have far greater impact when they are allowed to land as they are. State your piece in full complete sentences and then stop. Let your words land and they will have far greater impact with much higher energy. Forget the filler words. They take a lot away from your message.

JUST let me say thanks for TRYING to convey these thoughts to you. It has been NO PROBLEM to write this article AND I hope these thoughts are helpful BUT they may not be.

It has been my distinct pleasure to share my thoughts with you. Thank-you for your interest.



*What are you saying that is creating your life?*

## Mastery Classified

### 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



### CLAIM YOUR VOICE—CLAIM YOUR POWER

Yes, Mastery grad, Patty Shortreed's energizing workshop is available again this Sept 30-Oct, 2005 in Calgary.

Do You Want ...

- To awaken and express your inner power?
- To communicate passionately and clearly in any situation?
- To sing with more joy and freedom?
- To use your body effectively for powerful communication?
- To be seen and heard for who you really are?

You have a gift, a unique voice in this world that is meant to be heard.

Overcome your fears and use that powerful voice to express your true self!

Time : Fri 6pm – Sun 5pm inclusive

Place: Unity Church 2035 26A St SW

Tuition : \$285+GST (\$304.95)

Register: 403-229-9321 by Sept 25, 2005

**REGISTER and pay in full by Sept 15, 2005**

Receive a **FREE 1 hour voice lesson VALUED AT \$95**



### DANCE WITH ME

At this year's Edmonton Fringe Festival, Christie O. Mawer will be performing in the show DANCE WITH ME. It is a unique look at love, infidelity and relationships. It is a beautiful look at what can happen when three people love dancing, red dresses and each other. (Yes THREE people!) Christie plays the mistress. Tickets may be purchased in advance up to one day before the performance at the Edmonton Fringe Box Office or at the venue starting about one hour before the performance time.

Performances will be:

Friday August 19 - 2pm

Saturday August 20 - 4:15pm

Monday August 22 - 6:45pm

Tuesday August 23 - 11:30pm

Friday August 26 - 9pm

Saturday August 27 - 12:30pm

Venue:

Chianti Stage #7 (old Strathcona Legion)

10416 81 Ave.

Feel free to call me with any questions.

See you there!

Christie 780-893-9754



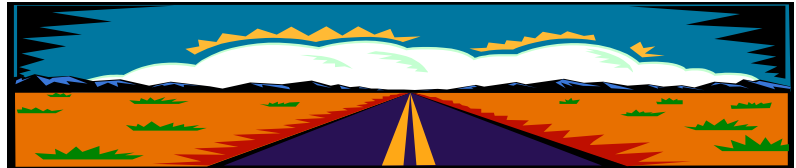
Editor: Alithea Davis

Email: [alitheadavis@shaw.ca](mailto:alitheadavis@shaw.ca)

**ALBERTA MASTERY**

We're on the web:  
[www.the-mastery.com](http://www.the-mastery.com)

Since it began in 1976, the Mastery of Self-expression workshop has been conducted in over 20 cities worldwide for more than 25,000 people from all walks of life. The MASTERY offers a unique opportunity to step outside your learned limits and to discover and celebrate more of who you are as an individual and what you are capable of creating in your life.



*The real voyage of discovery consists not in seeking new landscapes but in having new eyes.*

*-Marcel Proust*

the  
Mastery of Self-Expression



## Upcoming Mastery Events

### SEPTEMBER MASTERY IN EDMONTON

The next Edmonton Mastery is September 23-25. We will not be having any summer Introduction nights because, well, it's summer! So be ready to invite your friends to some in early September. If you have friends who are ready to sign up, there's no need to wait. Have them call me immediately and we'll get them in! Have a great summer!

"Christie O" Mawer

780-433-9754 #3 Mastery line (for messages only)

780-893-9754 (my cell)

The following are needed:

1. **Intro night hosts.** For intros in the beginning of September. All that is required is to supply a room. We will do the rest.
2. **Assistants.** To be an assistant you must commit to the entire weekend including two pre-Mastery assistant's meetings.
3. **Assistant's Team Leader.** If you have assisted several times and feel ready to jump into a leadership position, this is for you!

### Calgary Mastery

November 18, 19, 20, 2005.

Contact **Paulette Squair** at 403-256-9483 or [psquair@telusplanet.net](mailto:psquair@telusplanet.net)

### Other Mastery Events

#### An Evening with Larry Gilman

August 25 at 7:05 pm, Cambrian Hall,  
215 E.17th Avenue, Vancouver

Email Bob Gault for info: [regault@shaw.ca](mailto:regault@shaw.ca)

#### Vancouver Mastery

August 26, 27, 28, 2005.

November 18, 19, 20, 2005.

Contact Bob Gault at 604-878-6061 or, [regault@shaw.ca](mailto:regault@shaw.ca)

#### Performer's Mastery

October 21, 22, 23, 2005.

Contact Linda Darlow at 604-255-0484, or  
Henry Mah at 604-970-6549 or 604-299-0919.

#### Toronto Mastery

Contact **Jill Kennedy** at 604-876-2333 or email me at:  
[jillkennedy@shaw.ca](mailto:jillkennedy@shaw.ca)

#### Seattle Mastery

Contact Teresa Burkholder 707-849-1112 or email  
[teresaburk@hotmail.com](mailto:teresaburk@hotmail.com)

#### The Next Step –to be announced

Contact Trish Brydon at 604-324-3704 or  
[trishbrydon@shaw.ca](mailto:trishbrydon@shaw.ca)

<http://members.shaw.ca/trishbrydon/nextstepworkshop>