

Alberta MASTERY

Mastery of Self Expression

Volume 1, Issue 1
Fall 2004

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Ready to play big?

Connect. Connect. Connect...Does that sound vaguely familiar? Welcome to Alberta Mastery Newsletter. This newsletter is to keep us all up to date with the growing groups in our province. We look forward to seeing many of your names, interests, business endeavours and goings on in the preceding volumes of this acclaimed event. The exciting news is, the numbers are growing which means...more people to play really big with!

Since this is very much a forum for Alberta Mastery grads to stay connected I urge all of you to show up for this communication... breathe... and share exciting news, pictures

and events of your life after Mastery. We're judging you if you write something and we're judging you if you aren't so write in so we can create an interesting newsletter that will come out more than once a quarter and our editors question why they volunteered to do this. Now that's community!



This guy's committed but is he staying connected?

Upcoming Events

- Mastery Grad Reunion with Larry Gilman Nov. 4
- Calgary Leadership Nov. 5-7
- Calgary Intro nights: Nov. 15 & 25
- Vancouver Mastery Dec. 10-12
Bob - (604) 878-6061
- Calgary Mastery Mar. 4-6, 2005
- Edmonton Mastery April 22-24

What Next?: Leadership & Assisting

Remember those voices from the dark... from beyond those eyes that stared back at you? I don't know what it was like for you but I remember how those voices acknowledged me, comforted me and then... challenged me. Ready to face your new walls? Leadership is the weekend designed to experience and train you to express from that space... the back row. Why would you want to do that? I don't know, but if there is a calling to do that...Take it. As Alberta is still growing, Leadership is only offered once every two years.

"It grounded my experience at a cellular level..."

I know for me this question has rattled around in my brain since my Mastery in February. Should I take it, should I not? What? There are pre-requisites other than just being me? I have to read? I have to assist and bring at least one person to the Mastery? Sounds like too big of a COMMITMENT?

From what I've heard, the reading list include fabulous books such as Conversations with God Volume I by ... well God of course and Neale Donald Walsh; and The 7 Habits of Highly Effective People by Steven Covey (I think God was there too).

For those of you thinking of taking the next Leadership (Fall 2005/Spring 2006), I thought it might help to get a head start on the reading list now. So if you're thinking about it or if you want to start reading (in general) head down to your local second hand store

or library and pick up this quarter's **Mastery Book of the Quarter**. You'll be part of an online community to keep you motivated and discuss a common book with. As a bonus, since we will be keeping pretty close to the pre-requisite list of Leadership books, when Leadership 2006 comes around, you won't have the excuse of not having the reading done.

As for assisting a Mastery... It is said you haven't finished your Mastery until you have assisted and brought someone close to you to participate in the weekend.

I had the privilege to do just that at the May Mastery. Whoa. I will only say it was a pinnacle weekend in my life, probably more powerful than my own Mastery. It grounded my Mastery experience at a cellular level and removed any residual doubt I chose to hang on to in following through with my life's purpose. (Which, by the way, includes this newsletter.)

This year's Alberta Leadership is being held in Calgary and any questions regarding pre-requisites and registration are directed to:

T. Daniel Donaghy pegasus2000@shaw.ca.

Those of you thinking about assisting at the next Mastery contact Marianna via email soekawana@aol.com for Edmonton and Chris Hampton for Calgary ckh@telusplanet.net.

Movie Review A Must See!

"What the Bleep Do We Know" is an absolutely fabulously great documentary that uses Quantum Physics to explain a lot of the concepts we talk about at the Mastery, including how we create our reality.
- Jill Kennedy

Life Lesson No. 1

There once was a bunch of tiny frogs,.... who arranged a running competition. The goal was to reach the top of a very high tower. A big crowd had gathered around the tower to see the race and cheer on the contestants... The race began... Honestly: No one in crowd really believed that the tiny frogs would reach the top of the tower. You heard statements such as: "Oh, WAY too difficult!!!" "They will NEVER make it to the top." or: "Not a chance that they will succeed. The tower is too high!" The tiny frogs began collapsing. One by one... Except for those, who in a fresh tempo, were climbing higher and higher... The crowd continued to yell,



"It is too difficult!!! No one will make it!" More tiny frogs got tired and gave up... But ONE continued higher and higher and higher... This one wouldn't give up! At the end everyone else had given up climbing the tower. Except for the one tiny frog, who, after a big effort, was the only one who reached the top! THEN all of the other tiny frogs naturally wanted to know how this one frog man-

aged to do it? A contestant asked the tiny frog how he had found the strength to succeed and reach the goal? It turned out... That the winner was DEAF!!!! The wisdom of this story is: Never listen to other people's tendencies to be negative or pessimistic... because they take your most wonderful dreams

and wishes away from you -- the ones you have in your heart! Always think of the power words have. Because everything you hear and read will affect your actions!



Be DEAF when people tell YOU that you cannot fulfil your dreams! Always think: God and I can do this!

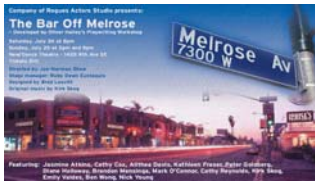
New Mastery Grads!

Welcome to our 9 new grads from the October 2004 Mastery in Edmonton and the 15 new grads from Calgary. We look forward to hearing from you and about your life since Mastery!

Mastery Grads at Play

Marriane and Wilem Van Gogh were in California visiting Larry Gilman in Sunny California and then stayed with our Southern neighbours to assist the Seattle Mastery.

Sonja Skage (Feb 2004) also continues to enjoy the sun in San Rafael, California as she and her son Corey have relocated there.



Alithea Davis (Feb 2004) appeared in her

first dramatic performance with the Company of Rogues in Calgary entitled "The Bar off Melrose".

Susan Faber's new book Women Fart Too is now available through Amazon.com.



Cathy McLean (Spring 2004) completed her first marathon in August!

Catherine Tkach is opening a high end resale/retail clothing, accessories etc store. Everything from vintage,

retro, costume rental....even fur, jewelry and cocktail dress rentals with plans for an art gallery, sales meeting room for trainers & presentations... and Drag night shopping night for area cross dressers..

Look for it on 17 Ave & 3 St. SW Calgary.

Way to play big!

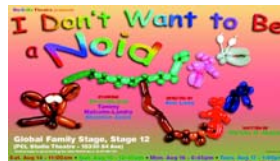
Edmonton Fringe Festival 2004

At this year's Edmonton International Fringe Festival, Christie O. Mawer - Mastery grad and Edmonton Enrolment Diva - had a presence in two shows.

The first was a kid's show "I Don't Want to be a Noid" which she wrote. Overall, it was a success as audiences laughed and participated in the show. Some very positive comments were given to Christie and the performers from audience members.

The other show was Christie's one woman musical review - "A Closet Diva's Diary" - loosely based on Christie's own journey out

of fear and into the spotlight. Overall the show went well. Unfortunately Christie



caught a cold at the Fringe so 4 of the 6 shows were a little hard to sing, but as a Warrior and Mastery grad, she just kept going! Again, many audience members

gave very positive feedback to Christie and her accompanist Gary. CD's of the music from the show were also on sale and a few copies were picked up. The highlight for Christie was when TJ Dawe - the 'king' of the Fringe circuit (he tours with one man shows that are very popular) came on closing night, complimented her show and bought the CD!

If YOU would like a copy of the CD for only \$10 - 10 songs ranging from jazz to light opera - please contact Christie at primaenterprises@yahoo.ca,

Mastery Support Groups: What do we do now?

Jill Brydon

Hello Mastery Grads. Hope you're all having a fabulous fall living Large and Out Loud!

It has come to my attention that some of the Mastery support groups may be in need of some juice to keep things fresh, motivating and moving everyone in a forward direction. I invite anyone who has some ideas that have worked to achieve these ends in their own groups to pass the wisdom along to others so we can all learn from each other.

Some things that have worked really well in our group are:

1. Having really clear intentions about what we want our group to be about and checking in every 3 months or so to see if we're still meeting those intentions.
2. Alternating leaders each meeting where the leader sets the agenda. This leaves a lot of room for creativity.
3. Starting the meeting with some version of three corners (this can be modified if there is a concern about noise and you can choose different emotions than love, anger and need). This really helps to get people out of their heads and into what really going on fast.
4. Share either in the big

"When I realized that I needed them, the group began to work."

group - going around to each person, or in dyads one thing I use to keep myself separate from you.

5. Sharing either in the big group or in dyads one thing I hate about you and one thing I love about you



6. Our group recently spent a whole day sharing our Lifelines with one another, having spent time before the meeting mapping out the highs and lows in our lives and presenting it visually to the group. Taking about 1/2 an hour to present with about 15 minutes for questions and feedback. This was really useful to give us insight into one another's patterns.

"...Risk holding each other accountable..."

7. Sharing our parents history, how they met etc. to also give some insight.

These are just a few of the exercises that have helped keep our group risky and intimate. The most important thing in our group has been our commitment to one another and our own growth. There are thousands of ways to go deeper with one another ultimately it is about giving the other members in the group permission to give honest feedback. This helps keep things juicy and helps me learn about how I am perceived by oth-

ers. Valuable information we received at the Mastery and could use on an ongoing basis.

Another thing that has helped bring teams to a whole new level is to assist a Mastery together. Incredibly bonding. Other teams, unable to commit to the whole weekend, have had their meeting prior to going to the Mastery to observe part of the weekend or to assist love anger together and then to have their meeting. Think about how incredible it would be to start a meeting off after that!

I don't know if it has come to Alberta yet, but when it does I recommend having your support team go see the movie *What the Bleep do we Know* together and then to talk about how this applies in your own lives and give feedback to one another

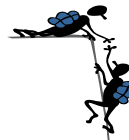
over coffee after the movie.

The biggest thing about keeping a group going is that you are willing to RISK being yourselves, RISK holding each other accountable and RISK getting support in being up to big things in your lives.

Go forth and continue experiencing your courage with one another.

Love, Jill

P.S. I will be writing a piece in upcoming newsletters so if any of you have questions or thoughts about topics you would like to have explored please email Alitheia and she will pass your responses on to me.



Are you looking for a group?

If you are looking for a group, there has been some interest to start up a Women's Mastery Group. If you are not currently in a Mastery Support Group and/or would like to be apart of one to grow beyond the "honeymoon period", email in and possibly take the initiative to start it up. Remember to mention what city you live in.

If there are any other groups you are looking to start up (i.e. skiing, volleyball, quilting, running etc.) Please email in and we can put the energy out to stay connected.

There's only new information OUT THERE!

Ode to a Journey

(or Ode to Mastery - written while assisting at a recent event)

I am.

Those that know me, know not.
Those that see me, see not,
see only that in me which is shown
Touch not the centre
the whole
the depth, the strength, the being.

See all of me, naked, open, alone
the centre of being,
the centre of oneness,
the earth mother,
the storm unfettered.
Screaming, streaming, dreaming,
beyond the pale grace of morning -
beyond the darkness
beyond the edge.

This is what is.
This is here, is now.
This is me.
This is all of me.

I AM.

-Linda Watts



Mastery of Self
Expression

email:
alitheadavis@shaw.ca
Mastery Newsletter in subject

ALBERTA MASTERY

Connect Express Truth

www.the-mastery.com

Editor: Alitheia Davis

Co-Editors: Jill Kennedy and Trish Brydon

We hope to have this newsletter come out quarterly so watch out for the winter issue early 2005!

Mastery Book Club This quarter's book: Conversations with God By Neale Donald Walsh

Grab a copy, read along with your Mastery community and write in your thoughts.

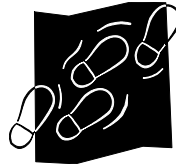
* It isn't a coincidence that this book is on the leadership reading list (for those of you

We have lost Mastery Grads! If anyone has the current emails for the following grads please forward them.

S Bruce
Andres Sada

Calgary- Roommate Wanted - Sharing a 2 bedroom, 2 bath, spacious adult condo in Arbour Lake. No smoking. \$425 per month plus half utilities. Includes use of an amenities room and a small gymnasium. Call Linda at 239-1141.

Mastery Yellow Pages



This area will be dedicated to the businesses of Mastery Grads. As this is all the space allotted, submissions will be added on a first come basis as well as ads that have appeared before will be rotated through to enable new communications a presence. We look forward to submissions for all business endeavors.



Harmonious Healing Inc.
Tap Into Total Health

**Body Talk,
Lymph Draining & Health**
1-403-850-9560 or
1-888-932-5607
susan@harmonioushealing.com

Is your weight **Wise**?
For more information, go to www.bodywise.com/ rev and click on **RE-SHAPE** System.
Catherine Toole,
Independent **Body Wise**

Calgary- Roommate Wanted - Sharing a 2 bedroom, main floor house in Marda Loop. No smoking. \$500 per month, includes utilities.
Call Hannah at 266-8066

James Downie & Essentials Training present

Soul To Soul Selling The Science of Selling Naturally

Here is just a portion of what you will learn:

- How to **eliminate** the fatal errors in conversation that cause **frustration, fear** and **resistance** for you and your client
- The **magic phrase** that diffuses anger and avoids confrontation

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

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

Edmonton November 20th · Calgary November 27th · Vancouver December 4th, 2004

403-630-6634

info@SoultoSoulSelling.com