

Creating Room To Breathe

Little Ways to Improve Your Life • creatingroomtobreathe@yahoo.ca

Here we are coming to the close of another excellent week! Or was it? How were you treated by folks around you this week? How did other people speak to you and act towards you?



Charley Edwards
Certified Life
Coach/Facilitator

Some time ago I was working with a client who was telling me that she couldn't seem to get people to really love her; to really hug her in a close, meaningful way. She said that people would hug her with a light pat on the back kind of hug and usually with only one arm.

"Even my partner refuses to give me really warm feeling hugs" she said "what the heck is going on, how can I get people to just love me as I am?"

The answer and exercise I offered her was this;

Go to a mirror in your home, preferable a full length mirror so that you can see your whole body. Stand a few feet or just under a meter back from the mirror and talk to yourself. Say things like; I really love who you are, you are trying very hard to become the person you want to

be toward yourself and others and I'm very proud of you (insert your name here) and finish with, I love you just as you are! I also suggested that she do this exercise each morning upon getting up and again just before going to bed at least and more if she felt so inclined.

The key to learning anything is repetition, so do the repetitions with a sincere heart that is geared toward learning to love yourself and the exercise will most certainly have an affect. "At some point there will come a deep feeling of love toward the reflection you see" I told her, as this happens you may begin to notice that other

people will be acting slightly different toward you.

She promised to do the reps twice daily or more with a sincere desire to genuinely and unconditionally love herself more. It wasn't very long, a few months maybe, that she reported back to me that her partner was suddenly showing her more affection and people were beginning to hug her more closely and meaningfully. I suggested that she keep doing the exercise and make it a habit, which she, as I have, has done. This exercise is such a habit for me now that I don't even think about doing it anymore it just happens automatically when I pass a reflective surface.

We are a spirit being folks, we are made of energy and how this law works is; what ever it is we are secretly feeling towards ourselves deep on the inside, is an energy that we project outward into the world. It is this energy of emotion that we are projecting that attracts people to us who will treat us in a way that perfectly reflects or matches our own deep inner feelings or energy toward ourselves.

As we change how we feel about ourselves on the inside it will be reflected on the outside by how people treat us, speak to us and behave toward us. Daily I am treated with kindness, compassion, love and warm friendships;

this is simply a reflection of my deeper inner feelings toward my self. Change on the inside and watch the outside change automatically, it's a law of the universe, a God law. We will always attract to us that which we are on the inside.

This next week begin doing the mirror exercise; the key to learning is repetition so do the exercise as described above and in time you will watch your environment change right along with you; now that's conscious creation in action!

Thanks for reading and thanks for being exactly who you are, I'll see you right here next week.

Cycling The Nation 4 Education

By Derek Ruttle
The Outlook

Most people don't have their entire summer mapped out in front of them, but one man is putting it all on the line for a good cause and a journey that he'll definitely remember for the rest of his life.

Ilan Levy, a Toronto resident involved in business leadership has been on the road since mid-June, bicycling across Canada in an effort to raise \$100,000 for school supplies and classrooms in Central America.

It's called Cycle 4 SchoolBOX, and Ilan's adventure will take him from the west coast to the east coast until the end of the August, when St. John's, Newfoundland becomes his final destination. SchoolBOX is a Canadian charitable organization aimed at providing education and learning tools to underprivileged Central American youth.

Specifically, Ilan's efforts will go towards funding school supplies for 8000 children and building eight classrooms in rural Nicaragua.

Levy's course started on June 7 in North Vancouver, and for the last few weeks he's made rest stops in Kelowna, Calgary and Regina. The total distance that he'll cover, when all is said and done, is more than



Ilan Levy says the prairie landscape has been relaxing on his Canadian cycling adventure.

8000 km by bicycle.

On his longest day, he plans to pedal up to 181 kilometers.

Speaking on the phone from Alberta, Levy said this cross-country trip was something he didn't want to pass up.

"I've been an avid cyclist for a long time, I've done some 1000-km trips before on the west coast, the foothills of the Himalayas and in Europe, and I thought this

would be by far the best way to see our magnificent country," he said.

With fundraising efforts such as this, there are bound to be challenging times and Levy says there have been good days and bad.

"Things have been actually improving dramatically over the last few days," he said. "For the first 12 days or so, we had one day of sunshine, and most of the time the weather was just

horrendous. But from Lake Louise to Calgary, it's been great and today has been great. As a matter of fact, I'm in Drumheller right now and checking out the dinosaurs, and it's beautiful!"

Ilan is still early into his cycling adventure and is amazed at how much has already been raised. He believes that the goal of \$100,000 is far from impossible at this point.

"Actually, as of about

three days ago (June 26), we were at around \$25,000," he said. "We had a few fundraising events last night and the night before and raised another \$11,000 or so, so that'd put us at around \$36,000. Given that I'm just in Alberta, and still have about eight weeks to go and will be collecting donations until the end of the year, I'm quite confident that we'll reach our goal."

Biking into different provinces and communities as the days weeks go by, Levy says his trip is getting more exposure and support.

"It's been getting more and more positive," he said. "I've got my yellow jersey with Cycle 4 SchoolBOX on it, and people have started stopping me and telling me that they've heard (radio) spots for the campaign. Also, on the online donation page, I'm starting to see names that I don't recognize at all, so they're not just friends or friends of friends, they're

people who are complete strangers, and to me that's a very good sign."

Over last weekend, Levy had made his way into this province and even cycled through Outlook and the area. Although the region is new to him, Ilan says the Canadian prairies as a whole give his trip a different vibe than what he's seen before.

"I've been really been to Saskatchewan," he admitted. "I've flown into Regina and done some work here and there and then flown back out, so I really haven't seen Saskatchewan. If the ride from Calgary to here is any indication - straight stretches and quite flat - it becomes quite meditative. You see this big, huge sky with fields and it kind of lulls you into a pensive state, and that's kind of cool!"

For more information on Levy's trip progress and to learn how to donate, visit www.schoolbox.ca.

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