



Real Stories From Real People

EMPOWER

December 2011

Vol. 1, Nr. 4

Dear friend,

Welcome to the fourth edition of **EMPOWER** – real stories from real people to empower you every day.

December is the last month of a year and we start to think what we achieved/didn't achieve and what we want to do in the coming year. This edition focuses on inspiring and empowering stuff that will help you to start the year with strength, knowledge and resolution. Enjoy this newsletter!

Have a great January 2012 and keep sending empowering news.

Martina, Move Now! Coaching / Empowering Global News, Spain



People Living in the Following Countries Contributed to this Edition

Singapore

Spain

USA

Inspiring News from People around the World

Guilty as charged



Martina, Spain

After an intensive public trial covering a range of human rights violations, on December 6, the jurors issued a scathing verdict to the six largest pesticide and biotechnology corporations, urging governments to take action to prevent further harm. The crowd erupted in a roar of applause, and later, congratulations were shared in at least seven languages. Read more at <http://www.panna.org/blog/guilty-charged>.

Altruism on the rise? Real Secret Santas help strangers across the country

Lately, I've noticed a trend in good will. Call me blindingly optimistic, but there seems to be a rise in random acts of kindness around the country. The latest: a total stranger went into a Michigan Kmart and paid layaway bills for three random customers. Her only requirements, according to Consumerist, was that the layaway

orders include toys and that each beneficiary receive the following note when they checked out: "Happy Holidays from a friend". Read more at: <http://shine.yahoo.com/work-money/random-acts-kindness-rise-real-secret-santas-pay-212100965.html>

Mitsi, Spain

Internet Santa

Festive proof that the internet is not just a place for trolls to live

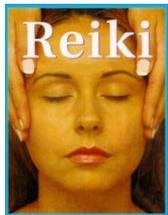
Reddit, a site already so self-absorbed that a meme joke can appear, spread, mutate, be refuted and get passé all in the space of a day. The active user base of this so-called 'front page of the Internet' has a strong streak of random acts of kindness, and this year is aiming to do the largest Secret Santa gift exchange in the world. Those signing up are assigned a semi-random giftee, who could be anywhere in the world, and through some subtle research on their preferences, are given the mission to make their holiday. Some gifts don't make the journey intact, some evil folk just back out entirely, but the site is chock-full of people whose days are made by random strangers a hemisphere away. Candy and tea made for popular selections in the past, and joke gifts disguised as something else (I'm looking at you, guy who gave dvds in Twilight packaging) is encouraged. Reddit has a long history of giving for the hell of it, especially in response to people sharing their hard luck stories. A few kind-hearted souls with some pocket change to burn can easily become personal heroes to strangers, and this Secret Santa campaign is an effort to expand that to a massive scale. Whether or not it earns the Guinness World Record for secret Santa is almost besides the point, though already there are over 30,000 participants in 104 countries. Even the gift giving is almost a side show to the posted reactions of people who end up with crap gifts from friends and family, but the perfect thing from a total stranger.



The Skinny, p. 59 - http://issuu.com/theskinny/docs/issuu_75_-_the_skinny.

Miguel-Angel, Spain

Reiki Really Works: A Groundbreaking Scientific Study



After decades of often disputed validity, the effectiveness of Reiki, a holistic energy treatment is gaining new respect within the medical community. Not only are highly reputable medical facilities throughout the U.S. offering patients alternative healing programs such as Reiki, those facilities are analyzing the benefits of their programs and are submitting them for review and compilation. The results are nothing short of remarkable.

Read more at: [http://greenlotus.hubpages.com/hub/Reiki Really Works-A Groundbreaking Scientific Study](http://greenlotus.hubpages.com/hub/Reiki_Really_Works-A_Groundbreaking_Scientific_Study)

Maite, Spain

People for People/Animals

MIGHTY MUTTS "ALL DOGS IN LOVE" PHOTO CALENDAR FOR SALE

I wanted to share a project with you I created as I have been amazed by the results. I knew that I wanted to create something involving my interest in photography and my love of animals that would benefit the community. Through my real estate broker, I found out about an amazing animal rescue in NYC called Mighty Mutts that he volunteers for so I decided to see what would really make a difference for the organization and what they were dealing with. One of the biggest thing they were facing were vet and supply costs for the animals that they rescue, foster and adopt out, so I created a dog calendar for 2012 and assembled an amazing team of photographers (some internationally reknowned) to photography Mighty Mutts alumni and dogs who still needed homes. With calendar sales and a calendar release party, we have raised over \$5K in @3 months and we were featured in Cesar Milan's magazine Cesar's Way in their holiday gift guide.



We still want to create more support for this organization and have more calendars to sell, so I am sharing this story and reaching out to people. (They make great holiday gifts.)

I have a rescue dog I adore named Cherry and she is how my wife and I became a family. Besides raising money for Mighty Mutts, I really hope the calendar inspires people to consider the possibility of creating and/or enlarging their existing family by adopting a rescue dog. That is why the calendar is called "All Dogs in Love." What if every dog had a loving home?

I am so grateful and amazed by how this team of people came together to make this project happen.

The team of crackerjack photographers includes Quinn (<https://picasaweb.google.com/102123672671730494011/AnimalGallery?authkey=Gv1sRgCICP2anz5uaEiAE#>), Ben Lowy (www.benlowy.com), Joann Coates (www.joanncoatescreative.com), Drew Geraci (www.geracipho.com), Sean Brady (<http://www.flickr.com/photos/edwinland/>), and Dan Migliacci.

The calendar includes photos of Mighty Mutts in need of adoption and Mighty Mutts alumni placed in loving homes and are on sale at www.mightymutts.org.

Susan, NY, USA

Christmas time



During this time of the year, when people seem to be more polite, helpful and human, is when I realize how easy would be to be like this the whole year. When I was a child, my mother taught me that Christmas is every day, meaning the values must be shown all year round.

This time of the year I think of my family and especially of my mum and the values she taught me.

Thank you mama for being the way you are.

Goretti, Spain

Interesting Resources

Life "seeds" management

I would like to share with you about retreat I just attended. It was Diamond Cutter retreat for about 150 people from Singapore led by **Geshe Michael Roach** and senior teachers from Diamond Mountain University. Geshe Michael Roach "GMR" (<http://geshemichaelroach.com/>) is the first American to receive Geshe degree (Master of Buddhism) after 20 years of study in Tibetan Buddhist monasteries. He teaches now "normal" people how to apply principles he learned in monastery in every day life and business regardless of what religion you are.

I first met Geshela in 2009 during his public talk in Singapore. He was teaching about **Karmic Management** and it really resonated with me. His teachings are very simple – it's basically elaborated teaching about "**What goes around, comes around**". However, it's all explained in much deeper way so it has different effect and once somebody starts to fully understand and practice these teachings, the real results will materialize. After short public talk I bought his most famous books **Diamond Cutter & Karmic Management**, read them in few days and started taking first baby steps in applying what I learned.



To summarize what is most important about the teachings:

- **Everything in our life is coming from us** (meaning that the reality we see and live in is created by us and us only and we cannot blame anybody for it but must take personal responsibility for everything)
- **We are creating our reality by planting seeds** (every single thought and action means plating "seeds" – good or bad seeds that would later turn into reality that we are experiencing, we cannot change present only future by acting differently now)
- **Nothing bad can ever come out from good seed** (planted with good intention) and **nothing good can ever come out from bad seed** (so even if so happens that you for example lie and you get more money its not because you lied you got more money, its just you are planting bad seed by lying and

some good old seed from past is ripening and you are receiving more money but later down the road the bad seed of lying will ripen too and you might loose lot more money)

- **If you want something you must first give it to someone else**

In 2009 I was mainly interested in growing the business we started in Singapore so I started applying his teachings to my every day business life. I was reflecting on what teaching says: If you want to be more successful, help first somebody else be successful or if you want more money, give money away first. Just do it strategically. If what you want to is to grow your business and generate higher profits then take for example 10% of what you earn in your business, find somebody who wants to start their own business and help them with those money to get going. Before giving the money away though, visualize first in your mind how its gonna help them and what difference it would make. And after you gave money away go back home, drink coffee and feel happy inside for what you have done to them. This is all what GMR calls “seeds” management. **You plant a good seed** (give money to someone who needs it for new business), **you make sure the intention is right** (short visualization before the act) and **you water the seed** once you planted it (rejoicing about what you have done) and those small seeds will eventually turn into great things that will happen to you in your life later.

I started small by giving money away through www.kiva.org and to some of my friends here in Singapore who were starting their business. Not long after that I closed my biggest project we have had so far since 2005. I also started giving away lots of referrals and the amount of referrals I receive now is hard to handle so really be



careful with what you will wish for :o).

I now learn more and deeper about seeds and how I can make much bigger changes in the world and help more people but it all has to be done step by step so I don't rush anymore.

Here are some practical ideas and tips that I was especially fond off when I learned about them as they can be easily put into practice.

- If you want more money, give first money away. (or time)
- If people are not listening to you or not taking your advice, then most probably you are not listening to people when its needed (can be a small thing, seeds multiply each day so one small little bad deed can translate into cancer later in life and vice versa)
- If you want more love for example in your life you need to give more love first. Go out and take care of lonely people and your love will appear.
- If you are not sure if to stay in your current job or find another one or start your own business, do not make a decision. Go and help someone who is facing similar problem, just listen to them and wait, something will pop up that will solve questions you have.
- If you want to look better and loose weight, do exercise :o) but also go out and help somebody else to loose weight first or eat more healthy.
- Etc.etc.

Do give it a try, it's amazing what kind of great results and how fast it can produce just being nice to others and helping others every day as much as possible. The first beneficiary is always you.

Dasha, Singapore

Recommended Websites

RedditGifts - The great webpage about open solidarity... If you're lucky, you receive a gift, but remember, RedditGifts is about giving! <http://redditgifts.com/about/>



2012: Time for Change - <http://www.2012timeforchange.com/>. “The best thing about the future is that it comes only one day at a time.” -Abe Lincoln.
So, take each day as it comes and do the best you can.