



# Empowering Global News

September 2011

Vol. 1, Nr. 1

Dear friend,

This is the first edition of the new movement to focus on the positive – Empowering Global News (EGN) – real stories from real people 😊. Thanks go to all who contributed to the first edition within a very short timeframe – thank you!

When I launched this project on Monday September 26, 2011, I did not know what would happen. I knew some people would be interested but I was not sure how many. I did not know what the reaction would be. But I did it anyway as this is something that has been on my mind for some time. And I am really happy that I did it because I have received very positive feedback and notes. This shows me that it is worth doing it, and doing it on a bigger scale because there are people out there who are interested and I am sure they will help me to make it really global with an impact. There are many websites doing the same so one idea could be to team up to have much stronger position against the “traditional” media bringing us mostly negative news as this is “something that people are interested in and they want to hear about”... I know life is not always easy but I think we have got to the point when it starts to be too much...So please keep sending me your positive news every month so that we can keep the ball rolling and check the website for updates.

Thank you again.

Martina, Move Now! Coaching, Spain

## People Living in the Following Countries Contributed to This Edition

Czech Republic

Slovenia

Spain

Sri Lanka

UK



## Inspiration

"Look to this day. In it lie all the realities and verities of existence, the bliss of growth, the splendor of action, the glory of power. For yesterday is but a dream and tomorrow is only a vision. But today, well-lived, makes every yesterday a dream of happiness and every tomorrow a vision of hope." - Zen Teaching

## Some of the inspiring comments that I have received




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## Positive News from People around the World

### We Also Can!

Today I was picking grapes with my father. We worked very hard all day long and it was great!! We talked all day long about our lives.

Sharing those experiences with my father has been the SUN of the day and has empowered me!! They have also had difficulties in their lives, and they have overcome them!! WE ALSO CAN! :)

Juamba, Spain

### South Korean Textbooks to Go Paperless by 2015



South Korea's Education Ministry announced a \$2.4 billion dollar plan to move all textbooks to digital devices by 2015. Soon enough, our kids will be saying "Paper? Can I download that?"

Primary school textbooks will be digital by 2014, with secondary and high schools following shortly after 2015. [More info.](#) Miguel-Angel, Spain

## Hiking Festival 2011

This weekend two couples participated in a [Hiking festival 2011](#) at Kobarid Open Air Museum, Soča Valley, Slovenia (Monument to a Mountain Front of the First World War). In two days we visited mountains close to Breginj and Krn. Finally we put our feet into the Soča river for a refreshment. Marvellous feelings remain from this experience. Branko, Slovenia



## Sunny Day

Today it was very sunny day here in Roudnice. We went to the playground with my two children, one still in a pram. There were a couple of mums with their kids placed in different parts of the playground. The kids were playing, or somebody could say, they were exercising their motoric skills.

I am proud of my son as being only 3 years old he is capable to climb up and cross “the rope pyramid” already with a big confidence. He has been learning that step by step without my help.

I have learnt not to fear but let him to learn the climbing to do it his own way. To let him to learn it by himself, by trying and trying. I only watch from some distance, do not intervene, only in case he calls me. And I am happy that he is happy. I am happy that he has his own motivation, I am happy that he wants to spend the afternoon at the playground instead of watching TV at home.

I wish we have another sunny day tomorrow.

Jarmila, Czech Republic

## Experience the Great Happyfication

Experience The Great Happyfication

 483 videos 



Whilst I don't necessarily believe in these corporately sponsored feel good pieces – this one is fantastic and is a great reminder of how easily we can pick ourselves right back up again if you only know how!

[Experience the Great Happyfication](#)

Helen, UK

## Little Help Leaving a Big Smile

I'd like to share a short anecdote of something I saw the other day....There was this teenager walking down the street, arms and face tattooed, piercings everywhere, a real hard core, frightening looking guy with a surly look on his face...You know the type, the sort you might cross the street to avoid...when all of a sudden he stopped walking to watch as this older lady tried to park her car in a tight spot. He went up to the car and got her to wind down the window, and asked her if she needed help with parking. He then proceeded to give her instructions to get her car to fit into the tight spot, laughing and joking with her as he did so. For the lady, parking the car was quite difficult and it took some time before she managed to get the car parked. The teenager never once seemed to get frustrated with her, just kept chatting away with her and ended up walking away with a big smile on his face after being profusely thanked by the lady (as far as I could tell, there was no money exchanged in the process).

This situation struck a cord for me, firstly because it was quite a busy street, with many people walking by, and no one else had even noticed that the lady needed help parking her car. Secondly, appearances can of course be deceiving, and the least likely looking person was the one that ended up helping. Lastly, and most importantly, it reminded me of how powerful it can be to step in when someone needs help, not just for the person being helped, but for the person doing the helping, the smile on the guy's face as he walked away was incomparably bright and shiny. It looked to me like doing this small task for someone else brightened his day....

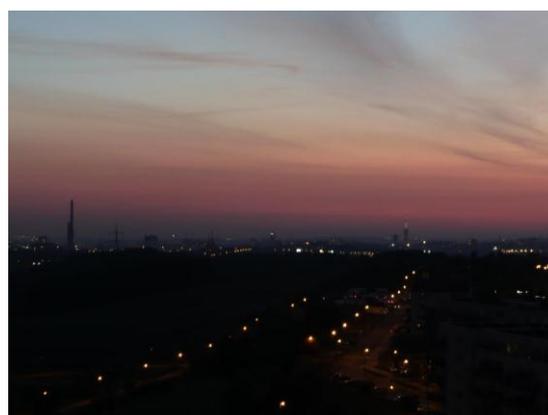
Raquel Arenas  
Wellness Coach  
Bennu Coaching  
Spain

## A Great Life Lesson

### LESSON IN LIFE

A wise man sat in the audience and cracked a joke.  
Everybody laughs like crazy.  
After a moment, he cracked the same joke again.  
This time, less people laughed.  
He cracked the same joke again and again.  
When there is no laughter in the crowd,  
**he smiled and said:**  
*You can't laugh at the same joke again and again,  
but why do you keep crying over the same thing  
over and over again?*

Martina, Spain



### Prague from my Window

Prague from my window last night. Sometimes Prague looks beautiful ☺

Dana, Czech Republic

## Fan Page

My positive news... my fan page on Facebook, its name is coachability ☺

Montse, Spain

## Learning to Live Together

I am super excited after a very positive meeting with the National Institute of Education and GIZ about introducing 'Learning to Live Together' to the formal education system. We plan for a 3 tier approach to train 20 curriculum developers at the NIE, 20 teacher trainers from National College of Education in Wayamba, 20 teachers from a school on using [GNRC Sri Lanka](#) | 'Learning To Live Together' for Ethics Education for Children. Excited !!!



Suchith, Sri Lanka

## September Harvest in Shoreham

I would like to share a very positive experience from yesterday. It was yet another unusually hot and sunny September day so I jumped on a bike and rode to my favourite farm shop near Shoreham. Besides breeding cows and growing hops or apples, the farm specializes in growing lavender and making various products from it. I popped in to get lavender honey (they only have it at the end of September and it goes really fast) and was greeted by a colourful display of pumpkins different sizes and shapes. However, the best part of the "exhibition" was a huge apple mosaic. An apple created from apples. It reminded me of a replica of Van Gogh's famous painting in Trafalgar Square that is made entirely from living grass. So if you feel like trying lavender ice-cream, organic apple juice or fresh beef you should definitely visit the Castle Farm. Their award-winning "Hop Shop" offers not only great food, natural cosmetics, arts and crafts but the place always feels like a friendly gallery set in peaceful surroundings of Kentish countryside :-)

Naty, UK



## **My Mother, My Inspiration**

My mother was extraordinary. Even now, my siblings and I can't imagine how she accomplished what she did in her lifetime. She was the mother of 5 children, she supported my father in his job as a farmer of 6,700 acres (3938m<sup>2</sup>) of property, which was 12 miles (19.5km) from the nearest town. She cooked for us, sewed our clothes, baked (about once a week when the house was filled with smells from the kitchen and enough cookies, cakes, scones and other baked goods to feed 4 families for 3 weeks!), she prepared our lunches for school and if we forgot to take them with us, she brought them into the school for us, she taught me to drive a car at 8 years of age (and my other siblings at different times, she supported our piano practice and other instruments, she taught me to sing and played piano for all our singing competitions and local church performances, she played piano for the local church most Sundays and was responsible for the roster for the weeks when she didn't, she played for the Senior citizens, was the musical director for musicals held in the local town hall. She was part of a singing group who cut a record in the 70's - she wrote most of the music and arranged the ones she didn't write. The group travelled around the local towns, performing.

When we each went to boarding school in the nearest city (2 hours away) she joined the school boards and committees to ensure changes occurred - better food, better rules, more freedom).

She taught the local unemployed families how to budget and other things to help them develop life or employment skills, she employed the "unemployable" (as housecleaners or gardeners), she started up a health food shop with the local Aboriginal community to provide employment through government grants and supported them to run it independently, she prepared government housing with bedding, food and other essentials and met the families at the train station to take them to their new homes when she found out that they were being sent on a Sunday with no support and often no keys to get into their new houses. She set up a health retreat with my father and learned all types of healing and did a myriad of personal development courses and spent many hours supporting people who were sick to get well and inspiring them with the will to live, or to change their lives. She kissed, hugged and loved everyone, even those people that everyone else shunned (for example the Aboriginal families in an extremely racist small town) and my friends could never believe that she kissed them goodnight if they stayed over. She did this, even though she was treated badly by the local townspeople; some of whom turned their back on my father and her completely with regard to some of their decisions to do things for others (they were kicked out of their local church!!)

She acted as aunty to all the small children in town and in her final years, she set up a foundation to support families with children autism as a branch of an existing organisation in the US and contacted many families around Australia to provide information and support. She travelled a lot both with my father and alone (nationally and internationally. This barely touches the sides of my mother's accomplishments. Mostly, she was ALWAYS there for us as children and adults and always knew everything that was going on for all of us at any moment. She supported everything we chose to do, no matter what. Her children and her grandchildren were her pride and joy.

My mother always said she wanted to live until she was at least 120. Unfortunately she died of cancer at 66, 4 months after a diagnosis of lung cancer. She was EXTREMELY angry when she became ill and spent those last 4 months being angry at everyone and spending hours and days in complete silence. My guess is that she was partly angry because she had spent her last 20 years teaching

people how to heal themselves of cancer and that we all can choose our moment of death and not have it forced upon us by such things as cancer!! Oh the irony... or the lesson...

I felt sad for her for a while that she had to die this way and that she didn't get to live her 120 years, until I realised that she had always been one of the most extraordinary people I know. She accomplished more in her 66 years than most people do in 3 lifetimes. I figured that she lived at least 120 years in her 66 years so she got her wish. Her dreams and plans and the things she accomplished were WAY outside what was normal in her environment and she always encouraged us to do and be the same. When she died, I found a notebook of a new project she was working on called "The Happiness Project" which began with the work with children with autism. It was filled with notes for the new world she wanted to create. She had begun creating her vision for altering the world's political systems, education systems, prison systems and spreading love and happiness everywhere.

I want my mother's love and huge dreaming to continue. I want to be the biggest and best and I can be. I want to know that I made a difference, just like my mother did, in my own way. So here's to big things, to extraordinary lives, to contributing something huge and worthwhile - in memory and honour of my beautiful mother (and just because!! :-). May she rest in peace that I have turned out the way she encouraged me to be, and may I impact others to see their ability to do the same and find their greatness to contribute to the world.

Sharlene, Spain

### Powerful beyond Measure

Albie (The Great) just inspired me to share this video - which I find to be very inspiring... on the subject of 'I'll show you how great I am'!...

It definitely gets me going in the morning! :-)

[Powerful beyond Measure](#) (just over 4 minutes)

Craig, Spain



### Coffee and Milk

Smiles. That is what comes to my mind when I think about my time at the Sally Test Paediatric Centre at Moi Referral Hospital in Eldoret, Kenya.

Before my summer holidays this year, I decided to do one thing I really like: to make true some dream I do have. And I did, twice. I decided to go to Kenya and visit my former roommate from Germany that is working there. She gave me some contacts so I arranged to spent half of my holidays in Eldoret doing a volunteering with children in the hospital and visiting my friend, and the other half doing a safari around Kenya. Two dreams, the volunteering in Kenya and the safari; infinite people, the world and me.

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More information about EGN: <http://www.movenowcoaching.com/Empowering-Global-News-Project.php>

First day at the centre: I am a bit nervous but the new experiences that are just right in front of me are many....I meet the staff and they are very friendly and thankful I will be there for the next ten days to help them with the children. They explain me how they work and I try to adapt as quickly as possible. Surprisingly to me, the centre has a lot of material and they have plenty of books and games for the children.

I went with Patricia, the senior teacher, to look for the children in the different hospital wards and some of them come with us to the Sally Test until lunch time. They look at me, really curious, keeping



distance. I speak no Swahili yet so I just smile. At the moment we arrive to the Sally Test about 15 minutes later, the children take the courage to touch me and point the different colours of our skins. I tell them: this is coffee and this is milk and they start laughing and repeating the same. The topic of this week is manners so we play different table games, teach them about manners and sing some songs. For mid-morning break the hospital serves them bread with butter and tea with milk with lots of sugar, they like sweet. After the

breakfast we go outside where in the little play park we use the ropes, the tricycles, the slide, etc... it is so funny and we laugh a lot and I am learning my first words of Swahili.

We take them back to the wards for lunch and in the afternoon, we go again to take the children. This time they already come to me and some want I hold their hand. Three children, just two hands, but I manage. We come back to the Sally Test and we remove the shoes to sit on the carpet. I read a little book in English, Patricia translates it into Swahili and then I translate it into Spanish. They look at me while listening the interesting and strange words that come out from my mouth. They laugh. I sit down with them and they want I am around them, it is amazing how fast they accepted me and this makes me feel so happy. We play some memory and table games between laughs.

It is time to take them back to the wards for today. I ask them if they want to come back tomorrow with us and all of them say a big yes and they hug me. The first day has been a stream of emotions and I go back to my place with a big smile in my face.

Goretti Virgili, Spain

## And a touching video at the end...

Change For A Dollar

wright56064 7 videos



### [Change for a Dollar](#)

Is he asking for Change, or is he asking for CHANGE?

Follow a man as he affects multiple peoples' lives with just one dollar, proving that it doesn't take much to be the change in someone's life.

Martina, Spain

## APPENDIX

### Empowering Global News

This project is a response to all the negative news that we hear every single day on radio, TV and Internet. It is a movement to focus on the positive and I would like you to be a part of it.

[Join our Empowering Global News Project](http://www.movenowcoaching.com/Empowering-Global-News-Project.php)

#### What Do You Need to Do?

##### *I want to collaborate*

1. **Join** the project on our website: <http://www.movenowcoaching.com/Empowering-Global-News-Project.php>
2. **Notice** something inspiring, nice, something good happening to you, something you have wanted for a long time and have finally gotten, something you have managed to achieve, complete or start, simply anything that you would like to share with others.
3. **Write** an email or article about it, take a photo of it or create a video or any combination of these. There are no restrictions on the length at this moment so the text can be 1 line only or 1 page.
4. **Send** it to this email address: [info@movenowcoaching.com](mailto:info@movenowcoaching.com) by the 28th of every month. **Include** the following details - your name, country where you live and title of the news. If you send a link with a video on YouTube or an online article please include few lines stating why you like it or what is inspiring for you.
5. **Invite** your friends and other people to collaborate with us.
6. At the beginning of every month wait for the newsletter called Empowering Global News and **read** all the news from people around the world.
7. **Keep us sending** your empowering news every month.

##### *I don't want to collaborate at this time*

It is fine, you can still join this project so that you can receive the newsletter.

You can support us by letting your friends and other people know about this project and ask them to subscribe and collaborate with us.

You can collaborate with us at any time in the future.

#### A Few Notes:

The official language is English.

If you want to contribute and don't feel confident to write in English, you can do it in your language.

If you send your news after the 28th it will be published in two months.

By sending the news you agree that it can be used by the project organizer.

To keep the authenticity of the articles, the text of news will not be proofread (at least for now 😊).

I would love you to become a reporter/spectator of life and help me spread my project and make a difference in our lives. Can I count on you? 😊

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