



It's our first newsletter! We're excited!

WANT TO TRANSFORM THE WORLD? TRANSFORM YOURSELF!!!

Dear friends

Ron and I have been talking about writing a MONTHLY NEWSLETTER for some time now. We are finally making it happen. It's our way to reach out and share what is important to us: relationships between people, transforming ourselves and supporting world transformation. We hope you enjoy it and that it's useful. Let us know. You are on a mailing list that has grown through the years. Let us know if you want to be taken off that list. Maybe you want to add someone else to that list. Simply email and we'll make it happen. Love yourself and be kind to others Ron and Danyelle



Ron Jones and Danyelle Beaudry-Jones
Offer coaching and speaking services
visit our website at www.voelinc.com

I AM 100% RESPONSIBLE FOR MY EXPERIENCE!!!

I want our first article to be about one of the key spiritual pillars of our work and of our life. Ron and I believe that if we all took responsibility for our experience, our world would be a better place. Can you imagine a country leader acknowledging that he is responsible for his anger instead of blaming others? Can you see yourself looking within for the cause of how you experience each individual and each situation instead of trying to change those same situations or individuals? If we believe that we are indeed responsible for our experience, why is it so hard to practice?

It's hard because saying it is not enough. We have to pull back the projections of our minds. Allow me to elucidate. Let's imagine that Ron says something that triggers my anger [This of course never happened :)]. My immediate EGO reaction is to get back at him. But I know that my anger is my own so I consciously choose to own it. I tell myself: "Ron did XYZ and my anger button got pushed." Here is where it gets tricky. I may believe that my anger is my own but when I look at Ron do I **pull back the emotional charge** and contain/process it in my body or do I just have the **thought that this is my anger and still blame him. How do you know which of these you are doing?** Feel your heart, feel your body. If you are pulling back the emotional charge, your heart will be open. Even when experiencing anger, you will look at your partner with love. Your body will be relaxed. If your body is tense and your heart is closed you haven't pulled back the projection on your partner.

TIPS OF THE MONTH: Looking for a centered place within?

Here are a few tips that work for us:

- Breathe deeply several times a day. Breathe into your abdomen, pulling it OUT as you inhale and pulling it IN as you exhale. Breathe in through your nose and breathe out through your mouth.
- Cut your intake of sugar. Sugar makes us nervous, keep us in fear and in our EGO. Limit your intake of coffee or other stimulants.
- Focus on facts, don't feed your judgments. They are but a creation of your EGO mind and they keep you in fear and "uncentered".
- Think of yourself as the center of your universe. Constantly honor your experience as your own and hold it with interest. You are having an Indiana Jones adventure...ENJOY

NEXT MONTH:
"Okay I'm responsible but what do I do when my partner really does something that doesn't work?"
What are your subjects of interest?
LET US KNOW

COMING IN OCTOBER FIRST 3-day INTENSIVE PROGRAM: October 12th to 14th 2006
"BECOME THE MASTER OF YOUR HEALING PROCESS" This program is part of our 2-year certification program

The opinions expressed are those of the authors and are based on their personal experience and research. They are not meant to replace medical or scientific advice or information.

To remove your name from our list; if you have questions or comments, [email us at voelinc@voelinc.com](mailto:voelinc@voelinc.com) or call at 913-362-6362