

AWAKEN YOUR PRECIOUS PRESENT
Discover What's Missing Find The Answers
Ignite The Spark Within

- **Happy New Year! Welcome To Issue #35: February 2007**
- **Article: "Eroticism: A Great Valentines Treat!"**
- **Article: "The Fuzzy Story" (a fairytale about abundance and scarcity)**
- **Upcoming Events (from our local and not so local folks!)**
- **Visit our website at www.trulyhumancoaching.com**



Greetings Friends,

When speaking of various days, my partner and I were talking about this oh so famous of days. In our design, we agreed that we celebrate each other; our relationship, and more every day, that we really don't need another reason to do so... Oh so very cool...now, some of you might have partners or may have designed your valentines day differently, where a celebration of sorts is in order. Well, whatever it is you do, let me invite you to create some great erotic moments! Read "[Eroticism: A Great Valentines Treat](#)" for some ideas!

Are you creating days, moments for yourself? The theme of being intentional in our lives, of creating moments and memories as you know is a focus of this newsletter and my work in the world... helping people to live the kind of life they truly want; creating consciously, with intention each moment of each hour of each day you live... *creating conscious intentional relationships* THE WAY YOU WANT THEM TO BE!!

So, who wants to be just a little 'nicer' in those most important relationships? In last months newsletter the article "The Magic Ratio 5:1" I talks about how using positive (nicer) communication on a 5:1 ratio will improve your relationships... How can you do that? Please read "[The Fuzzy Story](#)"... a bit of a fairy tail, guaranteed to touch your heart.

This month I have an opportunity to support many friends and associates in their upcoming trainings. Please do visit the Upcoming Events section for great trainings in personal development, hypnosis, coaching, nlp, and parenting!

Do have an upcoming event you would like announced to 1500 + people each month? Drop me an email at jim@trulyhumancoaching.com

May your days be blessed with joy and ecstasy,

Jim

Want to enjoy life more? Ask yourself "is what I am doing now what I truly want to be doing?" ... then... do whatever it is you truly want to be doing... right now!

Eroticism: A Welcome Valentines Gift!

Eroticism... mmmmmm... the word itself brings up images, fantasies, feelings. What is eroticism? Where does it show up in our lives? What is 'erotic' for each of us?

David M. Schnarch, PhD in his landmark work "The Making of the Sexual Crucible" defines eroticism as "*the pursuit and delight of sensual pleasure*". According to Schnarch, "*Eroticism and passion are the missing ingredients for the vast masses of sexually functional people who never experience the full impact of their sexual potential*". So, which one of you is at their limit of your sexual potential?

Words such as hedonism, tantra and eroticism have gotten a bad rap in our "puritanical let's not talk about sex and pleasure in our society attitude". Funny, during a discussion with my 16 year old daughter, she pointed out the irony of living in a culture that advertises sex wildly, with a billion dollar pornography industry, but we 'can't' talk about sex.... Very observant girl she is. So why is it so many folk just don't talk about eroticism? This truly human component of our being...is it really so wrong? Really?

Our notions of eroticism and our 'judgments' of 'ok and not ok-ness' come from our family, our teachers, our culture. Generation of generation of spoken and unspoken rules and beliefs, many of which are below our everyday level of consciousness, yet at the same time driving our thoughts, feelings and behaviors every day! What were your families' messages about sex? About physical pleasure? Like many families, such things were not talked about, they were not named. Physical pleasure, sex and eroticism were considered taboo topics... So, where does that leave us? As it is with so many things... I ask the question...

What do you want?

Are you interested in connecting with more of your sexual potential? If so, you are like so many people who shy away from this source of spiritual and emotional greatness. This source of primal energy that stirs one's soul... yes... primal energy stirred by our creative energy!

With Valentines Day just around the corner, many a folk are wondering what to get their sweetheart. What about a great taste of eroticism? Sound too far out, maybe, for many... and then for others...its one of the greatest places of play and pleasure! This Valentines Day, (well, every day! Valentines Day is just another great reason!) Celebrate with your lover, your partner, your husband or wife. Communication...intimacy... honest open communication is the key... and your combined pursuit of pleasure!

Contact Jim on how to create more intimacy and joyous communication in your relationship at jim@trulyhumancoaching.com.... (And more eroticism!)

A Fuzzy Tale

I read this tale recently and fell in love with the simplicity of the tale. If you enjoy celebrating abundance or just want to have a bit of fun...read on ☺

Once upon a time, a long time ago, there lived two very happy people called Tim and Maggie with two children called John and Lucy. To understand how happy they were, you have to understand how things were in those days. You see, in those days everyone was given at birth a small, soft, Fuzzy Bag. Anytime a person reached into this bag he was able to pull out a Warm Fuzzy. Warm Fuzzies were very much in demand because whenever somebody was given a Warm Fuzzy it made him feel warm and fuzzy all over. People who didn't get Warm Fuzzies regularly were in danger of developing a sickness in there back which caused them to shrivel up and die.

In those days it was very easy to get Warm Fuzzies. Anytime that somebody felt like it, he might walk up to you and say, "I'd like to have a Warm Fuzzy." You would then reach into your bag and pull out a Fuzzy the size of a little girl's hand. As soon as the Fuzzy saw the light of day it would smile and blossom into a large, shaggy, Warm Fuzzy. You then would lay it on the person's shoulder or head or lap and it would snuggle up and melt right against their skin and make them feel good all over. People were always asking each other for Warm Fuzzies, and since they were always given freely, getting enough of them was never a problem. There was always plenty to go around and as a consequence everyone was happy and felt warm and fuzzy most of the time.

One day a bad witch became angry because everyone was so happy and no one was buying potions and salves. The witch was very clever and devised a very wicked plan. One beautiful morning the witch crept up to Tim while Maggie was playing with their daughter and whispered in his ear, "See here, Tim, look at all the Fuzzies that Maggie is giving to Lucy. You know, if she keeps it up, eventually she is going to run out and then there won't be any left for you!"

Tim was astonished. He turned to the witch and said, "Do you mean to tell me that there isn't a Warm Fuzzy in our bag every time we reach into it?"

And the witch said, "No, absolutely not, and once you run out, that's it. You don't have any more." With this the witch flew away on a broom, laughing and cackling all the way.

Tim took this to hear and began to notice every time Maggie gave up a Warm Fuzzy to somebody else. Eventually he got very worried and upset because he liked Maggie's Warm Fuzzies very much and did not want to give them up. He certainly did not think it was right for Maggie to be spending all her Warm Fuzzies on the children and on other people. He began to complain every time he saw Maggie giving a Warm Fuzzy to somebody else, and because Maggie liked him very much, she stopped giving Warm Fuzzies to other people as often, and reserved them for him.

The children watched this and soon began to get the idea that it was wrong to give up Warm Fuzzies any time you were asked or felt like it. They too became very careful. They would watch their parents closely and whenever they felt that one of their parents was giving too many Fuzzies to others, they also began to object. They began to feel worried whenever they gave away too many Warm Fuzzies. Even though they found a Warm Fuzzy every time they reached into their bag, they reached in less and less and became more and more stingy. Soon people began to notice the lack of Warm Fuzzies, and they began to feel less warm and less fuzzy. They began to shrivel up and, occasionally, people would die from lack of Warm Fuzzies. More and more people went to the witch to buy potions and salves even though they didn't seem to work.

Well, the situation was getting very serious indeed. The bad witch who had been watching all of this

didn't really want the people to die (since dead people can't buy his salves and potions), so a new plan was devised. Everyone was given a bag that was very similar to the Fuzzy Bag, except that this one was cold while the Fuzzy Bag was warm. Inside of the witch's bag were Cold Pricklies. These Cold Pricklies did not make people feel warm and fuzzy, but made them feel cold and prickly instead. But, they did prevent peoples' backs from shriveling up. So, from then on, every time somebody said, "I want a Warm Fuzzy," people who were worried about depleting their supply would say "I can't give you a Warm Fuzzy, but would you like a Cold Prickly?" Sometimes, two people would walk up to each other, thinking they could get a Warm Fuzzy, but one or the other of them would change his mind and they would wind up giving each other Cold Pricklies. So, the end result was that while very few people were dying, a lot of people were still unhappy and feeling very cold and prickly.

The situation got very complicated because, since the coming of the witch, there were less and less Warm Fuzzies around' so warm Fuzzies, formerly thought of as free as air, became extremely valuable. This caused people to do all sorts of things in order to obtain them. Before the witch had appeared, people used to gather in groups of three or four or five, never caring too much who was giving Warm Fuzzies to whom. After the coming of the witch, people began to pair off and to reserve all their Warm Fuzzies for each other exclusively. People who forgot themselves and gave a Warm Fuzzy to someone else would immediately feel guilty about it because they knew that their partner would probably resent the loss of a Warm Fuzzy. People who could not find a generous partner had to buy their Warm Fuzzies and had to work long hours to earn the money.

Some people somehow became "popular" and got a lot of Warm Fuzzies without having to return them. These people would then sell these Warm Fuzzies to people who were "unpopular" and needed them to survive.

Another thing which happened was that some people would take Cold Pricklies—which were limitless and freely available—coat them with and fluffy and pass them on as Warm Fuzzies. These counterfeit Warm Fuzzies were really Plastic Fuzzies, and they caused additional difficulties. For instance, two people would get together and freely exchange Plastic Fuzzies, which presumably should have made them feel good, but they came away feeling bad instead. Since they thought they had been exchanging Warm Fuzzies, people grew very confused about this, never realizing that their cold prickly feelings were really the result of the fact they had been given a lot of Plastic Fuzzies.

So the situation was very, very dismal and it all started because of the coming of the witch who made people believe that some day, when least expected, they might reach into their Warm Fuzzy Bag and find no more.

Not long ago, a young woman with big hips born under the sign of Aquarius came to this unhappy land. She seemed not to have heard about the bad witch and was not worried about running out of Warm Fuzzies. She gave them freely, even when not asked. They called her the Hip Woman and disapproved of her because she was giving the children the idea that they should not worry about running out of Warm Fuzzies. The children liked her very much because they felt good around here and they began to give out Warm Fuzzies whenever they felt like it.

The grownups became concerned and decided to pass a law to protect the children from depleting their supplies of Warm Fuzzies. The law made it a criminal offense to give out Warm Fuzzies in a reckless manner, without a license. Many children, however, seemed to not care; and in spite of the law they continued to give each other Warm Fuzzies whenever they felt like it and always when asked. Because there were many, many children, almost as many as grownups, it began to look as if maybe they would have their way.

As of now it is hard to say what will happen. Will the grownup forces of law and order stop the recklessness of the children? Are the grownups going to join with the Hip Woman and the children in taking a chance that there will always be as many Warm Fuzzies as needed? Will they remember the days their children are trying to bring back when Warm Fuzzies were abundant because people gave them away freely?

From: Scripts People Live: Claude Steiner, 1974 Grove Press NY, NY; pp. 107-110

Free Sample: Relationship Coaching!

Yes, a free sample! First, learn about Relationship Coaching by reading the free sample from my newly renovated website (below)... AND THEN... an email to jim@trulyhumancoaching.com will start you on your path to a free sample of Relationship Systems Coaching!

Call for your sample and enjoy more now!: 847-566-3122

Are you happy in your current relationship? Do you spend as much time with your 'other' as you would like? Do you have conversations that leave you feeling...Upset? Frustrated? Hurt? Angry? Empty? Worse? Do you wonder if "this is all there is"?

Welcome to Truly Human Coaching the "Right Relationship"™

What is Relationship Coaching? Relationship Coaching is the process in which a coach participates with all the individuals in the system at the same time, to consciously create powerful intentional "right relationship". Thus, 'right relationship' refers to the conscious, intentional creation and maintenance of the relationship. Consciousness allows us to be aware of what is happening in a given situation. Intentionality lets us be at choice in how we respond.

Relationship Coaching focuses on what is trying to happen in the relationship. It is not about "who is doing what to whom" but what is trying to happen. Within this approach is the inherent belief there is a natural unfolding and great potential in healthy relationships.

See more information by visiting

http://www.trulyhumancoaching.com/relationship_coaching.html

Upcoming Events!

Open Hypnosis Forum: Hosted by Larry Garrett of Garrett Wellness Center

Sunday, February 4th, 2007

3020 N. Kimball Ave. Chicago

If you've not been to Larry's, and enjoy good people and the topic of hypnosis or personal growth, then this is the place to be! Larry has been hosting this group for MANY years. The group includes: fellow hypnotists, trainers, coaches, business owners, current and former clients, neighborhood folks and friends and associates with purely an interest in learning more about hypnosis as well as some their just to socialize with kind people. For more information, write Larry at Mesmer1@aol.com

Persuasion Engineering/// Magick, Meditation and Change Charisma Enhancement

Join Richard Bandler, Genius behind NLP and John LaValle, MBA and President of the Society of NLP Absolutely no experience necessary

Persuasion Engineering™
Meditation Magick & Change™
Charisma Enhancement™
(Trainer Training & Public Speaking)
Richard Bandler & John La Valle
Orlando, Florida - February & March 2007

Absolutely one of the best NLP seminars anywhere! I have attended several of these, expert or novice, new to NLP or one of the early followers from the 70's, these seminars will add new dimensions to you... to your personal life, to your professional life... Possibilities are endless! Visit www.purenlp.com for more info

If I fill up my children's lives with the things that are
important to me
There may be no room for the things that are
important to them
Meditation for Parents Who Do Too Much

Parents as Guides

The parent we think we should be may not be the parent our child needs us to be. It is important to see our children as individuals. Believing in these statements will change our approach to parenting. Spend two days uncovering driving forces that influence your parenting. The format of experiential exercises is designed to assist you through personal discoveries to unlock the door to easier parenting and more fulfilling relationships.

Marsha Marsh, CPMC is a Certified Professional Coach, Workshop Leader for individual groups as well as corporations and a Teams Course Facilitator. She is author and facilitator of the workshops Communicate and Co-Create, Dealing with Difficult People, Parents as Guides, and more.

Place: Radisson Hotel, 2875 Milwaukee, Ave., Northbrook, IL 60062
Date and time: Saturday & Sunday, April 28 & 29, 2007 9:00am - 5:00pm
Cost: \$300 Individuals, \$500 Two Parent Rate
\$75 non-refundable deposit to hold your space
15% early bird discount rate, by February 15, 2007
Payment in full due by April 15, 2007

Call or e-mail Marsha Marsh Coaching, Inc. for registration and any questions.
847-537-7691, mmarsh8266@aol.com



March 10, 2007

Lincolnshire Marriott Resort

9:00 to 11:30 am Soul of Money, Lynne Twist

2:00 to 4:00 pm Fundraising from the Heart, Lynne Twist

5:30 to 6:30 pm Silent Auction

6:30 to 9:00 pm Gala Event - Dinner and Keynote Speaker,

Lynne Twist. Her topic is "Now is the Time"

[Click Here to Register for this Event!](#)



Founded in 2003 by Lynne Twist, the Soul of Money Institute is a center for exploring and sharing the best practices, theories, and attitudes that enable people to relate to money and the money culture with greater freedom, power, and effectiveness.

The Soul of Money Institute provides transformational and educational programs that inspire and empower individuals, organizations, and institutions to:

- Align the acquisition and allocation of their financial resources with their most deeply held values.
- Move from an economy of fear, consumption, and scarcity, to an economy of sufficiency, sustainability, and generosity.
- Generate an expanding flow of resources toward the affirmation of life and the common good.

To learn more about Lynn Twist visit her web site: [The Soul of Money](#)

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**What if you could build your business  
through the one marketing activity you fear the most!?  
What if you could learn to *LOVE* public speaking?!**

Announcing the 3rd offering of...

# "How to Love Speaking for Women"

*Starting March 8th*, with two advance, no-cost introductory calls

**Here is what past participants say about this results-oriented class...**

- "How to Love Speaking gave me the intimate **attention and inspiration I needed to face my personal hurdles** related to speaking and marketing. I learned that everything that is unique about me is my strongest selling point." Pat Chambers
- "I feel the course has helped to **increase my self-confidence in speaking by 100%**. I have tripled my presentations with schools, support groups, and to (the) general public." Susan Hines
- "I went out and found new customers in addition to potential speaking venues... I have stayed consistent in **doing my business with more heart and less fear**." Gina Israel

**Dear Woman Entrepreneur, have you wondered...**

- Maybe relying on referrals, word-of-mouth and advertising **isn't enough!**
- Where can I get help in a fast, easy way to *finally* get over my **FEAR** of speaking?!
- What could I possibly know enough to speak about? And who would listen?
- What is my *not* speaking **costing my business?**

**Speaking is *THE* best way to market and grow your business.**

Why? Because your audience gets to experience *you*. Speaking increases your credibility and image as an expert (even if you don't consider yourself one!).

**Imagine if you could...**

- Create a natural flow from speaking, to prospect calls, to **sales**
- Reach **more people** with **less effort** in **less time** with **greater impact**
- Speak to a group in the **easy and natural** way you talk with your clients
- Be more confident and ready to speak in formal and informal settings
- Be **more effective** and **increase sales** in interactive presentations, workshops, training sessions, or lectures.

**Well, you can with this teleclass series! Join us for the 3rd offering of...**

## **"How to Love Speaking for Women ...and watch your business grow"**

Attend 8 weekly, hour-long, small group telephone calls...  
The fun starts **March 8th!**

**To learn how this course will boost your confidence and business,  
[click here](http://www.howtolovespeaking.com) or go to [www.howtolovespeaking.com](http://www.howtolovespeaking.com)  
to get the details *and* sign up **AND** get \$50 off!**

## Do Something Exciting With Your Life!!

### Learn to Hypnotize!!

Become Certified through the National Guild of Hypnotists

Taught by Linda Williamson CH, MS(ABT) NLP Master Practitioner, EFT Facilitator and Certified Instructor for the NGH, offered conveniently at the Garrett Wellness Center, 3020 N. Kimball, the most prestigious and historic center for hypnosis in Chicago.

Classes begin March 6

Contact Linda Williamson for more information at:

(847) 526-3929

[lwmsn@ameritech.net](mailto:lwmsn@ameritech.net)