



Newsletter

*"When we are centered in joy, we
attain our wisdom"*
- Marianne Williamson

Our intent is to inspire and integrate aspects of Yin - the feminine - into our lives through articles, inspirations, tips and tools.

Welcome to our November Edition - Passionate Service

Would you like to be of service to the world in a way that feeds the heart and soul of those you inspire? We are happy and grateful that our service to the world relates to what we are most passionate about - empowering women!

We hope this newsletter inspires you to a greater level of passionate service.

Much Love,
Rachael Kennedy and Kim Keller



Table of Contents:

Featured Article: - Service and Passion: The Perfect Combination

Yin and You: An opportunity for exploration

Upcoming Events: Join our Feminine Leadership and Coaching program

Messages from the Men

Help us share The YIN Project with other women

Yinspiration: Poems by Rumi

Featured Article: Service and Passion: The Perfect Combination

I can become overwhelmed with all of the strife, struggle and pain I see in the world. The constant pull at my attention can be exhausting. How can I possibly help with all the causes that abound; Hungry children and women's rights in third world countries, Global Warming, breast cancer, anti-war rallies, tsunami relief efforts, hurricane assistance, earthquakes, people without homes or clothing, Tibetan refugees, Rwandan survivors..... the list goes on and on. There are more causes to support than I can possibly do anything about. My email is full of pleas. But how much can one middle class white American woman really do to make a difference? I sometimes feel the urge to turn a blind eye, give up, pull the covers over my head and ignore it all. This seemed to be the only answer.

But I am inspired as I have witnessed the response of others, and find that I have more opportunities to serve than I had ever previously thought.

I have a dear friend who lost his father-in-law to a rare disease, CJD. His heart is stirred to raise funds to help find a cure and support the families of those afflicted with this devastating disease. His bike team ultimately raised \$20,000. I have another friend who lost her aunt to breast cancer. She is inspired to do the Breast Cancer Awareness walk every year. And my daughter was compelled to go to New Orleans after the hurricane because she and her partner had the ability to provide temporary housing in the form of tipis.

Last year I spoke at a women's conference in Southern California. I told the story of Villages in the South of India who had lost their source of water in the Tsunami, and the efforts underway to assist in rebuilding those lost wells. I was not there to raise funds, I was not there to find continued assistance for the people of Southern India, I was only speaking of my experience in meeting these wonderful people and the efforts that were underway. Seven months later I was shocked to receive a packet from one of the women in the audience. She had been touched by my presentation, by the photos I had shown of the people in Southern India and of hearing about their generosity, gratitude and joy. She returned home to her pre-school classroom and shared the stories of children in a far away land. She had the students in her class carry buckets of water across their play ground in hopes of helping them understand how different life is for the children of India. She filled the classroom with pictures and stories of India. She and her students decided to hold a fundraiser. They sponsored a "trike-a-thon" at their little pre-school. The students and their parents raised \$1800 to be sent to the children of India.

I am inspired as I watch these wonderful people who utilize the tools and opportunities that are already present in their lives. They used their passion to fuel their purpose and service.

I too can make a difference every day, just like this teacher did, simply by the way in which I approach the world. I can use my old "covers over my head" attitude; trying to protect myself, to hide, to give up, to live in frustration and feelings of futility or denial. Or, I can live from a place of joy and wonder, using my passion to impact and empower my world in both large and small ways. Whether that service be in my family, my neighborhood, my town, my state, or somewhere far away, when I start from joy and passion I give joy and passion.

There will continue to be more causes than you or I can possibly understand or directly effect. The world is vast, and there will always be more to be done. However, if my passion is my children, I ask can I serve as Team Mom? If I am excited by riding bikes, can I ride for a cause? Whatever it is I am most inspired to do is where I can best serve. So I ask, what stirs your heart? Where are your passions? How can those passions be used to affect change or influence? Where are you led when you follow your most passionate self, and how can those passions positively effect others?

Written by Kim Keller

Yin and You: An opportunity for exploration

Take a few moments to write down the humanitarian, environmental, or spiritual causes that you are most passionate about. Are you willing to increase your level of service to one of these causes as you move into this holiday season and time of giving?

Getting out your check book and writing a donation to your favorite cause is an honorable and needed gesture, but doesn't necessarily signify a passionate expression of your gifts. In what way could you be of service that would feel enjoyable and exciting to you, rather than just the easiest way? Can your passion for writing, music, meeting new people, cooking, marketing, or teaching be incorporated into your service to the world?

Upcoming Events:

Join our Feminine Leadership and Coaching Program

We are now looking for 15 compassionate and optimistic women who are dedicated to their own self growth and to creating peaceful and sustainable communities.

This entire program has been designed so it can be experienced from your own home. This provides both flexibility and convenience for the busiest of schedules.

Program starts **November 27th**.

Would you like to be of service to the world in a way that feeds the heart and soul of those you inspire?

During this 4-month program you will:

- *Become more of an authentic and compassionate communicator and leader.*
- *Examine why certain situations and types of relationships continue to occur for you.*
- *Learn how to be the master of your own emotions rather than have them run you and your behaviors.*
- *Gain tools to inspire and motivate others to feel better and contribute more.*
- *Consistently experience how to feel more joy and ease no matter what is going on around you.*
- *Build confidence in using your intuition and that inner voice that is always there helping you towards your goals.*
- *Experience your power and confidence in asking for what you want.*
- *Learn how to increase intimacy and passion in your relationships by relaxing into your feminine radiance.*

. . . and much more.

If you want to inspire others, and be a role model for a new way of being an empowered woman, and create sustainable, positive, life-long changes for yourself, [click here](#) find out more about;

[The YIN Project's Feminine Leadership and Coaching Program](#)

Messages from the Men

"The new male is interested in people. He is sensitive, tender, and caring. He cares about Life. He laughs freely, cries easily, and feels deeply. His emotions flow through him like a river. He uses more than his mind to solve problems. He looks for more than colleagues on his journey through life. He is guided by his heart.

If his heart tells him to learn medicine, he does. If it tells him to care for children he does. If it calls him into business, he goes there. Whatever he chooses, he chooses with his heart. He is not concerned with the expectations of others, or the expectations of his culture. He is his own culture. He can be a nurse's aid or a corporate executive, a secretary or a military officer. He chooses his role in life, and fills it with reverence. The new male is redefining masculinity. He is emerging in every culture, nation, and neighborhood. He makes us feel happy to be alive. He cares about us and about Life. He is open and patient, considerate and courageous. He asks for what he needs, and gives what he has. He knows how to share and how to receive.

The new male loves the living Earth, and with him, it is in good hands. He loves children, the old, the sick, and the weak. He is a loyal friend, a sensitive companion, and a powerful ally. The human experience is changing, and the new male is at the heart of the change".

Written by Gary Zukav

www.seatofthesoul.com

Help us share The YIN Project with other women

Are you willing to help us connect with women who would benefit from this newsletter and our other resources?

If so please take 60 seconds and think of up to 5 women in your life who would appreciate information on some of the following:

- Empowering Women
- Bringing more of the feminine wisdom and power to a planet that is grossly out of balance
- Discovering and using more of your natural gifts and talents
- Understanding and enhancing relationships and intimacy with men and the masculine energy

. . . then simply [click here](#) to send them an invitation to The YIN Project.

We will NOT keep or use anyone's names or email addresses from this form for ANY purposes.

**Yinspiration:
Poems by Rumi**

Let the beauty of what you love be what you do.

When you do things from your soul,
You feel a river moving in you, a joy.
When actions come from another section,
the feeling disappears.

~Rumi

[Share the YIN Project with a friend](#)

Copyright © 2007 Rachael Kennedy & Datta Groover . All Rights Reserved.