

life connections

Fall 2009

Let Gratitude Be Your Mirror

Have you ever heard that the people and situations in our lives mirror back what we project out? You probably remember plenty of times when this seemed to be so. *continued on page 2* ▶

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THE VANCOUVER
**FRIENDS
FOR LIFE**
SOCIETY

◀ *from cover page*

For example, perhaps you awoke one morning in a grumpy mood and then proceeded to encounter one grumpy person after another during the rest of the day. Or, you felt overwhelmed with problems and then attracted dozens more problems, both minor and major.

This type of “instant attraction” can be unsettling to say the least! However, just as it can work in a negative fashion, you can also learn how to turn this mirror effect to your advantage through the practice of gratitude.

"...imagine emanating a strong feeling of love and gratitude toward everyone you encounter."

Try this little experiment for starters:

When you wake up in the morning, spend a few minutes reciting an affirmation like this: “I am so grateful for the kind and generous people in my life! Everyone is so supportive and nurturing, I feel blessed to be surrounded by so many great people.”

Really allow yourself to get into the feelings of gratitude for the great people in your life. Stay with these feelings for several minutes, letting them soak into your mind and heart.

Then, as you go about your daily routine, imagine emanating a strong feeling of love and gratitude toward everyone you encounter. You can do this with both people you know and strangers. Find something appreciative to say to the people you know. You might compliment your co-worker on her problem-solving skills, or tell your friend you enjoy his sense of humor. Make it a genuine compliment without expecting anything in return.

As you focus on this little experiment, you may be surprised to notice that other people act more kindly toward you as well. You might receive spontaneous compliments, offers of assistance when you need it most, or any number of other pleasant surprises.

Here's another experiment:

Do your best to find something positive about every situation and experience you have during the course of a day. This might be challenging if you are used to looking at the negative side of most situations, but keep working at it until you can think of at least one blessing in every situation.

Don't try to fake it! If your car blows a tire on the freeway, you can't mutter through gritted teeth, "I'm really grateful for this," over and over and expect good things to come from it. You're really NOT grateful at that moment and few of us would be.

Instead, find an aspect of the situation that you really CAN be grateful about. For example, you might decide to feel grateful that your blown tire didn't cause a serious accident. You might feel grateful that you happened to be in the slow lane instead of the fast lane when the tire failed.

Whatever angle you choose to focus on, be sure your feelings of gratitude are genuine and watch how that quality is reflected back into your life in a myriad of ways.

<http://www.wingsfortheheart.com/let-gratitude-be-your-mirror.htm>



Discover Your Life Purpose With Gratitude

A lot can be said for an attitude of gratitude, but did you know it can also help you clarify your life purpose?

If you rarely make the effort to feel grateful, you are probably familiar with a pervasive sense of boredom, frustration, dissatisfaction and emptiness. Even if your life circumstances are bearable for the most part, you might still feel a bit disconnected and aimless on a regular basis.

A shift toward a more appreciative mind-set can trigger incredible changes in your life inspiring you to move toward the activities that speak most deeply to your spirit. In other words, your life purpose!

Here's why:

1) Gratitude reconnects you with your authentic self. Whether you call it your soul, spirit, essence or authentic self, this is the part of you that experiences your life on the deepest level. It is not only who you are, but also who you were meant to be. It is the part of you that is the most pure and abundant, and from which the rest of your life springs. Your authentic self is the part of you that is naturally joyful, lighthearted, loving, compassionate, generous . . . and yes, grateful. As you focus more and more on gratitude (as well as joy, passion and love!), you automatically shift into this part of yourself. You feel happier and more loving and express these emotions freely and easily.

Most importantly, your authentic self already knows what your life purpose is! Whether you believe you have a predestined purpose or you can choose your purpose the deepest part of you understands the activities that make you happiest. The more you connect with this part of yourself, the more you will feel inspired to move naturally toward those activities.

“The more you can build yourself and others up, the more you will find yourself fulfilling a powerful purpose in life.”

2) Gratitude helps awaken you to limitless possibilities. The deepest part of you also knows that for every desire born within you, a corresponding possibility exists. Perhaps you know what you would like your life purpose to be, but your skeptical mind won't allow you to go for it. You make excuses about how hard it would be, how you have too many demands on your time, how you don't have the talent or experience required to do what you really want to do - but gratitude can change all this. The more time you spend being grateful, the more positive you feel, and the more easily you believe in the seemingly impossible. Even if you can't see a clear path to your dreams, a grateful mind-set convinces you that the path must surely exist, and will make itself known at the right time.

3) Gratitude helps you honor the best parts of yourself and everyone

else. The more you can build yourself and others up, the more you will find yourself fulfilling a powerful purpose in life. It has been said that our life purpose has nothing to do with us personally, but rather with all of the lives we touch through the fulfillment of it. That's powerful! If you focus on expressing gratitude for everyone you encounter, you help them

become better people. You build them up, encourage and support them. Likewise, when you express gratitude for yourself, you encourage and support yourself.

When you are fully connected to a sense of reverence and gratitude for your life experiences, you cannot help but attract ever-greater levels of meaning and purpose in everything you do. Your very focus on the goodness of life triggers a flow of abundance and clarity that can illuminate even the darkest path.

New Programs

Shiatsu with Jill Goldberg

Wednesdays 10:00, 11:15

Iyengar Yoga with Terri Damiani @ Friends for Life

Wednesdays 2:30

Iyengar Yoga with Terri Damiani @ Coal Harbour

Wednesdays 4:00

Hatha Yoga with Amanda Riches

Friday 10:30 starting Oct. 2

Zen Shiatsu with Mhenowah Faith

First and third Thursdays 10:00, 11:00 starting Oct. 15

Healing Massage with Mhenowah Faith

Second and Fourth Thursdays 10:00 starting Oct. 8

Hatha Flow Yoga with Ivana Minovec

Tuesdays 7:00 starting Oct.6

Taoist Tai Chi with Michel Morin

Mondays 5:00 @ Scotia Bank Dance Centre

Cooking Lessons with Lori Smithers

Fridays 6:00

Regrets

Transformational Breathing with Tina Baudoin

Counselling with Niki Paley

Counselling with Amanda Blond

Art Therapy with Laura Dosanjh

Bowen Therapy with Lori Owen

All programs at 1459 Barclay Street, Vancouver unless otherwise indicated by the @ sign.

We welcome your visit! The parlour is open for members to enjoy our beautiful healing space and a cup of tea any time.

Exception: No drop-ins Sundays after 5:30pm.

Monday	Tuesday	Wednesday
<p data-bbox="220 253 388 280">9:00am - 9:00pm</p> <p data-bbox="112 313 340 339">Reading Room Access</p> <p data-bbox="112 342 307 368">10:00am - 12:00pm</p> <p data-bbox="112 401 251 427">Counselling~</p> <p data-bbox="112 430 225 456">with Suzan</p> <p data-bbox="112 459 200 485">10:30am</p> <p data-bbox="112 518 225 544">BRUNCH</p> <p data-bbox="112 547 307 573">11:30am - 12:45pm</p> <p data-bbox="112 605 474 631">Integrative Energy Healing Clinic~</p> <p data-bbox="112 634 368 660">12:30pm, 1:30pm, 2:30pm</p> <p data-bbox="112 664 270 690">(twice monthly)</p> <p data-bbox="112 722 251 748">Counselling~</p> <p data-bbox="112 751 219 777">with Brian</p> <p data-bbox="112 781 357 807">1:00pm, 2:00pm, 3:00pm</p> <p data-bbox="112 810 270 836">(twice monthly)</p> <p data-bbox="112 868 344 894">Indian Head Massage*</p> <p data-bbox="112 898 233 924">with Sandra</p> <p data-bbox="112 927 357 953">1:30pm, 2:00pm, 2:30pm</p> <p data-bbox="112 956 276 982">(twice monthly)</p> <p data-bbox="112 1015 211 1040">Massage*</p> <p data-bbox="112 1044 357 1070">with West Coast College</p> <p data-bbox="112 1073 357 1099">4:30pm, 5:45pm, 7:00pm</p> <p data-bbox="112 1131 313 1157">Tai Chi Beginners~</p> <p data-bbox="112 1161 322 1187">@ The Dance Centre</p> <p data-bbox="112 1190 247 1216">677 Davie St.</p> <p data-bbox="112 1219 284 1245">5:00pm - 6:30pm</p>	<p data-bbox="637 253 805 280">9:00am - 9:00pm</p> <p data-bbox="529 313 615 339">Shiatsu*</p> <p data-bbox="529 342 633 368">with Erica</p> <p data-bbox="529 371 792 397">9:30am, 10:45am, 12:00pm</p> <p data-bbox="529 430 658 456">Reflexology*</p> <p data-bbox="529 459 633 485">with Hilde</p> <p data-bbox="529 488 790 514">9:30am, 10:30am, 11:30am</p> <p data-bbox="529 518 653 544">(1st and 3rd)</p> <p data-bbox="529 576 673 602">Acupuncture~</p> <p data-bbox="529 605 643 631">with Simon</p> <p data-bbox="529 634 805 660">10:30am, 11:15am, 12:00pm</p> <p data-bbox="529 664 684 690">(twice monthly)</p> <p data-bbox="529 722 676 748">Yoga Therapy~</p> <p data-bbox="529 751 663 777">with Rebekka</p> <p data-bbox="529 781 688 807">1:00pm, 2:30pm</p> <p data-bbox="529 839 688 865">Hypnotherapy~</p> <p data-bbox="529 868 658 894">with Andrew</p> <p data-bbox="529 898 772 924">1:00pm, 2:30pm, 4:00pm</p> <p data-bbox="529 956 666 982">Counselling~</p> <p data-bbox="529 985 633 1011">with Anne</p> <p data-bbox="529 1015 688 1040">1:00pm, 2:30pm</p> <p data-bbox="529 1073 658 1099">Reflexology*</p> <p data-bbox="529 1102 673 1128">with Elizabeth</p> <p data-bbox="529 1131 772 1157">5:00pm, 6:00pm, 7:00pm</p> <p data-bbox="529 1161 653 1187">(1st and 3rd)</p> <p data-bbox="529 1219 704 1245">Hatha Flow Yoga</p> <p data-bbox="529 1248 633 1274">with Ivana</p> <p data-bbox="529 1278 604 1304">7:00pm</p>	<p data-bbox="1051 253 1219 280">9:00am - 9:00pm</p> <p data-bbox="943 313 1170 339">Reading Room Access</p> <p data-bbox="943 342 1138 368">10:00am - 12:00pm</p> <p data-bbox="943 401 1029 427">Shiatsu*</p> <p data-bbox="943 430 1022 456">with Jill</p> <p data-bbox="943 459 1123 485">10:00am, 11:15am</p> <p data-bbox="943 518 1056 544">BRUNCH</p> <p data-bbox="943 547 1138 573">11:30am - 12:45pm</p> <p data-bbox="943 605 1291 631">Income Tax and Will Preparation~</p> <p data-bbox="943 634 1067 660">with Stryker</p> <p data-bbox="943 664 1291 690">12:30pm, 1:00pm, 1:30pm, 2:00 pm</p> <p data-bbox="943 722 1076 748">Ivengar Yoga</p> <p data-bbox="943 751 1042 777">with Terri</p> <p data-bbox="943 781 1018 807">2:30pm</p> <p data-bbox="943 839 1248 865">Ivengar Yoga @ Coal Harbour</p> <p data-bbox="943 868 1157 894">480 Broughton Street</p> <p data-bbox="943 898 1042 924">with Terri</p> <p data-bbox="943 927 1018 953">4:00pm</p> <p data-bbox="943 985 1040 1011">Massage*</p> <p data-bbox="943 1015 1188 1040">with West Coast College</p> <p data-bbox="943 1044 1188 1070">4:30pm, 5:45pm, 7:00pm</p>

Please visit our website at www.friendsforlife.ca/wag to view the most up-to-date version of Week-at-a-glance.

* Program is restricted - you can only have a total of three of these programs in a month and three booked at a time.

~Program is limited - you can only have two of these appointments in a month for each program.

Thursday	Friday	Weekend
<p>9:00am - 9:00pm</p> <p>Thai Massage* with Gordon 9:15am, 10:45am (2nd and 4th)</p> <p>Naturopathic Medicine~ with Bobby 10:00am, 10:45am, 11:30am, 12:15pm</p> <p>Naturopathy Medicine~ with Keith 9:15am, 10:00am, 10:45am, 11:30am, 1:00pm, 1:45pm, 2:30pm, 3:15pm</p> <p>Zen Shiatsu* with Mhenowah 10:00am, 11:00am (1st and 3rd)</p> <p>Healing Massage* with Mhenowah 10:00am (2nd and 4th)</p> <p>Holistic Touch Therapy~ with Kelly 1:15pm, 2:45pm</p> <p>Cranial Sacral Therapy* with Lois 1:00pm, 2:00pm, 3:00pm (2nd)</p> <p>Goddess Yoga with Rebekka 2:00pm</p> <p>Reflexology* with Brian 5:00pm, 6:00pm, 7:00pm (twice monthly)</p> <p>Manicure and Pedicure* with Barb 6:00pm, 7:00pm (twice monthly)</p> <p>Guided Imagery~ with Adrian 6:00pm, 7:30pm (1st and 3rd)</p> <p>Reiki and Attunement~ with Tim 6:30pm, 7:30pm (2nd and 4th)</p> <p>Life Coaching~ with Sophie 6:30pm, 7:45pm (2nd and 4th)</p>	<p>9:00am - 9:00pm</p> <p>Naturopathic Medicine with Lori 9:15am, 10:00am, 10:45am, 11:30am</p> <p>Reiki~ with Brian 10:00am, 11:00am</p> <p>Hatha Yoga with Amanda 10:30am</p> <p>Yoga @ Coal Harbour with Anita 480 Broughton 1:00pm</p> <p>Massage* with Utopia Academy 1:30pm, 2:45pm, 4:00pm</p> <p>Massage @ New West Clinic 613 Columbia 2:30pm, 4:00pm, 5:15pm</p> <p>Cooking with Lori 6:00pm - 8:00pm (1st Friday of the month)</p> <p>Cooking with Chef Chop Chop 6:00pm - 8:00pm (2nd Friday of the month)</p>	<p>Saturday 9:00am - 5:00pm</p> <p>Naturopathic Medicine Clinic with Boucher 10:00am, 11:00am, 1:00pm, 2:00pm, 3:00pm</p> <hr/> <p>Sunday 12:00pm - 8:00pm (All Programs 2nd and 4th Sundays of the Month)</p> <p>Integrated Energy Healing~ with Andrew 12:30pm, 2:00pm, 3:30pm (2nd and 4th)</p> <p>Traditional Chinese Medicine~ with Lisa 2:00pm, 2:50pm, 3:40pm (2nd Sunday)</p> <p>Journey of Life: Facilitated Open Group with Brenda 3:00pm (2nd and 4th)</p> <p>Cancer Support Group for Women with Barbara 4:00pm - 5:30pm (4th Sunday)</p> <p>Dinner with Friends arrive by 5:30pm</p>

The Personal Benefits of Volunteer Work

By Sapristi!

Have you ever felt the desire to help your community, but wondered how you would find the time for others? While altruism is arguably the best motivator for enlisting with a charitable organization, there are many tangible personal advantages in giving your time for non-profit work. Whether you are a student, a working professional or a stay-at-home mom, volunteering is an excellent way to gain work experience and broaden your social network.

Professional Benefits

Firstly, volunteer work will flesh out your resume and set you apart from the crowd. Past charity work says a lot about your character, giving you a multi-dimensional personality and highlights your good nature. Even more importantly, volunteer positions show future employers your drive and dedication. Such accomplishments demonstrate initiative, personal will, leadership skills and the ability to work hard.

Sandra H., a successful young woman from Toronto, has experienced first-hand what charity work can do for your career. She has a Masters degree from the University of Oxford and was recently offered a job with a global IT consulting firm. When she was 18, Sandra volunteered for a Big Sister program in her hometown, which she says was not only an immensely fulfilling experience but it also gave her an edge career-wise. "People are really

impressed by long-term volunteer commitments and activities," she explains. "This volunteer position has helped me endlessly with job applications and interviews. I'm pretty sure it's the reason I got my summer job at a law firm, and having had that job in conjunction with the Big Sister project has certainly helped me in my achievements."

Another motivation for volunteering is to broaden your horizons and develop new skills that could be beneficial to your career. You may discover interests you were unaware of, learn more about a subject that appeals to you, or even choose a new career path!

Social Networking

A non-profit job opens the door to meeting many interesting and diverse people who can have an impact on your life, in one way or another.

Surveys show most people feel they have benefited from meeting volunteer contacts and developed better interpersonal and communication skills while participating in charity work. Keep in mind that social contacts are also a potential career investment: an acquaintance could very well be the key to a new career opportunity. Networking is a valuable tool to increase your business prospects. And don't forget, a philanthropic group activity is the perfect setting to impress others and show off your abilities.

If nothing else, volunteer work offers the opportunity to meet people who share your interests. Many adults find it difficult to meet new people outside of the work or home environment. Volunteering at a local organization can be a good way to make new friends or even a new romantic interest!

Good for the Body and Soul

Feeling under the weather? Try volunteering! Research shows there may be health benefits associated with volunteering. For example, an improved sense of well-being and higher self-esteem may lower certain health risks associated with anxiety and depression.

Perhaps the most important of all reasons to volunteer is to experience the sense of achievement and personal fulfillment that volunteering can bring. Joanna C. is a preschool teacher from Vancouver whose past volunteer work helped her land the teaching position she currently holds. Now that she's working full-time, she continues to volunteer for young children with learning disabilities because of the personal joy it brings her to reach out to others. "I truly love all the families and children I have met while doing this and I always look forward to it," she says. The appreciation Joanna feels for these families and the feeling of giving back to her community are immeasurably gratifying. Volunteering can give you self-

confidence and self-worth that will reflect on all aspects of your life.

Finding a Volunteer Organization

To find a volunteer job that is right for you, first consider your interests and determine which causes you are most passionate about. Do you enjoy working directly with people? Is caring for animals or wildlife more your style? Once you have determined the type of work that inspires you, you can contact local organizations to find out if they are in need of volunteers. For a broad overview of some of the positions that are available, check out www.volunteermatch.org, or www.volunteersolutions.org; these websites have listings of volunteer positions by zip code and will undoubtedly have a diverse list of opportunities near you.

Now you can set aside the time for volunteering, knowing you will be helping others as well as yourself!

<http://hubpages.com/hub/The-Personal-Benefits-of-Volunteer-Work>

Dinner With Friends

There will be 3 Dinners in October. The first dinner will be our Thanksgiving Dinner on Oct. 11th and our official first meal with the new and improved kitchen.

Here are all three dates:

October 11

October 18

October 25

Call the host to book your appointments!

New Community Partner

During the Olympics Coal Harbour will no longer be able to donate space to us for the yoga classes we provide there. Luckily for us Inner Space Yoga has offered their beautiful new studio to Friends For Life for the continuation of our yoga classes.

Inner Space Yoga is a beautiful sustainably appointed yoga studio, in the heart of Vancouver's Gastown. I had the pleasure of attending a class there recently and was wowed by the grace and beauty both the owner and the studio are infused with.

www.innerspaceyoga.ca

Eat Well. Be good to the Environment. Support FFL.

Friends For Life has been selected as one of the participating charities of the Kitsilano Capers Whole Foods Market Community Chest Program (2285 West 4th Avenue @ Vine)!

When?

From September 28, 2009 – January 17, 2010, when you bring in and reuse your own bag, you can choose to donate your 10¢ refund to Friends For Life.

How?

When you bring your own bag, the cashier will ask whether you want the 10¢ refund or if you wish to donate it to one of their three participating charities – choose FFL! You may also choose to further support FFL by adding more money to your donation – just let the cashier know!

Manifesting Through Yoga: Surrender with Gratitude to the Present

By Laura Erdman-Luntz

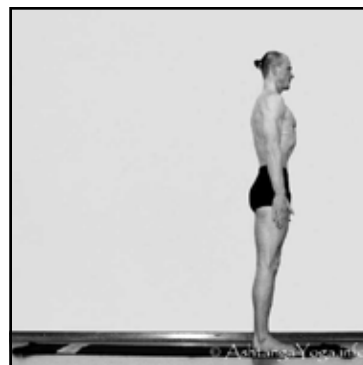
It is time for the final step in our manifesting process: surrendering or letting go, with trust and gratitude. If you are to realize your dreams with the help of the Universe, you need to give the Universe space to work. Intriguing thought, isn't it? We aren't giving the Universe space for its magic when we are panicked or trying too hard, attempting to control all possible outcomes. (We all know control is an illusion anyway!)

However, it can be difficult to let go of an area of our life in which we feel unhappy or may even feel fear. Often we feel the control we exert keeps us from falling apart, losing everything or going off the deep end. Ironically, this control actually keeps what we want from coming in. Surrendering means letting go of this control and having faith that something bigger than you will be holding the safety net beneath you.

How can we cultivate this faith? We can use yoga to help us change our energy. Even when we are afraid and using control to "hold it together," yoga can help us relax and cultivate the surrender we need. Forward folds will help us to do this. Forward folds are about the present, as we let go of resistance to open ourselves up to the present we have right now.

While any forward fold is useful, I love Uttanasana (Standing Forward Fold) and Balasana (Child's Pose) for surrender. Uttanasana is fabulous because it starts from Tadasana (Mountain Pose), a pose of strength and confidence. Folding from a place of strength helps us connect surrender with strength, rather than weakness. The surrender we are talking about comes from strength. It takes great strength to let go of control, and to trust. Surrender from weakness comes from giving up, from not feeling confident enough to be up to the task.

I like to do Uttanasana with a block between my thighs to make my pose even stronger. I begin in Tadasana with the block, engaging my inner thighs. I also make sure my feet are strong and engaged so my heart opens effortlessly. Then I fold into the pose, maintaining the strength in my legs. Once in the fold, breathe and feel the calm.



Balasana is also a fabulous surrender pose. We are primal beings and as such have primitive instincts. We use this knowledge to face fear and create courage. In this part, we want to create a feeling of great safety, so trust and surrender are engendered. In Balasana we are protecting the main kill zone (throat), so it feels very safe and calming to be in the pose – safe enough to let go.

Now you have the strength to overcome inertia, the openness to believe in a new and bigger life, and now, with letting go, your dream can come to you!

Opposite (from top to bottom): Uttanasana, Balasana, Tadasana



Birthday Wishes

We are two high school students who decided to collect and donate money instead of receiving birthday gifts. Rather than collecting presents that may have gone unused or receiving money that we didn't need, we came to the agreement to collect money for people who needed it more than us.

Now we knew we wanted to donate our birthday money to a charity; the question was which one? We eventually decided that we wanted to donate to a local cause. There are many great charitable organizations to choose from; however, we selected Friends for Life because of the many wonderful programs they offer and the community they serve. This experience also provided our friends and us with an opportunity to appreciate the needs of those facing an enormous life challenge, as well as the power of compassion and the spirit of community.

We understand that Friends for Life provides much needed support for those suffering from terminal illnesses. We couldn't have found a better organization to donate our money to. The effort made by Sheena and those who volunteer their time has greatly inspired us, and we hope it will inspire other youth in our community to take action. We wish Friends for Life, their members, volunteers and staff, health and happiness.

With Love,

Sonja and Tegan

art for life



12 Models
Alex Abdille
Flora Ackerman
Sharon Berlin
Jillie Bell
Sandra Blawiech
Sandra Sanchez
Brian Seaton
Nancy Boyd
David Bradley
Samuel Cathelin
Chris Charabak
The Dark
Beno del Piva Gobbi
David Edwards
Edward Epp
Angela Greenman
Steve Hall
Bill Jaki
Julian Kentland
Sam Lam
The Leader
Mick Lepard
Alma Richard Lehouc
Jay MacDonell
Cory McGlynn
Sara Melnick
Stephen Middleton
Dimitri Papathodorou
Bruce Pashek
Lorenza Paglia
Llewellyn Pether Jones
Andie Petterson
Vasilica Plewman
Scott Plonka
Danny Singer
Carilyn Stockbridge
Janitha Syms
Andrew Tany
Bette Tatro
Morris Tullio
Randa Van Balm
Erik Wallace
Alice Weyak
Lorraine Paul Yvewalton

By Christine Quast for Art for Life

20
09

for tickets, details and to view the art collection, visit

www.artforlife.net
call 604•689•1463

saturday
nov.14
rocky mountaineer
1755 cottrell st, vancouver



reception | dinner | fine art auction

the **community art for life** series is a catalyst to enhance the wellness of individuals living with a life threatening illness by providing complementary and alternative health and support services



Life Connections is the newsletter of the Vancouver Friends For Life Society (FFL). FFL serves as a catalyst to enhance the wellness of individuals living with a life-threatening illness by providing complementary and alternative health and support services.

You can submit any articles or pictures to Sarah at sarah@friendsforlife.ca.