



**With Suzanne Sterling**

*Week One:*

## Becoming a Voice of Change...Why me and why now?

### **Synopsis of this weeks call:**

In this first course we have introduced ourselves and talked about why it is important for us to find our voices. We have set intentions and invited the possibility of change in ourselves by acknowledging that our wounds can become our gifts and by shifting the patterns that keep us silent.

We also opened ourselves to the state of the world in this intense time and asked...what moves me? What calls me? What injustice or inequality or suffering is calling me to become an advocate...one who speaks for change on behalf of those who have no voice.

We can, without judgment, begin to notice what has held us back from being that voice until now and we can hold these intentions without force for the next 5 weeks.

Becoming a Voice of Change encompasses many layers...discovering and healing our personal wounds, as well as acknowledging the historical and familial cycles of violence that are perpetuating those wounds, understanding the power of sound and how our own words that effect our lives, giving ourselves and others permission to know, speak and live our authentic truth joyfully, allowing our creativity to emerge, and finally becoming a voice for others and standing up for justice, connectivity,

community and evolution.

Your homework for this week is to hold your intentions lightly and see what unfolds. Please also notice how you listen...to the voices and truths of others...as well as to your own inner voices...your intuition. What is the quality of your listening? Are you able to really hear others or are you thinking of what you will say next? Is your intuition pointing to some truths that you have been avoiding? What inner truths are speaking to you as you embark on this journey? Are you able to sit with deep silence or do you need to fill the empty spaces with noise and distraction? Do your dreams have messages for you? In order for us to hear the inner wisdom and authentic voice that lives in us we have to become skilled listeners.

Have a great week superheroes!

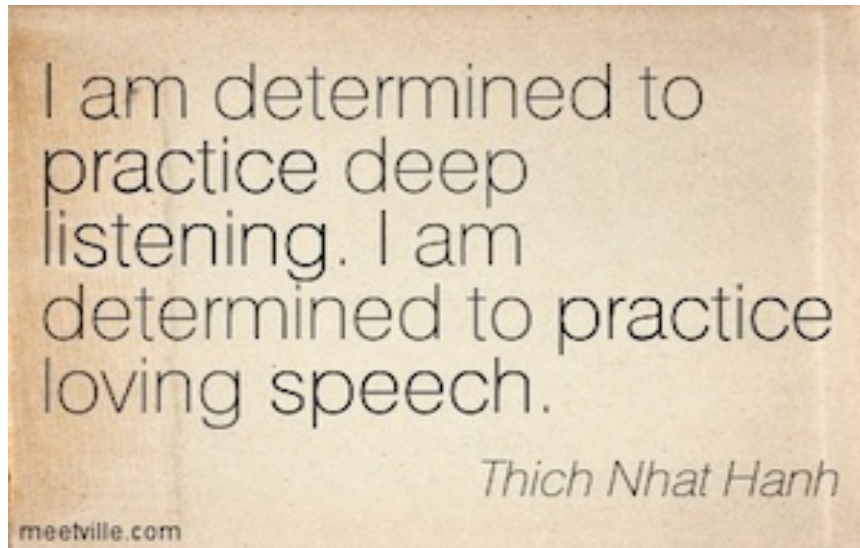


Stand before the people you fear and speak your  
mind - even if your voice shakes.

~ Maggie Kuhn

### Homework for Week One:

- Listening....awareness of voices of others, how you are listening, to the inner voices of intuition?
- Where you embrace your truth and where you avoid it?
- Listening meditation with yoni mudra.



### Resources for Week One: articles and other items of interest. Enjoy!

[http://www.huffingtonpost.com/2014/08/14/habits-of-good-listeners\\_n\\_5668590.html](http://www.huffingtonpost.com/2014/08/14/habits-of-good-listeners_n_5668590.html)

<http://www.mindful.org/in-love-and-relationships/relating-to-others/deep-listening>

[https://www.youtube.com/watch?v=QRh\\_30C8l6Y](https://www.youtube.com/watch?v=QRh_30C8l6Y)

<http://www.fastcompany.com/3036026/how-to-be-a-success-at-everything/5-ways-to-improve-your-listening-skills>

NOTE: If for any reason these links don't work from the PDF, please try copy/paste into a browser window. Thank you!

“To see the universal and all-pervading Spirit of Truth face to face one must be able to love the meanest of creation as oneself. And a man who aspires after that cannot afford to keep out of any field of life. That is why my devotion to Truth has drawn me into the field of politics; and I can say without the slightest hesitation, and yet in all humility, that those who say that religion has nothing to do with politics do not know what religion means.”  
-Gandhi ~ *My Experiments with Truth*