

[<Back](#) [Print](#)

Foundation for Inspired Learning Newsletter

February 2009

In This Issue

February, The Month of Loving and Honoring

A Message From Our Executive Director

Ponderings on the True Spirit of Giving

Certification Training in 2009

Volunteers Needed

How can we serve you in 2009 - We asked, you responded

Point of View - What others have to say

Acknowledging Our Board of Trustees

Contributing to the Foundation for Inspired Learning

Articles Contained Within this Newsletter

Quick Links

Dear Marcy,

February, The Month of Loving and Honoring

Here's an idea for February, the month of love and honoring. How about loving and honoring yourself? The Inspired Learning Model advocates honoring the Inspired Learner's path and process of learning without criticism. Can you imagine honoring yourself without criticism as you continue to learn?



As a human being, you are innately curious. This is what makes you a life-long learner. You are curious about yourself, your relationships, your world, and your passions for life, to name a few. Love what you already know. Love what you are still curious about. Honor your process of discovery, learning and mastery - and honor yourself with the gift of no criticism.

Love and respect. *Peter Reding, Founder*

A Message From Our Executive Director

February is a month for healing, loving and giving. In other words, February is a month for all matters of the heart. Is it me, or does it seem that this year, more than ever, love is everywhere I look, read, listen. Could it have anything to do with the economy? Whatever the reason, I think it's a good

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thing and, as I ponder my love for my family, my friends, my dog, everything that I do and be, I know that I receive love from a lot of different sources and, while it's longer lasting than just one special day or month of the year, February provides a lot of reminders to take stock and give back.

Whatever you are doing right now, know that you are loved and find a way to let someone else know that they, too, are loved. Even something as simple as a complement will be received as something much grander.

See the beautiful articles inside, written from the heart by two beautiful individuals and be inspired no matter when you read this newsletter.

Happy February. I wish you much love and joy for the rest of 2009.

Marcy Johnsrude, Executive Director

Ponderings on the True Spirit of Giving

by Cynthia Bangs

How often do we brag or boast about our giving? How often do we let slip the word that we are a volunteer for this or that organization, or that we give money to this or that charity?

Do we ever stop to consider that it is the person who accepts the 'charity' that is doing the favor, by giving us an opportunity to be of use? I recall reading that the great writer Bankim Chandra Chatterjee once told Ramakrishna Paramhansa that he was giving lots in charity and doing good to others.

To this, Ramakrishna apparently [responded], "Charity! Doing good! How dare you say YOU can do good to others! Kindness belongs to God. How can a (wo)man lay claim to it? If a householder gives to charity seeking merit, he is really doing good to himself and not to others. If a householder doesn't seek any return from those (s)he serves, then (s)he performs truly selfless service - giving without attachment. "

The love giving you see in parents is God's love. The

compassion you see in the kind-hearted is God's compassion. And so it follows....there is no one required to be kind because who we are is kindness. And, in kindness we are truly giving. It's quite simple, isn't it?

Certification Training in 2009

Certified Inspired Learning Facilitator Program

We are beginning to receive requests for another Certification Program. Are you interested in participating in the 9 week training, starting in May or June?

Are you ready to begin the journey with us in 2009?

If you are interested in becoming certified this year, please contact marcyjohnsrude@inspiredlearning.org or keep checking back to our website for the next program dates.

If you have a group of 8 people or more, please contact Marcy and we can arrange special training for you and your group.

Volunteers Needed

Every year, It's our team of beautiful volunteers who help us attain our vision. 2009 is no different.

If you are interested in joining the Foundation's community of volunteers, please e-mail marcyjohnsrude@inspiredlearning.org.

How can we serve you in 2009 - We asked, you responded

In 2008, the Foundation hosted monthly Inspired Learning Facilitators Forums. The forums were available to facilitators trained in the Inspired Learning Model and to those interested

in learning more about the Model.

Some of you have indicated you would like to learn more about how to take the Inspired Learning Model into a work situation, an institution, etc., basically how to start, particularly when you are an 'unknown' entity.

We would love to create a space for you to come to ask your questions and, where you can be supported by others who have already succeeded and can give you ideas about how to initiate a process for 'taking the Inspired Learning Model on the road.'

Let us know if you are interested. Please let Marcy know at marcyjohnsrude@inspiredlearning.org.

Point of View - What others have to say

Living From the Heart by S. Morgan

February is a good month to take stock of how the heart matters in body and soul.

As we get older in our bodies, we realize new meaning to the notion of living from the heart. That is, in the need to literally take care of the systems that support and are supported by the living heart, we often must make substantive and even uncomfortable changes to our lifestyle. From the heart flows the blood and oxygen needed for [all body organ] functionality.

To assist our mindfulness about this, February is designated Heart Health Month. Take a moment to donate to continue the research into healing broken hearts (reduce high blood pressure, clear blocked veins and arteries, repair the damages when these don't work properly).

February is also a month that recognizes the significance of love in our lives - both that of romance and of friendship. The lucrative retail industry, targeted to lovers, entices with the trimmings for exchanging romantic affections - jewelery, chocolates, and tenderly sentimental cards. For romantically uninvolved adults, Valentine's Day is often suffered through with gritted teeth. What a fabulous missed opportunity for

advertisers - why not celebrate the love that forms the foundation of adult friendships just as we encourage children to exchange valentines?

In fact, to celebrate this special kind of warming of the heart, exchange valentines with your friends and work colleagues and neighbors. [Just a simple] note to say what you especially value about them - maybe it's their ready humor, or tender compassion, or inspirational tidiness, or the courage of enduring the whiplashes that fate lays upon every single one of us at some point in our lives. Make your own valentine - go ahead, let the child in you play! Just cut out a heart shape of inexpensive red construction paper, fold in half and trim to fit an envelope before writing your message inside the heart. An e-mail might seem a suitable quick and easy message, but when it comes to matters of the heart, we all need reassurance of what can be held and touched.

But living from the heart has other dimensions of meaning. One who 'speaks from the heart' is thought to be honest and candid, thoughtful about what is said and done and intended. Painful truths are often shared in this way. For policymakers and business decision makers, more should learn to listen to those who speak from the heart about how they are impacted by such decisions. So, too, should those impacted learn to speak about what matters to them, to ensure they are heard.

Throughout our lives, there will be many moments when we can touch the hearts of others with words of encouragement, of insight, of empathy and kindness. Yet, fearing perhaps saying the "wrong thing", we often say nothing at all. Just think for a moment of how it would be if it were yourself who was in need. What would you want to hear? How would you wish it to be said? This is true of our personal and professional relationships.

Living from the heart is often a difficult path to follow in all the dimensions of the various relationships with others - with strangers, acquaintances, work colleagues, friends, lovers and family. How often we have to learn and re-learn familiar life lessons, and encourage and support others to do the same. Perhaps, one of the greatest of these is understanding that at the most fundamental levels of life, we are all interconnected. In that sense, we have the greatest responsibilities of

stewardship in caring for and about each other and the environments in which we live. Living from the heart is to be consistent with the values which we say we espouse whether at home or at work, [every day of the year].

Has the Foundation for Inspired Learning Inspired you? We would love to include your article in a future newsletter. [href="mailto:marcyjohnsrude@inspiredlearning.org">](mailto:marcyjohnsrude@inspiredlearning.org) Let Us Know What You Think!

Acknowledging Our Board of Trustees

We would like to acknowledge Board Members *Marlene Martin, Robert Stack and Peter Szabo and Peter Reding* for their continued work during 2009, and also our Treasurer, Scott Bogart for all his work doing our financials.

Contributing to the Foundation for Inspired Learning

Ultimately, the strength of the Foundation depends on our volunteers and trainers helping to share in the vision and the work.

Your volunteer hours, financial support, taking a class or becoming certified are all important in furthering the Inspired Learning Model's reach into the numerous worlds of learning.

Thank you for joining us to "Celebrate Learning - Celebrate Life."

If you aren't already a benefactor of the Foundation for Inspired Learning or you simply haven't made your annual contribution to the Foundation, please consider making a donation now. You can make a donation securely through PayPal at <http://www.inspiredlearning.org/support.php> or by sending a check to:
Foundation for Inspired Learning

c/o Scott Bogart
2719 Harbor Blvd., Ventura, CA 93001

Articles Contained Within this Newsletter

Please note that the articles contained within this newsletter and attributed to a specific author are the expressed opinions of that author and not necessarily the opinions of the Foundation for Inspired Learning.



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Foundation for Inspired Learning

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