

Healthy Wednesday Club

Newsletter Issue 22

July 2nd, 2008



A few interesting reactions to the article last week. Many found Chris Jordan's piece to be as interesting as I did and some even forwarded the message on. That is an important aspect of receiving a newsletter like this. If you think others may be interested please forward on the interesting bits and, better still, the whole newsletter. You'll see there is a link for new people to register their email and become connected. Please encourage this when you can.

Just check out the tree below. It is in South Africa and is an amazing mix of natural and human art. Quite extraordinary. The TED talk this week is by Benjamin Zander, classical conductor. You will never think of music the same again! The article discusses his theme of 'creating shining eyes'. Who are we, as individuals, in the process of inspiration, guidance and leadership? Recipes and exercises are there for your pleasure and personal enrichment. Give them all a go!

The Most Amazing Tree



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FABULOUS LOW GI FOOD

Easy low fat and low GI sauces & dressings – for that extra yummy flavour

For fish, tartare substitute

150 grams low fat natural yoghurt
1 tbsp capers, drained and finely chopped
1 tbsp fresh dill, chopped
Combine the ingredients together and serve with salmon or chickpea patties or grilled fish

Lemon and Garlic Sauce:

2 cups silken tofu
1 tbsp wholegrain mustard
2 tbsp tahini
3 tbsp lemon juice
3 tsp garlic, minced
sea salt to taste

Combine all ingredients together and blend well.
Delicious over roasted or steamed vegetables.

Low GI Cream Sauce.

125g (4oz) low-fat cottage cheese
2 tbsp light cream cheese
1 tbsp grated Parmesan cheese
1 small clove of garlic crushed
1/8 tsp ground nutmeg
1/8 tsp pepper liking.

In a food processor, puree all the ingredients until smooth
With either chicken and/or bacon and asparagus cut into pieces with a few button mushrooms

HEALTHY WEDNESDAY ACTIVITIES

Body: Last week we stretched out first thing in the morning. This week we will stretch out last thing at night. Lie on your back and relax. Now tense your left leg, hold for 5, then relax. Do the same with your right leg. Now with your left arm, relax; right arm, relax. Now tense up your stomach muscles, relax; shoulders and neck, relax. Now the whole body for 3, then relax for 5 – gently breathing through the nose. The whole body again for 2, then relax for 8 - breathing. The whole body again for 1, relax for 15 – slow breathing. The whole body for a moment, relax for 30 – really feel your breathing. If you are still awake after 30, then tense your whole body and relax yourself piece by piece from the head down to the toes, breathing all the while. I suspect you'll be asleep before you get to the 30 count!

Mind: Here is an exercise apparently set for 2nd grade computer students in China. The idea is to get the frogs on the right hand side over to the left hand side and vice versa. Frogs can't share the same rock, but they can either jump over another frog or just to the next stone. They can't go backwards and, yes, you can start again. To make it more devilish, there is a 2 minute time limit. Mmmmm... have a go – www.richardhill.com.au/HWnews22.htm

Soul: Before you start the physical tensing and relaxing, utilise the 2-Hand technique to clear away the troubles of the day. As you lie on your back focus on your hands. Choose one hand as the receiving hand and try to send all the yucky things from the day down to that hand. When you feel like something is in your hand, shake the yucky stuff away. When you do the tensing exercises, send more of the days stuff out of your body each time you relax. Every time you relax let more and more flow away. Enjoy your sleep!

Leadership of One and All.

Leadership is a complicated thing. Being part of a team that is being led may well be just a complex. I think the thing that is easily forgotten is that no matter what the makeup of the team, the leadership, the goal, the journey, the task, the endeavour, we must remember that at some point everything is an experience where you lead yourself. Whether you are at the head of the team or shuffling in the protected centre, the true outcome of every experience is the emergent qualities that come from within you and become an outward part of your life. Things you never knew were there. Things that were only half out and finally emerge in full.

In a recent TED talk by Benjamin Zander, classical conductor, he revealed some wonderful insights into the marvels of leadership. As a conductor of an orchestra he came to the realisation that he doesn't make

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any sound. All the music, excitement, passion and rhythm is something he evokes from the players that sit before him. Two amazing revelations changed his life. The first is that he knew when the orchestra was playing well because he could see the eyes of the players shining. He was commenting on that look of wonder and power that emerges when we find that we are creating something that is a true expression of who we are. Mihály Csíkszentmihályi talked about this in his book about 'flow'. Put simply, flow is when we become totally immersed in what we are doing and there are rapid rewards and satisfactions as the experience unfolds.

Zander knew that his task was to create this shining in his players. When it wasn't there he stopped asking the question, What is wrong with them? He asked himself, "Who am I being that my players' eyes are not shining?" This is a wonderful platform for humility and also for interpersonal creativity. The purpose of the player and the leader is to combine to create something more than they can be separately.

Second, Zander then found the perfect corollary to this: "It is one of the characteristics of a leader, that he not doubt, for one moment, the capacity of the people he is leading to realise whatever he's dreaming." (Listen to this talk www.ted.com/index.php/talks/benjamin_zander_on_music_and_passion.html)

Can we take these realizations one step closer to us as an individual? I think so. Are we not also the leader of the player within us? Of course. That is the purpose of life, as Joseph Campbell describes – to participate in the experience. The extension that I have made to this idea in my book is – to *creatively* participate in the experience and in doing so make something more that can change everything.

What is the excitement of being alive other than to discover what more we can become? This has been the wisdom for thousands of years. Still we don't get it. Still we strive to be something that measures up to external standards. Still we feel lesser, disappointed, a failure when the 'real world' is dissatisfied with our performance. Zander has seen the answer – who am I being. This is a question our culture never asks. That is because our culture is not a sentient being. Our culture is an organizing pattern that emerges from the people within. Is the 'real world' of dogged competition, stress and anxiety really what we wanted to create? I must admit that I don't see too many 'shining eyes' in the world today. Mostly I see people with their head down, hoping that they make it.

So, it seems we end up back to a place that many have been to before – it is up to each of us to *be* the change we want in the world (to paraphrase Ghandi). If our eyes are not shining, then we are asking ourselves what it is that we should *be* that is different. The relevance of my 'winner/loser world' theory is to show that the way we are *being* in the 'real world' changes the way our brain and body function. In the winner/loser mindset it is almost impossible to have 'shining eyes'. In the 'creative world' mindset, however, the shining is just a moment of inspiration away.

I watched Benjamin Zander speak and rose to his inspiration immediately. I hope my book does the same. I hope this newsletter has that potential, too. These things are important because we are now discovering that not only fear and failure can turn our mind, but also the 'disease of excess' that we talked about last week. I wonder what you are feeling and what you would like to be in order to have no, "... doubt, for one moment, (of your) capacity to realise what (you're) dreaming."

Share your thoughts and suggestions? richhill@iinet.net.au

Looking forward to sharing more thoughts, suggestions, news and making a very Healthy Wednesday connection with you!
Take Care, Richard, Susie and The Healthy Wednesday Team



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