

Judy Ringer

76 Park Street • Portsmouth, NH 03801-5031
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inside

On This Planet
The Practice of Centering
Power & Presence Associates
Public Workshops
Centering, Confidence, and Self Esteem

Only with awareness do you have the possibility of transforming your dream.
—Don Miguel Ruiz, The Four Agreements

quotables

- *This was one of the most positive workshops I've attended. Great practical exercises and advice.*
- *For someone that was hesitant, I've become a believer. I learned a lot and am very happy I took the class.*
- *This workshop changed the way I look at conflict and how I deal with it. Very fulfilling personally and professionally.*

solutions

question

Is centering the same as confidence or self-esteem?

answer

Not exactly, though confidence and self-esteem are enhanced by the practice of centering. Center is a quality of being in the world which includes confidence. When you center, you feel in control of yourself and your actions, without the need to control others. You are balanced in body, mind and spirit and rooted in your vision, so naturally you experience more confidence and your self-esteem grows. When you're centered, you feel good about yourself. You need no one else's stamp of approval, since you already have your own. There are no attachments to past or future worries, because you are complete and dwelling in the present. You're flexible, focused and connected to everything and everyone around you. You have the power and ability to make good choices, and are in a place of continuous discovery and learning. When you choose center, you become more you.



Conflict Management
Communication Skills
Training & Facilitation

Judy Ringer

76 Park Street
Portsmouth, NH 03801-5031
phone & fax: 603-431-8560
e-mail: judyringer@rcn.com
www.JudyRinger.com



Power & Presence

Spring 2003

Ideas and inspiration on conflict, communication and creating the life you want

On This Planet

Jim and I had planned a special dinner out. Our birthdays are just two weeks apart and we usually celebrate them together. We wanted the evening to be memorable, so I made reservations at a restaurant we'd never visited but that had a reputation for exceptional food and elegant ambience.

The big night arrived. The evening was cold (we were born in January), but we were warm, convivial, looking good, and anticipating a new experience.

The hostess met us at the door, took our coats, and ushered us into the warm, candlelit dining room. She showed us to a lovely table for two and pulled out our chairs. As I sat down my ears were assaulted by the piercing cry of a baby at the table directly across the aisle. I turned and saw a party of five – the baby, two parents and two others. Mom tried tending to the crying infant and the others looked embarrassed. My mood plummeted. I like children, especially babies, but not crying at the top of their lungs in a *café de haute cuisine*. I did not want to spend my evening and a pile of money being entertained by the wails of a howling infant.

I saw the birthday celebration in ruins – the call of a quiet, romantic evening drowned out by the din at the next

game of pretend. Let's pretend we're on a planet, he said, where babies are honored, revered even, and considered to be extremely lucky. They are incredibly powerful beings, and to be seated near one in a public place, especially on a big night out, is seen as a sign of immense good fortune. We were favored, chosen by fate to be seated within a few feet of this amazing being. On this planet we had the best table in the house, the envy of all.

And just like that we were suddenly on another planet, and my attitude was transformed. I believed it and it was true. The most extraordinary part of the transformation was that it took no time. I was on one planet, then I was on another, a remarkable place – delightful, carefree, lovely. Why wouldn't I want to live here? It was so much more pleasant. I was so much more pleasant. It was as if I were the child, playing, discovering, fascinated with everything and everyone. Just like that we were the luckiest people in the room. We had been singled out for a year in which all birthday wishes would come true.

We ordered dinner, soaking up the presence of the small creature across the way, smiling at the child, but trying not to look over too much. Of course, on this planet

The dream you are living is your creation. It is your perception of reality that you can change at any time. You have the power to create hell, and you have the power to create heaven.

—Don Miguel Ruiz, *The Four Agreements*

table. I was beside myself. Uncentered, judgmental, angry. I could not fathom how anyone could bring a child to a place like this. What were they thinking? Had they no conception of dining etiquette? In my world, babies stay home when their parents go out for an elegant dinner. That's why we have babysitters.

The waitress came by and asked if we wanted a cocktail. We said we'd hold off a moment, we wanted to examine the menu. Jim and I stared at each other. Should we stay or go? We had been eagerly anticipating our date, the menu looked great, we really wanted to have the wonderful evening we'd planned. But how could that happen in this suddenly changed atmosphere? We talked about what to do. We knew if we stayed, we'd have to make peace somehow with our surroundings. But how was that possible? And if we left, there was the inconvenience of finding a new place to eat, in the cold, without reservations. The night was heading downhill fast.

The baby quieted a little. The sharp screaming moderated to an unhappy whine. The waitress returned. We ordered a cocktail but no food, keeping our options open. I was still thinking what a nightmare this was, when Jim leaned over and quietly suggested we play a little

the family was aware of the good omen they carried with them, still we didn't want to make them uncomfortable. So we would sneak a peak now and then and marvel at our luckiness.

Appetizers arrived and they were – of course – delicious. The baby settled down, sounds turning playful, cooing with its mother. Entrées were graciously laid before us – wonderful. Dessert – enchanting. The evening was blissful, quite better than anything we could have imagined. We were sad when the family left before we did, but we knew that we had been painted with its baby's brush of happiness, delight, and signs of good things to come. We wandered home, still delighting in the atmosphere of the Lucky Baby Planet and our remarkable good fortune in finding it. Not surprisingly, we've had subsequent opportunities for planetary adventures. Since then we've visited the planet of the Lucky Traffic Jam, and the one where the 5 a.m. crowd concert is about the best thing that could ever happen.

This story doesn't really end. "Let's Pretend" is a game we played as children and continue to play as adults, but we forget we're playing. We just decided that night to pretend on purpose.

poem THE GUEST-HOUSE

This being human is a guest-house
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture.

Still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

— *Say I Am You, poems of Rumi*
Translated by John Moyne
and Coleman Barks
Maypop 1994

Conflict Management
Communication Skills
Training & Facilitation



real life

Everyday applications from real people on the practice of centering . . .



Exciting news! Aikido Today Magazine, the leading journal of the Aikido world, has

published my story, "Becoming Each Other," in their March/April issue.

This was the lead story from the last issue of this newsletter and was about my experience of watching Aikido practice from the sidelines while healing from an injury. It is the second time they've chosen to publish one of my stories, and I thought you'd like to know.



The Aiki Team

In addition to aikido-based workshops in conflict management, communication and effective presentations, we are offering a new "Aiki Warmup" – a great way to start any training program, team retreat, or planning session. The Aiki Warmup consists of:

- a gentle physical aikido stretch routine
- one or more centering exercises
- a two-step aikido "dance" with partners
- applications to the day's work at hand

The Warmup gets the group event off to an energized start, cultivates a team-driven orientation to the day, and asks the question: "How do we want to work together?" It can be done in as little as 45 minutes, but may expand to 90 minutes or more, depending on your desired outcomes. Give a call or email for more details!

From Ruta Jordans, friend and colleague

I know you are always interested in how people practice centering. These last six months I've had to do a lot of driving between my new home in Maine and points south. As this includes pit stops, I've discovered a great way to center – whenever I wash my hands, I take time to center while blow-drying them. The humming noise and warm air help me focus and concentrate. You never know where we will find the time and place, do you?

From Sue Herrera, Aunt Mary's care giver

Judy, I want to thank you for the article that you shared with us regarding "centering yourself." I am the primary caregiver for a lovely lady who happens to be your aunt Mary. As you know I have been handling her paper work for a little more than 10 years, and I must admit at times the stress between the care giving and maintaining her medical supply needs can be frustrating. Centering helped recently when trying to get her medical supply company to bill Mary's insurance for some equipment we'd ordered. The medical supply employee kept saying she'd already sent a bill several times and would not do it again. We went back and forth on this issue for a while. Then I

centered myself and said, "I understand that you've already sent a bill. Would you please send it again?" She said once again that she had done that. Breathing, I said, "I know, would you mind doing it one more time?" She said, "Okay."

From Faith Legendre, Training Director, Systemax

Thanks for passing along the wonderful centering hint, Judy. It helps to remember to start the day thinking of something to be grateful for. I surely needed it as I woke up this morning angry at a certain individual. I am going to do this from now on every morning.

From Chuck Rhoades, Portsmouth High School Health Instructor

Judy, thanks again for working with the health class students. We've been practicing centering and they are getting quite good at it, also referring to it during one heated class discussion!

From John Baker, Fortune 500 Insurance Co.

Two new stickers on my phone: BREATHE. CENTER.

resources

www.JudyRinger.com

You can receive *Power & Presence* – and other helpful information – at www.JudyRinger.com. Our web site offers support on conflict, communication, public and in-service workshops, private coaching and Aikido. Please stop by!

www.PortsmouthAikido.com

Portsmouth Aikido is an ongoing martial arts school located at the Seacoast Family Y in Portsmouth. Many of the principles that are reflected in our workshops come from Aikido, the Japanese martial art that teaches self defense through redirection of energy. Regular mixed level classes are held on Tuesdays and Thursdays from 7:45 to 9:00 p.m. and Sundays from 2:15 to 3:30 p.m. Basics/Beginner classes are Sundays from 1:00 to 2:00 p.m. You may stop by anytime and watch a class, or visit our web site for more information.

Beginner's Class – April 27 - June 1

Our next Aikido Beginner's Class will start at the Seacoast Family Y in Portsmouth on April 27. The six-week course will run through June 1, from 1:00 to 2:00 p.m. each Sunday. The cost is \$50.00 per person for the course, and anyone aged 12 and older is welcome. For information or to register, please call Judy at 431-8560 or visit our website at www.PortsmouthAikido.com.

Conflict Coaching

If you prefer working on your own to working in a group, or if you have employees who would benefit from private coaching, sessions are available to build skills in conflict management or to facilitate difficult conflicts between couples, co-workers, and management teams. Individual coaching in public speaking, presentations and vocal power and presence can also be scheduled by phone (603-431-8560) or email (judyringer@rcn.com).

Power & Presence Associates

Power & Presence is not just a newsletter – it's a company that provides unique training for specific needs. If your focus is on conflict, communication, and increasing power and presence in difficult situations, we have associates with expertise in leadership development, strategic planning, customer service, powerful presentations and stress management. Please contact us to discuss your training needs.

Keep your center and you'll know which way you have to go.

– Terry Dobson, Aikido in Everyday Life

workshops

(See calendar to the right for dates and times.)

Energy in Action

Judy Ringer and Tai Chi instructor, J.S. Negré, ask you to join them on a journey of centering, awareness, mindfulness, and real life applications of Aikido and Tai Chi (aka Shadow Boxing). You will spend a weekend in physical movement and experiential interaction with benefits that include:

- Increased energy, creativity, and productivity
- Enhanced feeling of teamwork in your relationships
- Deep relaxation
- Stress and pain reduction
- A more positive attitude toward life

Powerful Presentations

This empowering workshop combines training in good vocal technique with practice in giving clear, effective, and compelling presentations. Judy Ringer and Susan Losapio will team up once again to help participants develop a more powerful voice, enhance confidence and presence, and connect with an audience. You'll learn simple kinesthetic exercises you can practice daily and use before, during, and after presentations. You will also be guided in the Four Defining Characteristics of a Powerful Presentation and have the opportunity to deliver several one minute presentations on tape. You'll receive individual coaching to help fine tune your skills and have the video to review at home.

The Magic of Conflict

Each time conflict shows up, we have the opportunity to respond with awareness and composure. Yet so often we fight or flee. We know what we want to do, but our bodies react before we can stop and think. The Magic of Conflict, using principles from the gentle martial art of Aikido, teaches how to avoid reaction, stay calm and focused, and utilize the energy in conflict. This one-day workshop will explore new ways to transform difficult situations into opportunities for growth and change. Participants will:

- Build skills in conflict management
- Strengthen the ability to communicate with power
- Increase connection and improve relationships

The energy field
around us changes
as we change.

— Thomas Crum, *The Magic of Conflict*

workshop calendar

Saturday, May 31 • 9 a.m. - 4 p.m. and
Sunday, June 1 • 9 a.m. - noon

ENERGY IN ACTION

Tuition: \$185.00 per person
(Lunch on Saturday provided)

Location: Portsmouth location TBD

To register: Return form below, call, or email

June 17 • 9 a.m. - 4 p.m.

POWERFUL PRESENTATIONS

Tuition: \$135.00 per person
(Lunch and handouts provided)

Daniel Webster College

Pease Tradeport, Portsmouth

To register: Return form below, call, or email

July 23 • 9 a.m. - 4 p.m.

THE MAGIC OF CONFLICT ONE-DAY WORKSHOP

Tuition: \$135.00 per person
(Lunch, Magic of Conflict text
and workbook included)

Portsmouth area location TBA

To register: Return form below, call, or email

Please register early.

All workshops have minimum and maximum
participant requirements.

CUSTOMIZED PROGRAMS

The following are examples of programs
designed for organizations. All trainings are
tailored to meet specific goals and objectives.
Please call for additional information.

CORPORATE/BUSINESS SEMINARS

- Conflict in the Workplace
- Creating a Positive Work Environment
- Team Building: Working Together Effectively
 - Assertive Communication
 - Powerful Presentations
- Difficult People: Tormentors or Teachers
 - Principled Negotiation
- Aikido and Conflict: Getting on the Mat

PROGRAMS FOR EDUCATORS

- The Magic of Conflict
- Violence: Dealing with Anger (for students)
- Helping Students Deal with Anger and
Conflict (for teachers)
- Team Building: Working Together Effectively

registration

- Please reserve space for me in your upcoming workshop:

Title of Workshop: _____

Total Cost: _____ Deposit enclosed: _____ (minimum \$50)*

Name: _____ Occupation: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (day): _____ (night): _____

E-mail: _____ Fax: _____

- Please add me/my colleague to your mailing list:

- Please call to discuss creating a program for my organization:

Please tell me!

If you prefer to receive *Power & Presence* electronically, let me know:

- By phone 603-431-8560, • By email judyringer@rcn.com, or
- Online at JudyRinger.com on the Contact page.

MAIL TO: Judy Ringer • 76 Park Street • Portsmouth, NH • 03801-5031

