

INNOVATIONS

WINTER 2011/2012



Kris King

**The most powerful weapon on earth is...
the human soul on fire. -Ferdinand Foch**

We are living in a time where we often define weapons as tools of self-protection, aggression, war and destruction...winners and losers. Fear based tools and often egos on fire.

This quote turns that definition in a whole new direction. Please read the above quote a few times to yourself and be aware of its impact on you... your feelings, thoughts and desires. What happens as you linger awhile with these words?

Is your soul on fire? Do you know what you love so much that you would do whatever it takes to bring it into being? Are you using your whole self to create something meaningful? Or is this something you are longing for?

I have been deeply touched reading Steve Jobs by Walter Isaacson. If you want to be inspired...read it. He was a man with his soul on fire and he changed the world in many ways over the years. His vision of joining artistry and technology was one of the greatest loves of his life and he walked that path with intense clarity, focus and commitment. Thank you Steve.

To me the "human soul on fire" means living fueled by love, truth and action, the three main ingredients of a vision-based life. What better things to have as your inner compass? At each choice point choosing YES when it is to fulfill your vision the best way you know how.

Right now is always the right time for gratitude and this is a time of year where we openly acknowledge our gratitude and abundance through our cultural and spiritual traditions. Wings, my staff and I have so much to be thankful for.

Number 1...with your help we are still here. Your advocacy is the difference that makes the difference.

THANK YOU so much for sharing your Wings experience with those you love and work with.

Number 2...thank you to all who have chosen to support Wings by being on teams, managing teams, greeting new participants at the door. Your commitment to being an open learner and being in service is amazing!

Number 3...thank you for your honest feedback about what we can do better. You keep us on our toes with your creative ideas. Keep it coming.

Number 4...thank you for coming by and saying HI in person, on Facebook, on Wings Global community and on my blog. Together, we are the fabric of Wings...each a unique thread blending into a beautiful tapestry.

Number 5...thank you for anything I forgot!!

Here is an inspiring comment from Nicky Webb Smith, who sounds to me like a soul on fire...

"Wings is like water, where one person has attended, they spread the word to another, who then attends, and those two spread the word to others, who later attend, until the stream is filled, then the rivers, and finally, hopefully the ocean. Though not everybody we know will attend, the change in ourself will surely affect the shores."

The most powerful weapon on earth is... the human soul on fire. -Ferdinand Foch

With love and gratitude,

PRESIDENT, WINGS SEMINARS



WINGS

Innovative Learning Group
WINGS SEMINARS

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Eugene, OR 97401
541-683-8540
800-697-0040
541-683-6904 FAX

wings-seminars.com

OUR MISSION IS TO INSPIRE AND SUPPORT POSITIVE CHANGE,
CREATING AN ABUNDANT, LOVING AND RESPECTFUL WORLD COMMUNITY.

Travel with Kris to Bhutan and Thailand...September 2012

"Bhutan touched each of us and we transformed as a result... coming home and living our lives with an increased consciousness and spiritual awareness." — Kris King



"My Journey to Bhutan was a dream come true! A country that measures it's wealth on "GROSS NATIONAL HAPPINESS" and finds peace in their Buddhist way of life. It is a magical place covered in tropical flora and fauna, verdant valleys of rice paddies, rising mountains, holy sites recognized by prayer flags, prayer wheels, stupas, and exquisite dzongs. Bhutan touched the core of my soul."

—Mary Porfido

Travel with Kris to Bhutan and Thailand for a soulful adventure with like-minded explorers. Experience majestic vistas, the kindness of the Bhutanese people, the grandeur of the natural environment, and the exquisite weaving of the Buddhist culture throughout the country. Kris and her guides lead you deep into the heart of this awe-inspiring land.

Then travel on to Koh Samui, Thailand for renewal and respite in one of the most luxurious places in the world. Warm breezes, Thai massages, naps by the sea.

Call Kris at 800.697.0040 x106 or email her for more information and to register. ***If your heart is calling you... come.***

Trip Dates: Sept. 6-24, 2012

Your \$500 non-refundable deposit reserves your place.

Register by: Feb. 22, 2012

Estimated Costs: \$7,985 based on joint occupancy. Includes all major expenses, airfare from Seattle, hotels, touring, and most meals. Estimated single occupancy cost is \$8,860. This is arranged as a group fare only.

There are only a **3** spaces left in Namasté.  Register now!

Deepen your spiritual awareness and connection...

NAMASTE
live spirit first

"Once we have integrated the body and the mind, it is much easier—and more likely—that growth can then continue beyond the body and mind, into the realms of soul and spirit.." — Ken Wilber

The beginning of a new year is traditionally an auspicious time for listening to your spirit and creating powerful intentions. A perfect time for Namasté.

"Namasté was my most rewarding Wings experience yet. All my previous work (PES, CO, LifeWorks) led me to wanting to expand and grow spiritually - this was the time and place for me to reach and believe! —Jeff Dresser

Discover the joy of living spirit first... join us for Namasté. Visit the Namasté web page for more information.

December 27-31, 2011

Regular Tuition: \$895

Deposit \$300

Prerequisite: CrossOver

"HOW ARE YOU TENDING TO THE EMERGING STORY OF YOUR LIFE?"

-- CAROL HEGEDUS AND FRANCES VAUGHAN

My Heart Has Wings...52 Empowering Reflections on Living, Learning and Loving

A SPECIAL HOLIDAY OFFER ❄️ Share My Heart Has Wings with your friends and family.

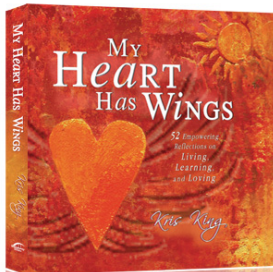
On Sale Now.

\$14.95 plus s/h Reg. \$19.95

Order online now.



Kris on the cover of the March/April 2011 issue of Conversations Magazine



Conversation Book Club's Book of the Year for 2010!

"The choice of King's book as our feature during the New Year was based on its message of hope, triumph and forward-looking appeal. Having read the book twice myself, I am convinced that book lovers and anyone looking for encouragement and reassurance will benefit from it."

—Cyrus Webb, 34, President of Conversations Book Club and the host of Conversations LIVE! Radio.

"My Heart Has Wings is a true treasure to cherish, to aid in reflection and allowing each and every individual to become the very best person that they can be. I really enjoyed this collection, for both the thought provoking stimulation, as well as the visual stimulation. I found the entire book to be very calming and comforting and truly feel this holds something for everyone." —A. Pohlen



Photo by Kris King, Bhutan

Living awake. What does it mean?

To me, it means being present in our lives, each day, each moment, in such a way that we are choosing consciously from our deepest values and intentions and then taking the appropriate actions to create what we want. Living awake is living in community with not only other people, but with all living things, accepting ourselves as part of the ecosystem, not "the" ecosystem. Living awake is realizing that there is not just one truth; each person's truth is a reflection of their belief system, and there is more that we don't know than what we do know. Living awake is joining each moment and exploring what is, instead of reacting to what we believe is there. Living awake is wanting to experience life fully.

—Excerpt from My Heart Has Wings

**"HOW WE LIVE DEMONSTRATES WHAT WE REALLY KNOW.
LIVING AWAKE IS REMEMBERING THIS AND MAKING ADJUSTMENTS
WHEN WE DON'T LIKE THE STORY WE ARE CREATING."**

-- KRIS KING, MY HEART HAS WINGS

Get Acquainted! Your Incredible Enrollment Coordinators



The team: Sylvia Long, Guy Santiago, Julie Cox and Selena Gerace

Thoughts from Selena

I'm still new in my position as an enrollment coordinator (EC) here at Wings and my understanding of the job is evolving daily. When I first started I thought the job was simple: sign people up for seminars. Well, with a few months under my belt now and with the added benefit of insights from my co-workers based on their years of experience, I've come to realize that the role of the ECs is considerably more than that. Yes, as ECs we call clients, send emails, and set up reservations--but those are just tasks we do, it's not our purpose. At its essence, the purpose of the ECs is to be advocates--both for our clients and for the mission of Wings Seminars.

As advocates for our clients we are here to support every person who wants to walk a path of personal awareness and living consciously. We are the link between the participants and the organization and our purpose is to be available, listen, and come up with creative solutions to the barriers people face in attending seminar. We say "YES" to people and support them in saying "YES" to the life they want to create. And then we coach them to support the people in their lives to say "YES" too.

We advocate for our clients and in doing so we advocate for the mission of Wings--"to inspire and support positive change, creating an abundant and loving world community." It is with this intention that we enter our offices each morning. And to assist in creating this "world community" we must, of course, start with ourselves. Being an EC means that we are perpetual students--steadfast in our determination to keep learning. We discuss the four cornerstones in the hallway, run the awareness wheel on our lunch breaks, and practice 'showing up fully' at staff meetings.

Yes, the lessons are never far from us. And for this we are thankful. We are lucky enough to spend our days growing, increasing our awareness, and connecting with amazing people who are actively engaged in creating the world they want to live in. It is a position we feel honored and grateful to hold.

Thoughts from Guy

My amazing journey with Wings started January 2005. I did not believe that what was offered by Wings was what I needed, I did not believe that I was in the right place. During the Personal Effectiveness Seminar I watched myself change and grow... then I signed up for CrossOver. LifeWorks followed and then my first Internship. I learned how to love myself again and soon found love again, so Listening Heart became part of my path. As I continued my trek of new learnings and awakenings, Namasté introduced me to more new discoveries and breathed life into everything that I was learning at Wings. I decided to check out another Internship, to experience the aliveness that I now chose to learn with. Now I view the world with fresh eyes and still... I do not believe that what was offered by Wings was what I needed... I have learned it is what I deserve. I believe now, I am in the right place... at the right time.

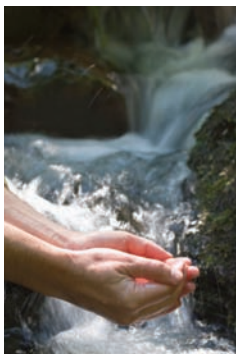


**"WHAT WE ARE DOING HERE IS SO IMPORTANT,
WE BETTER NOT TAKE IT TOO SERIOUSLY."**

--SUZUKI ROSHI

Looking Forward to New Advanced Seminars

MORE 1-Day Seminar May 12th, Eugene OR 2012 has ALL NEW content!



Renew, refresh and remember who you really are... accepting all aspects of yourself.

Wherever you are starting from, learn MORE... new content, processes and experiences to move you forward with clarity, joy and inspiration.

Why wait when MORE is here now?

ALL NEW content in 2012!

May 12, 2012

Early Tuition: \$125 *Register by 3/30/12*

Regular Tuition: \$175

Prerequisite: PES

Location: Eugene, OR

Time: 9 am - 5 pm

CEU's Available

THE SKILL GROUP MASTERS WEEKEND With Kris King & Sherrie Frank



Become a master of observation, reflection and conscious choice. Learn to navigate the subtleties of communication and relating.

Join us for an amazing weekend with an audacious community of people who dare to be "communication rock stars".

Dive in to a bigger, bolder "fish bowl"!

June 2-3, 2012

Early Tuition: \$245 *Register by 4/20/12*

Regular Tuition: \$295

Prerequisite: LifeWorks

Location: Eugene, OR

Time: 9 am - 5 pm

CEU's Available

Neuro-Linguistic Programming Level I NLP SELF MASTERY



This is a class many of you have been asking for. Neuro-linguistic Programming- Self Mastery begins with an introduction to NLP. You will learn and practice NLP processes for mastering your state of being. The processes are based on the four pillars of NLP: Rapport, Sensory Awareness,

Outcome Thinking and Behavioral Flexibility. These powerful processes assist you to heal the past, transform unwanted behaviors and feelings, gain clarity on desired outcomes and artfully connect with others.

With Kris King & Sherrie Frank

August 9-12, 2012

Early Tuition: \$595 *Register by 6/28/12*

Regular Tuition: \$700

Prerequisite: PES Recommended

Location: Eugene, OR

Times: 9 am - 5 pm

CEU's Available

**Call Wings for
more information.
800.697.0040**

"LIVE OUT OF YOUR IMAGINATION, NOT YOUR HISTORY."

--STEPHEN COVEY

Calendar of Events

JANUARY, 2012

PES-Eugene.....	5-8
LifeWorks #4.....	14-15
CrossOver.....	18-22
LifeWorks #1.....	26-29
Special Evening-Eugene.....	31

FEBRUARY, 2012

PES-Eugene.....	2-5
Listening Heart.....	9-12
Intern Info Evening.....	17
LifeWorks #2.....	18-19
CrossOver.....	22-26
PES-Sacramento.....	23-26

MARCH, 2012

PES-Eugene.....	1-4
Integrate.....	7-11
PES-Seattle.....	8-11
Assist Team Training.....	16
LifeWorks #3.....	17-18
Special Evening Portland.....	20
CrossOver.....	21-25

APRIL, 2012

LifeWorks #4.....	7-8
PES-Eugene.....	12-15
CrossOver.....	18-22
Special Evening Eug.....	24
LifeWorks #1.....	26-29

MAY, 2012

PES-Eugene.....	3-6
PES-Sacramento.....	3-6
MORE-1-Day.....	12
CrossOver.....	16-20
LifeWorks #2, Phoenix Inn, Eug.....	19-20

JUNE, 2012

Skill Group Masters.....	2-3
PES-Eugene.....	7-10
Asst Team Training.....	15
LifeWorks #3.....	16-17
CrossOver.....	20-24
True Colors.....	26-Jul 1
Namasté.....	27-Jul 1

The WINGS, Internship Program... A Year of Extraordinary Transformation

Becoming a Wings Leadership Intern is a commitment to your own learning, personal vision and personal empowerment. You will gain greater self-awareness, become a master communicator, deepen all your relationships and have the time of your life while being in service.

You are eligible to apply for the Internship if you will have completed PES, CrossOver and LifeWorks by April 2012. The internship is from April 2012 - April 2013. Please contact Wings to get started!

Steps to Becoming An Intern

Feb 17th, 7:00-8:30 pm

- Intern Information Evening-required attendance when applying to be an Intern unless arrangements are made in advance with WINGS.

Mar 2nd, 5:00 pm

- Intern applications due

March 14th and 15th

- Intern interviews

Mar 16th

- Intern selection and notification

Apr 5th, 8:30-5:00 pm

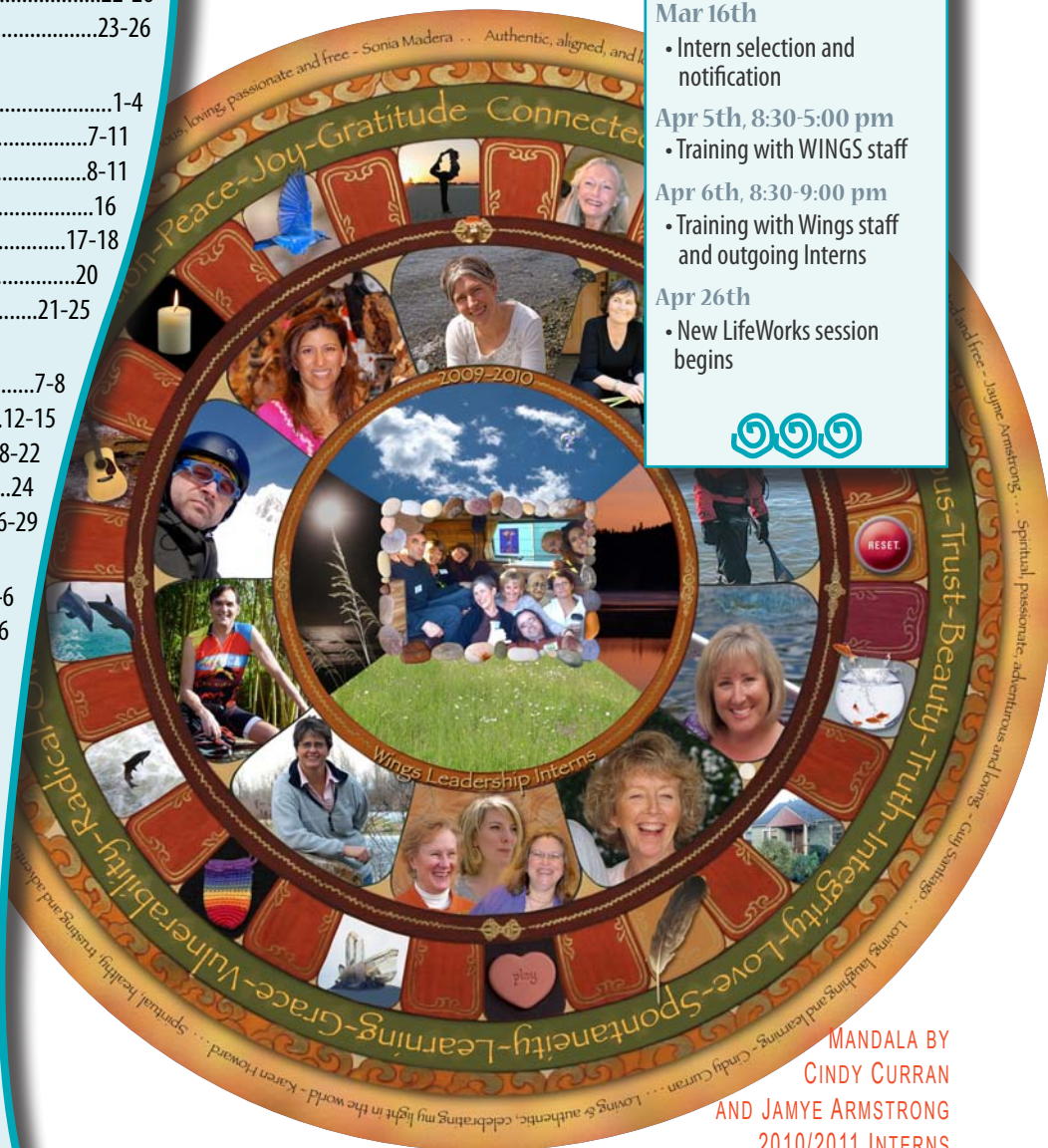
- Training with WINGS staff

Apr 6th, 8:30-9:00 pm

- Training with Wings staff and outgoing Interns

Apr 26th

- New LifeWorks session begins



MANDALA BY
CINDY CURRAN
AND JAMYE ARMSTRONG
2010/2011 INTERNS

“LIFE WILL GIVE YOU WHATEVER EXPERIENCE IS MOST HELPFUL FOR THE EVOLUTION OF YOUR CONSCIOUSNESS. HOW DO YOU KNOW THIS IS THE EXPERIENCE YOU NEED? BECAUSE THIS IS THE EXPERIENCE YOU ARE HAVING AT THE MOMENT.”

-ECKHART TOLLE

Our 2011 Volunteers...thank you, thank you, thank you!

Adeena Sarah	Dave Larson	Julie Cox	Mindy Charlton	Teresa Maurmann
AdrienneAdam	Dave Wood	Karen Clausen	Montell Elliott	Terra Sieberman
Aidan Ross	David Bettencourt	Karen Sauer	Nancy Earl	Terri Watson
Alan Peroutka	David Blake	Karla Woodside	Nancy Ryan	Tracy Dennis
Alesa Nason	David Roast	Kat O'Brien	Nola Horton-Jones	Tyger Ricard
Angel Ruppe	Dawn Contreras	Kathleen Hensch-Fleming	Ole Helgerson	Vickie Augustine
Ann Schuessler	Debora Byrd	Katie Frank	Pat Zimmer	VickyLynn Sullivan
Annette Rose	Desireé Lefever	Katie Hughes	Paul Frishkoff	Wayne Bentham
Athena Todd	Desireé Lefever	Kelcie Santiago	Paul Shear	Wendy Girard
Barbara Mundall	Diane Baldwin	Kelly Prusz	Paula Backus	Wendy Soethe
Ben Voigts	Diane Bushell	Kim Shelby	Peg Gwyther	
Betsy Ruth	Diane Gisselberg	Kio Tomooka	Rachelle Schaaf	
Betty Thomton	Doug Anders	KyleW King	Randy Jeremiah	
Bob Dersé	Dustin Caldwell	Larae Palmer	Rex Vollstedt	
Bobbie Tafte	Elaine Twigg-Cornett	Laura Atkins	Rick Epstein	
Bonnie Norton	Eric Burns	LaVonne Albertson	Rick Maurmann	
Bonnie Sheehan	Erik Jensen	Leah Ogier	Rick Sterry	
Bonny Sandy	Erin Dailey	Len Campbell	Rob Loper	
Brenda Johnson	Erin Dailey	Leslie Deming	Robin McMillin	
Brian Beers	Evan Hanneman	Lisa Duhrrsen	Sally Waters	
Brian Kelley	Guido Bondioli	Lisa Greber	Sandy Solomon	
Brian Sprouse	Guy Santiago	Lisa Norris	Sara Eilenstine	
Bridget Kronholm	Harlan Stenn	Lisan Mowry	Sarah DeVore	
Bruni Dávila	Heather DeVore	Lorene Scheer	Sarah Peroutka	
Carin Aichele	Heidi Mason	Lydia Folwell	Sean Hahn	
Carol Routh	Ingrid Lundin	Lynne Macdonald	Seaneen LaMontagne	
Carole Siefken	Jacob Todd	Mara Johnson	Shari Franjevic	
Carolyn Kortge	Jamie Bulrice	Marie Minshew	Sharon Braaten	
Carrie Gallic	Jan Meredith	Marie Perrin Ogier	Shauna Prince	
Charles Osgood	Jason Crawley	Marilyn Dey	Shawna Davis	
Charley Snellings	Jayne Armstrong	Mark Hashizume	Sheila Akers	
CharlotteReid	Jeanne Pepper	Marty Weeks	Sheri Preskenis	
Chris Doyle	Jennifer Adams	Marvin Finger	Sheri Savelli	
Chris Elliott	Jessie Ayala	Mary Chapman	Sheryl Brown	
Chris Kohl	Jessie Bader	MaureenCampbell	Sonja Weber	
Christine Conant	Jill Schwimmer	Maya Jeremiah	Steve Johnson	
Chuck King	Jim Nelson	Meg Mitchell	Sue Wright	
Cindy Curran	Joanie DeVore	Michael Hull	Susan Hall	
Cindy Martel	John Ingersoll	Michael McCarthy	Susan Murphy	
Claudia Eilenstine	John Potts	MichaelaHolmes	Sylvia Long	
Clyde Earl	Jon Albertson	Michelle Bouvia-Emeott	Tanya Thompson	
Cyndi Shear	Judy Conlin	Michelle Brack	Tarie Crawford	



Discover
the gift of
service...
be a
WINGS
Assist
Team
Member



Chris Kohl, CrossOver Assist Team

“AUTHENTICITY IS A COLLECTION OF CHOICES THAT WE HAVE TO MAKE EVERY DAY.
IT'S ABOUT THE CHOICE TO SHOW UP AND BE REAL. THE CHOICE TO BE HONEST.
THE CHOICE TO LET OUR TRUE SELVES BE SEEN.”

-BRENE BROWN

The Personal Effectiveness Seminar Upcoming Dates

Imagine the life you **dream of living** being true now.

**BE
SMART**

**THINK
SMART**

**LIVE
SMART**

In just four revealing days, discover what you want most in life and how to create it.

- Positively transform your definition of yourself and what you are capable of
- Become an effective communicator in any situation
- Envision the life you truly desire and deep down know you are ready to live

"This was the most valuable four days I've spent in a long time. I redefined the way I looked at myself, grieved the loss of my father, learned to speak to my wife constructively, and saw a side of her I've never seen in our 32 years together. Any one of these accomplishments would have been worth the time and money invested, experiencing all of them was remarkable."

*—Eric Laschever, Partner,
Stoel Rives LLP*

UPCOMING PES DATES

Eugene, OR		Tuition: \$595	
2012	Jan 5-8	Feb 2-5	Mar 1-4
	Apr 12-15	May 3-6	July 12-15

Seattle, WA		Tuition: \$695*	
2012	Mar 8-11	Jun 7-10	

Sacramento, CA		Tuition: \$695*	
2012	Feb 23-26	May 3-6	

*Seattle and Sacramento Tuition is \$595 when you register and pay in full 30 days in advance.



New! College students with a current Student ID can now attend the PES for **half price tuition!** Call Wings to register.

Did you know? **Your committed partner can attend PES for 1/2 tuition when attending with you!**

New Accreditations and Certifications for Wings

Oregon Women Owned Business Certification

- Great news! We just received our **Woman Owned Business status from the State of Oregon.** Please contact us at 800.697.0040 and speak to one of our Enrollment Coordinators for more information.

New Continuing Education Opportunities

- **Licensed Acupuncturists** in the State of California can now receive 31.5 Category-1 CE's after attending the Personal Effectiveness Seminar!
- **LCSW's and PC's...** The Personal Effectiveness Seminar has been approved to offer 31.5 CE's through the **National Association of Social Workers.**

Visit our Continuing Education webpage for more information.



Wings Seminars is an authorized provider for Continuing Education Credits through the International Association for Continuing Education and Training.



"MAY ALL THAT IS UNLIVED IN YOU
BLOSSOM INTO A FUTURE
GRACED WITH LOVE"

-JOHN O'DONOHUE

Upcoming Advanced Seminars in 2012

Listening Heart



"Listening Heart laid a new foundation of understanding and respect between us! It took our relationship to the next level of intimacy.

Thank you!"

— Rick Brom and Belinda Covarrubias

Explore and deepen your awareness and commitment to each other. Develop tools to listen and be heard. Renew your spark for each other and have fun growing together— give yourself and your relationship the extraordinary gift of Listening Heart.

February 9-12, '12

Early Reg: \$1,195 Deposit \$400

Save \$200 Register by 12/29/11

Prerequisite: Listening Heart is reserved for couples in committed relationships who have completed the PES.

Integrate



BODY SPIRIT MIND WHOLENESS

"It's amazing to me how much deeper my learning can be. To be in touch with my physical, emotional, mental and spiritual on such a profound level was far beyond my wildest dreams."

—Paula Ford

You are invited on a hero's inward journey... the Integrate Seminar. Integrate, directly and in depth, assists you to stretch farther than you may have ever stretched before. You will claim new range in your mental, emotional, physical and spiritual aspects, creating wholeness and harmony and self-acceptance.

Call one of our Enrollment Coordinators to find out more about Integrate at 800.697.0040.

March 7-11, '12

Early Reg: \$895 Deposit \$300

Save \$100 Register by 1/25/12

Repeat Tuition: \$497.50

Prerequisite: Six months living your CrossOver experience.

Upcoming Special Evenings with Kris King

Our Special Evenings are a great opportunity to come together with other grads for connection and learning and to bring family and friends who may not be familiar with WINGS for an introduction to our trainings. Call Wings to register at 800.697.0040.

"I have spent a lot of time at Wings. I did the core seminars back to back and then a year long internship. Finding myself back in Eugene with a Tuesday evening free, I decided to attend a Special Evening with Kris and was astounded once again by how masterful and loving she is. In a mere 2 hours I learned to see my life, my strengths and my possibilities in a whole new light. I encourage all Wings grads to attend Kris' Special Evenings and to bring your friends and families."

— Tiera St. Claire

Eugene, OR-Jan. 31st

Portland, OR-Mar. 20th

Eugene, OR-Apr. 24th

Energize Your Life...The Power of Yes!

Are you ready to activate your dreams and energize your life? Explore the power available to you when you say YES!, think positive and focus on what you *really* want to create in your life.

TIME 7 - 9 P.M. DOORS OPEN AT 6:45 P.M.
PLEASE REGISTER IN ADVANCE
Call Wings at 800.697.0040



Renew Your Spirit

Winter has come and gone—it's time for renewal & growth. Learn 3 steps to enliven your spirit.

SUGGESTED DONATION: \$10
ALL PROCEEDS BENEFIT THE
TRUE COLORS SCHOLARSHIP FUND

Call Wings at 800.697.0040 to register in advanced for our special evenings.

**"YOU ARE MOST POWERFUL, MOST EFFECTIVE,
WHEN YOU ARE COMPLETELY YOURSELF"**

- ECKHART TOLLE

Grad in Action... Brandy Huntley



Brandy Huntley

Recently we received this powerful essay from one of our grads, Brandy Huntley. She was writing an essay for a magazine submission and sent it to us. The submission topic was "When did you first understand the meaning of love?" Take a moment to read her amazing story.

It was summer, late August. Exhausted from a twelve-hour work shift, I drove home, just breathing in sweet summer air with my windows rolled down. It was the kind of driving that I wasn't really present for. My mind wandered.

I had only been living in my new place for a few short weeks, and the excitement of coming home each day was still at its peak. I was taking in the landscape of my new territory like a tourist. While passing the grocery store near my apartment, I could have sworn I heard my name being called. Hopeful to see a friend, I turned around and pulled into the store's parking lot. I could not see anyone I knew. I decided I was just hearing things. I was pulling back out onto the street when I heard the shouting much closer and somewhat familiar sounding. I swerved into the turn lane and made my way into the parking lot from the opposite side. I frantically scanned the parking lot for someone I recognized.

A man pushed his grocery cart full of belongings, not groceries, right in front of my truck. I slammed on the brakes just short of his cart. The man staring at me was tall, thin. Very thin. Gaunt even. He had a long beard, graying with age, that matched the tufts of thinning hair hanging out from around his ball cap. He was wearing cutoff jeans, one leg shorter than the other showing the bottom of one pocket. Dingy white socks, pulled up high and showing dusty ribbons where they had once been slouched. Sneakers that had walked more than their fair share of miles. Aged tattoos showed through a blue net fabric shirt. He wore dark wrap-around sunglasses on his face - the kind with the rainbow-mirrored lenses, a pair of reading glasses around his neck, and another pair of sunglasses on top of the ball cap. Back up shades I wondered? He moved with quick rapid motions; a sort of frantic dance to a beat only he could hear. The flesh visible around his beard and dark glasses bore the evidence of a rough life, leather-like...long past it's supple prime.

This man was clearly excited that he had found who he was looking for as he whooped and hollered in my direction. The sound of his voice was muffled under the rattle of my truck engine. He walked up to the driver's side window and my pulse quickened. I clutched the steering wheel tightly. With as much enthusiasm as an excited child he called into my open window, "Well hello darlin'!" The stagnant odor of alcohol filled my space. Words eluded me. I stared. I knew this man. He pulled off his shades, hooking them into his shirt. The reality of the situation hit me like a wave. An angry, storm-chased wave, crashing on the knife-sharp rocks and muddied brown palette that were the landscape of my heart.

With a loud metallic thump my truck bobbed beneath the weight of his belongings being tossed into the bed of my truck. For the first time since pressing my brakes to the floor I remembered to breathe. I inhaled so deeply that I could feel each lobe of my lungs, the actual shape of them in full capacity. My entire body expanded and contracted with this breath, causing a silent rush of warm tears to spill from my eyes and down my cheeks.

The passenger door opened and then slammed, his presence quickly filling the inside with a tangible and sharp electricity. "Woo hooooo, I knew I'd find you!", he exclaimed. Still silent, I shifted my truck back into gear, eased out of the parking lot and headed for home, my father in the passenger seat.

My life has been like this, off and on for as long as I can remember. Like a movie I don't have any desire to see, but I wind up in a theater watching it anyway, I've been watching it unfold.

Its been full of good and bad, but this one particular aspect has been so painful: I've forever longed to be a daughter. I've pined for the comforting hands of a father. For the love of the man who gave me life. For his affection and attention. For some special father daughter moments, that I could look back on with a warm heart. But all I could find, looking back, was a sad childhood, set to the back drop of a family divided by alcoholism and drug abuse with a father who wasn't there. If I searched hard, I could find moments of happiness. But they were sparse, too few, like a cupcake with not enough sprinkles. I longed to be loved and

CONTINUED ON NEXT PAGE >

"BE SILENT
DON'T SAY A THING
ECSTASY, NOT WORDS, IS THE LANGUAGE SPOKEN THERE"
- RUMI

protected. I wanted so desperately to be good enough, to be deserving of love, especially from him. I grew up angry and bitter. Ashamed that I was unable to love my father, myself and others enough to fix the feelings of unhappiness and depression that had become my constant companions. I made little to no effort with relationships, for I believed the love I was capable of giving held no value and it was certainly not the kind of love that made people stay. During this time in my life the meaning of joy held no resonance with me and love felt like it wasn't enough.

In my late twenties, I began to search for myself, the person I felt locked inside. I looked for the me I wanted to create. I needed to make sense of my life. To come to some sort of peace. I had such firm beliefs about who I was and what I was able to accomplish that progress of any kind was difficult at first. My head, heart and body were all on separate paths, fighting each other for the right to lead. Which one would be in charge of our collective whole? I was full of anger and hate. A self-loathing fit for a criminal with a conscience. I was so caught up in the story of my life that I wasn't fully living it. Circumstantial history and events defined me, who I was and who I had the potential to be.

Season's changed and years passed. Desperate to break the vicious cycle of hate and anger controlling me, I began attending some local personal effectiveness seminars. They were brutal. Ten to twelve hour sessions lasting for days on end. Exhausted and swollen-faced from day after day of facing my own demons, I continued to be an active participant. Diligently doing my homework, journaling, participating in group exercises...but somehow still at a distance.

And then it happened. In a moment, literally a moment, everything changed. A cycle was broken, a page turned. I understood that my beliefs about who I was could be altered. That I was actually in control, taking responsibility for my own actions and reactions. That what had happened to me in the past was nothing but story, filler. It did not define my potential or me. In that moment I learned the absolute joy of forgiveness. Of acceptance. The beauty of being set free within my own body and life. I saw that the anger, hate, hostility and sadness of who I was on the inside affected everyone I came into contact with. Ugliness was emanating from within myself and seeping its wounded, acidic energy onto others and the world. The ripple of hate that had surrounded me for so long would no longer capture my unsuspecting self in its deadly undertow. I realized that the love I had longed my entire life to feel, could be and was born from a place of acceptance and forgiveness...of not only my father, but of myself as well. The once illusive joy I had longed for became abundant. I was fully present.

In a recent conversation with my father, I asked him what his favorite memory of my childhood was. And he said, "All of them. Every single one." He then proceeded to replay his memory of my childhood as it was remembered in his eyes. I heard love in his voice, and I felt it in my heart. I have accepted him, my father, flaws and all. I have chosen to believe that he did the very best he could, and that the rest is left in the past. Forgiven. I have set down the burdens of anger and of hate and I no longer mourn for the loss of what could have been. I feel light. Loving is so easy, it flows like a beautiful river through me, carrying its peaceful energy onto others. Learning to love others and to love myself has encouraged parts of me to bloom, which I didn't know existed. I am his daughter, and I am loved.

In Closing... Leslie Deming



Our dear friend and grad Leslie Deming passed away this past year. She had sent us this note right before we received word. We found it as we were working on this newsletter and thought it was a perfect closing thought. We wish we had a photo of Leslie to go with her words... she was the energetic woman with the bright red hair who graced many PES and True Colors teams.

"Participation in WINGS has made a huge impact for me. My life has become rather simple. My purpose is to learn, practice and be of service. With every back up team I learn more, receive opportunities to practice taking myself lightly and am of service. Thank you so much for the work you do to create this opportunity.

A deep physical, emotional, mental and spiritual awareness that I am connected to everything and everyone and that everything and everyone are also connected to each other leads me to view myself as a drop in the ocean of the cosmos. A very important drop at least to me. But also a drop that doesn't need to take itself too seriously. And that my job as a drop is not so much about finding my own way but about supporting the connections I have and create and the connections that others have and create." -- Leslie Deming

**Thank you for reading our
newsletter. If you like it
please pass it on!**

**"SOMETIMES I NEED ONLY TO STAND
WHEREVER I AM TO BE BLESSED."
-MARY OLIVER**