

# *What's News*

October 2001

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### **IN THE WORLD OF PROPHECY AND TELETUBBIES**

OK, we stayed quiet when he took on the purple teletubby. After all how could anyone take seriously his attack on a fictional, non-human, purple teletubby?

It did make me laugh when I imagined the staff meeting in which the sexual preference of a teletubby was revealed. Did everyone around the conference table agree that the purple one was gay or were there some holdouts for the yellow one? How does one tell the sexual preference of a teletubby anyway (now that question does bring up some uncharted territory, doesn't it)?

But as I said, we were happy to let that one slide. It was just too silly for us to write about. Now as far as I'm concerned he's crossed the line. Even the venerable retired newscaster, Walter Cronkite was quoted as saying, "...maybe the most abominable thing I've ever heard of. It makes you wonder if (Falwell and Robinson) are worshipping the same God as the people who bombed the World Trade Centers and The Pentagon."

Not only am I as appalled as Walter Cronkite, I'm angry that Mr. Falwell could get away with such a mangled interpretation of a very important part of what most refer to as the old testament and I refer to as the Torah, 5 Books of Moses, or Tenach.

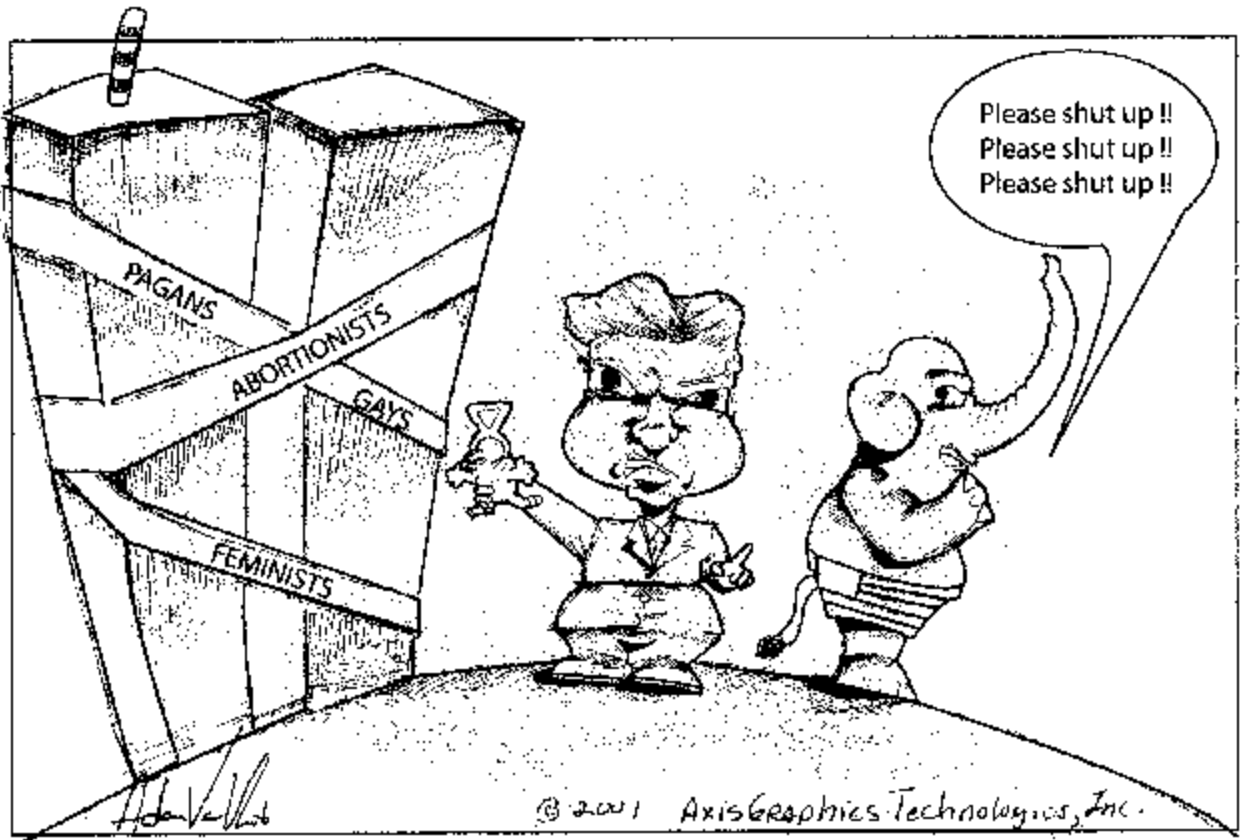
Mr. Falwell's interpretation of the prophecies in the Old Testament reek of his own self serving need to bring more fear into the lives of the people who see him as an authority figure.

I know he and Pat Robertson apologized for their comments later, but that only proves to me the self serving nature of the comments. You either believe what you say or you don't. Where I come from, if, under political pressure, you cave and change your

beliefs, then you probably weren't committed to it to begin with. That action alone proves you are no more an expert on prophecies than any other politico for public office.

Finally, if you pair Mr. Falwell's most recent comments with his assault on a teletubby, I think we need not worry about who or what he really is. I think most of us can figure that out.

I apologize to those of you who follow Mr. Falwell and believe in his point of view but I would also challenge you to read the original source material in a true translated version and then compare that yourself to Mr. Falwell's interpretation. You don't need to believe him or me, you can read it for yourself and then call me and we'll talk.



## **SUGGESTIONS FOR “MOVING FORWARD” IN THE FACE OF DISASTER**

These suggestions are only meant to help you deal with a very difficult situation by taking the first step to moving forward. They are not meant to be linear, if the third suggestion on the list fits for you but not the first, that is fine.

**NOTE: As always if you are feeling any acute feelings of suicide, fear, depression, rage, etc. we recommend you get yourself to a therapist or counselor immediately.**

These suggestions are not designed to have you suppress or deny feelings. They will help you put the feelings into a context you can deal with.

1. **Focus on a few tasks and or relationships** until you are feeling better. Do not be all things to all people. Those of you with families, this may be more difficult or it may be easier, depending upon how good you are at focusing.
2. **Force yourself to keep up or start a regime of exercise**. Anything that increases endorphins is good. 5x's per week or everyday until you can deal with your feelings. You may need to do this in the am and pm. Walking moderately is just as good as jogging. Even 15-20 minutes of moderate exercise is useful.
3. **Meditate, pray, do yoga** – whatever helps to “return yourself to yourself” or “center yourself” – It doesn't matter what format you use, just do it daily.
4. **Keep a daily journal** – Write the feelings you have in a journal. Empty your head daily into your journal.
5. **Turn off the reports of the tragedy** – Do not watch it obsessively. Watch only if it contributes to the completion of your feelings about the tragedy.
6. **Separate feelings on a list**. One list can be the feelings you are having because of the tragedy, the other is a list of feelings you were having because of your regular stressful life. All feelings will be heightened, whether they developed Sept. 11<sup>th</sup> or were there before.
7. **Join a support group, talk to friends or family** - In short – be with people – do not hide – take one step at a time – call a friend for lunch and talk – call a meeting of a support group and talk – go to a regular meeting of a group you always participate in and talk. Lastly attend a workshop and talk.
8. **Go to short-term therapy** - use the therapist as a guide to help you look at your feelings and move forward.

Remember putting one foot in front of the other – small steps after more small steps can help. This week you go to a workout facility a few times, next week you go to lunch with friends and talk.

As with all emotional reactions it takes time. Be patient but at the same time start the process and keep at it.

Call us if you need more support.

# **PUBLIC WORKSHOP SCHEDULE**

## **2001/2002 Courses**

<b>WOMEN'S LEADERSHIP RETREAT I</b>	<b>December 13-15</b>	<b>Hawaii</b>	<b>\$4,200</b>
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## **2002 Courses**

<b>MANAGING CORPORATE CHANGE</b>	<b>January 15-17</b>	<b>Cincinnati, Oh.</b>	<b>\$3,000**</b>
<b>WOMEN MOVING FORWARD</b>	<b>February 6-8</b>	<b>Evergreen, CO</b>	<b>\$3,000</b>
<b>PRODUCTIVE RELATIONSHIPS</b>	<b>February 20-22</b>	<b>Denver, CO</b>	<b>\$3,000</b>
<b>WOMEN'S LEADERSHIP RETREAT II</b>	<b>May 7-9</b>	<b>Cordillera, CO</b>	<b>\$4,200</b>

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**To register for any course, retreat, or conference contact our office.  
We also accept MasterCard & Visa**

***All prices are subject to change. No refunds are given.***

**There is a 6% discount for registering online at [svanvleetconsult.com](http://svanvleetconsult.com)**

**There is a \$500 discount when two or more people attend the same \$3000  
+ workshop from the same company and location. You must register together and  
attend together**

**\*\* A special Managing Change Workshop that will be led by  
Susan and John Van Vleet**