

People's Voice

Wisdom Sharing – personal and spiritual “toolbox”:

Believe that you and all of us are born sacred – then act like it.

Caring – is the hard “stuff,” the perfect “weapon,” - it gives purpose and meaning to life.

Relationships - the thrust that sends the rocket (our life) into orbit and sustains it throughout its journey – it's the foundation, the strength and the miracle worker.

The action steps are in the “being” not the doing – this is the spirit and energy that sustains the mission long term.

Gratitude – be thankful for every experience, especially the difficult ones.

The lessons come from the experience – lessons are understood and internalized.

The “perfect storm” happens and it too will pass – be prepared for the storms.

Do not live in fear – live in hope - it can light up the darkest energy.

Structure needed - building a “home” that never collapses – not a house.

To avoid burnout and cost, work at “preventing fires” not putting out fires.

Always begin where you want to end.

Stand for something or you will fall for anything.

It's easy to say “no” when there is a bigger “YES.”

Truth – care enough to speak truth - this is genuine love of self and neighbor.

Pause –take time to “feel and listen,” to your inner voice, insights, and wisdom.

Discipline – commit to personal development and balance – all changes starts with “self.”

Listen with your heart and soul to yourself and to others.

“How to talk to the “Other Side”

Prepare for the conversation – think about what you truly want to see happen.

Have clarity on what you value and what is important to you. “Stand for something or you will fall for anything.” This will allow you not to get confused about your own values.

Be honest with yourself and give yourself permission to be angry, frustrated, sad, or disappointed (this is being human). If the values that are important to you have not been met, then this is your own personal truth. If you have to vent, do this with someone of like-mind that shares your values.

Discipline the mind, ego, and tongue – avoid the temptation to be right, to judge, to “attack,” or to convince the person to think like you do. “Fix” yourself first before trying to fix the other person.

Ask thoughtful questions from a genuine place of caring: ex. “Help me understand what you just said.” “Your thoughts are interesting, can you explain more?” “What does this issue mean to you?”

Note: the person might change their view point just by listening to themselves process without you having to state your position. The person might appreciate being listened to and may be inspired to also listen.

Acknowledge to spouse, family, friend, or colleague that the relationship is more important. At the end of any conflict, we can always agree to disagree.

Know when to listen and when to walk away. If the conversation is getting too tensed, take a break for another time, stay calm. Apologize if needed. Silence and humor are effective tools that can break unhealthy tension.

“Be the change you wish to see in the world.”

Mahatma Gandhi

Actions (is an experience – the lessons come from the experience)

***Spend time alone listening** to your spirit and soul – don't have a mental conversation with yourself...just be still, quiet the mind and listen.

***Learn** from your surroundings (nature, all creation, humans)

***Discern** – clarify purpose and meaning. How do you want person(s) to “feel” when the “action” is over? What outcome is needed?

***Act** from a place of caring, conscious, “tough love,” discipline, and value-driven

Models

Strategy planning and implementation (as needed in different phases)

One-on-One meetings

House meetings (platicas)

Block and neighborhood gatherings

Sessions with key persons (government, education, health, Faith communities)

People's town hall gatherings (accountability, commitment, “being” community)

Marches, petition sign-ups, demonstrations, card signing, letter and fax mail outs, face book, twitter& media outreach- host talk shows on U tube

Get-the-vote out campaigns

Yard, car, bill boards, posters signs, daily week-long phone calls, “report card” message of accountability

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