



# Rumblings & Ruminations



Newsletter from Sharon Snir for November 2005

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**W**hat makes a good workshop? Is it the content of the information? Is it the quality of the facilitator? Is it the way the day has been divided into theory, experiential and rest times? Certainly all of these things play an important part in creating a successful workshop however after last weekend I realised without the final ingredient no workshop or seminar can leave an indelible memory of having been 'good'. I say 'good' in the same way it is written God announced, "And it was Good" after he had created the world in 6 days.

Last weekend the participants who attended The 12 Levels of Being left me and each other with that indelible memory. Each person in this group brought unexpected precious gifts to each other.

They willingly shared their wisdom with humility and their struggles and stories with vulnerability. They listened and connected through the heart and offered up their own experiences with open compassionate honesty.

To teach in such an environment is a joy and an absolute privilege. The 12 Levels of Being enveloped and surrounded us in the Love and the Light of the source of all Life.

My heartfelt thanks to you who continue the journey through The 12 Levels of Being and for allowing me to share this wonderful work with you.

With Love and Blessings,

*Sharon*

## Level 1 of Being— Choice



**I**n the middle of Florence on the waterway under the Ponte Vecchio stood a lone man. The drop was about 3 metres and had he slipped he would have certainly injured himself. He stood in the middle of the river for a long time. It appeared he was deep in thought but I can't be sure.

I watched him from the side of the road and thought to myself, I *couldn't* do that. I would be afraid of falling or slipping and it was a cool autumn day and I prefer being warmly dressed not naked and open to the elements. I recognised my limitation and let it be.

Passers by commented how stupid the man must be, crazy, that's it he must be crazy. Not once did I see him look up at the crowd of people staring at him. He bent down and washed his arms and face and slowly walked to the other side of the bank. And there he sat down and I continued on my way.

This man made a choice. It may not be my choice or even your choice but he must have wanted to give it a go and he did. I know when I make the choice that I can do something it is because I believe in myself enough to try.

Level 1, Choice is the journey of reconciling two aspects of Self, that which fears and that which loves. We do this through identifying and understanding how beliefs, values and perspectives drive choice. Every action we take, every time we consider which way to go, what to drink, whether we travel or stay at home is an aspect of Level 1. As we evolve we let go of limitations.

Standing in "I can" is often challenging and ultimately liberating. May our choices this month realise us from all limitation.