

Newsletter for MMS: Choice!

Words from Dr. Cherie: Who can you trust?

Trust is the word that comes to mind when I listen to the news. Can we trust what we are being told? Can we trust our leaders? Can we trust our banks, Wall Street, and our government? At times like these, the best thing we can do is to avoid the "Fear Mongers." The easiest way to control a person, a community, or a nation is to activate their fear buttons. When people move into fear, shock, or panic they are easily manipulated because. When people become afraid they stop thinking rationally, they work themselves into a non-functional paralysis in which they cannot be useful to themselves or others. Here are some simple steps to manage the fear-filled U.S. pre-election environment.



1. Limit your exposure to the media
2. If you notice that you are feeling fear, turn it off.
3. Write your "Blessings" list each day
4. Focus on what you can do, and stay productive
5. Write your acknowledgment list each night
6. Associate with positive & productive people
7. Do your best to find out the facts
8. Do the best you can each day
9. Meditate
10. Pray

It's Your Choice!

What's Happening...

In The Netherlands, we just launched a new MMS Coach Training on September 18th. A wonderful group of people eager to become MMS certified coaches started the journey with an outstanding team of professionals.

Maarten Carbo is our new Dutch publisher! We love Maarten!



On September 25, 2008 MMS celebrated 20 years of conducting work in The Netherlands. It was a beautiful party with people who had taken the INW or CT in 1988! Awards were presented to Frits Philips, Jr, Christine Philips, Harry Starren, Tineke von der Vorst, and Bob Steevensz for their dedication, commitment, and years of service and love. The final award was awarded to Lynn Stewart for her dedication and commitment!

Dr. Cherie & Christine Philips

What's New with MMS!

On October 17th we will be conducting **If Life is A Game, These are the Rules for Yoga Sanctuary** in Las Vegas. This is the first time that we have been asked to take the yoga students on the journey in the Rules for Being Human. It is also the first time that they have invited a non-yogi to present to their students. We feel honored to be invited.

On October 20 & 21 we will present a pilot program for **NV Air National Guard in Reno, NV**. This is also a first of its kind, but it follows a Diversity Champions Workshop presented by Guardian Quest, which is truly a transformational experience.



Filia Kamp is one of our MMS coaches who is committed to transforming Health Care in Surinam! She is a brilliant nurse, MMS coach, and leader in the field of medicine! Look out Surinam, here comes Filia!!!!

Wendy van Leusen is one of our Dutch rising stars who is stepping up to take on the INW. Her company Zon Zijn means You are the Sun, and Wendy is SUNSHINE!!!!



Profile of an MMS Coach

Monica Lenches is not only a Brilliant MMS coach, she lives the 12 steps to Living the MMS Way of life. Monica has been a successful real estate agent for 18 years and in the last year she received the "Message" to make a difference through creating documentary films. Her first film, "A Kinder World" won First Place in the first contest in which she was entered. It is now a short documentary of 13 minutes and absolutely brilliant! Monica is seeking funding for the full-length film that she will be starting shortly. If you are interested in previewing the film or sharing it with an organization that awards grants to filmmakers, her website is: lifeworksproductions.com, her email address is: home4while@gmail.com, and her phone number is: (805) 688-1368. Contact Monica if you want to support her in making our world for our children and our grandchildren truly "Kinder!"



Monica is doing BRILLIANT work...see it, feel it, experience it, support it, and then get someone to fund it!!!!!!