

Occasional ENEWS

News, Articles and Announcements from Author, Speaker Dr. Rick Kirschner

Thanksgiving Edition.
Volume 2, #2



Special Interest

- **Amazing Larrea**
- * **Giving Forgiveness**
- * **Download Article**



Individual Highlights:

Exclusive DL	2
Easy Does It	2
Larrea t.	3
Forgiveness	4
Favorites	6
Updates	7
About Rick	8

NEWS ITEMS

On November 15th, Rick served as master of ceremonies for the California Association of Naturopathic Physicians licensing award banquet at One Market in downtown San Francisco. The gathering took place to honor the many individuals who contributed to the passage of SB 907. Rick was also recognized with a framed certificate for his testimony before the California Department of Consumer Affairs four years ago on the wisdom of licensing Naturopathic Medicine in California. Rick's testimony was

considered by many to be a key turning point in the successful licensing effort. The bill was signed into law in September.

Portions of an interview with Dr. Kirschner appeared in an article in the Toronto Sun Times. You can read the article at this URL: <http://www.canoe.ca/NewsStand/TorontoSun/Lifestyle/2003/11/17/260125.html>. Rick may be heard on numerous radio programs this holiday season talking about dealing with relatives.

About Dr. Rick and This Newsletter

Some of the world's best known organizations have benefited from Rick's work on dealing with organizational change, communication, and intentional living.

Bring Dr. Kirschner to your organization! Rick is a bestselling author, dynamic and entertaining presenter, and respected authority on a wide variety of topics. To learn more about Dr. Rick Kirschner's keynote speeches, workshops, and other services, please visit www.TalkNatural.com.

This newsletter contains assorted tips on change management, communication strategies, and design ideas for living with purpose.

Occasional ENEWS is sent to clients, attendees at Rick's talks, subscribers through Rick's website, IMS Chairpersons, and others who have expressed an interest in Rick's work. If you no longer wish to be on our mailing list, you may unsubscribe by replying to enews@talknatural.com with UNSUBSCRIBE in the subject line, and your name and email address will immediately be removed from our database.

On the other hand, if you enjoy the newsletter, we would love to hear from you once in awhile. If you have ideas, suggestions or favorites, send them to enews@talknatural.com
Newsletter editor: Jonathon Armitage. Your feedback and suggestions are welcome.



“Giving and receiving go hand in hand. You can’t have one without the other. When it comes to thanks giving, be more than a recipient. Be a participant!”

TalkNatural.com Website Exclusive

As the holidays draw near, we take note of the expression, ‘It’s all relative!’ That’s because it is that time of year when families gather, reconnect, reminisce, reacquaint, renew and rebuild their basic connections

This month’s web-exclusive is a chapter, excerpted from Rick’s book ‘Dealing With Relatives...Even If You Can’t Stand Them’ about how to be a great relative.

The information was collected from hundreds of interviews with people all over the world about what it takes to earn the love, respect and appreciation of one’s family members.

It is available to you free, for a limited time, as an Acrobat PDF file, which you are invited to download from this URL:

<http://www.rickspeaks.com/PDF/DWR.pdf>>

Easy Does It

How Not To Cook a Turkey

Step 1: Go buy a turkey
Step 2: Take a drink of whiskey
Step 3: Put turkey in the oven
Step 4: Take 2 drinks of whiskey
Step 5: Set degree at 375 ovens
Step 6: Take 3 more whiskeys of drink
Step 7: Turn oven the on
Step 8: Take 4 whisks of drinky
Step 9: Turk the bastey
Step 10: Whiskey another get
Step 11: Stick a turkey in the thermometer

Step 12: Glass yourself a pour of whiskey
Step 13: Bake whiskey for 4 hours
Step 14: Take oven out of turkey
Step 15: Floor the turkey up off of the pick
Step 16: Turk the carvey
Step 17: Get yourself another scottle of botch
Step 18: Tet the sable and pour yourself a glass of turkey
Step 19: Bless the saying, pass and eat out

Gratitude Makes Life Worth Living

When holidays come around, if you find yourself up or down, remember this simple truth, and everything will come around: Gratitude is the whole motivation for wanting to live, wanting to love, and wanting to laugh. In your relationship with life, Gratitude is reciprocal. Give thanks for a trickle and a stream will follow.



Healing Herbs: Larrea Tridentata

This month, we consider the botanical wonder of the Creosote Bush, or Larrea Tridentata. This amazing herb plays a central role in the healing practices of most of the Native American people of the southwest United States. For at least one tribe, the Pima, Larrea is so important as a healing plant that it plays a central role in their creation story. The story goes that Larrea was the first plant created by the Earth Maker shortly after he created earth itself from soil and His sweat. Larrea was the Earth Maker's gift to people, realizing that the Earth would often be a harsh place to live, to help them sustain their health.

In at least two ways, the beliefs of the Native Americans have been validated by modern science. First, medical research has borne out the fact Larrea has a unique set of natural chemicals that have a wide range of therapeutic uses. And, Larrea has been determined by modern scientific techniques to be the longest-lived plant on the planet. Extremely healthy Larrea plants have been identified which are 12,000 years old. There is no telling how long these plants will ultimately live; possibly many times their current age. All the living Larrea plants that exist today will almost certainly outlast all of us just as they have outlived generations of our ancestors before us...transporting their powerful medicine through time.

Larrea has antibiotic, antifungal, anti-inflammatory, antioxidant,

and anti-tumor activities. It is a powerful botanical agent for treatment of inflammation-based disorders: asthma, psoriasis, allergic rhinitis, rheumatoid arthritis, inflammatory bowel disease, inflammatory pain, inflammation of the skin, or virally induced inflammation. In fact, a book by Arizona State University professor, W. Dennis Clark, Ph.D., details the medical uses of Larrea for treating viral infections and inflammatory diseases. The book specifically details the well-documented successes of Larrea for defeating the herpes family of viruses, which cause cold sores, genital herpes, shingles and a variety of other common diseases

According to Dr. Clark, the facts are very clear that, "herpes viruses are universal factors in human health. Virtually 100% of the human population, regardless of location, carries at least one herpes virus. The data also show that the majority of the human population is harboring at least five herpes virus infections."

Dr. Clark then continues, "New research links herpes viruses not only to the well-known diseases like cold sores, genital herpes and shingles, but to even more serious human diseases such as: heart disease, hypertension, Alzheimer's disease, cancer, lupus, and multiple sclerosis. This new link is supported by the fact that all herpes viruses set-up life-long (latent) infections in people dangerous to our health"



Larrea is likely the oldest living plant on earth, with some now-living plants as old as 12,000 years, and living in the harshest desert climates.

Scientists have collected different kinds of data that corroborate the folk medical use of Larrea. These data come from clinical tests, and laboratory studies. Larrea has been effective in treating arthritis, HIV, dry skin, brittle hair and nails, cancerous tumors, oral and genital herpes, and shingles (one of the most common causes of suicide!) A purified and standardized extract of Larrea leaf resin was tested for safety against common food ingredients, including BHA, BHT, cinnamon oil and clove oil. Results show that this extract is safer than all the tested substances.

Larrea capsules, lotion and spray are now available in the webstore at TalkNatural.com

Giving and Forgiveness

The Nature of Forgiveness

If forgiveness is all Greek to you, perhaps it is appropriate to begin our investigation of it with a Greek word for forgiveness,

APHESIS. It means 'to let go,' and it clearly highlights the difference between a holding a grudge and giving forgiveness.

What do you let go of when you give forgiveness? The past. Anger. Hurt. The need to be right. Attachments to negative influence on your present and future. What do you?

Freedom! The freedom to be in the present, to do what is right, and to have a relationship based on what is instead of what isn't. The freedom to build a better future having learned the lessons of the past. And you gain flexibility as you learn something new about yourself or about the other person. The ability to shape the future so that tomorrow is different than yesterday. And the ability to move into that future unencumbered by the past. So, in a way, forgiveness of another is



something you do for yourself. Rather than holding on to a point of view that makes you right and your relative wrong, forgiveness happens when you let go of the need to be right,

and look at the situation from a point of view that holds your relative blameless for your reaction to their behavior.

This is often easier said than done. But for those able to make the decision to forgive, it is a way to snatch a victory from the jaws of defeat. Through forgiveness, you empower yourself to find new meaning for old injuries, to stop hurting yourself, and to get clear of the clouded judgment of anger. The resulting presence of mind makes it easier for you to determine for yourself the right thing to do. It does not stop you from taking necessary action to prevent bad things from happening again. It does not deny you your right of self-defense. But you cannot change what has already

Forgiveness (Cont'd)

occurred. You can stop perpetuating it by accepting it for what it was, so that you can consider the future unencumbered by it. Forgiveness is a way to stop the escalation of family conflict, to get current with yourself, and to see the possibilities of the future in a new way.

Many of the people I've interviewed on this subject have told me that forgiveness gave them a personal exit from their family's dysfunction. It wasn't until they had forgiven their parents that the terrible childhood experiences that had tormented them and narrowly defined them lost the power to rule their lives.

It isn't easy to forgive, because it is most needed when a person is locked into a painful sense of loss, and confusion. The idea that the other person does not deserve forgiveness is a common stumbling block. But in truth, forgiveness is not about whether they deserve it, but whether you are willing to have something other than pain and heartache in your relationship. Ultimately, it comes down to a decision you make about whether you want to decide how your life and relationship turns out, or you want to default on that decision and turn it over to them. That's why the act of forgiveness can be such a liberating experience! It is an acknowledgement of your ability to determine for yourself how your life turns out, rather than turning that power over to the object of your anger and claiming that it is the source of your hurt. No one can make you forgive another, so in a way it is a profound act of personal empowerment.

Give Peace A Chance

Forgiveness may be all that is necessary for you to get on with your life. But if you want the relationship to have another chance, and you need a way to get things back to where they once belonged, an apology is the restorative act that makes this possible. Where forgiveness is the end point of a past event's influence on you, an apology is the beginning of the future of the relationship. And asking for forgiveness is at the heart of an apology. Learn more about the Art of the Apology in my book, 'Dealing With Relatives,' published by McGraw Hill.

FAVORITES: Words To Live By



Love begins with a smile, grows with a kiss, and ends with a tear. The brightest future will always be based on a forgotten past. You can't go on well in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling. Live your life so that when you die, you are the one who is smiling and everyone around you is crying.

FAVORITES: Give Thanks For These

Be thankful when you don't know something, for it means you have the opportunity to learn.
Be thankful for the difficult times. During those times you grow.
Be thankful for your limitations, because they give you opportunities for improvement.
Be thankful for each new challenge, because it will build your strength and character.
Be thankful for your mistakes. They offer valuable lessons.
It's easy to be thankful for the good things.
A life of rich fulfillment comes to those who are also thankful for the setbacks.
Gratitude can turn a negative into a positive.
Find a way to be thankful for your troubles, and they can become your blessings.



Favorite Kid Thanksgiving Recipes

“The world is my country, all mankind are my brethren, and to do good is my religion.”

-Thomas Paine

Shelby - Applesauce

Go to the store and buy some apples, and then you squish them up. Then you put them in a jar that says, "Applesauce". Then you eat it.

Christopher - Pumpkin Pie

First you buy a pumpkin and smash it. Then it is all done. And you cook it in the oven for 12 minutes and 4 degrees. Then you eat it.

Lauren - Turkey

First you find a turkey and kill it. Cut it open. Put it in a pan. Pour milk in the pan. Put a little chicken with it. Put salsa on it. Take out of pan. Put it on the board. Cut into little pieces. Put on a rack. Put in the oven for 7 minutes at 10 degrees. Take out of the oven and put eensy weensy bit of sugar on it. Put a little more salsa on it. Then you eat it.

Website Changes and Winter Projects Report

Dr. Rick Kirschner is available during the winter season for private phone consultations with individual clients wanting to improve their communication, deal more effectively with difficult circumstances, or increase fulfillment by living a more purposeful life. Sessions will be scheduled on a first-come first serve basis. A 60-90 minute session costs \$200, paid in advance. A series of ten sessions is available for \$1500, paid in advance. Here's what one of Rick's recent clients had to say about this service:

"You are the most gifted counselor I've ever experienced. In the hour session you spent with me, you made me laugh uproariously, you made me cry (in a good way), you took my breath away with the epiphanies you provided, and I hung up the phone feeling empowered, rejuvenated and walking on air. How do you do that?" -Dr. Pearsall

If you're looking for support and guidance to help you take your next step, give Dr. Kirschner a call at 541.488.2992.

There are new additions to Rick's online store, including several health products, including Larrea capsules, Larrea penetrating spray, Larrea lotion, and a delicious green drink that supplies the equivalent of ten servings of fruit and vegetables worth of anti-oxidants.

FYI, We're down to the last two copies of Rick's seven volume VHS video training series, **TELECARE: Customer Service Over The Phone.**

If you have a call center or just someone taking your calls, TELE CARE is a complete training program to bring out their best over the phone. This is not your father's training program! Entertainingly to the point, this series will help your people learn to provide exceptional service over the phone. Click here to download a descriptive flyer <<http://www.talknatural.com/PDF/Telecare.pdf>>

In brief, here's what it's about:

Volume One: 7 Sins and Signals of Service.

Volume Two: The Multiple Roles of Telecare (Host, Teacher, Detective, Healer, Advocate) and how to fulfill them. Volume Three: Self-Coach for Continuous Improvement. Volume Four: Tactics for Tricky Situations. Volume Five: Dealing Positively with Challenging Callers. Volume Six: 8 Step Path to Phone Sales. Volume Seven: Inspiring Superior Performance From Your Team. Run time is 4.5 hours. The seven volume video series has been marked down from its retail price of \$399.95 to only \$245.00.

Dr. Rick's current preview video is available to meeting planners on request. The video is 11 minutes 48 seconds in length, and includes clips from several of Rick's speeches, organized around highlights from Rick's June 2002 presentation to Prudential Financial on the topic of 'Thriving In Turbulent Times.' If your organization is looking for a dynamic keynote address, breakout session, or executive retreat, we would love to provide you with this demonstration of Dr. Kirschner's style, content and range. A media preview is also available for writers, radio and television producers.

PLEASE NOTE: Specify VHS or CD in your request. Call 541.488.2992 to request copies or send an email to <dr.rick@talknatural.com>, with the subject: Preview Video. Please provide your mailing address.

The preview video may also be viewed on the internet in the theater section of TalkNatural.com. High bandwidth is required.

This issue's client quote:

"... Everyone I spoke to came away from your program with renewed energy and a clearer sense of purpose and even a commitment to approach life from an intentional, purposeful perspective. You clearly made a difference in the lives of those who attended our conference..."

-Rich Turnbull, Oregon State University

News and
Announcements
from Dr. Rick
Kirschner

P.O. Box 896
Ashland, OR 97520
USA

Phone:
541-488-2992

Fax:
541-482-4342

E-Mail:
rick@talknatural.com

*Educating
through
entertainment.
Ideas. Insights.
Inspiration.
Impact.*

We're on the Web!

See us at:
www.talknatural.com

With wit and wisdom, Dr. Rick Kirschner has helped some of the world's best known organizations deal with change, resolve conflict, and improve teamwork. Rick brings insight and understanding to the accelerating changes of our time, and offers practical, real world solutions that make a meaningful difference.

Rick is an award-winning author and coauthor of seven tape programs, 2 CDs, an interactive CD-Rom, and three books, including 'Life By Design: Making Wise Choices In A Mixed Up World,' the international bestseller,

'Dealing With People You Can't Stand: How To Bring Out The Best In People At Their Worst,' and the entertainingly practical sequel, 'Dealing with Relatives...Even If You Can't Stand Them.'

Rick is on the faculty of the Institute for Management Studies, and is a sought after resource on conflict, the changing workplace, and life quality issues, by such publications as the Wall Street Journal, Executive Excellence, and Readers Digest, as well as NPR, CNBC, Associated Press, USA Today and Reuters.

Thank you for your interest...

Thanks for reading and Happy Holiday! If you have a subject that you would like to see discussed in future editions, post your suggestion in a message forum at TalkNatural.com (follow the link from the main page pull down menu)

- Rick offers a discounted fee for multiple bookings in a calendar year, and for nonprofit and not-for-profit organizations.

- Back issues of this newsletter are available by request. Most requested: April 1, 2003, the 'retirement' issue. (No, Rick has not retired) Feel free to forward this newsletter to a friend or colleague. If someone has forwarded this ENEWS to you, and you would like your own subscription, send an email to <enews@talknatural.com> with 'subscribe' in the subject line, and you will be added to our ENEWS list. To unsubscribe, send an email to enews@talknatural.com, with 'unsubscribe' in the subject line, and you will immediately be removed from our ENEWS mailing list.