



Newsletter

*"When we are centered in joy, we
attain our wisdom"*
- Marianne Williamson

**Our intent is to inspire and integrate aspects of Yin - the feminine -
into our lives through articles, inspirations, tips and tools.**

Welcome to our February Edition - Self-love

February is famously a month to celebrate love. And who doesn't want to celebrate love? After all, everyone wants to be loved. However, whether you had a Valentine or not there is a critical kind of love that is often missing in our lives; that of *Self-Love*. This February, along with telling others how much we love them, let's be sure to tell ourselves too. We are, after all, juicy, vibrant and lively women - what's not to love about that?

We hope some of you can join us for our women's retreat in April as we explore self love, sensuality and our ability to receive love from others.

Much Love,
Rachael Kennedy and Kim Keller

Loving yourself... does not mean being self-absorbed or narcissistic, or disregarding others. Rather it means welcoming yourself as the most honored guest in your own heart, a guest worthy of respect, a lovable companion.
-Margo Anand



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**Featured Article:
Self-love**

I often do my writing from a coffeehouse. It is one of those places with overstuffed chairs, the scent of coffee and whispered voices. Last week I sat next to a man and woman who were discussing relationship and love and the dynamic between men and women. She asked the man "are you currently in relationship?" He humorously answered, "yes, I'm trying a new sort of relationship. I am entering into relationship with myself." She chuckled and asked "how is that going for you?" He answered with a smirk....."I'm learning to love me now. Its good, we don't fight much. Its not too serious, I'm moving soon, and don't want to start something I can't finish. We're keeping it open and talking about it. If he meets someone else, I'll try to understand. But mostly.....I'm just glad I have a cat". Hysterical laughter ensued.

I stifled a chuckle, and noticed their conversation had caused me to ask myself, "how much time do I *really* put into knowing and loving me?" Without sounding trite, it is an important question. My father once challenged me that loving myself must mean I am abusing or neglecting others. It seems a common belief that if I spend my time, money, energy or thoughts on myself that somehow someone else will "loose". I have come to find this is not true. Instead, it appears to be the exact opposite.

In my work with young people I run an activity called "giving it away". I call a person to the front of the room and ask them to give me a penny. Sometimes they have one, sometimes they don't. Either way, eventually they run out of pennies. However, once they run out, instead of no longer asking for a penny, I simply get more demanding, beg, plead or cry for the lack of a penny. The activity demonstrates that you cannot give away what you do not have. No matter how hard they try, or how much they want to give me a penny, they simply do not have one. The same is true in my life: if I do not have self-love, I cannot love someone else completely. If I do not respect myself, it is difficult to respect others. If I do not have compassion for myself, and my human foibles, I do not have true compassion for anyone else.

The reverse is also true. I give much more freely of that which I have an abundance! If pennies were limitless, I'd be able to continually give them without end. And so it goes, if I judge myself harshly, I tend to judge others the same. When I am impatient with myself, I am impatient with others. Or, if I live peacefully, I will unwittingly share peace with those around me.

Self-love is a beautiful cycle where everyone wins. When I love myself, I have more love to give; when those around me receive more love, it is easier for them to love both themselves and others. When there is more love, compassion, understanding and gentleness in *my* life, there is more in the world. When there is more in the world there will be less disagreements, less fighting, and less war. And so the never ending cycle of expanding, increasing, conscious, powerful love continues, and my self-love actually becomes an invaluable piece of both loving and healing my family, my friends, my community, my nation and, ultimately, my world.

Did you have any idea that self-love could be so globally important?

Written by Kim Keller

Yin and You: An opportunity for exploration

This week, be your very own best lover. Imagine you want to tell your lover how incredibly important they are to you, how beautiful they are, how much you love them. You decide to write a love note of some sort. Would you buy a card? Would you draw hearts and flowers on a note? What would you say? Today, write yourself a love note as if you were your own best lover. Mention the things you love the most about your relationship, notice the attributes you appreciate, or how you value your treatment of yourself. Be elaborate, be effusive, be sappy!!! And now, place this note under your pillow - forget about it for the day. When you go to bed tonight feel the delight in finding the note hidden away. Remember to appreciate and enjoy the sweet sentiments of your own invaluable love.

Upcoming Events: YIN Women's Retreat

Are you ready for 2008 to be the year for creating more

passion and connection in your relationships?

...if so it's time now to consider attending the next **YIN Project Women's Retreat** which is being held in Ashland, Oregon, between April 3-6.

During this 3 1/2 day experience we will provide a safe and nurturing environment to:

- More fully understand how your feminine energy can increase the joy and ease in your life.
- **Uncover your blocks to intimacy and attracting supportive relationships**
- Discover new ways to add more pleasure to your everyday moments as well as your most intimate moments.
- **Acknowledge and create what YOU truly want, rather than what you are told - or what you think - you should want.**
- Reveal and examine the fears that arise when you move towards stepping into more of your authentic power.
- **Explore your own unique connection with your femininity, and discern what aspects of feminine power you want to express more of.**
- Have a delicious, fun and rejuvenating time in one of the most beautiful towns in America.

WHERE: Ashland, Oregon

TUITION: **Register before March 1 - \$395.** (Regular price: \$475)

* Includes all organic vegetarian meals.

For more information visit:

www.theyinproject.com/yin/events.asp#retreat

Call us at **1-541-488-7468** or email Rachael@theyinproject.com to discuss more details about this experience. It will alter how you feel and love as a woman.

Messages from the Men

"To love oneself is the beginning of a life-long romance"
-Oscar Wilde

Join our Feminine Leadership and Coaching Program

We are now looking for 15 compassionate and optimistic women who are dedicated to their own self growth and to creating peaceful and sustainable communities.

This entire program has been designed so it can be experienced from your own home. This provides both flexibility and convenience for the busiest of schedules.

Program starts **April 29th.**

Would you like to be of service to the world in a way that

feeds the heart and soul of those you inspire?

During this 4-month program you will:

- *Become more of an authentic and compassionate communicator and leader.*
- *Examine why certain situations and types of relationships continue to occur for you.*
- *Learn how to be the master of your own emotions rather than have them run you and your behaviors.*
- *Gain tools to inspire and motivate others to feel better and contribute more.*
- *Consistently experience how to feel more joy and ease no matter what is going on around you.*
- *Build confidence in using your intuition and that inner voice that is always there helping you towards your goals.*
- *Experience your power and confidence in asking for what you want.*
- *Learn how to increase intimacy and passion in your relationships by relaxing into your feminine radiance.*

. . . and much more.

If you want to inspire others, and be a role model for a new way of being an empowered woman, and create sustainable, positive, life-long changes for yourself, [click here](#) find out more about;

[The YIN Project's Feminine Leadership and Coaching Program](#)

Yinspiration:

"If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself."

-Barbara De Angelis

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