

A Personal Invitation to TAKING IT *Lightly*

by Laurel A. Kashinn

ACKNOWLEDGEMENT

This booklet is dedicated in heartfelt gratitude to the legion of God's angels, both on earth and in heaven, who lovingly protect us, support us, and guide us through our lives, who sprinkle our paths with guideposts and kernels of knowledge, so that we may find our way home.

INTRODUCTION

It is no accident that this booklet has fallen into your hands. Perhaps a friend gave it to you to read. Maybe you came across it "by chance." Either way, you can rest assured that someone who loves you, who cares about you, who has perhaps watched you struggle in some aspect in your life, has seen to it that you receive this personal invitation to TAKING IT *Lightly*.

You may know who that person is. And you may not.

However, it is my firm conviction that there are no accidents in life. That all of the events and all of the people in our lives are there because we have drawn them to us, because there is something we need to learn from them, and them from us. Our angels see to it that the opportunities are presented, the invitations are made.

The invitation contained in this booklet is unlike any you may have ever received before. It represents a fork in the road, a choice, an option—one of many that appear throughout life. Of all the choices you might make in this lifetime, I guarantee this one will change the course of your life in ways that are profoundly good for you.

Whatever you decide, from now on just remember this:

Someone loves you, cares about you, and watches over you with love, always and forever. Believe it.

—Laurel Kashinn, 1998 & 2004



Graduates Reflect on

TAKING IT *Lightly*

“TAKING IT *Lightly* is a program that encouraged my mental and emotional all around health in the healthiest and most productive way any such program could. The experience of being a part of the weekend is priceless. I encourage all members of humanity to partake in the beauty of aliveness through experiencing a TAKING IT *Lightly* weekend.”
—Elysia Martin

“Thank you, Patricia, for TAKING IT *Lightly* with me. Accepting full responsibility for the results in my life and learning to express my emotions openly and freely has made a remarkable shift in my relationship with friends and patients.”
—Patrick Hart, Chiropractor

“The course was amazing to me. If I had not taken it, I would say it was impossible to do what it has done for me. It has literally cured whatever ailed me. My general health has improved greatly. I was able to let go of a considerable amount of guilt, anger, and uncertainty about my own worth and ability. Consequently my disposition has improved to such a degree that I fear I may lose my membership in the Curmudgeon Club.”
—Chet Werden, Retired

“This course has helped me to grow and develop into a stronger person. I realize I need to shoot for the moon and settle for the stars!”
—Suzi Taylor

“I was pleased and surprised that the spirituality that was ever present in this course did not in any way imply allegiance to or conflict with any specific religion. I left feeling closer to God as I know him and more loving to all of the people there and in the rest of my life. I live my religion now more than ever before.”
—A.G.

“Parting the self and opening the heart to the power and freedom of life is what this weekend was all about for me. It is a powerful way to be a witness of hope in ourselves and each other.”
—Susan Sigl

“To look at others and see myself is a gift beyond measure. This program has taught me to see and improve myself by doing just that.” —Bud Leazenby

“The insight I received from the TAKING IT *Lightly* weekend is one of the greatest gifts for personal growth I have ever received. With this insight I am able to grow and blossom...and losing myself in the service of others has brought me even closer in my relationship with my Heavenly Father. I highly recommend the Center and the courses it provides. The instructors at the Center help cure the hurting in this world.”
—Ray Grams, Insurance Sales

“I felt like I had been an understudy—practicing and rehearsing how to be myself. The weekend gave me permission to be on center stage, and be myself, all of who I am. This program is for anyone who is willing to cut the ties that hold us to the resentments of the past and/or the fears of the future. It is for those who want to stay in the now and discover the gift of being who we really are.”—Shakoor Lee, RN

“I was stuck, literally. It seemed as if I constantly did the same things, got the same results, and thought that was as good as life got. Through TAKING IT *Lightly* I realized that not only could long lasting changes be made, they could be made pretty easily in an environment of safety and unconditional love!”
—James Gramza

“I use what I learned a lot. I let my mother go out of my life for good. I told her how cruel she was to a little girl. I found my first family in my life at the Center.”
—Bobbie

“A powerful experience! It truly helped me to appreciate myself and others.”
—Steven Franzen

“This course allowed me to reach at the deepest part of my soul and come to terms with parts that were hindering my life. I was so safe and nurtured here. I suggest to all to take on this rewarding challenge.”
—Kerin Miller

The Magic of TAKING IT *Lightly*

Dear Friend,

Why should you accept this invitation to attend a very special course called TAKING IT *Lightly*, offered monthly at the Center for Creative Learning in Milwaukee?

Perhaps you are aware of recent research showing the connection between emotional and physical health, and seek more physical well-being. Maybe you are experiencing a chronic problem, like weight, addiction, or illness. Or perhaps someone is encouraging you to take this course, and you don't know exactly why.

Before I tell you more about the course, I'd like to share my brief story about how my life was positively changed by TAKING IT *Lightly*.

I am a talented young woman with a bright future. Gifted with artistic and design abilities, excellent writing and communication skills, and a dedication to being my best, I knew I had the potential to realize my dreams of growing my small design and graphics business to success in the business services marketplace. My closest friend and husband, who is very emotionally and financially supportive, worked with me part time in the business at that time. We operated without the financial burden of a family to raise or the overhead of rented office space. My design firm had all the makings for enjoying the fast track to success.

About the time the business was to grow to its next level of hiring employees and expanding operations, I began experiencing generalized anxiety. I was unable to sleep and lost weight. I became very disorganized and ineffective. I started suffering severe bouts of PMS and compulsive negative thoughts which led to depression and misunderstandings with people around me whom I cared about and who were instrumental to my success.

*You Are Cordially Invited
to Experience One of the Most
Effective and Unique Programs
of Personal & Professional
Development Ever Created:*

*The TAKING IT Lightly
Weekend Intensive Course*

at

*The Center for Creative Learning
Conference Center
4650 N. Port Washington Road
Jefferson Building
Milwaukee, WI 53212*

on

*Friday through Sunday
Including Graduation Celebration
Sunday at 6 p.m.*

*For the Dates of the Next Scheduled
Weekend, Please See Insert in the
Back of this Booklet or Call*

414-374-5433

or

800-236-4692

or Visit www.lightly.com

*Cost: Please See Registration Form
or our Online Calendar*

RSVP Soon! Class Size Limit: 12

When it got so bad that my thoughts became suicidal, I knew I would never achieve my goals—and could possibly hurt myself seriously—unless I took some kind of action.

Always one to be self-aware and responsible for myself, I immediately sought help. I talked with relatives and friends. I voraciously consumed positive growth and healing audio tapes. I modified my diet and started exercising. I took a yoga class and went for weekly acupuncture sessions. And I started seeing a therapist. Over the course of three to four months, I began to feel better.

Then, I took the *TAKING IT Lightly* weekend intensive course—and my life was transformed!

I can honestly say, my emotional problems virtually disappeared. Within a few weeks of taking the course, I hired my first employee and set up a payroll. Customers started appearing and sales grew—more than doubling over the previous year. Most importantly, I was able to handle the added work with ease and confidence. I was able to sleep and I could eat well again. We found a new national niche market, created another company with new partners, and grew to become a nationally well-respected design firm. At the age of 40 our beautiful daughter was born, our business continues to expand, and life has never been better.

I honestly can say that I credit much of my amazing turn-around in emotional health and professional growth to the new skills I learned in the *TAKING IT Lightly* weekend, and the follow-up support I received from the Center.

What happened for me in the *TAKING IT Lightly* weekend was that I identified a set of limiting beliefs that I had had about myself, beliefs that were formed from the time I was a very small child, up through adolescence. Using new skills I learned that weekend, I was able to effectively re-decide my beliefs about myself and become free of the heavy self-limiting concepts that had weighed me down.

The key word in that last sentence was “effectively.” **Effectiveness** is what the weekend *TAKING IT Lightly* course is all about.

Effectiveness: the Cornerstone of *TAKING IT Lightly*

I have always been a growing, changing person, always interested in improving myself. I consume self-help tapes, books, and biographies of successful people—Louise Hay, Brian Tracy, Tony Robbins, Stephen Covey, Richard Bach, and many others—and am very ‘up’ on positive thinking philosophies. What I want to say to others about this weekend program is: IT REALLY WORKS!

If you were to look at life as the process of climbing the stairs of a 100-story building, with each new experience and lesson another step in the long climb up, for me the *TAKING IT Lightly* weekend was like jumping on an express elevator and shooting up 20 floors in a single weekend!

As you may be aware, our bodies are emotional as well as physical. Eastern systems of medicine have long recognized the mind-body-spirit connection. And now, Western doctors like Bernie Siegel, Andrew Weil, Christiane Northrup, and a host of others are recognizing that emotional health is directly related to physical health.

Just as a health spa is good for your physical body, the *TAKING IT Lightly* weekend is tremendous for your emotional body. In fact, that’s another way to describe the weekend: a spa for your emotional body.

I have done many seminars including other weekend programs, and I have to say that the *TAKING IT Lightly* weekend is, to date, the most powerful and positive experience I have ever had.

Peace, harmony, and forgiveness have replaced anxiety and depression. A new awareness of deep inner self confidence has smoothed relationships that were once stressful and rocky. Honest! Just ask my in-laws and husband.

More than a year later, family and friends were still remarking on the amazing changes in me that are a direct result of the skills I learned in the TAKING IT *Lightly* weekend. And after 5 years, the lessons learned have endured.

Listening to tapes and reading books can be extremely helpful, informative, and uplifting. Attending seminars can be inspiring and motivational. Therapy can be very useful. And all of these things combined can be tremendously helpful. I recommend them all.

For those looking seeking a rocket booster to personal and professional growth - the TAKING IT *Lightly* weekend is just the ticket!

And I am not alone in benefitting from this course! More than 3,000 people have graduated from TAKING IT *Lightly* since its inception in Milwaukee in 1986. Here is a sampling of what some others have said about the weekend. Note: many are trained clinical psychologists and therapists:

“TAKING IT *Lightly* is incredibly well done. It works! Quite apart from being an opening up, healing experience in and of itself, it clarifies the next steps for personal growth. The group process is outstanding....In short, I see the course as extremely helpful for either personal growth or as an adjunct to therapy.”
—Chuck Heikkinen, Ph.D., Psychologist

“Having gone through the weekend, **I found it personally a very valuable experience in my own growth and am comfortable recommending it to clients....**I do see it as an excellent supplement to traditional therapy. It serves to push through blocks that may take a long time to get through in one-on-one therapy—and the client can then continue therapy to help their gains ‘stick.’”
—Dick Goldberg, MSSW

“Since I have been a professional trainer for over eight years, I am an exacting critic of any trainings I attend. What I would like to tell you is that you did the most excellent job of leading a course

that I have experienced in over ten years of attending personal development seminars. **Thank you for giving me the opportunity to improve my communication skills, my ability to hold others responsible, and my understanding of myself in relation to others.**”

—Judith Lewis, Sales Trainer

“As a therapist who has referred clients to the Center, I have been awed by the progress my clients are able to make after an intensive weekend. Having taken it myself, I feel an abundance of gratitude to you for the gifts that I have received, personally and professionally.”

—Margaret Pofahl, ACSW, Psychotherapist

“The tools I learned in the weekend have been of great value when put to use at home, in my office, and with my patients. **I HIGHLY RECOMMEND the course to anyone who wishes to know themselves and others better, and to get more powerful and meaningful relationships.**”

—David Rosenberg, D.O.

“As a restaurant owner, I am in contact with many personalities every day. The TAKING IT *Lightly* course allowed me to get in touch with a deep inner strength. I am now more sensitive, precise, and creative in communication and other aspects of my business. The course allowed me to shed unnecessary weighty thoughts and feelings. It gave me tremendous clarity. **This course offers so much that it has to be experienced in order to understand its value in all areas of life!**”

—Bob Ferrante

About the Weekend

With that introduction, please allow me to tell you more about the weekend. First let me say what the weekend is **NOT**.

TAKING IT *Lightly* is not a series of lectures or seminars. It is not a religious or spiritual retreat—although many do report that they have experienced a spiritual renewal in connection with the work they did at the Center. And the weekend is definitely not a disguised marketing opportunity, with the goal of trying to up-sell you more expensive items.

The TAKING IT *Lightly* weekend is a 30-hour personal growth course that teaches bonafide life skills that enable you to better understand and relate to others and to yourself. The course is about moving out of the limiting past and into the powerful present. It is about lightening your load, **learning to fly freely**, and leaving behind limitations.

Thirty years ago, it would have been difficult to encourage someone to jog or lift weights or exercise for health. Yet the benefits of exercise are real! Just as a workout in the gym provides muscular and cardiovascular strength, the TAKING IT *Lightly* weekend provides unparalleled emotional strength.

Part of the reason why the course is so effective is because the Center offers ongoing opportunities to support and practice the new skills learned—at very low cost or even for free. The Center is a resource that allows you to find your wings and soar the winds of success and happiness!

The True Cost of TAKING IT *Lightly*

Before you ask the cost of the TAKING IT *Lightly* weekend course, first ask yourself these questions:

If you were free of all fears, in command of your greatest talents, and fully realizing your highest possible potential, what would your life be like? How would you spend your days? What kind of relationships would you enjoy with your spouse, your boss, your co-workers, your children, your friends? What kind of home would you live in and lifestyle would you enjoy? And when you left the earth at the end of your life, what would you leave behind?

Please stop here for a moment, close your eyes, and picture yourself there.

* * * * *

What would it be worth to you to achieve that life? And what is the cost to you in remaining stuck with limiting beliefs that prevent you from realizing your potential?

Would it be worth it to you to spend 30 hours in a course, learning how to find and express your potential? Would it be worth your time to learn, once and

for all, the tools to cut loose the binds that tie you to the past? That tie you to your fears and keep you from realizing your dreams?

Would it be worth one weekend of your life?

If the answer is yes, then I urge you—sign up for the course immediately. Why wait another minute?

While the people at the Center cannot guarantee that the course will by itself bring you your greatest dreams—they DO guarantee this: **the weekend will effectively lighten your load and help you on the path to realizing your dreams—by equipping you with tools and skills to remove the barriers to achieving them—or your money back.** (And that guarantee is in writing!)

* * * * *

The Weekend Schedule

TAKING IT *Lightly* begins on Friday night promptly at 7 p.m. and ends approximately midnight. Saturday begins at 9 a.m., runs all day through dinner (dinner is included with the course fee) and ends about midnight. Sunday begins at 9 a.m. and concludes at approximately 4:30 p.m. The graduation celebration begins at 5 p.m. and ends by 6:30 p.m. Sunday.

Friday is a “get acquainted” session in which we define boundaries and create safety. Saturday is the work to discover and change old decisions. Sunday is integration and acquiring tools that you can use that evening, the next day, the next month, and for the rest of your life. And the graduation is—well, pure celebration!

Note: Because of the significance of this event in your life, I recommended that you invite friends and family to celebrate your graduation on Sunday!

Because the schedule may run until midnight each night, and you do go home each evening (or the Center can assist you with accommodations if you are coming from outside of the Milwaukee area) please do not schedule any other activities for yourself that weekend.*

* * * * *

*TAKING IT *Lightly* is also offered in Detroit, Michigan, and Madison, Wisconsin. See page 11.

What's Included With Tuition

In addition to the 30-hour TAKING IT *Lightly* weekend intensive program, your course fee includes a personal one-on-one follow-up session with one of your instructors about a week after the course. There is also a reunion of the instructors, students, and assistants who were with you in your weekend about a month later.

And that is not all. All TAKING IT *Lightly* graduates are also entitled to unlimited Tune-Up Sessions—for life. These evening sessions offered twice monthly in Milwaukee provide an opportunity for graduates to connect, support one another, and continue in their growth process while supporting each others' growth. A small donation is requested to cover expenses.

The Course Tuition

The tuition for the 30-Hour TAKING IT *Lightly* **Personal & Professional Development Weekend Course**, including the one-on-one follow-up, the reunion, and the unlimited access to Tune-Ups for life, varies by location. Please see the insert for dates and cost in your area.

To support your commitment to your personal growth, the Center includes the six Successful Living Seminars in your course fee (see page 10 for full descriptions of these valuable, growth-enhancing evening sessions.)

There's More to Money than Dollars
Using Your Words Wisely
Creating Healthy Relationships
When Your Word Becomes Law
Getting What You Really Want, and
Time and Stress Management

The Successful Living Seminars together add more than \$100 of value to the TAKING IT *Lightly* **Personal & Professional Development Weekend Course**.

The Center offers an additional bonus: pay in full in advance and you'll receive a \$50 Certificate good towards any other Center programs.

Still not sure?

To learn more, the Center invites you to join us at a graduation ceremony. Come help us celebrate the graduation of others from the 30-hour course, enjoy some refreshments, and learn more about the weekend and what it may do for you—at no charge or obligation. For an upcoming schedule, check the card inserted in the back of this booklet, call the Center at 414-374-5433, visit www.lightly.com, or send an email message to patricia@lightly.com.

* * * * *

I am certain this information has crossed your path for a reason. Look within yourself to see—are you ready to receive the profound benefits that the TAKING IT *Lightly* weekend has to offer?

Are you ready for increased self awareness, emotional health, and self-esteem? If so, here is your opportunity. Are you ready for release from fear, anger, and barriers to success? If yes, this is your chance. Are you ready to discover your gifts, to manifest your fullest potential, to express who you are to the world, fully, freely, and with joy? If you answer affirmatively, this course is your ticket.

I urge you: climb aboard and prepare to soar!

Laurel A. Kashinn
Blue Rose Digital Graphics & Design
DanceArtfx, LLC
Grafton, Wisconsin

P.S. Thousands have gained the profound results of the TAKING IT *Lightly* course that is backed by this **extraordinary unconditional guarantee**:

If you are not completely satisfied with the results of the course, you may receive a full refund of your tuition. Of the more than 4,000 graduates over the past 20 years, fewer than 5 have requested refunds!

(Refund must be requested in writing within 3 days of graduation.)

Successful Living Seminars

(included in **TAKING IT *Lightly*** course fee)

Getting What You Really Want

Ever wonder why most people don't get what they want—most of the time? Explore your life purpose and set goals for your future. Identify your dreams and learn how to channel your energy into making things happen. Learn how to create a Treasure Map of your favorite goal, using the ancient powerful technique of visualization. Plus find out how to “put off procrastination” and get things done.

Creating Healthy Relationships

This class is designed to offer alternative ideas and the experiences of others so that you can question your beliefs and then develop concepts that work for you. Some of the topics are...What is Love? Why we do to keep ourselves stuck? Asking for what you want...and more! You'll leave with practical suggestions for improving relationships—at work and at home.

There's More to Money than Dollar\$

We all want more money. WHY?? How is it that there never seems to be enough? Discover the difference between prosperity and poverty thinking, why cleaning up and cleaning out is important to wealth, and how your self esteem affects your income. Learn the Five Laws of Wealth and how to make them work for you.

Using Your Words Wisely

Words are the channel for our creative energy. What we believe, think and say forms the reality we live in. Learn how this process works, what you can do to change your belief systems and your results. Positive thinking can be like icing on a mud pie—learn how to make affirmations work for you! Find out the importance of saying what you mean and meaning what you say.

When Your Word Becomes Law

The success in our lives is in direct proportion to the level of our willingness to hold ourselves and others accountable. Increase the spontaneity and freedom in your life—be accountable! This workshop includes the topics of: Integrity; Accountability; Responsibility, Resistance and Revenge; Acknowledgements; Forgiveness and Make-ups.

Time and Stress Management

The three principles of time mastery will help you to manage the time of your life and eliminate some of the dis-stress that comes from disorganization and accumulated incompletes in all areas of life. Learn the symptoms of stress so they can become reminders for you to practice the principles of time mastery and enjoy your life more.

*Evening courses are held regularly at the
Center for Creative Learning Conference Center.
Call for upcoming dates.*

It was still early. The mist had not yet cleared from the sea. In the distance, a solitary figure stood throwing objects out over the water.

Walking along the debris-strewn beach, I looked at the masses of starfish scattered everywhere. The tide had thrown them onto the beach. As the sun rose higher, they would perish.

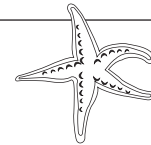
Approaching the stranger, I could see that it was the starfish he was picking up and returning to the sea.

Our eyes met.

“Do you really think you can help? There are millions of starfish on this beach. You help so few. Does it really make a difference? Does it matter?”

He reached down and picked up another starfish, looking at it intently.

“Oh yes,” he replied, returning it to the life-giving waters. “It matters to this one!”



The **TAKING IT *Lightly*** Weekend Course is also offered on a regular basis with minor variations in the fee structure at these affiliated centers:

Starfish Center

Madison, Wisconsin
(608) 256-7327

Center for Creative Living

Royal Oak, Michigan
(248) 414-4050
www.centerforcreativeliving.com

For course schedules, please contact them directly.

VISION & MISSION STATEMENT

The Center for Creative Learning is passionately committed to making the world a safer place. Our organization provides human resource development training and support for communities of healthy, functional friends.

This purpose is manifested through:

- 1) The integration of body, mind and emotion within the learning experience which is directed toward living in harmony with oneself while healthily interacting with others in the context of family, social, work or other community environments.

This integration is supported by the philosophies of:

- personal responsibility: we are each responsible for the results in our lives and our attitudes towards those results. We recognize and realize that we make the choices that "make or break our lives" and there is no other person(s) to credit or blame for who we are.
 - experiencing and expressing emotions fully, freely and safely so that we are available to aliveness, enthusiasm and excitement
- 2) Becoming safe with our choices and our emotions, we are then able to extend unconditional love to ourselves and others. This supports the process of change in the world described in the work "The 100th Monkey."
 - 3) Realization of financial abundance and prosperity for all persons involved in developing, teaching and coordinating programs, which will encourage and support prosperity within the communities.
 - 4) Commitment to the integration of body, mind and emotions which will open the doors for individuals to experience their personal relationship with their higher power (within the religion or spiritual path of their choice), bringing into their lives more peace and serenity.

Stewardship* of the mission of the Center belongs to each and every participant in the programs of the Center as they make a commitment to making their world a safer place.

Patricia Clason has accepted the primary stewardship for the Center and as such is the owner of the Center for Creative Learning with bottom line responsibility for the administration and finances of the business. Copyright ownership of the programs produced by the Center belongs to Patricia Clason and other authors and providers of services.

*A steward is one who is actively involved in the implementation of the mission.

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TAKING IT *Lightly* RESERVATION FORM

YES! I believe I will benefit from the TAKING IT *Lightly* weekend course and understand there is a full money-back guarantee if I am not completely satisfied. Please sign me up.

Name _____

Address 1 _____

Address 2 _____

City _____

State, Zip _____

Daytime Phone _____

Evening Phone _____

Email Address _____

Date of Weekend Requested _____

PAYMENT ENCLOSED

Paid in Full: \$ _____ Half Down: \$ _____

Balance Due At Start of Course: \$ _____

METHOD OF PAYMENT

Check Number _____

VISA Mastercard American Express _____

Number _____

Expiration Date _____

Signature _____

Briefly State your Goals for TAKING IT *Lightly*.

Feel more joy. Remove internal obstacles to personal growth.

Overcome fears. Understand myself and others better.

Get along better with family / friends / co-workers.

Have less anger. Set and achieve goals more effectively.

Get someone off my back / I'm doing it at the request of another.

Other: _____

How did you hear about TAKING IT *Lightly* ?

I would like to apply for Financial Aid through the non-profit Emotional Liberty Foundation (E.L.F.) Please send me an application.