

TRANQUILITY IN MIDTOWN MANHATTAN

By Valerie Paik

Right in the heart of New York City, there is a sanctuary of tranquility, peace and well-being. It is not a yoga or meditation center, spa or religious institution. It is a place where ordinary people come to learn and practice living in the moment.

This extraordinary place is an evening seminar called Monday Night Alive and is led by Ariel and Shya Kane, catalysts for effective communication and world-renowned seminar leaders for over 20 years. In these seminars, people discover that they do not need to work on themselves to achieve well-being and satisfaction in their lives.

Since walking through the doors of my first seminar, I have become more productive, effective and satisfied in every aspect of my life. I have, in fact, stopped second-guessing myself and worry,

fear, stress and anxiety no longer play a role in my day-to-day experience of life.

In these seminars, I experience a space of neutrality where my stories and ideas about myself no longer dominate my life. Each person in the room has the opportunity to try on a reality about him or herself where they are actually perfect, without problems or issues. During those two and a half hours each week, that stream of judgmental, critical, petty thoughts we all have fades into the background and you discover the serenity, satisfaction, peace and brilliance that exists in each moment.

Previously, worry and stress were a constant backdrop to my life. I was starting off my career and life in the city and though I had graduated from an excellent university, had a great job and supportive friends and family, I was feeling lost and miserable inside.

Then I attended my first workshop with Ariel and Shya. Afterwards, I was no longer wondering how to become un-screwed-up. I was just living my life more fully than I ever had before. There was no process of improving myself. It was a complete gearshift where suddenly my career, all of my relationships and even my home, kicked into full speed. Now, I experience a sense of ease and richness in my daily life, as well as a connection to my environment and the people around me.

I feel like I have taken an advanced degree course in living my life from moment to moment. I have realized that you don't have to live according to habits and routine, but can experience a full spectrum of your passions and interests. You can actually be brilliant at everything you do. I work at an excellent website company, teach and perform belly dance, play clarinet and am training for my black belt in Tae Kwon Do. Empowered with a basic skill set, I have discovered excellence in all aspects of my life.

Wherever you are in your life, career or family situation, it is the perfect starting place for having well-being, satisfaction and a brilliant life, which is your birthright. I invite you to join me at a Monday Night Alive and discover this possibility for yourself.

Monday Night Alive is held at 630 Second Avenue at 35th Street in New York City; Dates: June 7, 14, 21; Fee: \$20. Call 908-479-6034 or visit TransformationMadeEasy.com/Mondays for more information or to pre-register. Walk-ins welcome.

