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WELCOME NOTE

Welcome to the fifth edition of the Realise Newsletter.

Thanks to all those people who have contributed directly and indirectly to the group this month. Particularly to those who offered their ideas for including fun in the group.

I've recently grown tired of hearing the term 'preaching to the converted'. To me the term and its meaning have grown to reflect ineffective communication for positive change.

This group has been formed to unite individuals that are 'converted', who want positive change for a better world. The time for talking about positive change is closing and the time for empowering ourself with the ability to create positive change has opened.

The two most effective ways of creating positive change are:

- To change your own lifestyle, and
- To join with others that are making positive change, supporting and raising awareness to others about the things one can achieve.

This Newsletter is dedicated to the inspiration of positive change.

JUST TRYING IT

I am sometimes reminded that the strongest barrier there is to positive change in the world is the human mind. Barriers can appear based on fear of what 'could happen'.

Wisdom can lead to and allow a focus on each situation and how it relates to a better world for all. When an individual can make wise decisions in the midst of fear, the qualities of bravery and courage appear in those who are wise.

Often it is the wise and courageous who are the first to try something. Wise experience of a situation allows the individual to perceive the circumstances as an opportunity to move towards a better world.

Trying something is always the first step in creating positive change.

Often when we just try something we realise that our fears were unfounded and that the implications are nothing of what we had allowed to restrict us.

When positive change has been attempted often the fear is vastly reduced or transferred to more specific fears about the practice.

Sometimes the fears are very real and it is then the wise and courageous who can remain focussed on their obligation to moving towards a better world for all.

WISDOM AND CYCLING

One of the many options available for moving towards a better world for all is cycling. This article discusses the pros and cons of cycling, the niche it holds in human progress and suggests ways that allow you to participate.

There are certain limits and barriers to the transition to cycling. Some of those limits include; extended travel times, limited load size/weight, security amongst high traffic areas and reduced pleasantness of riding on or near roads. If the disadvantages of cycling become the focus the activity will be rejected as an option.

For cycling to become a real option an individual must want to do it. To this end they can be informed about the advantages; health of self, community, society and our environment, and allowing discovery and developing an awareness of our surroundings. Ultimately these also lead to a better world for all. These positive aspects of cycling can inspire and become the motivation for riding amidst apparent limitations.

To achieve more cyclists on the roads it must start with each and every individual wanting and choosing to ride. More cyclists mean a reduction of traffic making it more safe and pleasant to ride. Load size/weight can be increased by adding a trailer and travel times can be more acceptable based on the positive aspects of cycling.



<http://www.pchswi.org/archives/sports/bicyclingcraze.html>

Cycling contributes to moving towards a better world for all and human progress:

- it increases the connections that individuals have with the communities and the environment they are passing through.
- it empowers individuals to reduce their dependence on using non-renewable materials and limits the unintentional implications on our environment.
- it can contribute to restoring faith in others that the world can be a better place.

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- Striving to contribute in this way strengthens relationships with ourselves, others, society and our environment.

For those individuals who want to move towards a better world, cycling is an effective way of contributing to that process. Individuals are all at a variety of stages in their progress to a better world for all. For many who haven't ridden for some time it is important to just concentrate on trying it. You may even like it. Others who do ride sometimes may find it pertinent to set goals for riding more often - possibly replacing all car trips eventually.

To those readers that already cycle it is hoped that this article encourages and reassures you on your own journey to a better world for all. Congratulations and well done. Your experiences and knowledge may be an inspiration to others. Please email us so that your story may motivate others in their journey to a better world for all.

For more information about cycling in Australia visit: www.bfa.asn.au

THE POOL ROOM

This month the musician Xavier Rudd features with lyrics from "Energy Song". That's going straight to the pool room Xavier.

This music inspires our needs to be responsible for taking care of ourself to achieve wisdom and responsible freedom in our own life.

The lyrics can be found on the website listed at the bottom left of this page, under the menu - 'Pool Room'.

If you have any creative pieces of your own, or find others with an inspiring, positive outlook to moving towards a better world, please contact us. We'd love to hear from you.

GROUP NEWS

Publicity: Following the brainstorming session in August, discussions have begun with the view to develop a publicity strategy. Ben Wicks has offered his time and understanding of the media to assist in its development. Publicity will allow the group to grow and reach more people.

Ideas Meeting: On Saturday 23 September a meeting was held to discuss ideas for including fun into group participation. It was inspiring to get so many fresh ideas flowing. Thanks again to those who contributed.

Coming Up: The next meeting will be to view and discuss the documentary film 'An Inconvenient truth'.

Date: Sunday, 15 October 2006.
Session time: TBA on website and via the mailing list.

Meeting place: Foyer, Southbank Cinema, Southbank, Brisbane.

Discussion: On the grass in parklands.

Reasons for the viewing/discussion:

- To be more informed.
- To discuss the film's relevance to moving towards a better world for all.

Website News: For the month of September the popularity of the website has risen to over 1.5 hits per day. It is expected that this is due to both members publicising the website to mates and through advertising in the Northey Street City Farm monthly newsletter (thanks to Rossco).

WHAT'S NEW?

The website now has an events page. This page is to publicise up-coming events that have relevance to a better world for all and to announce future group meetings.

To reach the page from the website go to 'Members' on the menu and then choose 'Events' on the submenu.

Events:

8-14 Oct 2006 - Go mental: Be a fool for Mental Health Week.

20-22 Oct 2006 - Ecovillage economics seminar.

Please view the site for further details. If there are any events you know of that may be relevant to a better world please let us know so we can support it.

VOLUNTEERING WOODFORD FOLK FESTIVAL

Woodford Folk Festival is an inclusive festival for people to enjoy their common interests. The festival has a reputation for having an accepting and calm atmosphere where people are left smiling for weeks afterwards.

Volunteer workers are the life blood of the festival and participating is often the best way of getting the full experience of the event.

To volunteer please visit:
www.woodfordfolkfestival.com

REALISE A BETTER WORLD



To add yourself to the mailing list simply send a blank email to:
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