

From: [Gina L. Turcotte <ginalyn@adelphia.net>](mailto:Gina.L.Turcotte@ginalyn@adelphia.net)
 To: ['Embracing Change Account'](#)
 Date: 3/17/2005 5:44:59 AM
 Subject: RE: Deadly Serious Players Club



Hey Christian!! It's so nice to hear from you. I'm disappointed that the Gurney's Retreat is not going to happen as I have been attempting to save money in order to attend. Kevin and I have come up with \$600 so far, but as it seems now we won't need it for the retreat. It is currently 5:30 a.m. on Thursday March 17 and I am getting ready for work so this email will be a tad shorter than the last one. Yesterday, I received the email about the Teacher Training and although I haven't looked at it specifically I am still very interested in being mentored in the area of Embracing Change through any means possible. As it stands right now, Kevin and I have room reservations at the Gurney's from 4/8 - 4/15 as we used one of our timeshare weeks for the Gurney's Retreat. We are now locked into that reservation regardless that the Being Retreat will not occur as we have already paid the fees associated with our reservations. Given that, Kevin and I are planning to be in Montauk for the week of 4/8 - 4/15. I know Kevin is now looking to change the direction of his life as well and would also appreciate having the opportunity to speak with you about the creation of the Wellness Center. I know he is still deadly serious about being a catalyst for change in our chaotic world.

When I get home from work today, I will look more specifically at the Teacher Training and I will send you another email in that regard. Thank you for your response. I am very much looking forward to continued contact with you.

Love,

Gina

From: Embracing Change Account [<mailto:info@embracing-change.org>]
Sent: Thursday, March 17, 2005 3:22 AM
To: Gina L. Turcotte
Subject: Re: Deadly Serious Players Club

On 1/7/05 6:29 PM, "Gina L. Turcotte" <ginalyn@adelphia.net> wrote:



Hey Christian!! It seems to have been a long time since we last spoke, although I know it has not been, but I've thought about you and our other Angels virtually every moment since Gurney's and how you all have impacted me and the way I choose to create My Self now. I can't even begin to tell you how deeply I care about you all and how genuine my affection is.

Since Gurney's, I have been struggling with re-creating My Self for so many reasons that I can't even begin to tell you about them all. Recently I realized that one thing that is fueling my difficulties is my "need" for chaos. Once things in my life start to settle down, I feel like I need to shake them up a bit - usually to my detriment, but those results haven't seemed to curtail my self-sabotage. Gratefully, though, I appreciate that I now recognize one of my Sponsoring Thoughts (that I'm more comfortable with discomfort) and through having that knowing I am better able to remember the solution to this problem. I'm not sure why I choose to create such chaos for myself (lacking self-love, perhaps?) but I am dedicated to un-creating that part of Who I Am Not. I have read, and listened to, CWG Books 1-3 again; have read Friendship With God, listened to The New Revelations, and I am now awaiting arrival of the cd's for Communion With God. My next purchase will be Tomorrow's God.

I find myself, almost always, shaking my head incessantly in agreement with everything that God and Neale speak about throughout their dialogs. It seems humorous, actually, that people would actually reject these truths. The messages seem to be simple common sense - thoughts, ideas, desires that our heart knows would definitely be something God would want - but people choose to reject that which feels natural for them. Things that make you go, hmmm... I simply look at those people and am saddened by how lost they appear to be. But, I've learned that although I feel like I am this person with great wisdom, and that other people are behaving so foolishly, that it doesn't mean that these people don't have the remembering that I have. They simply are choosing, for one reason or another, to not behave according to their heart. I know I certainly have behaved in ways since Gurney's that are in contrast to Who I Am - and I can justify those behaviors for this reason and for that reason. So I continue to remind myself that people don't always articulate what they are feeling and thinking. They may very well be thinking and feeling how I am but choose not to speak the words - or possibly don't have the words in their vocabulary in order to express themselves. I try so hard to remind myself of these facts - it helps me to find much needed humility.

But I've also recognized something else about My Self - something I try to hide so often. That I'm NOT "better" than others - I've always felt that I had to be "extraordinary" in order to be Okay. And in order to be extraordinary I had to be "better" than the "mainstream" human being. This Sponsoring Thought has fueled so much anxiety in my life. And when I talk, coming from this Sponsoring Thought, I've discovered that people find me preachy, hypocritical, and judgmental. I don't like BEing that person. Helping myself to remember that I don't have to be extraordinary helps me to be okay with Who I Am Now. When I come from the Sponsoring Thought of having to be extraordinary, I get angry with myself for not choosing the good choices in my life. I get angry with myself for not making the choices and being angry with myself for not making the choice angers me even more which further delays my decision to make the choice. However, when I speak and when people hear, and see, my anger, they think I am directing it at them, which is so untrue. I am not angry with others - I am angry with myself because I know what I need to do, BE Who I Need To Be, but I SIMPLY DO NOT choose it. That is what I am angry about. But I know I need to stop being angry with My Self for these things because it only serves as an interference to Where I Want To Go and will serve no other purpose.

I am currently enrolled in the local University striving for my Bachelor's Degree in Mental Health and Human Services and I have decided **to try** to start a study group up here in Maine using my fellow students as my initial market. I'm a little concerned though because I have not yet begun to adequately apply my knowledge of the New Spirituality to choices in my own life. I know what I need to do, and I know that I have people who will help me and support me, and I know that it is a process (argh!! I want it NOW!! ☺) but I have simply not made the choice to LIVE it, BE it... I debate this with myself, and my loved ones, so often that it's hard for me to deny my obstacles. I know BEing The Change I Want To See In The World requires me to start BEing what I know I am - Who I Know I Am.

It's quite scary, though. I fantasize about BE-ing Gina, in all her love and glory, and it scares me - I find great difficulty with how powerful happiness can be, and is. And I've always struggled with uncontrollable moods - good moods that escalate and cause damage which results in the opposite, yet equally dramatic, mood - I think I consciously hold myself back from BE-ing happy in order to not challenge myself with controlling those historically uncontrollable moods. So, that is my task du jour - to allow myself to BE happy, BE Gina, without finding other things that need changing or "fixing" - I don't need to live in a perpetual state of chaos and constant change - the Cosmos will create enough change to keep me interested - I don't need to do it for myself... ☺

So the reason for this email: I am still **Deadly Serious** about being involved in the creation of the Wellness Center. However, I am unsure of how I can contribute. One way that I see me contributing is through direct contact with clients but I know I have my own re-creation to manage first. I have many other useful, marketable skills: trained computer (network) technician, excellent administrator, organized, multi-tasking abilities, etc. etc. I have been a secretary for most of my adult life although I am now a Direct Care Counselor for adolescents who have experienced trauma which has resulted in them exhibiting unsafe behaviors. I have discovered that I am an excellent counselor if I am given a solid foundation of information and understanding with which to utilize.

Currently, I am dedicated to allowing My Self to live, to BE Gina, in the moment, because there is Only NOW. I am beginning to conceptualize that theory - that Truth - and am pleased with the way that I look at the world when I think in those terms. For so long I have felt that "there is something else I need to do" but am now realizing that I am already *Good Enough* just the Way I Am. I know I get a little crazy sometimes but I'm not hurtful to myself or to others so I want to allow myself to Be a little crazy at times and simply love it. I used to use the phrase "gotta love me" so often but have abandoned it over the past few years. I think I'm gonna try to re-incorporate that statement into my life again. It works well after I have experienced a blonde moment, otherwise known as a brain fart. "Gotta love me" seems to lighten the impact of my faux pas of the moment.

So, Christian, let's talk about how I can help you, and all the other CWG Angels, create this incredible center for holistic wellness. I am going to start doing my part when I begin facilitating this study group. It will be an interesting, challenging, and enlightening adventure. I am excited and terrified but I need to do it. To NOT do it feels foreign and uncomfortable. Our new semester starts in a week or two - approximately Jan. 17 and I hope to have flyers posted for the first week of school. I will be in contact with Yahosheba for advice and guidance on facilitating this group into a success.

I also spoke with Yahosheba about the Gurney's Retreat coming in April and was informed that I would not qualify for a scholarship because I received one in September. That disappoints me because without at least a partial scholarship, I won't be able to attend. I returned to work about 2 months ago, after a 3-yr medical leave of absence, and am trying to save some money for the retreat but I know I cannot come up with the full cost. Yahosheba mentioned something about enticing 2-3 paying angels to attend and I would qualify for another scholarship. I certainly will do that, regardless of the scholarship, but I seriously doubt that I can find many people in my neck of the country who have this kind of money. Is there anything that you and I could arrange to allow me to attend the Gurney's Retreat? "BEing It" is definitely what I need to remember at this pivotal point in my life. The "BEing It" concept is what I am now attempting to remember.

So, Christian, I will sign off for now but I am looking forward to maintaining some kind of dialog with you and the others involved in the Wellness Center creation. I truly, genuinely, desire to be included. I have always wanted to be able to change the world, in my own way, and I believe so strongly, so passionately, about CWG and the New Spirituality that I feel it is definitely part of Who I Am and Who I Want To Be. I want to start BEing the Change I Want To See In The World and I want to help others accomplish the same thing.

I look forward to continued communication with you.

Namaste,

Gina Turcotte
Maine

Dear Gina,

Forgive my late reply. I read your email while I was in Australia and then placed it on my to do lists! I totally over looked it and then I woke from a dream last night, back now in the UK and I was reminded to reply!! How crazy is that???

I am not much of a writer, and so I would like to catch up with you over the phone. I will be in New York on the 4th April. Did you get an email about the Teacher Training and the Gurney's event postponement?

Can you let me know of a number to call and a good time?

Looking forward to connecting again, lots of news!!!

Love Christian