

CREW NEWS **CREW NEWS** CREW NEWS

To all our fellow crew

Nau wale no

(Hawaiian for: Just for you)

Hello to all crew members **ALL OVER THE WORLD!!!**

This crew newsletter is coming to you with CANI!

Please email comments, requests and any breakthroughs, insights or questions you have, and we will DO IT!!

Johnnye Jones Gibson

Managing Editor

[johnnye@jps.net]

THANK YOU, THANK YOU to all the wonderful crew who contributed to this issue.

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1. Loren Speaks

FROM THE HEART LOREN SPEAKS FROM THE HEART

Bon Dia,

Good Morning from Life Mastery Portugal! We are on the other side of the globe with our amazing crew team, John Brans, Kate Christensen, Martie Gerus, Angela and Miles Bullock. We are tag-teaming the event with Connie so that she can deliver the message in German. Then we are here for another 4 weeks of English events

Hope all of you are well! I miss seeing you at the events but heard the events are going amazing! Congratulations to all of you! Please email me and let me know how all of you are!

Josua and Quinn are going to an international school here, which is great for them, but Josua misses playing with all of you at the big events.

I will be seeing you in the Bahamas!

Lots of Love,

Loren

[babybasix@aol.com]

The CREW Application is now ON-LINE!!!

WWW.ANTHONYROBBINS.COM Go to "Community" and then, "Crew Headquarters"

2. UPW Crew Director Speaks

Director Speaks **CREW** *Director Speaks*

By Steve Linder
UPW Crew Director

Hey Folks!!! Greetings from Australia!! I'm down here for over a month and having a blast reconnecting with the Australian part of the Robbins family. It is amazing down here.... A HUGE learning experience... I have realized that strategies that work in one environment need to change when the environment changes. Sometimes the changes happen quickly and sometime they happen more slowly.

Being "down under (unda ;))" I learned that, unless you realize change when it happens, you'll get run over – literally. Stepping off the curb now, I need to look to my right first. A few honking busses and cars helped me condition that in. Driving down here is a whole other story. I learned that saying the "other side" of the road is much better than the "wrong side" of the road. I am borrowing a friend's car while I'm here. So, here I am, learning to drive on the other/right side of the car, a stick-shift with my left hand, and on the other side of the road -- A whole new world. The neighbors look out the windows and laugh at me when I go to get into the left side of the car – and then realize that I need to go around to the right. I'm getting better at making it look like I planned it that way. I think the Aussies can spot me a mile away – especially when hitting the turn signal turns on the wipers and the wipers turn on the turn signals. Needless to say, the car windshield is VERY clean at this point. When the landscape (cultural, financial, relationships, political, etc.) changes, the strategies (your former strengths) may yield different results than what you expect.

You don't need to throw out your past strategies (and learning), but look how to adapt them. Do them over and over – like many of the exercises we learn in the Robbins environment. My new incantation while driving now is "left left left left left...." (yes, you can even hum it to a tune). The changes are somewhat forced at first, but very quickly become habit. People may think you're weird for doing things differently than they do, but it's your life and your strategies. The more flexible you are, the more likely you will be able to handle/champion any environment you find yourself in. Coming from your heart, you'll see others in the same area of growth and seek to help them learn from the lessons you've experienced during your own growth.

So when I come back to the States, driving on the right side of the street will not only feel more natural, but I'll know it's by choice. Now, you've got to wonder – what is the point of my "driving in Australia" story? Is it possible that we sometimes find ourselves being more flexible than we think we are? If the roads of your life were to change 180 degrees tomorrow, would you get run over, or realize just how flexible you are inside and have fun learning and growing through your experiences ... something to think about.

Until the next event, I wish you all the best you know you truly deserve!

Steve Linder
UPW Crew Director
UPWcrew@stevenlinder.com

ALSO ...

Dear Crew Family

We want to thank you for your continued support and dedication in supporting Tony Robbins at the Unleash the Power Within events over the years. Your hard work and selfless service has helped to create an environment where thousands of lives are transformed in just a few days. As you know, many of these wonderful people take the next step – they come and crew to help others experience the same transformations. With the increased popularity of the UPW and new crew programs that are designed to provide volunteers with resources they can use back in their everyday lives, we need to make sure that we fully support those who are truly committed to these events. At times, due to venue limitations, we need to limit the number of crew applications for each event. This, unfortunately, means that we have to turn away individuals who are willing to give of their time and resources to help others. What we have noticed is a trend where some crew members sign up for every event; yet only show up for a few events. This hinders our ability to support Tony and the participants. It also limits our ability to support the crew with T-shirts, handbooks, etc.

At RRI, we are increasing our commitment to support our crew family by raising the commitment standards for those who volunteer. These measures will lead to a more rewarding and supportive environment for the crew to enjoy. Please review the new plan below so you can know what support you can count on from RRI:

1. All crew requests will go through our new on-line application form located at www.TonyRobbins.com under the community / crew links. If you are part of the Tony Robbins leadership program, you need to send your request to our leadership coordinator, Heather Porter, at Leadership@TonyRobbins.com. The applications & requests need to be sent for each and every event. For each event, you will receive an invitation. YOU MUST REPLY to the email in order to be considered for the event. ONCE YOU RSVP, you will receive a confirmation email with a unique confirmation code (that is linked to you and the particular event). Only when you receive this confirmation email and code indicating your acceptance on crew will your name then be placed on the reservation list for the particular event. You will need to bring the first page of that CONFIRMATION email with your code on it to the event in order to be registered.
2. The past practice of crew & leadership “just showing up” will not be allowed as we need to make sure each venue can accommodate the expected number of crew members. Due to new Fire Walk and event-specific position training for the event, it is absolutely required that you be at the crew meeting on Thursday afternoon. In order to respect the crew who are committed to being at the event on Thursday and to ensure that we all have the same event/venue-specific training, no one will be admitted Friday morning. Unless noted otherwise, the registration process begins at 3pm on Thursday. If you would like to come help welcome fellow crew members, please feel free to show up at 1:30 pm. If you are a member of the leadership crew or have crewed 10 or more UPW’s, please feel free to show up earlier as we want to provide crew with the opportunity to step up and help lead the crew. Unless noted otherwise, this will be at 1pm.
3. If you receive a confirmation email, you can expect the RRI team to fully support your crew experience. In return, we expect you to show up on Thursday. If you do not show up or arrive after Thursday, it has impacts the crew and the experience for the participants. We do not want to be in a position to turn-away a committed crew member because someone decides to not show up. To avoid this, crew members who have RSVP’ed and do not show up without notice via email (UPWcrew@TonyRobbins.com) or phone call will not be accepted to crew for at least 12 months.

With these new practices in place, you can plan on us to fully support each and every crew member with a rewarding experience that will enrich other areas of your life when the weekend is over. You can also expect a higher level of commitment from your fellow crew members as we will all be abiding by these higher standards.

Again, thank you for your continued support and please look forward to the many new additions we are bringing to the UPW Crew experience!!!

Wishing you all the best you know you truly deserve,

Steve Linder

UPW Crew Director

3. Finding Your Voice – FOUND IT!

La-La-La-La-La **EXPERIENCE SHARE** *La-La-La-La-La*
Open Up and Let It Out
 By Johnnye Jones Gibson

My experience in Edwin Coppard’s seminar right before Tony’s Long Beach UPW was simply amazing. I write... I love to write. And I got to write a lot during this seminar. Everyone did. And EVERYONE’s words were simply awesome, great words – from their hearts – their souls. Edwin has an amazing ability get people to connect with themselves and bring all aspects of self together in a harmony that makes each of us stronger and able to find and create what we each need within ourselves. And we got to discover and express this through writing and singing – after Edwin taught us to “play” and re-connect to our own natural sounds and then set us free to experience our own true “self”.

I believe singing is a deep, primal part of the human experience that most of us have shut-off, closed down, let go – because somewhere along the way someone JUDGED that we could not sing. Everyone can sing. Whether it is a professional quality that others would want to pay money to hear, is another seminar. But everyone wants to and can create his or her own sound. Letting it out is truly an amazing experience. I feel I connected to myself on a very basic, primal level. And it has set me free.

Following is what I call “automatic writing” that Edwin had us do after our first attempts to follow him playing scales on the piano, singing – ba-ba-ba-ba-ba-ba. During which, my voice just cut out and disappeared and he informed me I was singing with a closed mouth and to “open up”.

OPEN Up and let it out.	Live the happy life OUT.	Love it. Live it. Set it free.	Be free. You are me. Now and forever With me, by me, in me.
Open up And shout.	OUT in the open. Out in the fields. Out in the sky.	Fill the space. The empty spaces	Released from the inside out

4. Discovery Camp

INSPIRATION **MAGIC MOMENTS** *INSPIRATION*

Hey

I just wanted to remind/alert the Crew to the Discovery Camp event coming up in July (from July 18th to July 23rd) in San Diego. I've had the fortunate opportunity to take part in the first two DC's and it has been an inspirational gift to be able to help young men and women from around the world be able to find their own way and make their own decision on how they should live and treat each other. **MAKE THIS EVENT A MUST.** If anyone who reads this newsletter has gotten ANYTHING out of one of Tony's events and/or technologies, how much more would it have helped you to have those shifts in your life when you were 12-17 years old? How much more life could you have lived and experienced? And how much richer will your life be NOW by helping someone of that age find their voice in the world? How much better will the world be because of it?

I believe most all of you know about BE-DO-HAVE. Most everyone wants to find out what they have to DO so they can HAVE. What they do not realize is the most important portion is the BE – what kind of person are we BEING at any time and who are we becoming? We all have been conditioned our whole lives by peer pressure and beliefs we have picked up over the course of time, mostly sub-consciously. Our traditional education system, while being able to teach kids science, English, history, etc (the DO part), we have never taught our children how to decide who they want to BE. And this is where Discovery Camp more than excels.

So come join us and have some of the most memorable moments of your life at my most favorite Tony related event (yes, even more than DWD Fiji). Why? Come and find out, or feel free to call me.

Most importantly, who will YOU become after doing this event? How much more will you grow?

Have an OUTSTANDING day!

Felix Lin

310-756-7003 x101 (O)

310-756-7012 (Fax)

310-980-4335 (Cell)

Visit us @ www.marclingroup.com

5. Crew Shares – Magic Moment

CREW SHARES **MAGIC MOMENT** *CREW SHARES*

Fiji Family

By Kate Christensen
(shared with John Braun)

John and I both have a magic moment to share from Fiji:

As you would know, May 1st was the end of the last Life Mastery in Fiji for 4 months, and after pretty much living in Fiji since September, it was time to leave our Fijian family behind for a few months. This was very hard as we had become so accustomed to seeing each of them every day, and had become very close to some of them. They were now considered family to us, and they also felt the same way towards us. We thought it right to visit Church for the last time before we left, just to breathe in the Fijian spirit one more time.

On Sunday morning we ventured up through the small homes of Vivili village, smiling faces welcoming us and huge excited grins as the children eagerly waited to play with us. We made our way into the small church, fitting no more than 60 or so people comfortably – windows wide open letting in the fresh air, sunlight breaking through the cracks in the roof. We were invited to sit down as they began the ceremony in their native tongue. They were so passionate towards their love for God, and even though we didn't understand thoroughly, we felt connected.

The Vivili choir sang in harmony and gave us shivers down our spines as they reached notes almost impossible. It was incredible. Midway through the ceremony, a Fijian lady stood up representing the village and, with tears in her eyes, welcomed us. She thanked us dearly for taking the time to worship with them, and said that they were so honored to have us there with them - And that they loved us. They then invited us to also speak. Through tears I stood up and thanked them for all their support. I said that Life Mastery – my own life itself - would not be the same without them... That their love and happiness was something that every person should possess.... that we would deeply miss them as we travel now to Portugal for 2 months. I also let them know that we couldn't wait to see our family and friends again in September. The ceremony ended, and as we walked out the church, the small kids started running around just tempting us to chase them. And we did. They loved it. They also love us taking photos of them with a digital camera, and then having a look at themselves! We left that day a little sad, but knowing we would take the Fijian spirit with us to Portugal and throughout our travels, and then return home again in September.

6. Inspiration

INSPIRATION **BELOVED CREW** *INSPIRATION*

Written by DocRock

Our very own rockin' songwriting/musician Crew Doctor
Otherwise known as Dr. Rob Shapiro

Hello, my beloved crew. It is such a joy to have the privilege of being with all of you at this last UPW in Long Beach. I especially love hearing about the distinctions that people have made to take their lives to the next level since the last time that I saw them. I feel that I am truly with my "soul group". A group of souls that are connected at the deepest level, and it feels so wonderful to me to reconnect with everyone.

What follows is a "brain-hiccup" of things that I have done myself that have helped to expand my own life, ranging from brief descriptions of activities to more lengthy descriptions of thought processes (in no particular order). If you perform all of these activities, then you will have no other life, so I would encourage you to try out things that you've interested in and that work for you.

First off, some things that can help with maintenance of your physical body. Take a few minutes when you wake up and breathe – inhale to the count of 5, hold for 20, and exhale for 10. Do something to circulate the lymphatic fluid in your body – either rebounding (you don't even have to get your feet off the rebounder) or lymphatic (dry) brushing. In case you're not familiar with dry brushing, it involves taking a bristle brush and first brushing all around your arms, from hands to armpits, then all around your legs, from feet to groin. Then, tap everywhere on your chest and back.

That's it. It takes about 5 minutes and I usually do it before I shower in the morning. Drink lots of water (at least 2 liters a day). Get into the habit of drinking green drink in the morning. An excellent tool that I use whenever I feel like I'm coming down with the flu is to rebound, dry-brush, and drink tons of water. The symptoms are gone the next day. Consider having steamed vegetables in the morning, with Udo's oil on top or on the side. I would also recommend taking a vitamin supplement (Anthony Robbins men's or women's pack) and enzymes on a daily basis (Shore Slocum recommends checking out www.thehealthnuts.net on the Internet). Do something that raises your heart rate everyday – running, vigorous walking, bike riding at least 3 times a week and consider using a trainer for this.

One activity which I have been doing for the past 3 weeks, which, I can honestly say has revolutionized my life, is meditation. Now I have been meditating on and off for several years and never followed through for very long because it was downright boring, and I like to do things – I'm a man of action. Here's what changed my life: I discovered a company called Centerpointe which makes a tape and CD that are able to entrain your brainwaves from a waking state, slowly down to the deepest state, called a delta state. In other words, it is possible by listening to these tapes to experience a state of meditation that it usually takes years of practice to achieve, in a matter of 30 minutes. If you go to the website www.centerpointe.com, you'll find a link for them to send you a free sample tape. And if you end up buying their product, please mention my name. Meditating at this level on a daily basis has effects on your mind and body that are too numerous to go into here, and meditation using these tapes takes you to the level where you feel like "I am one with the universe" – which is not boring at all!

More words of wisdom from DocRock to be continued in the next July's crew newsletter.

7. Crew Insights – UPWs in Germany/Europe

CREW SHARES **MORE INSIGHTS** CREW SHARES

UPWs in Germany/Europe

By Martie Gertus

It is sad to say that in June Frankfurt, Germany will host its last UPW event. I would like to take this opportunity to tell you how special it has been for me and my husband, Jan, to have been a part of staffing these events. I also would like to tell you a little about how UPW is a totally different experience in Germany than it is in The United States.

When Jan and I attended the U.S. events as participants, we always felt like odd-balls coming from a small country called The Netherlands. But when we began staffing events, we not only got to experience "Tony's world", but we also got to experience the American way of life. It is always a double "special experience"; the one partaken in the event; and the other to experience American culture. After several years of crewing events, each time we feel even more at "home" because of all the wonderful friends we have made and, with which, we have continued contact.

As you can imagine, each and every country has its own idiosyncrasies, and the Germans are no different. The German folks in general are a very proud and proper breed. They value among many things, idealism, mannerism, and never letting your guard down. To most of them EVERYTHING is important, including the way they dress, and address each other. There is, for example, no kissing, hugging, and you can forget about that back massage. (of course, that's BEFORE the seminar starts!)

When the German people show up for the event, they stand in lines, are very egocentric, and demand the best. "Yes, I was supposed to sit front center".... "can I talk to Tony"..... etc. Once the seminar starts, and Tony begins to ask the audience questions, there is at best a minimum of replies. By the way, most Germans do not speak English. Last year there was an audience of 7,000 people and 5,000 of them were wearing head-sets. You can imagine the pressure on the staff and translators translating this event -- making it all work. There is always a small delay in the translation. When Tony tells a joke, it takes a good 5 seconds before the audience meets it with a response.

You can imagine this must be at least hard for the big man. "Why don't they laugh?" While we are all looking around in wonder. "Oh yes here they come." The delay is always there, and you have to be patient.

The reason I am writing to you is that in today's society, we could all use a little bit of Tony's help. I believe that the nations with the strongest personalities (especially the Germans) need our help and support while changing. That they could take themselves less seriously, and keep an open mind is, as we all know, so very important to understand. And, also, for them to realize and appreciate the magic life has to offer us. That is why I am appealing to you, and especially the European crewmembers, to take this opportunity to staff this last event in Germany. It's not a party from the first minute of the event, but if you focus on the result you feel privileged to be there.

I can tell you one thing, to see a 180 degree shift in people, touches your soul at the deepest level. Last year I was standing next to a German crewmember and he told me that he felt so happy and relieved to let all of the guilt he had "inherited" from his parents slip away and to finally be able to see his new life in front of him. (The pain, the guilt and the anger about the tragedies of World War II are still noticeable after almost 60 years.) The Germans need help to set themselves free from the past.

For me the reason to contribute to the German UPW events is in the challenge to overcome the first part, and then to enjoy the last part. And, to see the change in peoples eyes after they have completed the Dickens process -- the joy in their eyes and the peace in their souls shining through, finally at rest. Nowhere in the world do you see people jump so high and scream so loud after the Dickens process as in Germany. I would like to thank Tony and all the people involved with the UPW events in Germany. They have really made a difference to many, many lives.

8. Crew Insights – Success

CREW SHARES **MORE INSIGHTS** *CREW SHARES*

Ideal Success

By Joetta Wolpert

Mike Wolpert's wife here...(Joetta)

Yes, Jan Edwards and I experienced the Fire Team and the magic created to transform...BIG FAT WOW. As newbie's we did not have a clue what to sign up for... there was a reason we were guided to the orientation, and decided to have faith to say Fire Team.

Words can not explain the energy, love and magic created.

I am looking forward to MANY more crewing opportunities, and hope to join Leadership in the near future.

P.S. For anyone out there that would like to know how to put together your own Basket Brigade, Mike and I have been doing it for 4 years, and delivered over 510 baskets in 2002. We would love to share with you our idea and strategy for a fairly easy event. (We will share our success!)

So, step up and lead, and create the 7th power to contribute in your community!

Contact Mike and Joetta Wolpert idealsuccess@cfl.rr.com

7. Feng Shui DOs/TABOOs – TREES

DOs AND TABOOS **FENG SHUI** *DOs AND TABOOS*

DO

Plant versions of the “money tree,” such as jade, plumeria, ginkgo, poplar, and prosperity bamboo, in the SE or E section of your yard to activate your wealth.

TABOO

Don't keep a potted tree in the center of your house. The center of the house is the earth element and represents harmonious relationships. Earth is destroyed by wood, symbolized by the tree.

8. *RECIPE of the MONTH*

HEALTHY **RECIPE of the MONTH** YUMMY

From Mary Beth Mittleman's Liquid Feast Cleanse

Rejuvenating Recipes

Vegetable Minestrone

1 small cabbage
1 onion
1 red bell pepper
2 carrots
2 celery
1 zucchini
1 yellow squash

Cut vegetables as preferred. Cover carrots and celery with water in soup pot. Cook gently until they just begin to “give”, then add remaining ingredients. Do not overcook.

Serve hot with flax seed oil, Bragg Liquid Aminos and cayenne pepper to taste.

For more information on the Liquid Feast Cleanse, contact Mary Beth Mittleman at marybeth@worldultrafit.com.

(Please feel free to contribute your favorite healthy recipes to be included in the newsletter.)

Remember ALERT Reminder!!!

I will not be opening unsolicited emails with attachments if I don't recognize your name. I welcome all personal communication and shares, of course. Please note your future correspondence Subject Line with TONY ROBBINS CREW NEWSLETTER. And, please, no SPAM. Thank you very much.

Letters to the editor, comments from the crew, recipes, challenges, requests, games, ideas – ANYTHING you would like to share -- are very much welcome.

Please send to johnnye@jps.net

Managing Editor

Tony Robbins' Crew Newsletter
