

# GRAD LINK

A Newsletter for Graduates of The Excellence Series Courses

## MICHAEL LOSIER: Best Selling Author & Winner of Vancouver Island Excellence Seminars' First Annual Blue Star Achievement Award

It was December 2003 when I had the pleasure of hearing best selling author, **Michael Losier**, speak to a group of about 1200 people at the Convention Centre in Vancouver about "The Law of Attraction: The Science of Attracting More of What You Want and Less of What You Don't Want".

Along with hundreds of other people, I lined up to get ten of his books signed (I have always liked being efficient in my Christmas Shopping). I chatted with Michael as he signed the



Michael Losier

books to discover he had taken the Excellence Series in Victoria in 1991 and had assisted the courses for about four years afterwards.

Since then, I have had many opportunities to meet and talk with Michael and I was thrilled when he was nominated by Andria Wingerter to win Vancouver Island Excellence Seminars' **First Annual Blue Star Achievement Award** in recognition of his exceptional achievement and contribution both locally and internationally.

Many of you will get an opportunity to meet Michael in Nanaimo on March 2, 2005 at our Annual Volunteer Appreciation Workshop "**Imagine - Seeing the Finish Line**" with **Mardig Sheridan**. In advance of that, we decided to introduce Michael by way of posing a few questions to tickle your imagination!

**Pam:** How would you describe the Law of Attraction?

**Michael:** It's all about vibes. You know when we hear ourselves say, "I get a good vibe from that person, or a good vibe in that store. Or, I get a bad vibe from him. You see, when we talk about vibes, we are really explaining the feeling we get. So, in short, vibes are a result of mood or feelings and a vibe comes from the longer word, vibration. Law of Attraction is about vibrations, quantum physics for the scientists.

**Pam:** How does the Law of Attraction Work?

**Michael:** At every moment, including right now, we are sending off a vibe, whether a negative vibe or positive vibe. When you are angry, ticked-off, upset, you are sending off a negative vibe. When you are peaceful, happy, feeling gratitude, you are sending off a positive vibe. Law of Attraction is now matching the vibration that you are sending, whether positive or negative. This will help explain why when you have a negative experience, the day gets worse.

Law of Attraction is always matching the vibration. Ideally, we want to make sure the vibe we are sending is a positive one, given that Law of Attraction will match it, whether negative or positive.

You can also use Law of Attraction deliberately and attract more of what you want and less of what you don't. The formula for the deliberate use of Law of Attraction is three steps: (1) Identify What You Want; (2) Give Your New Desire Attention, and (3) Allow it. Many people are good at step 1 and 2.

**Pam:** How quickly can one expect to achieve results using the Law of Attraction?

**Michael:** The speed at which Law of Attraction will manifest your desires is in direct proportion to how much doubt you have in receiving. Doubt is a negative vibration and slows down or cancels the positive vibration you were sending towards your desire. Remember, it's all about vibes. What you are offering vibrationally, will be a perfect match to what you are getting.

For more information on Michael Losier, visit his website at [www.michaellosier.com](http://www.michaellosier.com). We look forward to seeing many of you in Nanaimo at the Dorchester Hotel on March 2. In the meantime, all of us at Vancouver Island Excellence Seminars send our very best to you and yours for a very rich and full 2005!

**Pam Lewis** and our VIES team including **Leanne Clarkson, Lorraine Freelund, Jane Hein, Jody Jennings, Janis Libby, Kathy Longo, Sandy Slovack, Leslie Whittaker** and **Nadia Wnuk**

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# PUBLIC COURSE OFFERINGS: A Schedule

Courses scheduled between January and March 2005 are as follows:

## Vancouver Island Programs

**The Advancement of Excellence with Lorraine Freelund in Nanaimo:** This course is open to anyone who has completed the Pursuit of Excellence and WALL for tuition of \$595. *Foundation Weekend* (January 15-16) takes place at the Ramada on Long Lake. *Relationship Weekend* (February 19-20) and *Commencement* (March 12) take place at the Dorchester Hotel. **Weekly meetings** are normally scheduled on Thursdays.

**Inside Passage with Carol Peringer in Nanaimo** will take place from January 27-30, 2005 at the Ramada on Long Lake.

**The Pursuit of Excellence with Arlene Rannelli in Victoria** will take place from February 3-6, 2005 at the Chateau Victoria Hotel and Suites.

**The WALL with Arlene Rannelli in Victoria** will take place from February 24-27, 2005 at the Chateau Victoria Hotel and Suites. **This program is subject to a minimum enrolment of 15 new participants.**

**Assisting Workshop with Jody Jennings** will take place Saturday, February 12, 2005 from 10 – 2 pm at the Travelodge Silver Bridge Inn located in Duncan. This workshop is for those enrolled in the Advancement of Excellence and Graduates of the Excellence Series interested in assisting programs.

**Imagine – Seeing the Finish Line with Mardig Sheridan in Nanaimo** will take place March 2, 2005 from 6 – 10 pm at the Dorchester Hotel.

**The Pursuit of Excellence with Mardig Sheridan in Nanaimo** will take place from March 3-6, 2005 at the Dorchester Hotel.

**The WALL with Carol Peringer in Nanaimo** will take place from March 31 – April 3, 2005 at the Dorchester Hotel in Nanaimo.

## Vancouver Programs

**The Advancement of Excellence with Nadia Wnuk in Vancouver:** This course is open to anyone who has completed the Pursuit of Excellence and WALL. *Foundation Weekend* (January 15-16), *Relationship Weekend* (February 12-13) and *Commencement* (March 12) will take place at the Holiday Inn at 711 West Broadway. **Weekly meetings** are normally scheduled on Thursdays.

**The Pursuit of Excellence with Arlene Rannelli in Vancouver** will take place from February 10-13, 2005 at the Holiday Inn – 711 West Broadway.

**Assisting Workshop with Leanne Clarkson in Vancouver** will take place Wednesday, February 16, 2005 from 6 – 10 pm Location TBA. This workshop is for those enrolled in the Advancement of Excellence and Graduates of the Excellence Series interested in assisting programs.

**The Pursuit of Excellence with Arlene Rannelli in Vancouver** will take place from March 10-13, 2005 at the Holiday Inn – 711 West Broadway.

**The WALL with Arlene Rannelli in Vancouver** will take place from March 31 – April 3, 2005 at the Holiday Inn – 711 West Broadway.

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## OUR FOURTH ANNUAL Residential Pursuit of Excellence for Youth: July 2-4, 2005

Once again, Vancouver Island Excellence Seminars, in partnership with Camp Narnia, is pleased to offer our **Residential Pursuit of Excellence for Youth** ages 14-18.

Based on results, it is clear that this program is a pivotal one in setting a foundation for youth to be leaders in their lives. Comments by youth graduates indicate they are inspired to accomplish their life dreams and they feel equipped to do so.

**Such good news travels far and fast!** In our next edition of GRAD LINK, we will feature an article published in our local newspaper on some of the great results Youth graduates are creating in their lives.

Details for our fourth annual **Pursuit of Excellence for Youth** are as follows.

**Please note that the group size for this program is limited so early registration is suggested.**

**Who:** Youth (14-18) interested in laying a strong foundation to be leaders in their lives.

**What:** A residential program, conducted over a three day period, in a camp setting which combines curriculum from the Pursuit of Excellence with traditional camp activities.

**Where:** Camp Narnia, Shawnigan Lake, B.C. (30 minutes north of Victoria or one hour south of Nanaimo).

**When:** July 2-4, 2005

**Tuition:** \$595 plus GST. This includes food and lodging.

**Auditing:** Participation in the **Pursuit of Excellence for Youth** entitles participants to “audit” regular programs at no additional cost. There is a fee of \$150 to audit the Youth program.

# MARDIG SHERIDAN presents: Imagine – Seeing the Finish Line!

March 2, 2005 • 6 – 10 pm • Dorchester Hotel

**F**or those of you who attended “**Con-  
gruent C**” and for those of you who didn’t, the first “C” stands for Clarity. Clarity is your guide for life – where are you going and why. The foundation for personal clarity is best set by creating a vision – which is what you will begin on **March 2, 2005** at the **Dorchester Hotel** in Nanaimo.

This workshop will provide you with a step-by-step guide for imagining and writing your attainable vision. The behavioural science of the Comfort Zone theory concludes: you will only allow yourself to have as much as you believe you deserve. That means you must believe it is attainable. A quality vision statement answers the question “what for?” What outcomes are you imagining? Where are you seeing yourself? We all have a full range of beliefs within us, from extremely negative to extremely positive. A clear, conscious

vision acts as a mechanism to focus on your positive beliefs. The objective of this course is to create a positive prediction. When you are clear and committed, it is the positive inner voice that overpowers the concerns and fears you have that get in the way of success. It takes fear out of the driver’s seat and replaces it with abundant thinking and a direction for your strategic action steps.

Talk to any successful person who has achieved their vision and they will tell you there were difficulties and immense challenges they encountered on the way. It wasn’t because they were better, smarter or more able; instead they were driven by a vision that demanded satisfaction. They were motivated to persevere. They refused to give up! If you want to put this kind of power tool into your personal arsenal for success — then join us on March 2. Bring paper, pen and your



willingness to make your life even better than it already is.

*Note that this workshop is free for those who have assisted programs for Vancouver Island Excellence Seminars between March 2004 and February 2005. It is our way of saying THANKS. We really couldn’t carry on the work of our organization without the dedication of all of you! Additional free tickets may be reserved as seating permits.*

**For more information or to register, please call Pam at (250) 756-4206.**

## 2005 Upcoming Introductory Sessions

Date	Location	
Wed, Jan. 5	Bedford Regency Hotel	Victoria
Wed, Jan. 12	Dorchester Hotel	Nanaimo
Tues, Jan. 18	Accent Inns	Burnaby
Wed, Jan. 19	Chateau Victoria Hotel & Suites	Victoria
Wed, Jan. 26	Dorchester Hotel	Nanaimo
Tues, Feb. 1	Chateau Victoria Hotel & Suites	Victoria
Wed, Feb. 2	Accent Inns	Burnaby
Wed, Feb. 9	Dorchester Hotel	Nanaimo
Wed, Feb. 16	Chateau Victoria Hotel & Suites	Victoria
Tues, Feb. 22	Dorchester Hotel	Nanaimo
Wed, Feb. 23	Holiday Inn	Vancouver
Wed, Mar. 2	Dorchester Hotel	Nanaimo
Tues, Mar. 8	Accent Inns	Burnaby
Wed, Mar. 9	Chateau Victoria Hotel	Victoria
Wed, Mar. 16	Dorchester Hotel	Nanaimo
Wed, Mar. 30	Chateau Victoria Hotel & Suites	Victoria
Wed, Mar. 30	Holiday Inn	Vancouver

## Mark Your Calendar Now for NADIA’S Retirement Party: April 1, 2005

On April 1, we are going to have one BIG BLAST! **Nadia Wnuk**, Service Representative for Vancouver, Program Leader and former Service Representative for Vancouver Island, is retiring on the six year Anniversary of Vancouver Island Excellence Seminars. The party will take place in the Opera Room at the **Dorchester Hotel** in Nanaimo **Friday, April 1** from 8 pm – 1 am Bring your stories and all your raspberries so you can give Nadia a hard time. And, be prepared to dance up a storm to celebrate Nadia’s great contribution to so many!

# Our Thanks!

## The Advancement (Bella Bella)

September – November, 2004

Davina Brodeur                      Shawn Kenmuir  
Ron Smith

## The Advancement (Nanaimo)

September – November, 2004

Koren Bear                              Roy Jones  
Sandy Slovack                      Carlos Sperling  
Robyn Unwin

## The Advancement (Vancouver)

September – November, 2004

Jill Badger-Caldwell      Michelle Richardson  
Mike Teed

## The Pursuit of Excellence (Vancouver)

September 30 – October 3, 2004

Albert Bruins                              Gerda Bruins  
Kathy Longo                              Mary Anne Metcalf

## The Pursuit of Excellence (Victoria)

October 14-17, 2004

Heather Christie                              Gail Soros  
Linda Ulrich                              Robyn Unwin

## The Pursuit of Excellence (Vancouver)

November 4-7, 2004

Tevi Dawson                              Arlene Rannelli  
Brian Wnuk

## The Pursuit of Excellence (Nanaimo)

November 4-7, 2004

Kathy Anderson                              Dirk Becker  
Jan Brown                              Janis Libby  
Arla Jean Murch                              Michael Pepler

## The Wall (Victoria)

November 11-14, 2004

Angus Ross                              Michelle Ross  
Shelley Smith                              Alice van Blokland  
Andria Wingerter

## Inside Passage (Haida Gwaii)

November 11-14, 2004

Betty Richardson                              Kay Watson

## The Wall (Vancouver)

November 18-21, 2004

Albert Bruins                              Annabelle Fawcett  
Scott McKay                              Cathy Munn

## The Wall (Nanaimo)

November 25-28, 2004

Valma Brenton                              Bill Critchlow  
Janis Libby                              Corona Nettles  
Ev Schmidt

## Pursuit of Excellence (Duncan)

December 15-17, 2004

Don Brough                              Lorraine Freeland  
Ev Schmidt                              Darlene Topilko

## Pursuit of Excellence (Duncan)

December 20-22, 2004

Don Brough                              Jan Brown  
Rachel Franklin                              Lorraine Freeland  
Janis Libby                              Cindy Lozza  
Sandy Slovack                              Carol Toal  
Geoff Wildbur                              Pamela Williams  
Theresa Wright

## Summer & Winter Weddings Both!

“A beautiful, magical day, not to mention an absolute blast” was the way Michelle Richardson (nee McKay) described her summer wedding to Dan Richardson. Having attended the winter wedding of Angus and Michelle Ross (nee Belanger), I would describe their marriage ceremony and reception in much the same way.



Michelle and Dan Richardson



Michelle and Angus Ross

Michelle, Dan, Angus and Michelle are all graduates of the Excellence Series and continue contributing to others through assisting our programs. With the vast majority of guests also being graduates of the Excellence Series, the wedding of Angus and Michelle seemed as much like a “Context Event” as it did a Wedding. In any case, we love you all and to all of you, we extend our very best wishes for a rich, fulfilling life together!!!

## How to Reach Us & Find Out More ...



We can be reached as follows:

In Nanaimo: (250) 755-7275  
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Up-to-date information on  
Upcoming Courses and Introductory  
Sessions can be found on our website  
located at:

[www.ExcellenceSeminars.com](http://www.ExcellenceSeminars.com)