



## A LIFE I COULD NEVER HAVE IMAGINED

As we are preparing for Thanksgiving, I was thinking to myself... Thanks Given. Perhaps these two thoughts from my life story: River of Jade, best encapsulates my feelings:

Someone once asked me if my life turned out as I had hoped. This question has always been an intriguing one to me because it has so many ways to be answered. There is a saying, "If you knew someday you would be very happy, would you be in such a rush?" I think that my life, though filled with many detours and surprises, turned out to be more fascinating than I could have ever imagined. I've been blessed with the good fortune of realizing most of my dreams and been deeply transformed by love and loss, by friends and by those I've hurt out of fear or anguish.

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# A LIFE I COULD NEVER HAVE IMAGINED (CON'T)

I've been a poet, storyteller, educator, diversity trainer, community therapist, filmmaker, author, founded StirFry Seminars, and had the honor of being a father and a husband. In retrospect, I wish I could have had more time to smell the roses, spent more time with my incredible son, Joaquim and my closest friends.

Yet, in looking back on at it all, I would never have traded this life for another nor will I ever be able to describe all the wondrous places I have visited and all the thousands of courageous and kind folks I have met, loved, honored and grown from. For over thirty-five years I have travelled to every state in this country doing keynotes, trainings and workshops on the importance of Mindfulness Practices for educators, therapists and social workers, from the halls of the Pentagon to the boardrooms of corporate America.

And what I have discovered is that we're all longing for a better world and more authentic relationships - we're just too scared and floundering in a sea of fear and blame. All we need to do is to let go of always needing to be in control and having to protect ourselves from those we don't understand or who are different from ourselves. The whole world is all around us, all we need to do is reach out and begin again: to take care of each other, to share what we have and to walk through our fears. It has never been that hard and it has always been that simple.

I feel very grateful to have led a purposeful life in the service of others and hopefully made this a better world with my films and workshops and writings. As Anais Nin once wrote, "The dream was always ahead of me. To be in unison with it, that was the challenge and the journey." I think I caught up with my dreams, lived them to the fullest and came away with a lifetime of memorable postcards. Gratitude is the first word that comes to me and the last one I whisper at the end of each day...

*Lee Mun Wah*





REGISTER NOW

# StirFry Seminars 2024

## WORKSHOPS

Our **Mindful Facilitation 4-part Series** are now offered in the spring, summer and fall to suit your 2024 schedule. Sign up for one at a time, or all of them! A new workshop entitled "**The Secret to Belonging**" has been added to the 2024 schedule. And back by popular demand our **monthly Tea Times!**

### **Mindful Facilitation Spring Series Sat & Sun**

Beginning Level: Feb 3-4

Intermediate Level: March 9-10

Advanced Level: April 13-14

Mastery Level: May 18-19

### **Mindful Facilitation Fall Series Sat & Sun**

Beginning Level: Sept 14-15

Intermediate Level: Oct 19-20

Advanced Level: Nov 9-10

Mastery Level: December 14-15

### **Mindful Facilitation Summer Intensive Series Thurs-Sun**

Beginning Level: July 18

Intermediate Level: July 19

Advanced Level: July 20

Mastery Level: July 21

### **The Secret to Belonging**

**NEW IN 2024!**

Creating a community of belonging where everyone is seen, heard and valued

Saturday, March 30 8am-12pm

Saturday, September 28 8am-12pm

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# UPCOMING WORKSHOP

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## MINDFUL FACILITATION ADVANCED LEVEL

**Seats still available!**

**October 14-15 (Sat & Sun) • 8 am-12 noon PST**

November 11-12 (Sat & Sun) • 8 am-12 noon PST

This training will be practicing advanced mindful facilitation techniques through the use of filmed vignettes, role plays and personal stories. The main focus will be on integrating group process and mindful facilitation techniques in situations where there are intense confrontations and conflicts over diversity issues, coupled with a high degree of escalation and polarization. Participants will learn how to de-escalate these types of conflicts within seconds and help those who are disconnected to become reconnected. Participants will not only learn the art of listening, but also the art of responding in a way that supports everyone to feel heard, seen and understood.

Participants will learn:

- How to mindfully facilitate group conflicts within a diversity context
- How to de-escalate conflicts within seconds
- Advanced Interventions for Individual/Group Interactions
- Ways to identify and respond when there is a major disconnection
- Ways to create community based on empathy and curiosity
- How to identify when to use the four major advanced mindful interventions
- How to improve their auditory and visual acuity
- The Art of Summary
- How to identify the common threads and issues in most groups
- The intersection of Mindful Facilitation and Group Process
- How to use personal stories to create community and deeper understanding
- The Art of Listening
- The Art of Co-Facilitation

This training is especially appropriate for: managers, social workers, educators, directors, supervisors, administrators, therapists, and diversity trainers.

Prerequisite: Participants must have completed the Mindful Facilitation Beginning and Intermediate Level sessions. Registration and details at [stirfryonline.com](http://stirfryonline.com)