

BLOG AND NEWSLETTER

THE NU METHOD

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Michael Jackson

KING OF POP
A CELEBRATION
OF THE LIFE OF MICHAEL JACKSON
1958-2009



GLASS HOUSES

By Tanya Fly

It really didn't *hit* me until they rolled out his casket, draped with a blanket of beautiful red roses...Michael was really gone. Sure I had known for a minute he was dead, and had even defended the HUMAN being, (not the star), and his family when someone in class called him a Freak. "What is there really to understand, he was a Freak?" She admittedly had never followed anything on or about his life but felt free to essentially show him and anyone caring about him complete disregard. Who cared about what he had to go through--pain, stress. scrutiny? Who cares,

not you, right? *He*, put himself out there in the public eye, made poor choices, he deserves what he gets, yes? Interesting to me when folks take this tone. Amazing really...how does one man who has done, given and shared so much with the world also so easily be dismissed as a "Freak" ...**on his death bed without so much as an after thought!**

[My brother actually brought to my attention via email, \(he's away on vacation\), that Michael had passed in the same month, on the same day as our own mother.](#)



PHOTO: ME & MJ

My dad--at the exact same time. With everything else going on with the boys and work I didn't even allow myself to think about it much until that Tuesday, watching him be brought into the Staple Center. Having flashbacks of *her* funeral. Watching **his** family grieve. Remembering how *my* family

con't pg 2

did...how we still miss her.
 During that funeral I also **laughed** at stories **friends of his**, “celebrities” to us, shared about the Michael *they* knew. I also felt a since of pride about the enormous impact he had with all he gave and did not just for me as a fan but the world. Yeah, I did need to pause from my day to day for those 2 hours and pay my personal respect not just as a “FAN” but as a Human Being who would hope in her own passing someone would feel the need to *pause* in a similar way.

Sure they would have to acknowledge that **I made my share of mistakes and certainly wasn't perfect by any stretch of the imagination**, but hopefully also believed not only was I aware but that I worked on the “Woman In my own Mirror”. Simply put; I had done something purposeful with my life and in the lives of others.

This Issue has many links that we really tried to make certain worked prior to release but you may have to cut and paste a few directly into your browser in order to connect you properly. We apologize for any inconvenience this may cause.

Sophia Lauren, Gene Kelly, Greogory Peck, Katherine Hepburn sharing there thoughts on Michael Jackson.

Hepburn....hmmmm <http://www.youtube.com/watch?v=iObj4rxlBE&NR=1>

At the end of the day I believe that's all anyone ever really wants: **To Give and Receive Love. The Human Experience.**

So the next time you decide to flip idly speak on a persons life in such a way, make certain you've had a thorough cleaning of your own Glass House. If folks were able to peer directly into the life you lead, the decisions on a regular you make...might **you** be considered a **Freak** too? Does that also make Elvis, Marilyn Monroe, Judy Garland, Keith Ledger a Freak? What decisions have you made recently that had a spoon and a pint of ice cream, drugs, a few too many glasses of wine, sex or whatever else at the end of it?

The stones you throw may boomerang back at **you**. Like my daddy use to say, “A hard head makes a soft a@#! **I'm clear I live in a Glass House. The tinniest of pebbles, please. LOL**

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WE WANT TO HEAR FROM YOU

TNM believes everyone has insight about what living a whole and healthy life means for them. From changing your physical habits to dealing with emotional ones.

If you have a story, question or idea that you would like to have explored in TNM Blog and Newsletter go to our website www.thenumethod.com and click on http://thenumethod.com/TNM_COMMUNITY.html for further details.

When you look in Your Mirror what do you see?

<http://www.youtube.com/watch?>

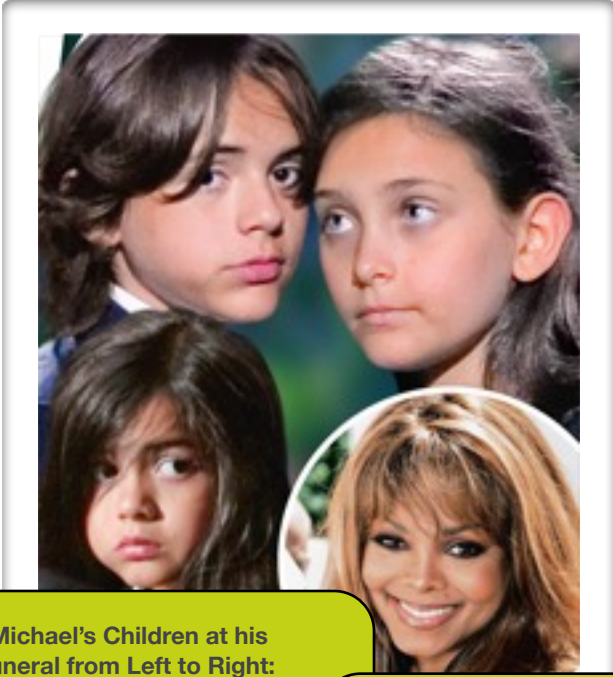


A MAN REMEMBERED

YOU may not have been a FAN but as a **HUMAN BEING** please take a moment and think about all the choices you have made in your life. When you are no longer walking the earth WHAT WILL YOUR LEGACY BE? Who will you have helped, touched...who will you be remembered by?

These are a few folks remembering him:

<http://www.youtube.com/watch?v=FPW8QzvYle4>



Reactions from around the WORLD.

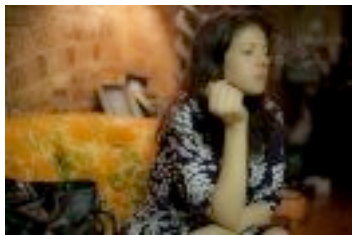
<http://www.youtube.com/watch?v=zdVms1MMD6Y&NR=1>

Michael's Children at his funeral from Left to Right:
 Prince Michael Jackson I, Paris Michael Katherine Jackson and Prince Michael II (Blanket)

CUSTODY UPDATE: Today's custody hearing is on hold due to discussions of Janet or sister Rebbie helping to raise Michael's children.

BY THE NUMBERS prt deux

By Janessa Wilson



After an entire lifetime of feeling "big", "chubby", "chunky", "obese" and just plain ol' "fat", here I was, at the other end of the spectrum. I had far surpassed my goal weight of 145 lbs, dropping all the way to 122, and getting stuck there. For the first time in my conscious existence, food held very little appeal for me. I was feeding my daughters well, with all organic produce, hormone-free milk and antibiotic-free meat, cage-free eggs, shopping at the Park Slope Food Co-op and serving completely balanced meals and snacks; but more than a bite or two of each dish was all that I could stomach.

For many of us struggling with weight and body-image issues, there is a voice that we carry with us, speaking, nagging, condemning, criticizing and hurting; it is our mother's voice. From about the age of 9, my mother had told me, in no uncertain terms, that if I didn't lose weight, I would never have friends, much less a boyfriend. She begged, pleaded and bribed me to shed the few extra pounds I carried in elementary, middle and high school, to no avail. And the misery that she inflicted through all of my 20s, or rather "200s", was not just a voice in my head, but over the phone, and up close and personal. But now, decades later, she had a new critique: I must be anorexic or bulimic, and she insisted that I "get help" lest it affect my own daughters. So much for pleasing mom! True, I was extremely thin, but never felt

any compulsion to lose more, and I certainly was not bingeing or purging. I was just stressed, exercising a good deal, and not very focused on food.

Again, I had to get real to get to where I needed to be. Realizing that I needed to put a few pounds back on was the most bizarre and ironic fact to contemplate. Never once in 30+ years had it ever occurred to me that I would ever need to gain an ounce! It became a struggle in a very different way than the weight loss had been. All of those decades of "dieting" programming made the idea of putting weight on completely antithetical to every molecule of my DNA. At first, I was as unsuccessful at gaining as I had been at losing; and again, my mother became an unwitting participant in this part of the process. As a pre-teen in the 50s, she had been slim at a time when curves were still desirable. Just as she had insisted that the "right" body would solve all of my problems, her mother had been a similar voice in her head, albeit insisting on a very different version of beauty. Every day for months, my grandmother forced my mother to have a lamb chop and malted milkshake breakfast, to give her the figure that she thought would serve her daughter well.

Needless to say, I did not choose the chop-n-shake route, but I did manage to find a better balance. I was adjusting to being a single mom, feeling stronger and more comfortable in my own skin (though it was a little saggy!) and able to really focus on myself. I felt too skinny, and without surgery, knew the only way to plump up all my extra skin was with a little more flesh underneath it. This time, my goal became 130lbs. How hard could it be to gain eight pounds? I began really

sitting down and eating three meals, however small; and added in two snacks to boot. Of course as my stress level declined, and I was actually able to enjoy the smells and tastes and textures of food again, those eight pounds soon turned into eighteen. Instead of 130, I had hit 140 and was creeping up beyond that. Like horror stories of lottery winners who ended up in worse financial shape than before they won, I knew the statistics that most people who lose weight, particularly large amounts, tended to bounce back up, and even exceed their former top weight, sometimes by dozens or even hundreds, of pounds.

It was just at this crucial juncture that disaster struck. Determined to find my balance, I intensified my workouts with Tanya, adding in a few miles of running a couple times a week as well. It was clear to me that whatever clothing size I might be, it all looks better when you are tight and toned. No matter what number the scale said, all I really wanted was to be strong. And then my body mutinied! A little lower back pain, and a tingle down my leg, preceded a fully blown disc, between L4 and L5, in spinal medicine terms. Excruciating low back pain, for the lay person. It was not simply that I could no longer work out. I could not move.

Next: It's not just about the skinny

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*pp (per person)

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NU (Intro) Group 5 or more pp: \$25

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MICHAEL in his own words... TV interviews

Michael and Family

A friend sent me an Unauthorized clip of Michael and his sister LaToya just being family. After watching it I got to thinking maybe I should look for other clips on YouTube that might give people a *snapshot* of who the **man** and **artist** was. We can agree we don't all have to coombya about him but maybe you might find something within what you hear or see that might resonate with you, personally. How would you fair under such pressure and scrutiny? My humble ala' opinionowneey--many folks have buckled far more under far less.

As child in Gary, Indiana and Why he ultimately does what does...

<http://www.youtube.com/watch?v=-6IzRz1pD6M&feature=Playlist&p=26D3432A8B17A4FF&index=14>

Original Audition for Motown

<http://www.youtube.com/watch?v=Ux3joe0GdTA&feature=related>

Jackson 5 Who's Lovin' You on Ed Sullivan Show

http://www.youtube.com/watch?v=Xk1asX_sHRk

30
YRS LATER!
<http://www.youtube.com/watch?>

MJ sharing video of his family down South (Chile', see at the end of the day allllll our people from the south! 8-)

<http://www.youtube.com/watch?v=qergecgMmaY&feature=Playlist&p=26D3432A8B17A4FF&index=21>

Michael's Mother Katherine speaks about the allegations and Home Movie Clip of 2 of his children Prince and Paris
http://www.youtube.com/watch?v=xA_WT7UMYjw

Michael on his father Joe and the abuse
http://www.youtube.com/watch?v=vHn_NSY-TM4

His talent and inspiration

Quincy Jones on Michael Jackson's talent, his impact on MTV and their work together.
<http://www.youtube.com/watch?v=A9zGxvV3nAk>

MJ's Tribute to Sammy Davis Junior
<http://www.youtube.com/watch?v=UfxCe2mfAEk&NR=1>

MJ's Tribute to his icon James Brown
<http://www.youtube.com/watch?v=UeFUvW5YlnQ&NR=1&feature=fvwp>

MJ speaking on how he creates, sister Janet and his friendship with Princess Diana
<http://www.youtube.com/watch?v=csATILWkwg8&feature=Playlist&p=26D3432A8B17A4FF&index=20>

On his skin condition Vitiligo
<http://www.youtube.com/watch?v=X7F3calBvRY>

MJ and Lisa Marie Presley (addressing the marriage and allegations)
<http://www.youtube.com/watch?v=pamQXQzJbc>

<http://www.youtube.com/watch?v=0L33VBSPsUE&feature=Playlist&p=BD261EDCAD0DBCf1&playnext=1&playnextfrom=PL&index=101>

MAN IN THE MIRROR
Performed By
Luther Vandross, Usher,

<http://www.youtube.com/watch?v=1pXxoYviXeY&NR=1>

TODAY show interview about EBONY's Celebration of Michael's 25th Anniversary of THRILLER

<http://www.youtube.com/watch?v=Og75-afQtA8&NR=1>

MICHAEL JACKSON Public Memorial Service

Tuesday, July 7, 2009, 10am
STAPLES Center, Los Angeles, California



A
PERSONAL
ACCOUNT OF
MICHAEL
JACKSON'S PUBLIC
MEMORIAL

Paris says
Goodbye to her
FATHER

<http://www.youtube.com/watch?v=f8pqyNFxkl>

Heartbreaking **Teddy Riley** (MJ's
Record Producer) Interview with CNN's
Don Lemon on 6/27/09

<http://www.youtube.com/watch?v=0EfyFm5L4ZY&feature=related>

Spike Lee on Michael with Katie Couric

<http://www.youtube.com/watch?v=POjJrOooh1Q&NR=1>

Janet Speaks About Michael at BET
Awards

<http://www.youtube.com/watch?v=k2ClJli32mY&feature=channel>

A
friend
of mine
had a
friend who
actually attended
the funeral and
permitted me to include her personal
pictures of the Celebration of Michael's Life. Thank You for
allowing me the opportunity to do so.

<http://www.flickr.com/photos/luxvesperis/sets/72157621029720189>

A MILLION Thank You's go out to
LuxVesperis on Flickr. I personally couldn't
have sat through the service but so much
appreciate you allowing me the privilege of
sharing it with the TNM community.

**TRIBUTE TO
HIS LIFE**

[http://
www.youtube.com/
watch?](http://www.youtube.com/watch?)

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FINAL WORD

JUST A THOUGHT

By Tanya Fly

I'm starting with the **Man In the Mirror**. I'm asking him to change *his* ways and no message can have been any clearer:

If you want to make the world a better place take a look at yourself and make a change!

Michael Jackson~



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