

Ruth Anne Wood

&

Stash Serafin

Thriving Artist Press

## **You Can't Get It 'Cause You've Already Got It!**

*A Blind Figure Skater's and Visionary Writer's  
Inspirational Guide to Moving Through Life*

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Three minute B roll <http://www.youtube.com/watch?v=xQgZ9rQEw80>

## Stash Serafin's Bio



Stash Serafin Skating



### *About the Authors*

**Stash Serafin** is a renowned blind figure skater, in a class of his own, who has performed in shows with Olympic skaters and has work closely with nearly a dozen world-class figure skating coaches since 1968. Creator of Serafin Sensitivity Skating Skills, he teaches athletes from beginner to world-class how to move quicker with more power, accuracy and safety. He lives with his family outside Philadelphia, PA.

- Good Morning America, summer of 1979
- PM Magazine, sometime in 1979
- That's Incredible, (TV) 1982
- local TV shows, AM Philadelphia, 1981
- Ten Around Town, 1978
- appeared on local Fox 1989
- Karney Willson show, 1996, 1975,
- Exhibition Deaf Olympics Lake Placid, PBS
- Radio, WCAU AM twelve-ten, 1981,
- Several appearances WWDB talk radio FM on Yvonne Kaye show 1983, 1985
- Guest On Added Dimensions- metaphysical show hosted by Margaret Mohr
- WBUX local AM station 1985, 1987
- Carol Saleen show in 1987 talk 900
- Philadelphia morning show
- Several newspaper articles; Philadelphia Inquire, a few, USFSA skating magazine 1977

## Ruth Anne Wood's Bio

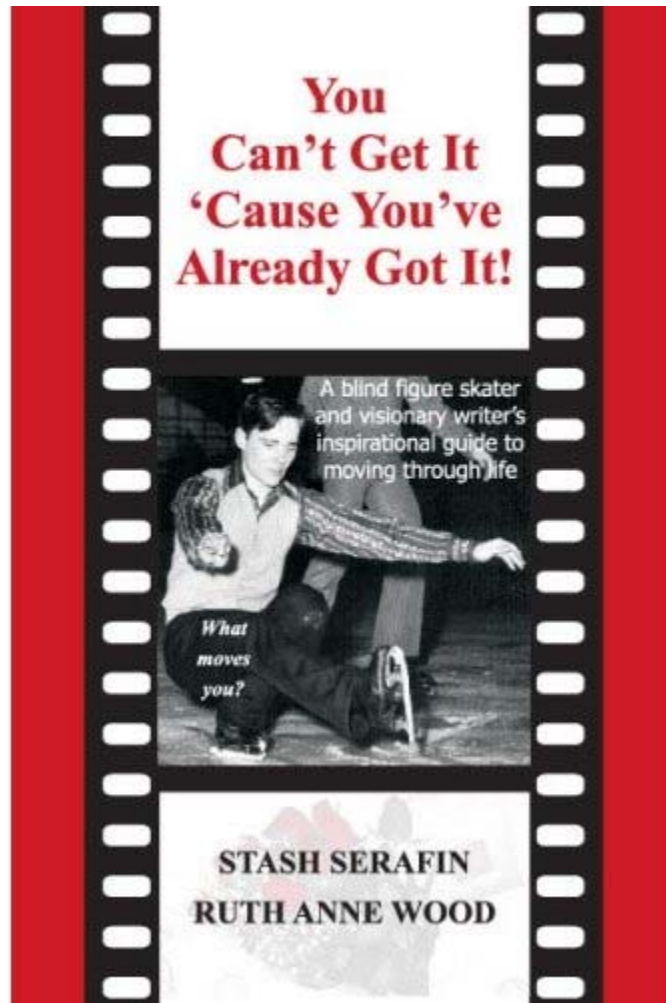


**Ruth Anne Wood** RUTH ANNE WOOD (RAW) is founder of Scripting for Success TM, a proven step-by-step goal setting and achievement company that helps high achieving go-getters use comedy writing, goal achieving business plans, pr, fairy tales, action lists and mind movies to set and achieve goals and turn adversities into profitable adventures in record time... guaranteed. She offers free. weekly articles complete with easy to follow action steps. designed to hone your skills and appreciation for Enlightened Comedy and setting measurable goals and your "impossible dreams" in record time.

### Projects:

- Editor of: Abundant Magical Lives; Insights for Passionate People
- Advisor for Centrifuge Museum design in Johnsville, PA where Apollo Project took place
- Script Advisor for Ghost Hunting reality show in production
- Wrote, Directed and Produced “The Table” A Comedy on Massage for Philly Fringe ‘07
- Director of Thriving Artist Press- publisher of inspirational stories
- Publishing books for 501c3 Twilight Wish that honors senior and makes dreams come true
- Conducts tele-classes, seminars, retreats to help high achieving professional use comedy, play, script writing, theater to create a life they love. “Get Your Dreams Out of the Drawer”
- Raising Funds and Awareness for Leader Dogs for the Blind with Stash and Ruth’s book.

## Front Cover



Media Press Kit ©2009 \* Ruth Anne Wood, Doylestown, PA \* 215-872-5035 \* [Ruth@ScriptingforSuccess.com](mailto:Ruth@ScriptingforSuccess.com)

## Back Cover

What can two massage therapists teach you about getting everything you want by moving with ease and joy through life? Meet Stash Serafin, who has skated in shows and worked with a dozen world-class figure skaters for over 30 years despite being blind since infancy. How did he do it? Through his Serafin Sensitivity Skills™-a body awareness method that has helped beginner and pro athletes prevent costly injuries and move with greater ease, power and grace on and off the ice. Stash's coauthor Ruth Anne Wood is a playwright and the founder of Scripting for Success™-a coaching process that uses body awareness and inspirational stories to help her clients recognize and direct ease, joy and fulfillment already present in their lives. Together Ruth and Stash teach the joy of scripting and skating through life.

### PEEK INSIDE...

**Spiritual Beings:** Tired of the pain of trying to fix others? Focus on what feels good. Be an inspiration. Live your passion. Get your success map on page 33.

**Romantics:** Attract and keep the love you want from slipping through your fingers. Get help on page 26.

**Athletes:** Prevent costly injuries. Move with confidence, grace and power. Pages 35, 69 access the body's genius.

**Media:** Eavesdrop on what fans are saying about the blind figure skater and visionary writer on pages 86-98.

## *Kudos*

On page 123 of **Dorothy Hamill's** 2007 book: *A Skating Life: My Story* Dorothy says, "I was moved to tears by **Stash's** courageous performance."

**"The Coaches Coach", Terri Levine, says** this about Stash's autobiographical book, *"You Can't Get It 'Cause You've Already Got It!"* is inspirational and entertaining. You will be immersed in the life of Stash Serafin and be rewarded with a deeper understanding of your life and yourself. Masterfully written."

## Interview Topics For Stash Serafin, Sensitive Skating Coach

### Talking Points

1. How to move with greater ease, power, grace and safety
2. What creates friction and pain
3. How to deal with the daily obstacles of being a blind figure skater
4. How can the lessons of conscious movement be utilized in your life
5. Advantages of focusing on what is comfortable, easy and effortless rather than *no pain, no gain*.

1. HOST: What are some of the biggest challenges you've faced as a blind figure skater?

1. STASH:

- Asking for rides to and from the rink.
- Learning how translate instructions given for sighted skaters.
- Finding my center of gravity so I wouldn't fall on my face.
- Overcoming the Pro skating arena judging me on the limitations of my handicap rather than my accomplishments, strengths and merit.
- Learning to feel where to place my arms or legs during spins or jumps

(Suggestion: An entire show can be done one the first question alone.)

(Possible documentary: How skating/ movement improves with Scripting for Success™)

2. HOST: Stash, you've developed something called Serafin Sensitivity Skating Skills™ which helps you and your students move with greater ease and safety. How are you and your students able to achieve more grace, speed and accuracy, without breaking into a sweat?

2. STASH: Traditionally sighted skaters learn new moves by watching the instructor and trying to mimic the big movement all at once. This creates a lot of friction and wears down the athlete more quickly. Also what tends to happens is the student isn't able to train their muscles, tendons and bones immediately to respond to the new move correctly so they tend to get exhausted quicker trying to do the right move or worse end up with something sprained or injured.

3. HOST: What is the core of your Serafin Sensitivity Skating Skills™?

3. STASH: The training I teach through Serafin Sensitivity Skating Skills™ for beginners or world class athletes is the same. The power and effectiveness of the techniques is that it instills confidence and ease in the skater from day one as students are trained to notice what feels good on the inside which acts as an internal barometer of how to move correctly.

4. HOST: I imagine this saves the student and instructor time and unnecessary frustration down the road, as long as the skater takes the time to learn how the routine should feel rather than just try to mimic what the instructor looks like.

4. STASH: Exactly. When the student learns to tune into every fiber of his or her body every step of the way, at first the tiny movements seem almost imperceptible as their skates, body posture or arms gradually make bigger, broader, more impressive movements. The biggest complaint I've gotten from advanced skaters over the years are, "Your techniques are too easy." "I don't have to work at it." Unfortunately a couple of those skaters who have gone on to study with other coaches forgot to stay connected to the movements that felt good and build the movement from the inside out. Later I heard of some of their unfortunate injuries trying to force a move that set them back in their careers.

5. HOST: *Got It!* compares learning a new skating exercise to practicing a challenging new piece on the piano.

5. STASH: One of my piano teachers growing up would instruct me to play each note so slowly that you couldn't recognize the melody. It seemed so tedious and boring at first, but by making sure I played each note correctly before speeding up the piece, I soon discovered I learned the song in less time than the times I tried to muddle through the notes quickly, the first time I attempted the song.

The same is true about learning new steps on the ice. Learning to sense if the tiny movements feel good before expanding them to something the rest of the world can see, is the best way I know to move safely, gracefully and powerfully on the ice.

6. HOST: "You have to feel it to believe it." In essence you are a magician turning tiny invisible movements of your skates gradually into larger, more powerful jumps and spins, by training the body to move on the basis of what feels good on the inside first before doing broad movements that try to look good on to the outside.

6. STASH: Sure, they do look good to the outside when the movement feels good from the inside.

7. HOST: Do you believe Serafin Sensitivity Skating Skills™ could have vast applications for other athletic and physical endeavors besides skating?

7. STASH: Absolutely! Consider the impact of the athletic world if dancers, cyclists, gymnasts, soccer players, football players, cheer leaders, etc. were taught in little league or early on in their training to allow that extra moment to assess how their bodies feel in space. They could quickly feel if their muscles, tendons and joints were moving in harmony or if something was off in their body that caused too much pain or friction.

8. HOST: This could potentially add years to the athlete's ability to perform well in their career. Perfecting their internal awareness could also give them an edge over their competitors.

8. STASH: It sure would. Also consider the untold millions of dollars competitors and sports teams spend on fixing and replacing athletes on account of hasty moves that may lead to broken bones, being out of commission, rehab on the account of sprained ankles, torn ligaments or broken bones.

9. HOST: So Serafin Sensitivity Skating Skills™ could actually boost the profits and minimalize the financial hardships of amateur and pro athletes from little league to Pro sports.

9. STASH: Sounds like you're onto something, Coach.

10. HOST: We often hear the phrase, "No pain. No gain." Do you believe pain is a sure sign we are NOT moving the most efficiently or safely?

10. STASH: I'm glad you brought that up. In my experience, friction and pain is a sure sign we are moving our bodies incorrectly, or it wouldn't hurt.

11. HOST: You're a big fan of the words; "Easy", "Effortless" and "Comfortable" How do you know when you are moving your body in ways that create ease, efficiency and comfort?

11. STASH: Wow, what a great question. I guarantee that you are on the right tract to moving your body with more safety, ease and awareness if you begin to experience more lightness in the body. This can be detected with a calm floating sensation in the joints, muscles and general well being. It's great when my students "get it" and their confidence soars.

12. HOST: How does that work?

12. STASH: By being gentle and paying attention to the little spots in and around the pain. It's just like listening to co-workers that don't agree with you. You can either generate more friction by arguing with them or start paying attention to the points that you do agree with or feel good talking about. The same is true with the nagging pain in parts of your body. Notice, do you have any pain now? Start to notice the floating spot around the pain as if it were a tiny bubble that feels fine. Soon you may notice an opening for you to now feel softer more soothing feelings.

13. HOST: Give some examples of unnecessary friction that people tend to put up, you know, resistance that leads to more pain down the road.

13. STASH: Phrases such as, "My knee hurts," "I'm going to muscle my way through it anyway," "I could never do that." This only builds up the resistance and ignores the parts of ourselves where we are capable, talented, resourceful, happy, healthy, smart and loving to ourselves. Communication with your body isn't any different than talking with other people. If you are rough and gruff with yourself, your body will reply accordingly.

14. HOST: It's like trying to walk through the wall even though you know there is a doorway two steps to your right.

14. STASH: Exactly. You know we've all done that in one form or another.

15. HOST: You haven't always been such a sensitive skater. *Got It* describes a real shift in the way you skated after you began your voracious study of massage therapy from Craniosacral and Alexander Technique to T'ai Chi. This gave you a sensitivity you didn't have when you first performed in major skating shows from 1975 through 1983 including the Jimmy Fund Show now called an Evening with Champions. I want to read and excerpt of that time:

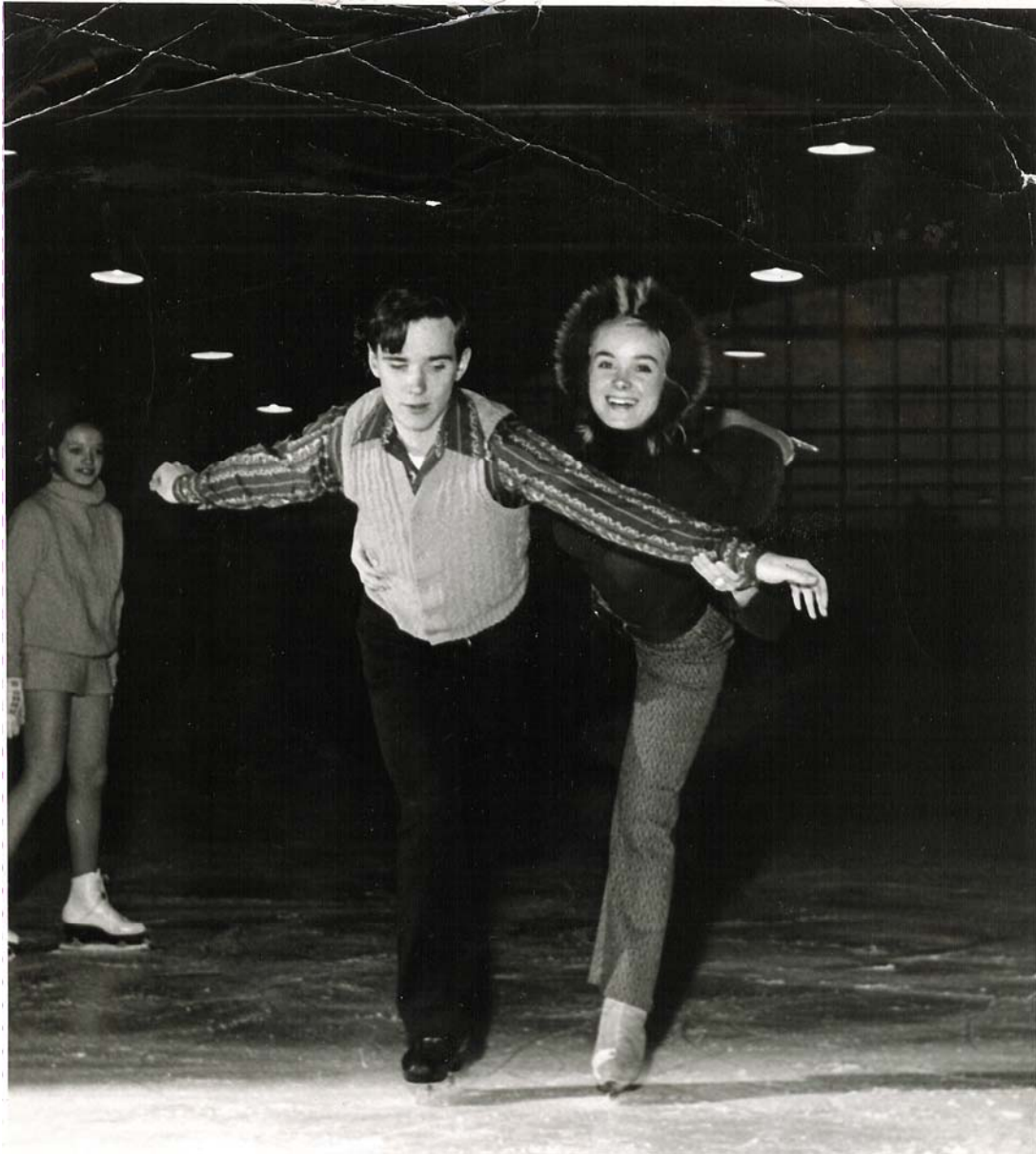
*I'm convinced, timing is everything. Years ago my burning desire was to be recognized as a world class skater. If I would have forced myself to land triple jumps then, because everybody else in my skating group was doing them, I might have had broken ankles or even have an injured spine and pelvis. Little did I know how timely my massage courses would play a huge part in the bigger picture. With the soft, gentle palpating skills, which helped me acknowledge all the subtle and not so subtle layers of our physical and energetic bodies, I was in essence brailing myself from the inside out. Now, thirty year later this profound understanding helps me land jumps with sensitivity, ease and grace, contrary to the sensation I use to feel of being in a cement block or cage even when I skated shows with world class athletes.*

*Somewhere inside I knew I was a fluid sensitive skater but didn't have the skills to chip away at the graceful David and master skater inside. Then one day the marble block that housed my sensitivity to movement appeared as tiny holes and pin pricks in my awareness. Gradually these spaces started to breath and the physical block I had experienced for so many years changed texture more like silly putty and finally molasses.*

16. To recap, how do we move with greater awareness, ease and safety?

16. STASH:

- Do smaller movements first
- Expand your movement or actions once what you are doing feels good
- Don't be obsessed with what looks good only what feels good.
- If it doesn't feel good, try something until it does.



Stash Sarafin skating with Uschi Keszler (Former German National Champion 60's)

## Interview Topics

### For Ruth Anne Wood, Wellness Facilitator

#### Talking Points

1. What are some examples of your clients achieving “impossible goals” by writing far fetched stories, comedy sketches, fairytales about the career, romantic relationship, car, home they wanted?
2. Why are you on a quest to find “Enlightened Comics and why do you find it so therapeutic to write daily comedy sketches or humorous insights on your blog <http://write-funny-jokes-for-comedians.blogspot.com/>?
3. How do you use words, headlines and stories to shape the direction of your personal life?
4. How to clarify your desires and rise above limiting beliefs about yourself and others?
5. How to harness physical challenges and setbacks as a compass for health and happiness?

1. HOST: What changes were occurring in your life that helped you really understand how your co-author Stash, a blind figure skater was able to sense his body and the space around him on and off the ice that you didn't "get" when you first offered to help him tell his story?

1. RUTH: The timing to explore Stash's insight into the mechanics of movement was perfect in my life. I was finally getting treatments from an awesome chiropractor (that is in the process of straightening my spine). For the first time, I was addressing a childhood challenge that caused severe physical and emotional stress. With each weekly adjustment which I started eight weeks before my wedding, the parts of me that could turn off or ignore most of the painful and unfortunately pleasurable sensations in my body were being reawakened. I became acutely aware of the space in and around my body and how I was moving in new and unfamiliar positions. I had unsuccessfully been to numerous doctors and chiropractor since sixth grade who were convinced surgery was the best solution. I however knew enough as a massage therapist that replacing the cartilage between my spine with a metal rod wouldn't necessarily free me from the emotional blocks and stress that kept my body stuck. This ongoing process of discovering the new, vital me, has made me able to relate better to Stash's teachings, paying attention to what feels good with every movement.

2. HOST: Ruth, you've developed a unique three part system to help people achieve, productive, satisfying lives. By interviewing clients on "what's working in life" instead of wasting time focusing on the problems at hand, you and your clients are able to discover key elements to their success. Then these positive desires and patterns in their life are crafted into various models or roadmaps for personal and group success to achieve measurable life changing results. How did a childhood love of story telling and inventing characters for original stories and screen plays lead to a career of helping people overcome emotional blocks and gathering the insight and resources key to fulfill their goals?

2. RUTH: I noticed that the stories I wrote about having positive things I wanted in my life such as a soul mate, new home and travel adventures all came true. At first I wanted to help my massage clients experience the same kind of results I did. Over the years these tools have been fine tuned so that I can help others attract what they want. I have a very diverse clientele of vibrant, open minded people who love scripting their life.

3. HOST: I want to read from *Got It!* about the day you were first publicly recognized for your visionary writing:

*The first time I remember being outwardly acknowledged for my ability to write something down and experience the events unfold in my daily life as if I was the director of my life was in my ninth grade English/Science class when my favorite school teacher of all times Steve Lamm, dubbed me “The Writer of Our Lives” when what I wrote in my English journal manifested a couple days later in Science lab. Mr. Lamm later reported being the teacher in my story where the teacher and female student were aware that the whole class had achieved a leap of academic and practical understanding when none of the other students “got it!”*

*Steve caught himself uttering the very words the teacher in my journal had said when overnight all lab partners figured out how to fill the walls of a glass flask with a balloon and straw so the balloon inside fit like a glove. Do you know how to use a glass flask, drinking straw and your mouth in such a way that inflates the rubber party balloon to conform to the sides of the flask? My classmates and I were the monkeys in the scientific phenomenon named ‘Monkey 99’ who suddenly got how to do the experiment moments apart from each other even though everyone struggled the day before to make the assignment to work.*

4. HOST: What proof do you have that your life and stories are intertwined?

4. RUTH: In high school I had written about vivid female characters that were doing things I wanted to do someday including; go hang gliding, travel on a sailing trip around the world, meet my soul mate and other life pursuits. A couple of years after these stories were first jotted down in my note book; my grandmother unrepentantly invited me on a trip of a life time. She and I went on a cruise to Indonesia for twenty days, just after completing high school in the winter of '94.

4b. HOST: That's pretty significant. What else happened after you wrote your stories?

4b. RUTH: Major parts in my screenplay, "Colored Glasses" also came true. Just like my character August, I too got to experience the thrill of hang gliding with an instructor 1500 feet above the Outer Banks, running along the sand dunes of Kitty Hawk North Carolina where the Wright Brother's first flew and the last time I flew down the base of the rocky slopes of Albuquerque, New Mexico.

5. HOST: Your life also echoes your stage play, "Circle of Self" when at age nineteen you went on what Joseph Campbell calls a hero's journey or rites of passage, when your spontaneous month trip out west with a friend turned into a back packing adventure to Boise, Idaho and Sacramento, California that included an unexpected visit to Hawaii for nine months.

5. RUTH: Yes, it was this time right after high school that set in motion a lot of beliefs and values I hold dear today. For example I had the opportunity to switch from volunteering with friends from my relatively safe suburban neighborhood to standing on the receiving end of soup kitchens, being grateful for Hara Krishnas meals in the park, homeless shelters that required a sermon before partaking meals and sleeping a couple nights on the beach or in a park. I also relied heavily on the kindness of strangers.

5b. HOST: What was this time all about for you?

5b. RUTH: For me this was vacation from the private boarding school I went to in eighth and ninth grade, the financial luxuries my family had lovingly provided me over the years. Unlike the mothers who carried all her families' belongings with them in and out of the shelter everyday I knew this wasn't a permanent condition for me as a plane ticket back to Philadelphia was just a phone call away. It was testing the spiritual teachings I learned as I wanted to see what would happen if I really trusted a higher power. Could I really be at the right place at the right time?

5c. HOST: Talk more about the lessons of your trip.

5c. RUTH: I noticed when I had fear about scrounging up enough change for my next meal it took longer to eat. I remember one day my traveling companion and I found enough money for French bread, one tomato, and an avocado. As our new friend Pat from the Ozarks said, "That was some sandwich!" No sooner were our bellies full a car of friendly, like minded teenagers pulled up and invited us to be their guests for the weekend. It was fabulous. In essence I got more of what I already had.

On the trip, I also learned about my abilities as a natural healer as I helped a homeless man with insomnia and woman with MS be able to walk better with one crutch instead of two, after just one Shiatsu massage treatment from my Shiatsu training.

6. HOST: Why was it so important for you to get certified as a Shiatsu Massage Practitioner after you returned from you travels out west?

6. RUTH: I wanted to learn Shiatsu Massage, a tool that was so instrumental in helping me feel relief from childhood Scoliosis. I had been to a few doctors and clinics and Shiatsu was the first modality that took away the numbness and shooting pain in my back and arm. Later I was introduced to a yoga practice called "The Tibetans" or "Five Rites" that helped me feel relief from the inside out.

7. HOST: The first month you began the five rites in 2000, you kept a journal of how the five yoga postures toned your body and offered tremendous relief for your back. Something else very powerful was happening.

7. RUTH: Yes, a lady in her eighties from New Orleans, named Sophie Peterson was telling me her life story in the form of a screen play. She's a cross between the Oracle and Neo in the Matrix as she becomes younger over the course of ten years by doing the five rites. The question soon becomes what would you do if you had the wisdom of an eighty year old in the healthy, sexy body of a thirty year old?

8. HOST: You approached Stash about doing a book about his unique skating journey after he wrote an essay to your first on-line book, *Abundant Magical Lives, Insights for Passionate People*.

8. RUTH: Yes, Stash had sent me a word file of a book he had wrote in the early nineties. It was one giant paragraph that spanned over a hundred pages. At first it seemed a daunting task to edit his story. Over a year passed and then I was ready to work with him. We choose to start from scratch and tell his story much simpler.

9. HOST: As a massage therapist how did you make the connection between the health of one's body is connected to the health of one's story?

9. RUTH: When you feel your words, this is powerful and that is what opens your senses to what's wonderful and possible in your life. When you sense this power within you, this moves mountains and obstacles become opportunities. It's like a tapestry that you weave together with your favorite, image, colors, feelings and words.

I begin to recognize how our bodies store amazing stories of who we are. Often times I took on the role of bartender. Clients on the massage table would share familiar stories about their work stresses and relationship issues that seemed to compound as the weeks progressed. I also noticed that even though clients left my office feeling great including freedom from neck pain, their migraine headache was gone or the back problem they came in with felt considerably better. Yet they would come back a week or two later with the same sort of life complaints or stories that went hand and hand with the reoccurring aches and pains that left their body on the massage table. I began to wonder how their story was connected to their pain.

9b. HOST: This body, story connection became clearer to you in 1997, when you went to a Tuesday night drama class with your Mom.

9b. RUTH: We were spellbound by a man who, just by changing his body posture under the direction of his drama coach created a powerful monologue out of thin air, through an exercise called "Walk About".

9c. HOST: How did he do that?

9c. RUTH: It seems as though he took months of rehearsal to create this rich, layered character until Mom and I successfully duplicated this exercise that night over sushi. Right before my eyes, I suddenly witnessed my mom's transformation into a stunning French director. For a couple of years I shared this theatre exercise at parties with friends until one day I was invited to facilitate a workshop at a college event called, "A Day For All Women". Instead of teaching another massage or exercise class, I became enchanted with the question, "If changing our body posture could evoke powerful theatre characters right on the spot, what impact would it have on a person's life if this exercise could be used to access vital pieces of their true selves? Maybe it could even give us a window into their untapped potential, gifts, desires and passion?"

9d. HOST: So did your exercise provide the window you were hoping for?

9d. RUTH: Yes.

10. HOST: The reason Scripting for Success™ drums up so many satisfied participants is people are amazed at what happens when they stop focusing on the failures and breakdowns in their company, marriage, projects, etc and instead take a few minutes to quickly jot down their personal success stories and headlines as if they were on the other side of the wall.

10. RUTH: Sure. Scripting for Success™ is another tool for people to get clarity about who they are and what they desire in their relationships, career, home, toys, family and legacy. It's a personal users manual, a perfect picture and manifesto if you will of what your life would be like after all desired pieces are in place in specific areas of your personal or professional life.

10b. HOST: Scripting is also an effective tool to support your spiritual and personal practices. Since the beginning of human consciousness meditation and prayer have been used as a way to connect with a higher power and to gain access to the unlimited resources of the universe that are available to all of us. Unfortunately people can spend years without answered prayers. Where does Scripting for Success pick up where meditation and prayer leave off?

10b. RUTH: When people create and reread their Scripting for Success story or headline it's designed to immediately raise their vibration to the optimum meditative state that matches their desires. It's the place that allows joy, peace and desires to easily enter your experience.

10c. HOST: You talk about being your own media, writing your own success story and powerful headlines. What's the difference between affirmations, mantras, parables and your Scripting for Success stories and headlines?

10c. RUTH: Let me just say, anyone can write a negative script faster than a positive one. We are so good at coming up with negative what if' scripts because we are trained by thee media and commercials that something is wrong with the world or something is wrong with us.

In our society we are constantly bombarded with the media's view of reality. The wars, scandals, crimes, lawsuits and tragedies may have happened. Simultaneously marriages, peace agreements, graduations, reunions, discoveries, scientific breakthroughs and miracles have also occurred. Since our brains are so use to receiving and processing segments of current events in the form of news headlines, it makes it easier to pay attention to and filter opportunities that match our personal success when we first write our desired result as a headline. Then our subconscious thoughts will notice what we want more easily and we can access what's right in front of us.

11. HOST: There is something indescribably powerful and life affirming about having a coach that helps you design your success story and then helps you harness the qualities within you to make your dreams come true in fun, easy and creative ways. You've had great success teaching people "Scripting for Success" techniques. What is the value of working with a "Scripting for Success" coach after learning the tools you teach?

11. RUTH: One of my coaching clients was having trouble with her boyfriend and grown daughter who were asking her to cover their butt with alimony and rent. Once she wrote her headline: "Loving, Supportive Women Trusts In Her Loved One's Abilities to Manifest Their Own Resources Needed to Take Care of Themselves", her very next coaching session, she said, "Ruth, you won't believe what happened. I no longer have to worry about my boyfriend asking me to borrow \$700 to pay alimony every month to his ex-wife and step daughter because she just announced she's getting married in a month and my daughter's book illustrations are going to be used in a Disney project! Then my client said, "I guess I was getting in the way of their success."

12. HOST: Does scripting take courage?

12. RUTH: Absolutely, when you script your story the way you want it, the "shoulds" from the outside world no longer matter. These are the blocks the scripting what you want overcomes. This is where sensitivity leads to strength.

13. HOST: It was a pleasure exploring the nature of receiving and manifesting what you want in life through Scripting for Success. Thanks Ruth!

13. RUTH: It's my pleasure.

## Quiz

1. Which of the following two describe you today?

HAPPY BLADES/ HAPPY SCRIPTS- You are someone who generally feels good, gently senses life, goes with the flow, feels before you leap and sometimes is perceived as lazy because to others the way you skate OR SCRIPT through life looks so natural and easy. Or

HOSTEL BLADES/ HOSTILE SCRIPTS- You are someone who senses life intensely, at times with a lot of friction, and frustration. This is the kind of blade or script that tries to push itself too fast or too soon. As a result you get choppy movements, feedback that causes tension and stress in your body. In this state you are generally more prone to tension and injuries. You tend to be more concerned about how other's perceive you before taking the time to tune in to what feels good for you, before taking action.

2. Do you move the blades or do the blades move you or do you create your story or does your story control you?

3. Do you get stuck in the negativity or friction or do you notice the opportunities that come your way?

4. Are you stopped in your tracks or do you create your own path?

5. Do life challenges stir up your fears or summon your courage?

6. Do you blame other when life doesn't go your way or do you get centered and focus on what you want?

7. Do you use your own canvas or do you see someone else's and critique it wishing it was yours?

8. Which is easier; minding your own business or trying to manage someone else's?

9. Do you think a lot about fixing the world, or do you believe focusing on your personal choices is easier and will create the change you want to experience?

10. Do you put a lot of energy into what the media, world opinion and what others have to say or do you set in place values, goals and focuses that are pleasing to you?

10. Are you worried about losing what you have or are you generous with what you've got?

## Stash Serafin Testimonies

### Most Incredible Skater Ever to Put Blade to Ice

*My love affair with skating began years ago. The minute I stepped on the ice, the exhilaration was instantaneous, and I was hooked for life. What other sport combines beauty, grace, athletic ability, musical interpretation, and choreography, not to mention courage? There is also the added benefit of making friends with people from all walks of life. I have skated with artists, attorneys, ballet dancers, chaplains, CEOs, engineers, a judge, mathematicians, musicians, members of The Institute for Advanced Study, nurses, photographers, physicists, professors, pilots, professional baseball players, surgeons, teachers and writers, to name a few.*

*If it were not for skating, I might never have met Stash Serafin, whom I consider to be the most incredible skater ever to put blade to ice. Never having seen what skating looks like, he has nevertheless been able to learn mentally the technique of blade work and edges, as well as the kinetics of body movement, which is equally important, whether it applies to freestyle, ice dancing, or moves in the field. The courage to do jumps and spins on its own is quite remarkable. I have seen him do programs in front of large audiences and bring down the house with his performances. He has received standing ovations from the Russian Olympic coaches in several shows he appeared in.*

*My background, after high school, was to attend three art schools in New York City: the Traphagen School of Design, New York School of Design and The Art Students League. I worked in advertising art for several years, then married, moved to Princeton, NJ and became a housewife and mother. Occasionally, Lake Carnegie would freeze over and we bought skates and began skating as a family. If conditions were right, we would skate from Princeton to Kingston, (about 6 miles each way). That is when I really discovered the magic of skating. I joined the Princeton Skating Club in 1973, started lessons in ice dancing and never looked back. Ice dancing is also a challenge, but the delight you feel when you are gliding around the rink with a partner, and you know you did it right, is indescribable.*

*I took lessons and learned all the dances through the Gold Level but stopped dance tests at the Silver Level, since I wanted to learn all the dances, as opposed to spending a great deal of time perfecting one dance in order to test. My favorite group of skating friends is "The Seniors" like myself, who show up, no matter what the weather, sometimes skating on freezing cold rinks with aches, pains and other things of the sort because of the love we share for this marvelous sport. Stash is our guru, the leader of our pack. He has earned, and will always keep, our love and respect. Though I may not sometimes remember what I had for breakfast, I can still recall all of my skating friends, even those who have gone onto "The Great Skating Rink in the Sky". We will miss them. There are books with titles like *The Joy of Cooking* and *The Joy of Sex* but what we want is *The Joy of Skating* by Stash Serafin— I'll put in my order right now. Sincerely,  
Doris Richards*

## **A Man of Encouragement, Wisdom and Dedication**

*Thanks, in part, to Stash Serafin, figure skating is one of my passions. I met Stash on the ice in 1999 during a public skating session at my local rink. During the two-hour session, Stash staked his claim in the center of the ice rink and practiced his jumps, spins and moves over and over. I started to attend the public sessions several times a week and Stash was always there, pushing himself to improve. Everyone else in the rink, including me, busied themselves mostly with chatting with other skaters as they skated in a big, sloppy, counterclockwise circle, with nary a thought of the two edges borne by each of their skate blades. Week after week, I would watch Stash as he pushed himself to jump higher and to skate on deeper edges. I was intrigued by his work ethic on the ice. As the inevitable boredom of skating in a big circle set in, I began to wonder whether I could learn to execute some figures or moves on skates and sought out Stash's advice.*

*Without benefit of sight, Stash is keenly aware of body positioning in his skating. Consequently, he taught me to first ask how a move should feel, rather than how it should look. This novel approach to skating instruction inspired me to embrace the challenges of figure skating, and I know it is one of the reasons that I feel as if I am able to disappear within myself when I am on the ice. Thanks to Stash, skating has become a meditative exercise that has truly enriched my life. I am so grateful for the encouragement and advice I continue to receive from my friend--and inspiration! Debbie Mangus Kemp, Pharmacist/Lawyer*

### **Stash - A True Inspiration**

*How is that possible?" That was the only thing I thought of when I first saw Stash on the ice. How could someone learn to ice skate if they could not see? Well, that incredulous day was many years ago, and now it seems perfectly normal to watch Stash perform axels and Mohawks and spins.*

*Stash has had to learn to skate without the use of sight. He has had to create his own understanding of his space and how he moves through it. He does this by listening more acutely to the sounds he makes as well as to the sounds of the other skaters. He hears blades lightly caressing the ice or searing deeply into it. Direction, timing and absence of certain sounds all play an instructional part. Stash is also much more aware and sensitive to the movements of his body. Not just where his right or left leg may be at any moment, but what is actually happening. What muscles are working together or what automatic responses are resulting from a particular force? So not only is he able to perfect his moves on the ice, but by listening and explaining he is able to teach others as well. Stash has truly been an inspiration to me. He is patient, wise, helpful and caring, and I am deeply thankful for his friendship. -Mary Berube*

## **Spiritual**

*As he skates, Stash feels the ice, the air and the atmosphere in a way that is very special and extraordinarily unique. His expression of skating comes from deep within and has a spiritual quality about it that captures attention like none other. One cannot help but feel moved as they witness this man beautifully demonstrating his philosophy of life through the art of figure skating. He is pure, he is magical, he is Stash!*

-Karen Kaye

## **Sometimes I Forget He Can't See.**

*Stash is an amazing person. He is kind, generous and loving. He is an excellent skater and feels within how to execute his jumps, spins, etc. He has a lot of courage to skate at all. Even though he has never seen, he skates so well that people do not realize he doesn't have sight.*

*Stash is also talented piano player (this took a back seat when he learned to skate.) He feels a sense of freedom on the ice and has a lot of courage to attempt jumps, spins, etc. and land them correctly. He has psychic ability, and often his predictions are right on target. Stash has a remarkable memory and learns quickly. He has adapted so well that sometimes I forget he can't see. He has made me realize how special he is indeed. -With love from his mother, Kathryn Serafin*

## **Ruth Anne Wood's Testimonies**

### **I Implore You to Work With Ruth**

*Ruth takes the seeds of inspiration that her clients present; helps them find fertile soil in which to plant them; guides them to feed, water, nurture and fertilize them; and cheers along with them when they blossom into an exquisite garden. Her encouragement of my work as a writer has manifested a phenomenal harvest. In a six month time span, I have moved from writing for one publication to writing for seven publications as a free-lance journalist. Yahoo! She shares in the success of her clients like a proud parent would. I implore you to work with Ruth! You'll be thrilled with the results.* -Eddie Weinstein-Moser, Writer, Speaker, Interfaith Minister, Social Worker

### **Power to Change the World**

*Dear Ruth,*

*What we have accomplished in three months' time could take some people their whole lives. I am able to share my light with others to change the world in a positive and uplifting energetic manner and share God's hope with those who need it most, knowing it is through spiritual guidance. I accept all the goodness and plenty of it, without struggle, knowing that I am in the right place and connected to heaven and earth. Great job! Love, Cassy -Cass Forkin, Director of Twilight Wish Foundation*

### **The Sky Feels to Be the Limit**

*My coaching sessions with Ruth have been such a rewarding experience. I cannot begin to put into words how meaningful our sessions have been. First of all, Ruth has guided me in a very gentle, and nonjudgmental way to allow my true self to shine through all of my beliefs of limited thinking. I have been able to raise my vibrational awareness to beliefs that will serve me rather than squash my real potential and talents within myself. The sky feels to be the limit, maybe beyond the sky if I dare to dream, imagine and act in harmony with my true nature and my real self. Thank you, Ruth, for helping me to activate my resources and move beyond those hidden blocks that sabotage my real inner nature.* -Stash Serafin, Sensitivity Skating Coach™

### **Build On the Positive**

*Scripting for Success™ is the evolution of therapy. It builds on the positive instead of dissecting the negative. Ruth's direction and refinement of my focus brought me into my wildest dreams.* - Sarah Gray, BA, CMT

## **Ruth Is a Gifted Individual Who Skillfully Empowers Me**

*Ruth is a gifted individual who skillfully empowers me to live a life of fulfillment and joy. Ruth's incisive insight and clear and direct feedback allows me to develop clarity and the poise of mind necessary to manifest a higher kind of life. There are things one can do with a therapist to untangle the knots of the psyche- but Scripting for Success creates new threads of consciousness that are in the present to create a vibrant future based on one's individual thoughts, feelings, actions and efforts. -Diane B. Levitt, Writer, Mentor*

## **Are You Tired of “No Pain, No Gain”?**

*I am realizing through scripting that I can achieve goals and fulfill dreams without experiencing the concept “No pain, no gain”. I am reminded that I am the scripter and creator of my life and that I can access and pay attention to the positive energies and divine guidance always available for me, while inspiring others. Through the Scripting for Success program, I am able to open my perspective and my mind, giving me the awareness of what I want and what is important, rather than trying to please or change others. Within a week of my first scripting lesson, I realized I had the resources to fulfill a longtime dream, which I thought was only possible after I met certain personal and financial goals. By the way, the Jag is blue. Through scripting, you are able to create your life the way you want it by valuing and honoring your priorities. Period. -Nadja Newhall, The Facilitator of “Happily Ever After”*

## **Gift of Priceless Value**

*The experience of spending two hours with Ruth is almost indefinable. To create a future that I can live into that has all the passion, energy and foundation deep from within me is a gift of priceless value. Like an artist creating a masterpiece, her artistry with words chiseled away the excess leaving me as the master of my destiny, for all the world to see. Love, Richard -Richard Mac Farlane, Financial Investor & Coach*

## **Clarify What I Want in My Life**

*Thanks Ruth for helping me to clarify in such a positive way exactly what I want in my life.” (14 days later) There is so much abundance. I really feel in sync with the Universe. The Universe and I are flowing together. My needs and intentions are being met in the most unpredictable and fascinating ways! Love and blessings, Dan -Dan Harvey, PhD, College Professor*

**For workshops, talks, interviews, book signings, please contact:**

Ruth Anne Wood

&

Stash Serafin

Thriving Artist Press

**You Can't Get It  
'Cause You Already Got It!**

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