



Colleen Hoffman Smith

February Newsletter

Love From A Nourished Heart

I am taking time to learn how to receive and give from a nourished heart. Moving into the gift of each day and feed my soul. My one hand on my heart for receiving and my other hand out for giving...this is the balance of our humanity...to give from a nourished heart. I have seen how I have given from an empty tank and I am enjoying the process of filling myself up with fuel for my soul.

To participate in the flow of every moment of my life. To make healthy choices and live with my soul's longing.

I first had to let go of my guilt and shame. All the parts of me that didn't believe in myself. I had to face my blackness and the mask of my loving in the past.

The guilt and shame of how I have left the source of my own love within. I had to look into the eyes of my enemies and own my guilt. Not to make anyone guilty any longer and to feel the guilt of my past fully again.

Forgiveness opened the golden gates of paradise and peace.

Nourishing my heart meant I had to participate fully, even in the ordinary moments. Participating fully will only become my natural way of living when I have let go of my old perceptions and lies that keep me separated from the truth of who I am and that I am worthy of love.

I am aware that emotional suffering and struggle has lead me to the void where I can then participate in filling my own heart.

To sit and watch the snow fall and see the beauty of the day. To bundle up and experience fully, nature out of my front door. To feel the aliveness of my life and become present with each



breath. To breathe into my heart and find the joy as I move into each experience and join with grace...the divine beauty and comfort of this connection.

Once I create a new attitude and quality of life the energy that flows through me will support my wholeness.

To say "yes" when my self-doubt says "no" and to say "no" when my ego says "yes".

When I have a full heart, there is absolutely nothing more that I need because my love is burning from my center and my hands are stretched out from my nourished heart.

Nothing is more important than being a full participant in the evolution of my own soul. With a nourished heart I can contribute to the evolution of the soul of the world.

No control, no fear...

Total Faith...

Nourish yourself with love, health, peace and joy and support your process and practice daily.

The abundance of love within and your personal support will manifest an abundant and supportive life.

You are worthy.

Be the reflection of the abundant heart.

Happy Valentine's Day

A February Prayer

*I will open each day
like a precious prayer
Not taking any moment for granted
Love is worth experiencing fully
and from my heart I will
dance with my spirit
and my life.*

*Each day I enter the sacredness
of my heart and
feel the abundant love.*

Love and peace,

Colleen

Colleen Hoffman Smith is a Toronto-based author, inspirational guide, facilitator, and relationship expert and coach. Twelve years ago her life crashed...physically, emotionally, and financially. From this place she had nowhere else to go but inside, and this inward journey inspired her to create the most important life tool we could ever need to feel comfortable in our lives. The effectiveness of the Inner Workout program has changed the lives of thousands of people across North America, and through her books, audio programs, seminars, and workshops, Colleen continues to share how anyone can significantly improve his or her life!

Coming soon
Colleen's new book
The Inner Workout™ Is The Bridge To Possibilities

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