



Colleen Hoffman Smith

March Newsletter

THE CHANGE OF SEASONS

Harmony with the beat of your own heart.....

Change creates a new depth of consciousness and an opportunity to connect with another part of yourself.

Spring and summer used to be the only seasons that I felt joy and freedom! Over the years I have used every season to take me to the light and darkness of my emotions. I now have changed my mind and see each season as an incredible reflection of my wonderful life.



I finally understand the meaning of stress now that I have felt the calmness and peace of each day. To relax and let go of control and allow my heart to choose the way.

THIS IS MY CHANGE OF LIFE...

Where I have changed my mind about a lot of things, especially what is important to me.

MY FAMILY, MY FRIENDS, MY HEALTH AND MY PURPOSE...

...with authenticity, grace and truth.

Each day I try to live present as I breathe instead of running from one task to another.

When struggle moves into my experience...I stop...and feel...as I am directed to move inside to experience myself...slowly...creating a new opportunity for change.

Approaching my mid 50's brings to me my change of life, where I can share myself in the light of awareness and show up free of judgment.

Each day becomes a gift of awakened existence, unconditional love, playfulness, creativity and inspiration from the connection of worthiness and acceptance.

Every moment is embraced with gratefulness as I see my vulnerabilities and feel the strength of my spirit.

The change of the season brings new adventures and doorways to the new world.

This new world begins in your own heart...

The journey begins in this moment...as you change your mind.

Love and peace,

Colleen



Congratulations to my friend and assistant Bettina Mann who will be joining her Beloved Peter Goodwin in the union of marriage Saturday April 5.

It has been so wonderful to see their Beloved relationship unfold. We are so happy for them and celebrate their love.



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!

You're Invited

My friend Carolyn Ellis is hosting an event to screen the new movie The Moses Code. Take a look at the website and let her know if you would like to go.

The Moses Code ---

Information about the dates Carolyn is hosting and tickets can be found at www.thriveprinciples.com

The Moses Code movie site is www.themosescode.com

Please feel free to share this info with anyone you know who might be interested in being a part of this event

On April 6 there will be a worldwide prayer vigil of people activating the Moses Code and directing the energy towards healing in the Middle East.

Coming soon

Colleen's new book

The Inner Workout™ Is The Bridge To Possibilities

[Click here](#) to find out how an Inner Workout Coach™ can help you to a healthier life in mind, body and spirit.

For more information about The Inner Workout™ please visit:
<http://www.theinnerworkout.com/>