



Colleen Hoffman Smith

Happy Mother's Day!

Guide Your Family to Safe Waters

Take your family to the river of belief so that they can feel their own courage, strength and faith, believing in themselves and knowing who they are. When the waters become rough, show them they have their own personal tools... the awareness to take care of themselves. We can teach them to take responsibility by being responsible for our own pain. Our children are not responsible for our love or peace, they don't have to be our light just the reflection of love. It's too hard for them to make decisions to please us. As a young parent, with the struggles of financial and relationship issues, we are forced to either become numb searching for the golden ring or make a choice to become conscious as we quest for the deeper meaning of living in love and openness with our children and our family.

No one can turn that light switch on for us. Time and experiences of our youthful dreams can become the vision of what we need instead of who we are. Not knowing how else to achieve happiness, we become driven and forced outside of our hearts into our minds to capture the meaning of life.

The struggles and hard knocks of life are the wake up calls bringing us to the importance of being. How often have we said, "I wish I knew then what I know now".

It takes time for the presence of the heart and mind together to open us to the wisdom of the elders.

When I look into the eyes of my parents I can see the places in their life where they feel they have made a wrong choice, a mistake. I can also see in my parents' eyes the places where they have let go to be totally present with themselves and their family, letting go of all the things they thought were so important.

Each moment that I have shared with my parents in their critical years have been a test for me to look inside. Looking inside the family cave where the darkness lays sleeping and wake it up to healthier choices. Inspiring my children and knowing that each wrong turn on the journey was important, no mistake.

Our struggles can re-direct us

I have gone from thinking I know everything to knowing nothing in a matter of moments. I have gone from feeling strong to total weakness in one day. I have gone from peace to pain in a heartbeat. I have gone from wellness to illness in one breath. I've been taken to every crevice within my heart of love to every corner of darkness. It is all good. Every precious inch of it, I sit here inside me knowing that it is all for me. Not for me to preach or change anyone – it's for me to live differently inside my heart so that I can stand within the circle of my family without judgment or criticism. To do my best to uncover my own truth instead of looking for untruth in others. I can create the calm waters for my children to swim in and when the struggles of the rough waters take them under and turn them over, my love that is unconditional can embrace them like a life jacket, bringing them home to safety.

***Love is your inheritance
Don't throw it away***

Love and peace,

Colleen

This month's newsletter is an excerpt from Colleen's new book, *The Inner Workout Is The Bridge to Emotional Freedom*, coming soon.

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 Emotional Freedom

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