



*Colleen Hoffman Smith*

## January Newsletter

New Year's always excites me! When I look back on 2008 I feel so grateful for the support that I have received and the support I have given. I have learned over the years, as I take care of my own emotional body, physical body and spiritual self, that my supportive nature becomes so unconditional.

**The Inner Workout™** has been a daily supportive practice that has nourished my own heart; an exercise that helps me release any negativity that stops me from loving fully or creates barriers that close my heart. Fear, guilt, judgment, self-doubt, disappointment, hurts, loneliness, stress, anger or resentment keep me from being authentic or attractive.

Once I breakdown the walls of fear and self-hatred I can forgive and be compassionate and peaceful. Every person and each experience is the perfect gift to take me to awareness and more wisdom. My deeper understanding evolves out of the journey through my emotional pain body.

When I am emotionally free, I can live connected to my open heart and passionate spirit. My number one responsibility each day is to find the pathway beyond my past and present negative, emotional pain to the amazing space that is always waiting for me to connect to. In this place of emotional freedom I can attract and manifest everything I desire and deserve.

Peace is the gateway to my high vibration. Love and more Love will become the message of every word and each action. This is my New Year's resolution.....to continue to live with my purpose and intention for collective harmony and peace. It all starts with me and my healthy choices.

**The Inner Workout™ is the bridge to take me from ..... A to Be.....**

**From:**

Fear to *Love and Faith*

Grief to *Hope*

Anger and Resentment to *Forgiveness and Peace*

Loneliness to *Fulfillment*

Closed to *Open*

Hate to *Harmony*  
Illness to *Wellness*  
Uncertainty to *Clarity*  
Control to *Letting Go*  
Denial to *Awareness and Taking Responsibility*  
Challenges to *Opportunities*  
Deprivation and Lack to *Abundance*  
Conflicts to *Solutions*  
Unhealthy Communication to *Healthy Communication and Intimacy*  
Dysfunctional Relationships to *Loving Relationships*  
Anxiety to *Peace*  
Negativity to *Potential*  
Self-Hatred to *Self-Worth*  
Disrespect to *Respect*  
Lies to *Truth*  
Sadness to *Joy*  
Victim to *Gratitude*  
Judgment and Blame to *Compassion and Forgiveness*  
Disappointment to *Acceptance and Unconditional Love*

***For more information about The Inner Workout please visit***  
[www.howtotakecareofyouremotions.com](http://www.howtotakecareofyouremotions.com)

***And for a selection of Inner Workout Products***  
[www.theinnerworkout.com/Products.html](http://www.theinnerworkout.com/Products.html)

Last year, at our family Thanksgiving dinner, I had some personal time with our niece Michelle. Her complete joy and love of riding spills out when she talks about the horses and her experiences at the stable.

Over the years she has dedicated any spare time for her connection with horses. I remember Michelle as a child as she carried horse statues in her arms instead of dolls. She is quite the artist as she creates paintings and pictures of horses with a talent that has been exceptional.

Michelle proudly shared with me a photo gallery of pictures she had taken by a professional photographer. Amazing stills that connects the viewer to the spirit of the horse and Michelle's heart. I see in her a beloved connection to the horse...any horse...and her self-worth seems to strengthen right before your eyes.

Michelle has had a back health issue for the past few years and her relationship with horses has supported her emotionally and has created the posture that has strengthened her physically. Her

parents have supported her love of riding and this love has given her the courage to overcome her back problem. Michelle's love of horses overpowered her fear and self-doubt.

**There is only love and fear and it is up to us to allow fear to be acknowledged and released so that the love can become the healing and living force.**

I am so proud of Michelle and I look forward to witness her journey.

*Colleen*



Photo by Kerry Ould, [www.silverliningphoto.ca](http://www.silverliningphoto.ca)

Watch Colleen live on YouTube <http://www.youtube.com/watch?v=4T6dR2xmsgY>

For daily inspirations please visit <http://theinnerworkout.blogspot.com>

**Colleen Hoffman Smith** is an author, facilitator, emotional intuitive and developer of **The Inner Workout™** Program which she created as her emotional support system that transformed every aspect of her life. She has been sharing this powerful life practice for over 15 years through her *books, audio programs and monthly e-newsletter*, empowering others to experience a *life of unconditional love and peace that comes with emotional freedom*. Colleen has inspired many to take care of their emotional body in a healthy way, so that they live their lives through an open and compassionate heart, connected to *all that they are*. She also facilitates seminars and workshops worldwide and has trained a team of coaches who can also provide one-on-one support.

***Have you done your Inner Workout today?***

***Clear your emotional weight***

**[www.theinnerworkout.com](http://www.theinnerworkout.com)**

