



## March Newsletter



*Colleen Hoffman Smith*

### **The Connection to your Mind, Body and Spirit can be your Lucky Charm**

When we are stuck in our life, not having the desire to grow or deepen with our mind, body or spirit, we may feel heavy with fear, facing financial or emotional struggle, health issues and spiritual confusion. This dark, deep hole seems impossible to get out of...the hell that keeps us from breathing in heavenly life.

We have many different aspects of our evolution and it is our free will that chooses where to go, how we live, when we create and what we manifest. What level of evolution are you in?

Neale Donald Walsch says that there are three aspects of self. *“To live single minded where you are connected to money, sex, power, fame, physical stimulation and financial gain. You can then move into dual minded experience when you broaden your concerns to include matters of the mind...companionship, creativity, stimulation of new thoughts, new ideas, creation of goals, new challenges and personal growth. And then you can grow into your three part being where you become balanced, your concerns including matters of the heart, spiritual identity, life purpose, relationship with God, path of evolution, spiritual growth, ultimate destiny. In this place you evolve with every aspect of your being and evolution doesn’t mean dropping some aspects, it means genuine appreciation of all aspects.”*

We choose how to live and move out of our hell.

As we grow and expand, getting to know all of the aspects of ourself, we then ultimately can make the choice. We design our own template and adopt the aspects that serve us fully, deepening our connection to the presence within.

When we feel the emotions from our wounded child and be with them until the feelings of self-doubt, fear, disappointment or anger dissolve...we open to a space that is very loving and

peaceful. No one can make this decision for us; no one can fix us or change us. We are the creators of our existence.

Travel to the deepest part of your soul and give to yourself each day, receiving unconditionally the opportunities to be free as you make the time to play and indulge in creativity and personal loving kindness. We are so busy doing for others or filling our time with duty.

Explore every aspect of yourself and make your way each day to your relationship with your heart. Fall in love and peace and then be it for your world. Expand with your personal growth and be aware of when you are shrinking. Make the choice to evolve through the struggle and lighten your heart as you get to know what is important for your soul's evolution. Grow as you appreciate all that you are. Take yourself to places of peace and comfort, be in silence and listen to the voice of your soul.

Today, I am at the Scandinave Spa in Collingwood, Ontario Canada...lots of snow, just above freezing temperatures. This incredible facility is set in the wooded landscape of trees near the Blue Mountain ski hills.

Relaxation with outdoor hot and cold mineral pools and waterfalls with a sauna and steam room. Meditation rooms create the inner silence that supports the energy of the body and emotional detoxification. Gentle music weaving through the stillness of human nature and Mother Nature. The beauty of this day sets a wonderful canvas for the insight from this space outside through the space inside me...embracing the words that create my teachings, my awareness, my own wisdom for my soul.

Time stops as I become connected to the presence of each sweet, delicious moment...here, I am not hungry...I am empty of negativity and I am full all at the same time, expanded with perfection of this truly magical moment.

I feel the balance of my soft feminine and the strength of my masculine energy. I know that I can create this experience each day when I move into this memory of every moment I have rested here in my heart. When I move away the clutter in my mind and connect with the silence of a moment, my breath has the opportunity to touch any emotion that may be rising up to the surface.

If I feel love or peace, this clarity heals and comforts me. If the feelings are uncomfortable, this moment is the perfect time to rest here and feel while I acknowledge the fear. We all desire connections and the first step is to connect here, inside. Close your eyes and breathe into the magnificent vision of you or another beyond the pain and remember the truth.

The past and present pain is an illusion taking you to the other side. You can't get there until you arrive here inside. In this place, your voice knows how to release as you take responsibility for your fear and self-doubt.

In this solitude, let your pain speak.  
Let go of the control that stops the flow.

Let go of the judgment that closes one's heart.  
Let go of the fear that shuts down your faith.  
Let go of the anger and resentment that can become the toxicity that keeps you from peace.  
Let go of guilt that stops you from feeling love.  
Let go of self-doubt that suffocates you.  
And once you have released the emotional pain, breathe into this space in you that becomes the healing center for your heart.

Move into the consciousness of your compassion and lift your spirit as you connect to your higher vibration. Stay here a while as this space becomes the sacred temple where the connection to the Goddess and Nobleman becomes alive.

Breathe Deeply...  
Connect with your Inner Beauty and feel your radiance...  
Stand here with the presence of forgiveness...  
Forgiving yourself and another.  
The love is in you...BE this  
Connection.

*The Inner Workout™ is my support system that takes me daily through any barriers that stop me from loving fully.*

*Colleen*

### Upcoming Events



We all desire open, connected and loving relationships...*Colleen* has created a wonderful life tool that can inspire us to create and sustain the loving relationships we desire to have. Please join Colleen for a **free tele-seminar on Wed. March 11<sup>th</sup>, 2009 at 9 pm EST** where she will be **joined by her husband Bruce** and together, they will share their experience of the **beloved connection** that they have enjoyed for 10 years. You are invited to listen with your partner, on your own or if you are currently single, as this call can inspire you to **find this beautiful beloved connection within yourself so that you can inspire your current relationship or empowered to attract the one you desire.**

For more information on Colleen and **The Inner Workout™** or to reserve your space on the call please visit [www.theinnerworkout.com/Events.html](http://www.theinnerworkout.com/Events.html)

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**The Fountain of Youth is Peace** *presented by Colleen Hoffman Smith at the*

**International Anti-Aging Show - Toronto**  
**Saturday April 4th - Main Stage 11 am**

**International Anti-Aging Show - Las Vegas**

May 30 - 31<sup>st</sup>

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**Last Call!!** Are you interested in becoming an Inner Workout Coach? Do you currently have a practice where using this technique could benefit your clients? Our deadline for applications for the Spring Certification is fast approaching. For more information or to reserve your spot please contact Jo-Anne Cutler at 905-569-8334 or [info@theinnerworkout.com](mailto:info@theinnerworkout.com)

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A variety of Inner Workout products are now available on **iamplify.com** with more to be added soon! Just follow the links on our product page! [www.theinnerworkout.com/Products.html](http://www.theinnerworkout.com/Products.html)

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

Watch Colleen live on YouTube

[http://www.youtube.com/results?search\\_type=&search\\_query=colleen+hoffman+smith&aq=f](http://www.youtube.com/results?search_type=&search_query=colleen+hoffman+smith&aq=f)

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)



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