



*Colleen Hoffman Smith*

## November Newsletter

### *A Test of Faith...A Dialogue with my Higher Self*

*Each of us has experienced disappointment and I would like to share with you my inner dialogue at a time when I was feeling self-doubt. My higher self spoke to me and guided me through to a healthier centered place. Next time you feel not good about yourself, feel disappointed or let down you can read through this dialogue to feel and heal.*

Sometimes we make plans because of someone else's commitment. Other times we believe what others tell us to be true and we find ourselves going down a path that we thought was the same as theirs. Suddenly from out of nowhere everything changes when the truth is revealed.

#### **What do I do now?**

*The shattering has occurred and I am left with feelings of disappointment, confusion, uncertainty, resentment and sadness.*

#### **How do I deal with my feelings?**

*Don't go into denial!!! At first I may say its okay, I am being re-directed; there is another plan that is better.*

#### **Great, now I am aware...What next?**

*The feelings start to rise up once I am out of my distractions of daily living. The truth is that when others don't follow through with a commitment or promise it hurts!!!*

#### **I had an expectation...didn't I?**

*It's good...I am feeling MY emotions....I am feeling MY disappointment.*

*I had an attachment because I believed in the commitment.*

#### **Now What?**

*I have to take responsibility again for putting my belief in another. Making a plan before the person delivered....assuming that they were going to follow through...  
Yes I assumed.*

### **How do I heal this pattern?**

*I have to take responsibility! I can go to my feelings again and again and clear them so that I can feel better about myself....*

### **How can I change this experience?**

*I have been taken to the alter of hope many times....just to be disappointed and let down.*

*No More...I say to myself...No More...Enough.*

*I have been wooed by words and by others enthusiasm. I am sure that in the moment of commitment they do mean what they say. But in that moment the reality is that they are words and words are not actions.*

### **I betrayed myself didn't I?**

*I betrayed myself when I believed in someone's words instead of myself.*

### **I want to go deeper! Why am I seduced by the other person's words so easily?**

*Because... sometimes the attachment to something is so strong that I create the experience to satisfy my need.*

### **What is my healthy choice?**

*I have to take care of my own needs and not depend on anyone to fill them. I have to believe in myself so fully that I can trust that I am taken care of and I don't need anyone to bring to me my happiness or success.*

### **Why am I disappointed?**

*My disappointment comes from my lack of faith and the fear that I will not succeed.*

*I have to believe so fully that my happiness and success is already here and I am supported ...to trust so fully that it is all coming to me constantly.*

*To trust that God and the Universe is continually listening and delivering to me as I take care of my needs.*

*The experience of disappointment brings me to my void...the place I feel abandoned, unloved, self doubt and fear....I acknowledge this deeply!!!*

### **Now that I took responsibility ...what next?**

*Once I release the negative feelings and thoughts that this person and experience has taken me to I can now open my heart.*

### **How do you feel now?**

*All I know now is that I am left with my own desires and needs....and it is up to me to stay committed to my own relationship with myself....to trust that I am supported because I support myself.*

*I will listen to the truth of my own heart.*

*I won't be disappointed when I stop waiting for some one else to make things happen to make me happy or successful.*

*I am the creator and God and the Universe supports my creativity.*

***Respond to life with the presence of your own heart!***

*Colleen*

**Colleen Hoffman Smith** is an author, facilitator 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 also facilitates seminars and workshops worldwide and has trained a team of **Inner Workout™ 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)

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

For Colleen's daily inspirational message please visit [www.theinnerworkout.blogspot.com](http://www.theinnerworkout.blogspot.com)

To receive Colleen's newsletter or blog directly please contact us:

[www.theinnerworkout.com/contact.html](http://www.theinnerworkout.com/contact.html)

## ***Coming Events***

**For further information or to register for any of the following events please [click here](#)**

***Wednesday Nov. 12<sup>th</sup> - Colleen will be a guest appearing on Rogers Cable 10 Mississauga***

Colleen was also recently selected as *Woman of the Day* by Women's Post  
<http://www.womenspost.ca/daily/colleen-hoffman-smith>

**The Inner Workout™ - Workshop – Wednesday Nov. 19, 2008 Kleinburg**

**The Inner Workout™ - Seminar – Tuesday Dec. 2, 2008- Mississauga**

**The Goddess Connection- Workshop- Sunday Dec. 7, 2008 Mississauga**

<http://www.theinnerworkout.com/Events.html>

*[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/>