



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

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

For Colleen's daily inspirational message please visit www.theinnerworkout.blogspot.com

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

www.theinnerworkout.com/contact.html

Coming Events

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

Wednesday Nov. 12th - 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/>