



Colleen Hoffman Smith

Happy Father's Day!

The sweet fragrance of spring has bloomed later this year as the blossoms and leaves burst into life. The beauty of nature reflects the birth of life in every moment as joy is birthed within our hearts...reminding us to live fully. Time to move into our day with trust and the awareness of the perfection of our life and gifts arriving each precious minute...designed just for us. Can we receive fully what is before us and allow our choices to be made from the heart. As Eckhart Tolle speaks, "live present in each moment with either acceptance, enjoyment or enthusiasm."

Just the other day I was driving up north to take my parents to their doctor's appointment. I was feeling so grateful that they were both doing well and thinking back to the last four summers where we have had medical emergencies spending most of our time with them in hospital and rehabilitation. My heart felt the joy of having extra time with each of them and I chuckled to myself, hearing my siblings all agree that Mom and Dad both have nine lives.



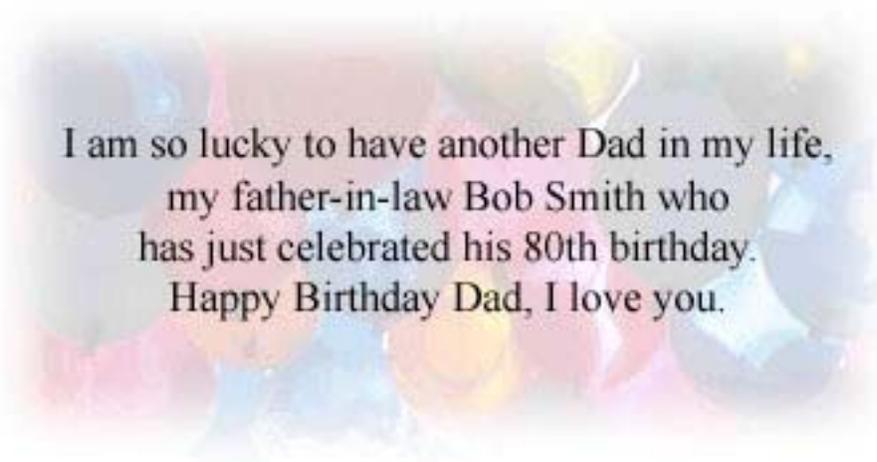
Dad was rushed to the hospital a few days ago with a stroke and today I sit beside his hospital bed and watch him in awe. How he fights for life...he has worked so hard for years to recover from each setback and again he joins with his spirit and incredible will to live. Even though the stroke has affected him, his humor and wonderful attitude along with his love for living has lifted him again to rise above the challenge.

At 82 years old he is in joy and acceptance and his inner strength is moving him over another hurdle. My heart expands with so much love for my Dad, he is such an inspiration and I am so proud of him. He is so grateful for every day and he never complains, he allows his challenges to take him to more life. I celebrate my Dad and every Dad.

*You hold a torch of light,
that lives fully in your heart.
This light shows us the way,
when we are in the dark.
Your love wraps around us,
like a warm blanket of peace.*

*This gift that you have always given
to your family,
now comes back to you.*

Sit here being fully present, allowing that which is negative to bring you to your true reality that is positively living in every moment...let life unfold for you and every choice will be for the good of all. Know the value of your life, because you bring your true value from within as every moment moves through your heart.



I am so lucky to have another Dad in my life,
my father-in-law Bob Smith who
has just celebrated his 80th birthday.
Happy Birthday Dad, I love you.

Love and peace,

Colleen

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
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The Inner Workout™
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