



Colleen Hoffman Smith

April Newsletter

It comes from Nowhere

The pain is screaming in my back, between my shoulder blades. I feel like my back is broken. The hurtful area is in the back of my heart chakra. I know there are suppressed emotions from years gone by. The pain screams at me and my feelings need to be held. I believe that our physical pain stems from emotional suppression. I have spent the last few days nurturing myself, going to my chiropractor and massage therapist to help me unlock the emotional pain that is feeling like it will explode if I don't get to the wound in my heart.

The past has finally come to the surface...again and I am willing to move through my physical pain to release the truth of my emotional pain.

I am so grateful that I am conscious of what is going on in me and that I know that this painful experience will be a healing gift for me. Another layer of deepening as my pain brings me into awareness and understanding.

Last weekend we had the most loving time with our family and close friends. So much love has lifted this wound up out of the darkness. It feels like I have been knifed in the back...it comes from out of nowhere. This brings me back to all of the times in my life that from out of nowhere I was rejected, betrayed, hurt and shocked why a loved one...boyfriends, girlfriends, family, husbands or business partners have knocked the wind out of me. Why is this so painful still? I release as my tears pour out of my heart. I am so nauseated with the toxicity of my pain. Hurt, disappointment, anger, self-doubt and sadness...it's so heavy...the throbbing in my back pounds as I reel in my feelings.

My Inner Workout process is serving me well and assisting me...helping me to go deeper. I am crying openly and holding my sad heart. I see how I open my heart so fully when I think I am safe to let someone in...into my life...my heart...my dreams...my soul.

I share everything because that is who I am. So today I am realizing that is who I am and I don't have to be hurt any longer. For however long or short time is in relationship, the love was real and authentic with my heart. I can release the hurt and now strengthen my heart with the love that is...always ready to comfort and nurture me.

I am empty of the emotional pain and the energy of my life force is healing me. If someone changed direction in relationship with me, it directs me to go inside to feel and heal.

Every relationship takes us to the love and the pain that is in us always. My past... let go, lifts me into the present beauty of my life and the loving peace of my heart.

It Comes From Nowhere

*It comes from nowhere
This sadness ... such a heaviness
Yesterday I felt fine, on top of the world.
Is it the cloudy dark day?
I am having trouble breathing fully ...
My heart is in pain ...
It comes from nowhere ...
I visualize him ...
He was from long ago.
He couldn't be with me
Is it you I feel?
I visualize him ...
He was the one who ignored me ...
Is it you again that haunts me?
I feel him ...
The one that said goodbye.
My heart feels the hurt ... like it is happening today.
Is it you who lied, who betrayed me ...
Dishonoring the love.
I am mad ... I am mad. I scream
I feel angry ...
As I cry I say to you "It was not good enough."
For me, it was not good enough.
I let go another piece of past pain.
You were ready to show your face again,
So that I could heal this place in me
It came from nowhere ...
I feel peace,
it comes from somewhere ... in me.*

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Colleen

Upcoming Events

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 - 31st

Are you interested in becoming an Inner Workout Coach? Do you currently have a practice where using this technique could benefit your clients? Our next certification course is scheduled for Fall 2009. For more information and qualifications please contact Jo-Anne Cutler at 905-569-8334 or info@theinnerworkout.com

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

*For more information about The Inner Workout
please visit www.theinnerworkout.com*

Watch Colleen live on YouTube

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



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