



Colleen Hoffman Smith

February Newsletter

The Beloved Connection

Once you are conscious that you are experiencing your life from an open heart, this connection will attract and inspire beloved relationships. Take responsibility for your choices and choose a healthy, loving relationship with yourself. I had no clue what it felt like to be in a beloved relationship. Each past significant boyfriend or husband took me to my pain or love. The ups and downs created struggle, disappointment, resentment, self-doubt and I shut down pieces of my heart continuously as the years passed by.

Many times, because of my closed heart, I felt myself resisting love and waiting for my partner at the time to do something to make me feel safe, loved or nourished. Until my heart opened, I am sure that he walked on eggshells, other times, I would be the one trying to create the opening for love and attention in the relationship. When I would feel him angry or shut down, I felt that I had done something wrong and my self-doubt would pull me into resentment and judgment.

I now know that every relationship issue was triggered by my insecurities and the emotional history that needed to rise up to be acknowledged and released. Because of my ignorance and denial, I blamed them to protect myself from feeling pain.

After I became so sick and tired of attracting men who I felt controlled me or left me emotionally, my heart broke and my health crashed. This time of healing, as I emptied my toxic emotional pain, created the awareness and space for the truth to emerge.

For many years my purpose was clear to me...I had to find another way to love and be loved.

I had no plans to jump into another relationship until I healed the lies I was living with and found my connection to the beloved in me.

This gentle, respectful, loving sacred place started to emerge as I let go of my emotional pain that was attached to every significant soul mate. I believe that we can have many soul mates, as the struggles with these partners reflected the pain and lies that dressed themselves up in conflicts and issues, taking us to the evolution of our souls.

Once my mind's perception about love and pain changed, I was ready to attract someone who had also made the choice to love with the beloved connection.



When I was finally respecting myself; making healthy choices, feeling the sacred space within, knowing that the love was in me, that I needed no one's love and approval, taking responsibility for my past pain, living with peace and the richness of my self-worth and not needing a man or anyone to fix me or make me whole...living in conscious awareness with my compassionate and loving heart, ready to love unconditionally...that is when I met my match. My belovedness attracted Bruce who desired and lived with the same truth.

If you are in a relationship right now, see these aspects in your partner instead of focusing on their weaknesses. Believe that he/she can make the choice to love with this beloved connection. There is always an opportunity for someone to shift if one person makes the shift themselves. With a more open compassionate heart, without control or judgment, one of you can become the doorway instead of the barrier. Take care of your negativity and emotional walls and then your partner may have the space to look at themselves or listen to their own reactions and behaviour.

When your toxic past with negative emotions are taken care of, you can have a clear voice to express your needs and desires for a healthy, loving, inspired and passionate beloved relationship.

We don't know how it feels or how it looks until we find our way deep inside ourselves...we don't know until we know.

Bruce and I have been living this connection together for ten years. Each time a drama or struggle emerges in one of us, or outside of us, we hold the space for one another as our daily practice takes us to a deeper love within. Here we fall in love again and again. As we deepen and get to know more about ourselves, we find the spark ignites with more awareness with our spiritual and physical connection taking us to a higher vibration and new level of intimacy.

Bruce and I just facilitated our first beloved workshop at a couples retreat up north. I have been sharing my message and **The Inner Workout™** process with others for years. While Bruce and I shared our stories and took the couples on a journey to their own beloved connection, I experienced great joy and enthusiasm as our example of healthy communication and belovedness together inspired the group.

The energy and example we expressed became an experience that opened each heart to the possibility of a conscious loving relationship. Most of the couples did not have role models who lived this beloved connection and we became the pathway to their remembering.

The Inner Workout™ gave them not only relief, but a daily practice to release any barriers that created their relationship conflicts. I loved watching Bruce (a corporate litigator by profession)

become vulnerable as he shared his past pain and moved into the strength of his warrior as he told truth about taking responsibility and the gentleness of his compassionate heart as he talked about forgiveness. When he moved into the self-worth of his Nobleman, he inspired each one to believe in themselves.

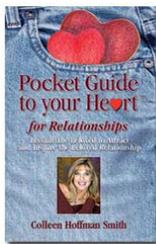
My expression of the Goddess connection within spoke to each woman and man with a vibration that connected their hearts to the Goddess that was waiting to live fully in their relationship.

I know that Bruce and I have a purpose and our beloved relationship can become a vision for others to discover and connect to the beloved in them.

Colleen

(This newsletter is an excerpt from Colleen's newest book, The Goddess Connection to be released Spring 2009)

Inspire your relationship everyday with:



Pocket Guide to your He♥rt for Relationships™ - This book is a wonderful guide that can inspire us to become more conscious, connected and open in all of our relationships, both personal and professional. Colleen offers an in-depth look at the many types and issues within relationships and includes a variety of case studies of **The Inner Workout™** in action which can help us become more aware of and move through the barriers we may have to love, open communication and intimacy. (also available as an e-book; audio book coming soon!)

And for a selection of more Inner Workout Products www.theinnerworkout.com/Products.html



Please join Colleen on Feb. 18th for a free teleseminar on relationships and on March 11th, her husband Bruce will join her as they share their experience of the beloved connection. For more information or to reserve your space on either call please visit

www.theinnerworkout.com/Events.html

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

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

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.

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