



*Colleen Hoffman Smith*

## October Newsletter

### *Fallen Angel*

We have all experienced the hurt and pain of relationships. It takes two to make it and it takes two to break it. I have been on both ends of relationship shattering. What I know is that the hurt can be buried for a long time but eventually an angel in our lives can trigger the past emotional pain to be released on another level.

These patterns in our life show up over and over again until the emotions are emptied. Our own betrayal for ourselves is relived and repeated when we don't have a voice with someone. Any relationship can heal or deepen if one person can have the courage to speak about what is uncomfortable.

When someone has an affair, emotionally leaves or betrays a relationship, there is an undercurrent of negativity that sits below the surface of the heart. There is distance and separation between the two hearts.

The issue is that the communication has stopped and fear begins to set barriers while two people become inauthentic. It is okay to be with your anger and other feelings when you find out that there is something being hidden and truth is denied.

If you cannot share yourself with another significant person in your life, the barriers become heavier and guilt starts to sabotage the heart.

Our soul's journey is to speak when we know...even if we don't know what the truth is, we can ask because we feel the relationship different.

Healthy communication can save a relationship. Sharing your feelings and past hurts with a fallen angel can totally heal a betrayal if the other person has the strength and open heart to hold you while you release the past pain.

Your obligation to yourself is to be with the anger in a healthy way and take care of your own heart. The anger can bring you to many doorways of truth. Are you angry because someone betrayed you? Or are you angry for betraying yourself? You cannot fix or save anyone...taking responsibility is our doorway to peace.



**Quote from Conversations with God, book 2 By Neale Donald Walsch.....**

*"Certainly, failing to express your truth would hardly be appropriate. Yet people do this all the time. So afraid are they to cause or to face possible unpleasantness that they hide their truth altogether.*

*Remember this: It is not nearly so important how well a message is received as how well it is sent. You cannot take responsibility for how well another accepts your truth; you can only ensure how well it is communicated. And by how well, I don't mean merely how clearly; I mean how lovingly, how compassionately, how sensitively, how courageously, and how completely. This leaves no room for half truths, the "brutal truth," or even the "plain truth." It does mean the truth, the whole truth and nothing but the truth, so help you God." Failure to express negative feelings does not make them go away: it keeps them in. Negativity "kept in" harms the body and burdens the soul."*

*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 daily inspirational quotes from Colleen [www.theinnerworkout.blogspot.com](http://www.theinnerworkout.blogspot.com)

***Coming Events***

## **The Inner Workout™ - Teleseminar**

**Wed. October 22, 2008**

Please join Colleen on this *complimentary call* as she introduces you to her simple exercise that can help release the barriers that create the overwhelming stress we can feel in both our personal and professional lives.

To register for the call please e-mail [info@theinnerworkout.com](mailto:info@theinnerworkout.com)

## **The Goddess Connection**

**Sunday November 2, 2008**  
**9:30 am - 4 pm**

**Eagle Ridge Recreation Centre**  
**2199 Burnhamthorpe Rd. W.**  
**Mississauga, Ontario**

*The Goddess Connection is living the connection of inner love, self-worth, wisdom, peace and strength.* Please join Colleen for this full day workshop as she teaches **The Inner Workout™** and inspires and empowers you to embrace this beautiful Goddess connection that is in each one of us.

Advance tickets \$99.00 + GST  
Tickets at the door \$125.00 + GST

## **The Inner Workout™ - The Bridge to Emotional Freedom**



9867 Highway 27, Kleinburg, Ontario

**Monday November 10, 2008**  
**6:30pm - 9pm**

For further information or to register:

**Phone:** 905- 893-5444

**Email:** [info@whisperwellness.com](mailto:info@whisperwellness.com)  
[www.whisperwellness.com](http://www.whisperwellness.com)

To register for these events or for more information please [click here](#)

*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/>