



▶ FEELING CREATIVE?
JOIN IN THE **WRITE2HEAL** WORKSHOP OFFERED
AUGUST 25TH AT 6 P.M. AT THE LIBRARY COFFEE-
HOUSE REGISTER: REBECCA@INNER-ELEMENT.COM
WWW.WRITE2HEAL.COM



▶ SEEKING FULFILLMENT?
TUNE INTO 94.1 FM EVERY
SATURDAY AT 3 P.M. FOR THE "LIVE ON PURPOSE"
RADIO SHOW! WWW.LIVEONPURPOSE.ORG



▶ IT'S NEVER TOO LATE TO
GET IN SHAPE! SHAPE UP
YOUR MIND, BODY AND SPIRIT
IN **FITNESS BY FAITH-NEW
COMMITMENT!** COURSE IS
OFFERED AUG15TH 10 A.M.
WWW.FITNESSBYFAITH.ORG

○ No. 4 ○ VOL 1 | ○ 2009

Inner Element *empowered*



CREATING FITNESS FROM THE INSIDE OUT.
SHARING TOOLS SO OTHERS CAN **LIVE ON PURPOSE!**

Becoming Unorphaned

I once read somewhere that orphaned babies don't cry. I can hardly imagine walking into a nursery full of babies and the only sound is the hushed voices of the nurses or clicking of shoes atop the tile.

To some new mothers, this may sound like a blessing. But I assure you, it is not. Orphaned babies supposedly do not cry because their needs often going unmet and so they eventually succumb to silence.

With a new baby in our home, this thought from long ago crept into the forefront of my mind. In the first few days of meeting my new little man, I focused solely on responding – listening to him and trying to discern the differences in each of his cries. My five-year-old asked me why his new baby brother always cries.

"Is he in a lot of pain?" he asked me, his face scrunched with concern.

I explained that crying is the only way babies initially communicated and, in a short time, they learn new sounds, eventually mimicking signs and words to help them get their needs met.

And this got me wondering.

How many of us have succumbed to silence for lack of response to our needs?

We need to peel back many pages to look at the core of responselessness.

Typically, I coach spouses as they wonder about their mate's *lack of interest, insensitivity or distanced*. I listen as parents share of their children's *disobedience, defiance and poor attitudes*. Often in my courses for middle school girls, I hear their frustration as they open up and talk about their parents *lack of listening, zero tolerance of cool things and misunderstandings*.

This is only under the roof of one house! Imagine when we try to communicate on a broader spectrum:

Teachers to Students; Employees to Bosses, One Race to Another.

Different languages, different beliefs, different values, different religions. Even different diets separate us – one from another.

But I believe the worse separation occurs when we quit responding to ourselves.

How many times do we quiet the inner voice? How often do we ignore the warning signs, the red flags, when something doesn't feel quite right? How many of us deny ourselves an honest inner conversation full of self-appreciation instead of self-abuse?

My hope as a coach is to work with clients and help them re-connect with their own voice, to learn to listen to their own needs. So many of us come up blank when asked, "what makes you feel wonderful about you?" Even worse, many have no answers when asked about their gifts and talents.

What I know, through my own life experiences, through parenting and coaching, is that before we can adequately respond to the cries of others, we must first be able to meet our own needs. We must learn to nurture ourselves, to be our own best parent and thus become orphanless.

Rebecca Evans is an author, Transformational Speaker and Certified Empowerment Coach. She has published five books and three DVDs, all of which are available at local bookstores. To hire her as a presenter or register for her workshops, contact her at 208-794-5578 or www.inner-element.com.

Don't miss the new guided journal, *Inner Fitness for Sisters*, by Lorene Oates and Rebecca Evans, available this September. Email to place your order: rebecca@inner-element.com.

P.E.R.F.E.C.T.

PRE-APPROVED

Join the **P.E.R.F.E.C.T.** Course

Time: 6:30-8:30

Date: October 14th, 2009—November 4th 2009

Where: Eastwind Community Church, 4750 S. Surprise Way, Boise

www.perfectnow.org

Cost: \$25—Scholarships are available

The P.E.R.F.E.C.T. Tea Party is a workshop exclusively for Middle School girls and includes Empowerment Coaching, Tools and Techniques to unravel the confusion and pressure to be **PERFECT**.

Girls, join us this fall to connect and re-group! We'll get together and redefine our **IMAGE** and **DIRECTION** for the school year, chat, eat snacks and re-define our own perfection.

Sign Up Today: Rebecca@inner-element.com

Fitness by Faith New Commitment

An Empowerment Group exclusively for women.

We're changing for the better. Group now includes measurements, a workout and 10 meetings for the year—starting in June 2009! Class is still open!