



▶ FEELING CREATIVE?  
JOIN IN THE **WRITE2HEAL** WORKSHOP OFFERED  
JUNE 30TH AT 6 P.M. AT THE LIBRARY COFFEE-  
HOUSE REGISTER: [REBECCA@INNER-ELEMENT.COM](mailto:REBECCA@INNER-ELEMENT.COM)  
[WWW.WRITE2HEAL.COM](http://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](http://WWW.LIVEONPURPOSE.ORG)



▶ IT'S NEVER TOO LATE TO  
GET IN SHAPE! SHAPE UP  
YOUR MIND, BODY AND SPIRIT  
IN **FITNESS BY FAITH**.  
COURSE IS OFFERED  
JUNE 20TH AT 10 A.M.  
[WWW.FITNESSBYFAITH.ORG](http://WWW.FITNESSBYFAITH.ORG)

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# Inner Element *empowered*



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

## Live Like You're ALIVE!

I love the artist's, Tim McGraw, song, *Live Like You Were Dying*. In it, he talks about all the things he has decided to do, like skydiving and bull riding, living life as fully as possible with all the wonder and excitement it was meant to carry. But his mindset is a paradigm of living as though you only have a little time left.

I say do the opposite.  
Live as if you were fully ALIVE!

Write the book, paint the portrait, and send out time-consuming-handwritten thank you cards. Slow down and watch a movie with a kid, their choice and in your slippers. Live as if you actually have enough time. Change the paradigm.

What would it feel like to turn off your cell phone and texts during dinner, knowing you have plenty of time to reply tomorrow?

What would happen if you arrived to pick up your child at school without a phone stuck to your ear and you actually listened to their exciting news and reviews of the day?

How would it feel to turn off your home computer on Friday night and leave it off until Saturday night? A full 24-hours computer-less, all with the secure knowledge that your technical tasks will be patiently awaiting you when you return. After all, you have time.

What would it be like to go through your fitness program with the focus on your body, envisioning the muscles being strengthened and the health benefits reaped by your heart and lungs instead of reviewing that long grocery list or the items still left to complete on your task list? Could you clear your mind of the fight with your friend, traffic, the economy and global warming while you exercised, after all, you have all the time in the world to worry and fret. But you can do that later.

You may very well live to be 120. Imagine! What could you achieve if these next 80 (90 or 100) years were filled, active and healthy, with your dreams, desires and passions? Would you have several degrees? Adopt children? Rescue endangered animals? Learn a craft? Learn them all?

Ah! The endless things you could become – and you CAN – because you COULD live to 120. Who knows?

You may have a lot more time than you think.

Imagine tasting your food during meals, luxuriating in that bubble bath, savoring each line of a great book, inhaling the fresh smell of coffee and walking your dog like it matters instead of like it's a chore.

I say LIVE OUT LOUD.

I say LIVE ON PURPOSE.

I say the goal is to FEEL as alive as you can. You only have this one life. Don't use it up desperately trying to SQUEEZE in everyone else's idea of important things. LIVE IT.

LIVE IN IT...become the greatest participant in your own life.

Live as though you were fully ALIVE.

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](http://www.inner-element.com).

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

**PRE-APPROVED**

Join the **P.E.R.F.E.C.T.** Tea Party

**Time:** 6:30-8:30

**Date:** July 15th, 2009

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

[www.perfectnow.org](http://www.perfectnow.org)

**Cost:** \$14—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 in a Summer Time Tea Party! We'll get together and re-define our **IMAGE** and **DIRECTION** for the upcoming school year, chat, sip on tea and munch on crumpets.

**Sign Up Today:** [Rebecca@inner-element.com](mailto: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!