



▶ LOW ON ENERGY?
JOIN IN THE "STARVING?"
WORKSHOP APRIL 10TH AND
11 TH AT SPIRIT@WORKS



▶ SEEKING FULFILLMENT?
TUNE INTO 94.1 FM ON
SATURDAY'S AT 3 P.M. FOR
"LIVE ON PURPOSE"



▶ IF YOU FEEL LIKE LIFE HAS
BECOME CHAOTIC, YOU'LL
WANT TO JOIN IN THE
WOMEN'S RETREAT

○ No. 4 | ○ VOL 1 | ○ 2008

Inner Element *empowered*

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

Also offered on Friday night, May 2nd:
The Relationship Between Time and Chaos
Are You Tired of a Bad Hair Day ALL Year?

L.E.A.P. into Your Life!



End the Emptiness—Live More Meaningful

"Is this all life is?" This is the question many women are asking while juggling work, family, bills and traffic. Where is the mystery and wonder we once knew?

It is still there – waiting for each of us to remember what is real and joyful.

It is time to return to life as it is meant to be.

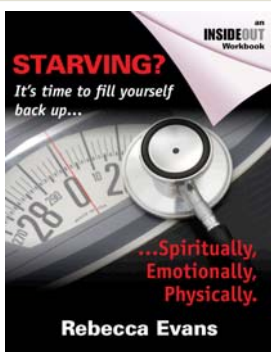
Karen Wright and Rebecca Evans have teamed together to offer women a full day to re-connect to the passion they've neglected. The retreat offers a chance to recall the magic of our soul's desire, that inner wisdom which has been silenced by a world full of chaos.

Learn practical ways to live meaningful moments and joy-filled days. Learn to banish fear and doubt. Learn the secret to

managing negative thoughts that millions of seekers are beginning to discover.

Now offered in the Treasure Valley for the first time: "2008: The Quantum L.E.A.P. Year, End the Emptiness – Live with Meaning" full day retreat on Saturday, May 3rd at the Hampton Inn in Meridian, Idaho. 9 a.m. to 5:30 p.m. The day includes interactive workshops, continental breakfast, lunch, yoga/centering class and workbooks.

Karen Wright is the author of *The Sequoia Seed: Remembering the Truth of Who You Are* and lives in Washington. Rebecca Evans is the author of *The Art of Self Discovery* and *Inner Fitness for Empowerment* and lives in Idaho. To register for the retreat: www.inner-element.com or www.WrightMinded.com.



Starving?

Have you put your heart, soul, and energy into your goals, yet continue struggling even to locate a clear vision of your plan? If so, you may be starving yourself of success. This practical and inspiring two-part workshop will help you replenish your emotional, physical, and spiritual energy systems. You will learn how to unleash your optimum potential every day, and live a fuller, more exciting life.

[April 10 & 11, 7—9:30 p.m. at Spirit@works.](#)

Register: www.inner-element.com



Press Pause

By Rebecca Evans, author, speaker, coach

Are you living a life pro-actively or reactively?
How would you know the difference?

A reactive life is a life full of automatic responses, almost habit-behavior. This is prevalent with couples who have been together for a long time; they squabble, finish each other's sentences, and order one another's meals. They are embedded so deeply in a life that has routine predictability that they barely need to engage. This is not a negative observation, simply an observation.

We live reactively all the time. As a parent, I hear myself reminding my children to use "an inside voice" so frequently that I often ask my husband to do the same.

We react when someone cuts us off in traffic. We react when we wake up late in the morning. Sometimes we react when a piece of chocolate cake is placed in front of us.

Proactive living looks different. There is a moment that exists before the response occurs in the life of someone who is proactive. Proactive living is stopping long enough to think about our choices in every circumstance.

For example, someone cuts you off in traffic. You have a few options:

You can yell.

You can honk your horn.

You can say a prayer for them.

You can turn your radio up a notch.

A proactive thinker stops long enough to discern the **BEST** choice. Which option will be more aligned with their true character? A proactive thinker pauses to look ahead and is able to ask a few empowering questions in that moment:

What will my response do for me or anyone else in the future?

What will my response hinder?

The challenge for each of us is that we are trying to become proactive in a reactive world.

One empowerment tool that I can share with you is called **PRESS PAUSE**. Think of your remote control button. **PAUSE**.

Simply **PRESS PAUSE** in every circumstance for the next week. When you **PRESS PAUSE**, you slow the world down long enough to process the situation at hand.

The process looks like this:

Press Pause.

What is going on right now?

What are my options?

Which choice will bring me closer to who I am?

Which choice will lead me to my long-term goals?

Which choice will bring me or others lasting peace?

With **PRESS PAUSE**, you take back your power. Power over your life. When you react, you give up your power to habits, which initially seems like a much easier existence. But the truth is that a reactive life is usually more painful, explosive, and destructive.

A proactive life is a life that is mindful.

So, now that you have finished this article, you can **PRESS PAUSE**. What are your choices? Will applying what you have learned bring you closer to your long-term goals?

UPCOMING EVENTS: Experience Empowerment



April 5th & 12th
—LIVE ON PURPOSE! Radio
Show. 94.1 FM 3—3:30.
www.liveonpurpose.org

April 10th & 11th—
STARVING? Workshop at
Spirit@Works 7-9:30 p.m.
www.inner-element.com

April 19th—Fitness by Faith!
Empowerment Support Group
For Women. 10—11:30.
www.fitnessbyfaith.org

April 19th & 26th
—LIVE ON PURPOSE! Radio
Show. 94.1 FM 3—3:30.
www.liveonpurpose.org

April 24th—Write2Heal!
Writing Group for High School
students and above. 6—7
The Library Coffee Shop.
www.write2heal.com

May 2nd—Time & Chaos!
Workshop 7-9 p.m.
www.inner-element.com
www.WrightMinded.com

May 3rd—L.E.A.P. & Live!
Full Day Retreat for Women
9 a.m.—5:30 p.m.
www.inner-element.com



Creating Fitness from the
Inside Out

www.inner-element.com



www.lifelittlesolutions.com



Publishing Books
That Matter!



www.insideout-publishing.com