



▶ FEELING CREATIVE?  
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TUNE INTO 94.1 FM EVERY  
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▶ IT'S NEVER TOO LATE TO  
GET IN SHAPE! SHAPE UP  
YOUR MIND, BODY AND SPIRIT  
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# Inner Element *empowered*

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

## Elevator Talk!



Most of us never make eye contact with a stranger on an elevator. So talking with one seems an extraordinary event.

I stepped into the UP elevator with two passengers aboard. They thought we were going DOWN. It was a hospital elevator, which probably makes a difference. People actually look at one another in hospitals. They nod with an inner knowing. This is a place where something is endured, and often surpassed.

I'm a fixture at this hospital, a daily guest with my disabled son. I believe I've earned some sort of frequent flyer bonus time by now. But the couple initiated the conversation.

"We were trying to go down," the woman offered.

"The arrow shows up." I tried to be helpful.

"Are you going up?" the man asked.

"Yes."

"Well—I guess we're taking the long way down then," the man said.

As the doors began to close, another passenger squeezed through.

"Up?" asked the boarding woman.

"She is. We're not." the man said, hitching his thumb in my direction.

This elevator ride was beginning to feel a lot like life.

Going UP. Going DOWN. And taking the **LONGEST ROUTE** to arrive to one's destination.

I'm learning that life can stay even. Not the world around us. But the world within can stay calm despite the tsunami in our culture.

How can we keep ourselves off the elevator, especially the elevator that is taking us in the wrong direction?

It is a choice. That choice is not always easy.

Keeping your inner world, the spiritual self, centered requires work. I have some empowering tools that can help you keep stability within. Try them on your journey:

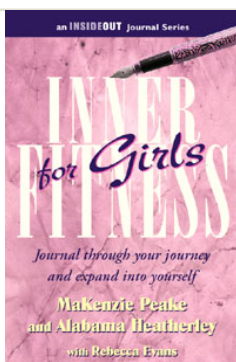
**Learn Mental Focus.** Our culture has spent decades cultivating (and bragging) about our ability to MULTI-TASK. I think this has damaged our brain's wiring in some capacity. Re-train your brain to concentrate on JUST ONE THING.

**Learn to Breathe.** I know. You must be breathing or you wouldn't be reading. Learn to breathe correctly. Breathe in through your nose, out through your mouth, relax the muscles in your face and shoulders. Let out the stress in your life every time you exhale.

**Learn the Art of Non-Reaction.** Stop. In every situation, take a moment to think about your options. Then try to choose the one that will lead you closer to a life of fulfillment, inner peace and joy.

**Share. Help. Give Back.** Your life is not only about you. It is about the impact you make on others.

These are a few tools. You can find more **FREE EMPOWERMENT TOOLS** at our website, [www.inner-element.com](http://www.inner-element.com). When we learn to shift, to apply these tools in our moments and live mindfully, we are able to get off of the UPS and DOWNS of life. We begin to **Live On Purpose!**



*New Empowerment Product!*

## *Inner Fitness for Girls*

**Uncover Your Beauty and Treasures Within**

This journal is a little book of wisdom written by two especially perceptive ten-year-old girls. Each month the journal offers inspirational ideas to explore, inviting girls to commit to self-love and a positive attitude. A must read for every girl and grown woman. Books will be available Sept. 1st 2008. Order: [www.insideout-publishing.com](http://www.insideout-publishing.com)