



Finding Sanctuaries

I shut my eyes in order to see. Paul Gauguin

*Go confidently in the direction of your dreams!
Live the life you've imagined.
As you simplify your life, the laws of the
universe will be simpler.*

Henry David Thoreau

www.inner-element.com

Creating Fitness from the Inside Out

Volume IV, Jan-Feb 2008

Events Corner

Fitness by Faith

Fitness by Faith is a 12-month on-going transformational program. The focus is on creating change through the development of increased self-worth, self-development, self-appreciation and life-goal clarity. Each month provides power thoughts and homework in the areas of spirituality, fitness, nutrition and empowerment. The philosophy is Christian-based and exclusively for women.

It is only through self-love that one can truly care for oneself and carry out the purpose God intended for their life. The group is a safe, non-judgemental and confidential environment. The meetings are the **3rd Saturday of each month at 10 am** at Foothills Christian Church. The class is also offered at Soul Fitness in Emmett. For details, contact **208-794-5578** or **Revans05@cableone.net**

The Art of Self-Discovery

If you can't remember what you were once passionate about, this workshop is for you. This is a journey of self re-discovery. We uncover the layers of opinions and influence around us that changed our minds and our hearts. Develop a clear understanding of the authentic you - honor your value and find your life purpose. Workshop will be facilitated by Rebecca Evans at The Coffee Cup in Garden City on **February 21st from 6-7:30 p.m.** Cost is \$45 per person, workbook not included. To register: **208-794-5578** or **Revans05@cableone.net**.

Inner Sanctuary

Stress is listed as the leading cause of many health problems. It can weaken your immune system, leaving you susceptible to illness. It can also impact your nervous system, contributing to headaches, chronic fatigue and migraines. The problem with stress is that it eventually affects each of us at some time in our lives. We know we cannot avoid stress, therefore we must learn to manage stress.

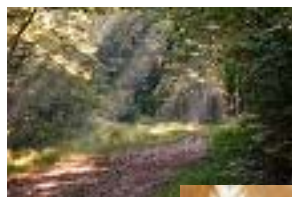
We have all heard the typical advice from our doctors when we complete our physical and tell them how tired and overwhelmed we feel:

1. Get some rest.
2. Eat healthy
3. Exercise
4. Do some Yoga
5. Learn to relax

Great advice, but challenging to accomplish in an already over-loaded schedule.

I even recall a family member who suffered with severely high blood pressure after delivery of her son, sharing with me her methods to teach herself patience, an attempt to lower the stress in her life and ultimately, lower her blood pressure. She was a type AAA personality and her life was full of structure and routine. She forced herself into "Scenarios Needing Patience" on purpose. She chose the longest line at the check out and tried to hum while noticing items in other's baskets. She took the long way home and stopped at the yellow lights. She made bank deposits at lunch time and avoided Fast Food. It looked as though life took her longer to get through, but honestly, at the end of each week, she still accomplished close to the same amount of tasks as she did with her previous rushed method. And, to me, her training program worked. She is the most patient person one could ever hope to encounter.

I honestly tried her training program and it almost killed me. I'm not the most patient person one would encounter and I'm fine with that. I did, in the process of learning to manage stress in my life, uncover a new solution for me that I would like to share. (continued on back)



Find Your Best
Friend
Inside
of
Yourself!

The Art of Self Discovery (con't):

Inner Sanctuary.

I needed a plan that stayed with me; provide learning opportunities without driving or a bank teller. And the only plan that kept rising to the surface was one that included ONLY me in it.

I will be with myself for the rest of my life. Why not create a place inside of me that is my safe haven? Before I could create a harmonious environment inside of me, I needed to make some changes in my life about my perspective of self. Here is the five-step process I used to create an Inner Sanctuary, a haven to nurture my life in:

1. **Accept Myself.** My sanctuary needs to be a place of self-love. Criticism is no longer acceptable behavior in my mind. Negative remarks about myself will get me placed in a time out.

2. **Quiet Time.** I need to carve time out of my schedule to spend with ME. I need time to get to know myself and explore my thoughts. I use this time to meditate, read scripture or journal. One thing is certain; you cannot create a sanctuary in a strange and unfamiliar place.

3. **Triggers.** A trigger is a reminder to oneself. My trigger is a ring I wear that has the birthstones of my three children. When I start to feel stressed or overwhelmed, I look at my ring and reminds me to slow down and go within.

4. **Use Your Sanctuary.** So how do you use your sanctuary once you arrive? The choice is yours, after all, this is your place, decorate it as you will.

I can explore this in my own way, find answers and untangle the strain of my moments. Your Inner Sanctuary asks you to rely on your instincts. To listen to your heart.

I often use my sanctuary during Yoga or a run as well. The beautiful thing about your own sanctuary? It is always with you and it is rent free!

Easy Registration for Upcoming Events

Mail In Registration:

Name: _____

Email: _____

Address: _____

Phone: _____

Workshop: (10% discount for 2 or more at time of registration)

Empowerment Coaching Package (\$300 per month)

Art of Self Discovery Workshop (\$45)

Art of Self Discovery Workbook (\$19.95)

Send To: **Inner Element**
PO Box 1477, Eagle, ID 83616
(208) 794-5578

Amount Enclosed: _____

Write2Heal

The page is our friend. The pen our guide. The journal a safe place to show up and pour out our hearts with abandonment and begin to open a door of understanding...

Seeing our lives, meaning in our experiences, purpose in the pain and compassion in our journey. Arrive to Write and Begin to Heal.

This is a free, on-going group that meets the last Thursday of each month at 6 p.m. at The Library CoffeeHouse. High school students and women are invited. To obtain details or register:

REvans05@cableone.net.

Nurture Creativity

Think in terms of Sanctuaries. You need space that inspires creativity. What does that look like for you?

I painted canvas texture on my office walls and chalkboard paint in my art room. I have spaces in my home that encourage me and my children to explore.

But my creative space is mobile as well. I don't limit myself to my home, I also write in a great coffee shop or travel with amazing music and candles.

And nature is the best Sanctuary in which to create!

For Your Journal

Journal on-line. Chat with like-minded women who are moving forward in their lives, living on purpose!

Rebecca Evans started a community site to empower women to explore, expand and rediscover their gifts and deepest desires.

Journal your ideas, share your thoughts, because you matter! Go to:

www.revans33.wordpress.com

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