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Working Well

Living in Present Time

September 2006

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Shanti Medical Spa & Wellness Center

Delaware Holistic Health Expo

Workshops by Carolyn Myss

Register for Chris Sopa Seminars!!!

Recommended Company of the Month

Serene Quest Relaxation Store

Join our list

Wellness Friend

So much has been happening you were probably wondering where we were in August!! I have been traveling and enjoying my time with my kids before they returned to school (now in middle and high school!!).

Having a high schooler, I have to say, made me feel a tad bit old so I visited my friend Dr. Sema Patel at her spa, Shanti Medical Spa and Wellness Center in Philadelphia. She treated me to a body age analysis and I am happy to say that my body is functioning like a 31 year old! (Those of you who know my real age let's keep that a secret, shall we?) Dr. Patel has wonderful medical and wellness services at her spa. She has two locations, one in Center City, PA and the other in Ardmore, PA. *Visit her website at www.shantimedspa.com.*

I also was blessed to attend Carolyn Myss's workshop, *Essential Life Wisdom* in Denver, Colorado. Carolyn is amazing live and her books and workshops always change my life in some way.

And of course, one of the most important things in my path currently is my candidacy for the Board of Education for Cecil County. I have been attending Candidate Forums, speaking with students, teachers, administrators and the public on what our students need to succeed. Our children are here to shift the world and they are powerful beyond measure. No matter where you live, be sure to honor our right and priveledge in this country to vote on November

Join our mailing list!

Join

7th.

Last but not least, please be sure to visit the web site of our spotlight company this month, Serene Quest Relaxation Store and Wellness Center in Kennett Square, PA. Robin Marcello is an amazing woman and her store has an energy all of it's own. Robin and I are holding a showing of the movie "The Secret" (from last month's issue) followed by a brief facilitated discussion of how to apply "the secret" to your life at her store this Saturday, September 9th starting at 7pm. If you are in the area, we welcome you to attend.

That all brings me to the topic for this month: *living in present time.* So many people I meet have no time for NOW. They are living in their minds either in the past or at some point in the future. They worry about what happened, what will happen or what others may think. Many are living in fear and fear keeps us from enjoying the NOW. Read on and please apply these helpful tips on how to live in the present time!

Living in Present Time

Our ability to live in present time rests in our consciousness. Our consciousness is that part of our being that is our higher self. Tapping into the internal power of our consciousness is a gift we all have but very few of us use. Many of us do not use it because we have never been taught how. How many of you in school remember your teacher saying, "Open your books to page 27 and we will now read about our higher self and the power we can manifest from it?" I bet no one. (Note quite sure where this would fit in with No Child Left Behind????) Animals were not taught this but know it instictively. Watch your pet...he lives in present time.

We have many centers of power but there are 7 main areas called chakras. Our chakras are energy vortexes that are aligned with our bodies spiritually, mentally and physically. The 7th chakra, the crown chakra, is located at the top of your head. Chakras spin, are round in shape and are our centers of truth.

According to Carolyn Myss in her book *Anatomy of the Spirit,* "The 7th chakra is our connection to our spiritual nature, our "grace bank account," the warehouse for energy we amass through kind actions and thoughts and is directly aligned to seek an intimate relationship with the Divine."

Now if that was too much to handle, let me put it simply: **Our 7th chakra is our chakra of prayer and it's mantra is "Live in the Present Moment."**

Day to Day

Tips to Stay Present

- **Breathe**
  Did you ever wonder why when you are upset people tell you to breathe? Deep breathing through your nose stimulates your vagus nerve which immediately releases hormones that make you feel well. Further more, "deep breathing exercises lower blood pressure and the heart rate in persons with elevated blood pressure and/or elevated heart rate, and may also stabilize mood and affect" *(http://en.wikipedia.org/wiki/Vagus_nerve).* Go figure...Mr. Miagi did know what he was talking about!

- **Eat well/Feel well**
  If you put cheap, bad gas (yet expensive gas!) into your car, what happens to your car? It putters, does not run well and may even not start up. Why? Because the universal law states what you put in, you get out. If you put in junk, you get out junk. Take care of yourself and feed your body what it needs to function properly; fresh fruits, vegetables, grains and loads and loads of good, pure water. You will have more energy, guaranteed!

- **Surround yourself with positive people and things**
  Our environment affects us more than we realize. Look around you right now. What is around you? What energy does it emit? Better said, what type of feeling do you get from it, positive or negative? The goal is to feel good at all times. If something or someone, for that matter, makes you feel any less than good, get away from it, change it, give it away. Surround yourself with things that have your energy; pictures, quotes, poems, artifacts from places you have traveled, candles, etc. Our things have vibrations just like we do. Surround yourself with high vibration things and people and you will notice a difference immediately in your ability to stay present.

- **Listen to your intuition**
  No I do not mean listen with your ears (Although some of us can), I mean listen with your gut. How many times has your "gut" told you to "go left" and you went right only to find out later that you should have gone left. Happens all the time. Listening to your inner self guidance keeps us locked in present time. We are constantly responding and listening to our cues from the universe. Center yourself in a quite place and close your eyes. Breath deeply at least 3 times and just be still. Listen to what your body is telling you through your senses; are your legs sore, does your stomach hurt, do you feel tingly

in your head, do you feel happy, etc. LISTEN!!

- **Remind yourself 1,000x a day to "Be Present"**
  Lastly, ever time you can think about it, say to yourself, "be in present time." Constantly bring yourself back to the now. At first, it will seem like you need to constantly do it and then one day you will realize that you are spending most of your time enjoying your lunch, enjoying helping your kids with homework, enjoying work, enjoying your spouse, etc. and not doing a million things at the same time.

  Living in present time is how we manifest most quickly what we want to see in our lives. It is the true "secret" to "The Secret." So, be in the now today, not tomorrow and live the life you are meant to live....NOW!

The most valuable asset of any organization is their employees. At **Chris Sopa International, Inc.,** through our workshops, seminars, keynotes and wellness coaching, we help your organization decrease stress, decrease health insurance costs, increase productivity and promote a positive and productive corporate culture. Please visit our website for a full listing of customized workshops and seminars we offer to help the members of your organization succeed.

UPCOMING EVENTS:

September 26, 2006, *Making the Most of Your Time Tele-Seminar*, 7:00pm-8:30pm

September 30, 2006, *Building Your Self- Esteem*, Hawthorne Suites, Newark, DE, 9:00am- 12:00pm.

Be well,

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Free Wellness Coaching

If you are battling any wellness challenges in your life such as trying to reduce stress, better managing your time, low self-esteem or just simply lack of good self-leadership skills, see if one on one coaching is for you. This coupon entitles you to a FREE 1/2 hour session with Chris Sopa to "test ride" if coaching will help you overcome the obstacles preventing you from feeling the way you want to feel. If you chose not to use it, pass it on to a friend.

What are some of the topics I can chose from?

Offer Expires: September 20, 2006

$10.00 off Self-Esteem Workshop September 30, 2006 9:00am-12:00pm

Register for Chris Sopa's and mention that you saw this coupon in Working Well and you will receive $10 off your registration. In order to receive this discount, you must call in or email your registration. It cannot be done on-line. Pass it on to your friends and colleagues. This is my thank you to you for reading Working Well!!

To register call 302-521-3115 or email chris@chrissopa.com with **SEMINAR REGISTRATION COUPON** in the subject line and we will get back to you.

Email registration

Offer Expires: September 29, 2006

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