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Working Well

The Masks We Wear

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Hello all-

I hope November has greeted you all well. The holidays are knocking at our back door and we are all shifting into a different gear. A gear in which we sometimes forget who we are and what is important. The hustle and bustle of the holidays in this day and age leaves us all feeling a bit exhausted when it is all over. I thought I would talk this month about how to stay true to yourselves during this time. In other words, taking off the "masks" and letting our true selves shine through.



Before we break into our discussion, there are a few things I wanted to mention. Speaking of the holidays, we will be offering a new coaching option at Chris Sopa International starting this month. It is called "Connecting with Your Higher Self." This coaching consists of 8 sessions that focus on how to manifest what you want in your life. You will receive unlimited time with me, a copy of the movie "The Secret" and guidance on how to tap into your own power source. Most of the coaching clients I have been working with over the last 6 months have taken a turn toward more of a spiritual focus, if you will. This trend is continuing with good reason. We are seeing a shift in our planet which we can all feel. As Yoda would say, "There is a disturbance in the force." Most people are responding by wanting to "all of a sudden" know more about themselves and why they are here. So, our new coaching option addresses just that. If you would like any more information on this coaching, please contact us at any time.

Secondly, we will be adding a new feature to our web site. Toward the end of November, our home page will display a blog which will be used for a specific purpose. There will be on-going conversations on the blog about what is going on with our planet as well as an opportunity for our coaching and corporate clients to ask questions on an on-going basis on the best way to implement some of the new ideas they are learning in their coaching and seminars. The blog will be updated daily and I would welcome any feedback or suggestions on how to make it work the best.

Lastly, a few months ago I met a wonderful lady by the name of Fran Russo. Fran's company is Ayllusuyu and she conducts wonderful workshops and healing groups. I will be accompanying Fran on a 21 day excursion into Peru in

March 2007 where we will visit sacred sites and work with shamans in the mountains and in the Amazon. I have included Fran's link here if anyone else would be interested in taking this voyage with us.

By the way, the photo to the right is me at 12,000 feet in Boulder, Colorado in August!!

Now, let's get to business...

Who Are You?



Have you ever asked yourself the question, "why am I here?" Most likely, you have. If you haven't, you would not have read this far into this newsletter or for that matter, even be on my mailing list. The answer to this question lies within you and only you. You do not come about the answer using logic and trying to think long and hard about

why you are here. The answer comes in your being. It comes disguised as a feeling. You know what I mean. That feeling you get when you lose track of time, when time stands still, when you wouldn't be wanting to do anything else in the world except what you are doing at that very moment. That feeling!! Our feelings are our guidance system. They tell us minute by minute if we are in alignment with what we want and what we are here to do. If you feel good, you are on track...keep doing more of whatever it is you are doing. If you are feeling bad, you are not in alignment. Stop and become aware of the thought that triggered that feeling and change it to one that is in alignment with who you are and what you want.

You see, we make the mistake of thinking that where we are now in our lives defines who we are. Where we are in our lives today defines who we WERE! These results are the results of our past thinking and actions which can be changed today. What you think today is directly linked with who you will be tomorrow. We are a different person every day and the beauty is, we are exactly who we chose to be!

What Masks Do You Wear?

We often pretend to be someone we are not because we fear what others may think of us. This fear is one of the biggest fears I see in my coaching with clients. Remember, F.E.A.R. is simply False Evidence Appearing Real. Nothing more than that. More than 90% of what we fear and worry about never happens to begin with. It is a story we make up in our minds from past conditioning and habits.

Take a moment and inventory all of the masks you wear daily. Do you wear the mask of ignorance because you are afraid to express your ideas to a group for fear that they may disagree? Do you wear the mask of bully because you are not confident enough with yourself so you harass others to feel better? And for all of our political candidates out there, do you wear the mask of arrogance, feeling that if you blow out someone else's candle yours will shine brighter? Identify your masks and ask yourself if they are masks you are proud to wear.

Helpful Tips

- **Set your intentions**

Everything starts with a thought. Define who you want to be in every area of your life; mental, physical, spiritual, financial, social and family. Start with your top three and make a plan every day to do something to get closer to your goal in each area. Write it in your planner at a specific time and keep your commitment to yourself. If you chose to walk a mile every day, schedule it and do it!!

- **Release your fears**

Focus on what you want, not what you don't want. Your thoughts emit a vibration and whatever vibration you put out is what you get back. Think constantly about who you want to be, what you want to look like, what you want to

do and where you want to go. Hold that thought and it will become real. Cut out pictures and make a dream board. Look at it daily to remind yourself of what you want. Our minds think in pictures, not words so visualize as much as you can and make it a habit to do it daily.

- **Forgive yourself**

We are human and being human means we are bound to mess up once in a while. Strive for excellence, not perfection. If you stumble, don't give up. Every minute is a new dawning and every day is a new day. Stand in your power and remember who you are. When you are feeling down, do something that will make you feel better - ride your bike, spend time with your kids, watch a movie. Whatever it takes. Beating yourself up for getting off track hurts only you. Watch how you treat others when they mess up. It is a good indicator that you do the same, if not worse, to yourself.

"Death is not the greatest loss in life. The greatest loss is what dies within us while we live."

Unknown

For the Holidays:

Sign up for the following services in November for yourself or as a gift for a loved one and receive 15% off the regular investment -

**Connecting with Your Higher Self Coaching

**Self-Leadership Coaching

**Making the Most of Your Time Coaching

Up-coming Events:

Taking the Chill Out of Cold Calling Teleseminar, November 14th, 7-8:30 pm

Stress-Free Holiday Survival Tele-Seminar, December 7th, 7-8:30pm

Wellness Home Previews:

November 4th, Convention Extension, Rockville, Maryland

November 9th, Wilmington, Delaware

November 15th, Elkton, Maryland

November 29th, Chesapeake City, Maryland

December 6th, Elkton, Maryland

December 13th, Chesapeake City, Maryland

Visit www.chrissopa.com or call 302-521-3115 for more information or to register for any of the above events.

Be well,

Chris Sopa
Chris Sopa International, Inc.

email: chris@chrissopa.com

phone: 302-521-3115

web: <http://www.chrissopa.com>

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