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## Working Well The Invitation

January 2007 - Vol III Issue 1

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### Wellness Friend

**"We must overcome the notion that we must be regular...it robs you of the chance to be extraordinary and leads you to the mediocre."**

*-Uta Hagen*



Hello all-

I hope everyone has had a great start of this new year. 2007 has a lot to offer and it is extremely important you set your intentions for where you want to be at the end of this year. Those of you who work with me on a regular basis know that I drill into your pretty and handsome little heads that although knowing what you want is important, it is just as important to define *where you are now* so you can plan a clear and detailed map (you goals) for how you want to achieve your dreams.

This issue focuses on your invitation to discovering who you are and who you want to be in 2007. Setting your intentions tells the universal forces what you want so they can start to rearrange the forces in your favor. Your task this month, if you chose to accept it, is to read "**The Invitation**" and ponder the comments that follow.

Now, let's get to business...

### The Invitation



It doesn't interest me what you do for a living.  
I want to know what you ache for,  
and if you dare to dream of meeting your hearts longing.

It doesn't interest me how old you are.  
I want to know if you will risk looking like a fool  
for love, for your dreams, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon,  
I want to know if you have been touched by the center of your own sorrow, if you  
have been opened by lifes betrayals or have become shriveled and closed from  
fear of further pain.

I want to know if you can sit with pain, mine or your own, without moving to hide  
it, fade it or fix it.

I want to know if you can be with joy; mine or your own. If you can dance with  
wildness and let the ecstasy fill you to the tips of your fingers and toes without  
cautioning us to be careful, be realistic, or to remember the limitations of being  
human.

It doesn't interest me if the story you are telling me is true. I want to know if you  
can disappoint another to be true to yourself.  
If you can bear the accusation of betrayal and not betray your own soul.  
I want to know if you can be faithful and therefore be trustworthy.

I want to know if you can see the beauty even when its not pretty every day, and  
if you can source your life from it's presence.

I want to know if you can live with failure, yours and mine, and still stand on the  
edge of a lake and shout to the silver of the full moon, "YES!!"

It doesn't interest me to know where you live or how much money you have. I  
want to know if you can get up after a night of grief and despair, weary and  
bruised to the bone, and do what needs to be done for the children.

It doesn't interest me who you are, or how you came to be here. I want to know  
if you will stand in the center of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to  
know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself, and truly like the company you  
keep in empty moments.

*Oriah Mountain Dreamer, Indian Elder*

### Heed the Call....

- Make a list of your dreams and what you ache for (no limits!!).
- Begin to believe YOUR approval is the only approval you need.
- When fears enter your mind, remember they are False Evidence Appearing Real. Nothing more. Tell them they are no longer welcome.
- Remember you are human...which means you are extraordinary!!
- Keep your word to yourself. Stop sacrificing YOU for what you THINK others want.
- Pay attention to the details of life around you. Every day is beautiful if you chose to see the beauty.
- The minute you change your mind and stop giving past mistakes and failures power, you will be released from the power they have over you.
- Stand in the power of who you are every day and heed the call to do what you are here to do...no one else can do it. If you do not do it, it simply won't be done.

### New News at Chris Sopa International, Inc.

**Check out our new blog on [www.chrissopa.com](http://www.chrissopa.com)!!** It is my first blog and I am still perfecting it but visit and let me know what you think. Comments are welcome!!

**Chris Sopa is the new women's networking writer for The National Networker newsletter.** She will be featuring articles on women's networking groups, women movers and shakers and national/international women events. Feel free to email her info if you know a power woman!!

**Coming Soon....Tele-seminar corporate packages.** Most organizations I work with struggle with getting employees to seminars. We will be offering a monthly tele-seminar on a customized topic for your staff they can listen to live the day we have it or go back and listen to it later that month because it will be recorded and available all month long.

### **Up-coming Events:**

***Perfecting and Planning Your 2007: The PULL Strategy Teleseminar,***  
January 30, 7-8:00 pm

***More Me Time Tele-Seminar,*** March 8th, 7-8:00pm

***Delaware Healthy Living Expo,*** March 10, 2007

**\*\*Still seeking exhibitors\*\*** See link above for attendee and exhibitor information.

**\*\*Visit [www.chrissopa.com](http://www.chrissopa.com) or call 302-521-3115 for more information or to register for any of the above events.\*\***

Be well,

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