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# Working Well The Warrior Within

February/March 2007 - Vol III  
Issue 2

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### Wellness Friend

*"You can't stop the waves,  
but you can learn how to surf."  
"*

**Unknown**

Hello all-

Every month, I try to use my own personal experiences to help decide what to write about in my newsletter. This month was especially hard because I have been challenged on many levels. As some of you know, my father is seriously ill and does not have much time left to be with us. I have been spending quite a bit of time in Cleveland helping take care of him and spending time with my family. In the midst of my time there the last few weeks, I came across a prayer that really hit home for me.



This prayer focuses on the power that is within us to be who we are meant to be, to allow the moment to be what it is and know that all is perfect as is. Understanding and dealing with difficult circumstances in our lives, whether it be health, finances or relationships takes a certain degree of being able to pull back and allow the evolution of all things and others to take place; without judging, criticising or denying it. My father's evolution is his own. As much as I would like to change it, it is his journey. I am here to take that journey with him along with my family. The beautiful part is that we will all take away something different from the experience. What you take away from an experience is YOUR CHOICE!

Take a moment to read the prayer and reflect on what in your life you may not be accepting. Know that there is no meaning to anything other than the meaning you give it. Our world is shaped by our own perception. Did you know a bumblebee is not supposed to be able to fly? It's body weighs more than it's wing span should allow for it to fly but....the bumblebee does not know any different. It flies anyway!!!

### The Warrior Within



*I am what I am.  
 In having Faith in the Beauty and Power within me, I develop Trust.  
 In Softness, I walk in Strength.  
 In Silence, I walk with the Gods.  
 In Peace, I understand myself and the World.  
 In Conflict, I walk away. In Detachment, I am Free.  
 In Respecting all living things, I respect myself.  
 In Dedication, I honor the Courage within me.  
 In Eternity, I have Compassion for the Nature of all things.  
 In Love, I unconditionally accept the Evolution of others.  
 In Freedom, I have Power.  
 In my individuality, I express the God-Force within me.  
 In Service, I give what I have become.  
 I am what I am.  
 Eternal, Immortal, Univeral, and Infinite.  
 And so be it.*

Stuart Wilde

## **Be Like the Bumblebee**

### **Get out of your head**

Many of us (myself included) allow fears to overtake us in times of trials and challenges. We begin to get caught up in the thoughts in our head and allow them to take control. Stop any thoughts in their path that do not make you feel good. Remember your emotional guidance system...if what you are thinking about makes you feel any bad emotions, you are not in alignment with what you want and who you are. If what you are thinking makes you feel good, you are in alignment. Do not be afraid. Step into who you are. If it is hard to break the thought, move your body. Go for a walk, run, drive, whatever. Action and movement help re-boot your system.

### **Know what you want**

When a bumblebee decides to get up and fly, it has a purpose to it's flight. What is the purpose of your flight? Why do you get up everyday? Define and decide what it is you want in your life. Many of us can list a number of things we do not want but focusing on what you do not want will only draw those things to you. Remember, your thoughts become things. Fill your head with the things you want. Write them down on a piece of paper, prioritize them, and most importantly, define action steps to get you there.

### **Be present**

I have a mantra I say everyday which comes from Archangel Michael. *"This is a perfect moment and I am centered in the power of the present."* We all get very caught up in what happened yesterday and what may happen tomorrow. Stay in the NOW. Being present means being where you are physically and mentally. Spending time with your kids does not mean just physically being in the room with them. Give every moment and every person your all. Focus on them. Remember, life is about *what* you do during your time here not *how much* you do.

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

**Chris Sopa is the new Health and Wellness writer for The National Networker newsletter.** She will be featuring articles on health and wellness topics, places to network and where to find the top notch information in health and wellness. Feel free to email her info if you know of an event in your area or a great person to be interviewed. This publication is international so it is a great way to keep up to date in health and wellness.

**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:**

***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.

***Using Your W.I.N.G.S. to Fly Teleseminar***, April 24, 2007, 7 -8 pm.

**\*\*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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