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## Working Well Ever Wonder?

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### Wellness Friend

*"The difference between great people and everyone else is that great people create their lives actively, while everyone else is created by their lives, passively waiting to see where life takes them next. The difference between the two is the difference between living fully and just existing."*

Michael E. Gerber


It has been a while since everyone last heard from me (March I believe). So many things have happened since then that have been transformation for me. I took a wonderful journey to Peru for three weeks, my father lost his battle to cancer, I have been actively participating in my new role as Vice President for the Cecil County Board of Education, I trashed the book I was writing only to start a new one that has a much deeper message and have been re-defining my company and how I want it to impact the world (which you will all see in the next couple of months reflected on my web site).

It still amazes me at times how our lives are so perfectly planned and timed. Events happen just as they are supposed to, we meet people at just the right time, we get that much needed phone call from a friend the moment we need to hear their voice. There are so many examples! In the last few months, I have had time to reflect, grieve and ponder my role and how I am doing with my life journey. I wanted to make sure I was not just "existing" and letting life carry me. Sometimes when we reflect in this way, it is painful. We see things about ourselves that we do not necessarily like. Then the question becomes, "How do I change this thing I do not like?"

I came across a great little book a friend gave to me called **"Ever Wonder: Ask Questions and Live into the Answers,"** by Kobi Yamada. My journey into reflecting on my life the last few months began with asking myself some very inspiring questions. As I changed, I began to see that part of my role was to help people ask themselves these questions and more importantly, help them answer them. I wanted to give you all a taste of some of the most intriguing questions I pondered in this newsletter.

Chris

### Ever Wonder?

 In order to find yourself, are you willing to

lose yourself?

If you think life is hard, what are you comparing it to?

What would you attempt if you knew you could not fail?

**(Picture above: Machu Picchu in Peru)**

How would you introduce yourself to God?

Do you let yesterday use up too much of today?

What is the one thing you think of that always makes you smile?

If what's in your dreams wasn't already inside of you, how could you ever dream it?

Who are "they" that hold so much power over our lives?

What would you think about if you were not taught what to think about?

If you had 5 minutes to live, who would you call and why are you waiting?

Maybe we should start over from scratch? Where is scratch?

Just some questions to ponder. :)

## My Top 3 Greatest Insights



### 1. Faith-Stepping into Blank Space

When we talk about faith we all would like to say we have it. The truth of the matter is, when we are truly tested is when our faith goes from being a noun to a verb and some of us falter. Faith is trusting a higher power will take care of you when you are entering a realm of that which you do not know. As I like to call it, stepping into blank space. One thing we must all realize is that our job is to just "show up" and our higher power handles the rest.

*"Have faith that you will never be given anything you cannot handle. Faith in yourself. That you can handle anything that comes your way. Faith in your contract. That although you may not remember the reasons for it now, you chose certain experiences in your life for a reason. Faith in other people. That they are here to teach you lessons as they fulfill their own contract. Faith in the process. That each step has a lesson and each thing that happens in your life happens for a reason."*

### 2. The Power of Forgiveness

Forgiveness is truly one of those things that is much more powerful than we give it credit for. It is literally the key that unlocks our soul from captivity. You may feel at this moment you have no one to forgive; please think again. We tend to hold on to events, conversations and circumstances in our lives and when we do, they hold much power over us. Learn to let go. Holding onto pain is not serving your higher self.

*"I know how long you've carried it around and how heavy it is. Just let it go. Deep down, you know it was just one of those things. Just let it go. You've had it so long, it's hard to imagine life without it. Just let it go. You know we weren't made to hang on to it. Just let go. Right now. This moment. You've waited long enough. Just let it go. Take all of that forgiveness locked up deep inside you and Just let it go."*

### 3. Follow guidance - Do What Feels Right, Not What is Expected

We all have had the experience of hearing that little voice inside that nudges us to do something or say something. Most of

the time, our mind gets in the way and we reason as to why we should not do it. Then we come to find out we would have been better off doing or saying what that little voice was saying to begin with. People call that little voice many things; intuition, a sixth sense, God, your higher self, etc. You can call it George if you would like but what it comes down to is this, that little voice is your true self talking. It is gently trying to guide you in the direction that is best for you and those on this journey with you. It is guiding you in the direction that is best suited to fulfill your contract with God. When you are nudged, the reason it is you and not someone else is because YOU are probably the only one who can do or say that thing. Listen and have faith.

### Guess What?



1. I recently took part in this great workshop that I need to share with you all. Most of us have seen the movie "The Secret" by now and if not, have heard about the power of our thoughts and our subconscious mind. Psych K is a process by which you actually learn how to change the wiring or programming in your subconscious mind that is giving you those results you would rather not have. I had the extreme pleasure of having a fantastic facilitator by the name of Elizabeth Powers. Please check out her link to the left and find out more about how you can re-gain control of your programming. (See "[Going Beyond Beliefs.com](#)")

2. For two weeks in September, a small group of my coaching clients and friends will be able to experience a sneak peak into one of the new up- coming divisions of Chris

Sopa International. **Chris Sopa International Journeys** begins in September with a two week trip to Peru hiking along one of the Inca Nasca lines into Machu Picchu and doing healing work in the Amazon rainforest. These trips will be designed for those who are interested and ready in taking their lives to another level. (More info to come) To give you a quick sneak peak, here are the next 4 trips!!

Spring 2008 Mexico  
Fall 2008 African Safari  
Spring 2009 Thailand  
Fall 2009 Peru

3. In connection with my company re-design, I also have become very committed to building a global wellness organization consisting of individuals who are committed to wellness in their lives and spreading that joy throughout the globe. I would love to talk to anyone interested in going through a simple information session with me on this great opportunity to see if it is something for you. If you are not interested, you may know someone who is.

Email me at [chris@chrissopa.com](mailto:chris@chrissopa.com) to schedule a time to talk.

### Up-coming Events:

#### **Resource Associates Corporation**

Quarterly Event  
August 1 - 4, 2007  
Reading, PA

#### **Attracting What You Want in Your Life**

Tuesday, August 14, 2007  
7:00-8:00pm EST  
Tele-Seminar via phone  
\$49.95 per person Register Now!

#### **Wellness Preview**

August 15, 2007 6:30PM - 8:00PM  
Long Creek View Bed and Breakfast  
1702 Augustine Herman Highway  
Elkton, MD 21921

#### **Wellness Preview**

August 23, 2007 6:30PM - 8:00PM  
Long Creek View Bed and Breakfast  
1702 Augustine Herman Highway  
Elkton, MD 21921

**Wellness Preview**

August 29, 2007 6:30PM - 8:00PM  
Long Creek View Bed and Breakfast  
1702 Augustine Herman Highway  
Elkton, MD 21921

**Chris Sopa International Journey to Peru**

Inca Trail and Amazon Jungle  
September 7 - 21, 2007  
Peru

Be well,

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