



Working Well "I Believe..."

October 2007 - Vol III Issue 5

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Friend

**If you believe you can, you probably can.
If you believe you won't, you most
assuredly won't. Belief is the ignition
switch that gets you off the launching
pad.**

Denis Waitley



I hope everyone is enjoying the season; however it is appearing in your neck of the woods. For my friends in California, my prayers are constantly with you as you battle the forest fires. I was recently in Anaheim speaking at a conference and was able to smell the fires and see the smoke from where I was staying. Very scary! We are finally starting to see the leaves change here on the East Coast. I never thought they would change!!

Fall is my favorite season because it is a time to turn inward and reflect. Our lives are about continuous deaths bringing new life, which is exactly what the fall teaches us. This is a time for you to discard the old and bring in the new; review where you are with your goals for the year and start to think about new ones for next year; check your self-integrity and ask, "Are my words matching my actions?" and last but not least, review your beliefs. Our beliefs drive our actions and if so far this year you have not seen the results you are wanting, your beliefs may need to be refreshed. Our beliefs sit in our subconscious mind and for those of you who have heard me speak, you know that what sits in our subconscious minds drives our behaviors. If we want to change our behaviors and results, we need to check inward to see what is really moving us and whether it is moving us in the direction we want.

Chris Sopa International Journeys officially completed its first journey to Peru with a wonderful group! We had a great time and all returned completely transformed. See below for pictures and "Lessons from Peru." Our next journey to the sacred sites in Mexico is May 16th-May 30th, 2008. Details are below. My goal is to take 10 people on this journey so if you are interested in an experiential, transforming journey, give us a call.

Now, let's move on. Great things lie ahead!

Chris

"I Believe"



Believe. We have all heard this word used in so many ways throughout our lives. "Do you believe in Santa?" "I can't believe it!" "Believe it or not." These are just some of the well-known phrases we have heard. What we fail to understand is the power that our beliefs hold in creating our lives. Our lives are a process of creation. As we discover new things about ourselves and the world we live in, we create the life we want to live. Our beliefs hold the

power of manifestation of our dreams and the reality which we know. Make it a daily or weekly ritual to challenge your beliefs. Write them down and ask yourself, "Is this my belief and if so, does it still serve me?" If not disregard it and replace it with a new belief. Replacing it is very important because our minds do not work in a vacuum. We cannot take something out and leave a blank space because that void will just be filled again with the old belief. The old belief must be replaced with a new thought pattern or belief. This is how we change what is in our subconscious minds.

Take a moment and read the following beautiful email I received from a good friend of mine in Nikken. Reflect on your own beliefs and start to create your life anew.

I Believe

That our background and circumstances may have influenced who we are, but we are responsible for whom we become.

I Believe

That just because someone doesn't love you the way you want them to, doesn't mean they don't love you with all they have.

I Believe

That true friendship continues to grow, even over the longest distance. Same goes for true love.

I Believe

That it's taking me a long time to become the person I want to be but I know I am exactly where I need to be now.

I Believe

That you should always leave loved ones with loving words. It may be the last time you see them.

I Believe

That you can keep giving, long after you think you can't.

I Believe

That no matter how good a friend is, they are going to hurt you every once in a while and you must forgive them for that.

I Believe

That we are responsible for what we do, no matter how we feel.

I Believe

That either you control your attitude or it controls you.

I Believe

That heroes are the people who do what has to be done when it needs to be done, regardless of the consequences and their schedule.

I Believe

That money is a lousy way of keeping score.

I Believe

That my best friend and I can do anything or nothing and have the best time.

I Believe

That sometimes when I am angry I have the right to be angry, but that does not give me the right to be cruel.

I Believe

That sometimes the people you expect to kick you when you are down will be the ones to help you get back up.

I Believe

That maturity has more to do with what types of experiences you've had and what you've learned from them and less to do with how many birthdays you have celebrated.

I Believe

That it isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.

I Believe

That no matter how bad your heart is broken, the world doesn't stop for your grief.

I Believe

That just because two people argue, it doesn't mean they don't love each other. And just because they don't argue, it doesn't mean they do.

I Believe

That you shouldn't be so eager to find out a secret. It could change your life forever.

I Believe

That your life can be changed in a matter of hours by people who don't even know you.

I Believe

That two people can look at the exact same thing and see something totally different.

I Believe

That even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.

I Believe

That credentials on the wall do not make you a decent human being.

I Believe

That the people you care about most in life are taken from you much too soon.

I Believe

That life is more precious than money will ever be able to be.

I Believe

That your beliefs are your own. Live by them and honor them. They are your life.



One of the reasons I started Chris Sopa International Journeys was due to the amazing trip I took to Peru with Fran Russo in March of this year. I learned very quickly the power of sacred sites, how they can change your life and how they give you exactly what you are asking for; sometimes quicker than you can imagine! Not many people can say they have been to Machu Picchu twice in one year - but I have and each time I asked the power of that place to "bring it on!" Whatever change needed to happen in my life I was ready. Well, both times Peru delivered. What is interesting is that sometimes our answer is not in the form we exactly wanted but the lesson is there ever so strong.

The first time upon my return from Peru my father passed away and I found myself not only grieving but questioning the cycle of life. The second time, I returned to my mother being quite ill and I found myself needing to learn how to re-define relationships in my life as well as re-defining my own life.

You see, each time you visit a sacred site, no matter where in the world it may be, the essence or energy of that site seeps into you like tea into hot water. These sites radiate their powers and the essence of them becomes a permanent part of your heart and soul. Their energy empowers you to take on challenges you would not have imagined you could (like hiking the Inca Trail through the Andes mountains upwards of 14,800 feet). All you need to do is be fully present. That is all.

Each one of my new Journeys is meant to take you out of the "ordinary" in your day to day life and temporarily place you in "non-ordinary." This allows you to fully be present and let the lessons to be learned on the journey seep into your soul. These journeys empower you to be all you can be with no turning back. They are not meant for the faint of heart. They challenge you physically, mentally, emotionally and spiritually. The lessons you will take home with you, you will never forget.

Our next journey is to the sacred sites in Mexico. We will be working with two world renowned healers and authors to cleanse and balance our seven chakras as well as balancing our male and female forces to get ready for the end of the Maya calendar in 2012. We will visit seven different sacred sites, each vibrating specifically for each different chakra, taking part in ancient ceremonies, meditating with local shaman, healing ourselves on a level that only this part of the century can dictate and ending our journey on the beautiful beaches of Cancun to relax and celebrate.

If you are interested in coming with us on this journey please call or email us at **302-521-3115** or **chris@chrissopa.com**. **Initial deposits are due December 10th and the trip is on a first come first serve basis.** Call us for more information.

There have been many stories and speculations as to what caused the disappearance of the Maya empire. What is known, is that by 900AD numerous ceremonial centers had been abandoned, swiftly disappearing beneath dense jungle growth. Mysteriously enough, this growth hid the structures from the destruction of these sacred, well preserved sites by the Conquistadors. For the Maya, science and religion went hand and hand, forming the core of their daily life. When we think of the Maya, we typically think of pyramids, elaborate cities, and precise mathematics and of course, their ancient and famous Maya calendar, which was the world's most accurate up until this century. Many who know and understand the Maya calendar know that 2012 marks the end of the Maya calendar. This date has different meanings for different cultures and religions. Many have speculated it to be the "end of the world" as we know it. Others believe it is a date by which a new beginning is marked. Those who believe this believe there is much preparation to be done before 2012 because whatever level of consciousness our planet is at during that time will mark how the remaining years will be. This journey is a cleansing and balancing journey in which we will work on our seven chakras in order to prepare ourselves and the collective consciousness for a new beginning, in our own life and in the world. Each chakra has its own levels of vibration and energy and each has a specific Maya site that is connected to it. We will be visiting the seven Maya sites and be listening with our whole being to the wisdom they want to share with us lead with the help of two renowned spiritual teachers, healers and authors of the Maya culture. Throughout the journey we will be participating in Maya rituals, ceremonies and meditations lead by our two leaders and local shamans.

Need a Speaker?



Chris Sopa International offers half-day, full-day and extended workshops for corporate groups and on a one-on-one corporate coaching basis. While all corporations and individuals have certain skills and knowledge they need to succeed in their field, we all need those crucial interpersonal skills that drive our behaviors and results. Our self-esteem, confidence, communication skills, ability to self-lead and motivate and attitude all affect our results day in and day out. If you want true results, you develop your staff from the inside out; Focusing on THEM and their needs so they

can perform at their peak potential. This makes for *positive corporate culture, low turn-over, high productivity, happy employees and a bigger bottom line.*

Call for more information (302-521-3115) and a **free half hour coaching session for you or one of your employees.**
Just mention this newsletter when you call.

Up-coming Events:

American Association of Blood Banks
Essential Sales and Presentation Skills for Blood Bankers
October 22, 2007
Anaheim, CA

17th Annual Women's Expo
Celebrating Business and Entrepreneurial Women
"Where Has My Life Gone?" - Breakout session
November 1, 2007
Chase Center on the Riverfront
800 Madison Street
Wilmington, DE

Resource Associates Corporation Quarterly Event
November 7 - 10, 2007
Reading, PA

What Happens When We Grieve? Understanding and Coping
Tuesday, November 13, 2007
7:00-8:00pm EST
Tele-Seminar via phone
\$49.95 per person
Register Now!
[https://www.chrissopa.com/items.cfm?
category_id=3&cart_id=&category_desc=Seminars](https://www.chrissopa.com/items.cfm?category_id=3&cart_id=&category_desc=Seminars)

Wellness Preview
November 14, 2007
6:30PM - 8:00PM
Long Creek View Bed and Breakfast
1702 Augustine Herman Highway
Elkton, MD 21921
R.S.V.P. 302-521-3115

Alzheimers Association Annual Education Conference
Taking Care of the Caregiver
November 16, 2007
Sheraton Hotel
Dover, DE

Be well,

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