



## Working Well A New Earth

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### CSI Friend

***"The only thing that ultimately matters is this: Can I sense my essential Beingness, the I Am, in the background of my life at all times?"***

Many of you may be aware of the weekly Monday evening webcast Oprah is doing with author Eckhart Tolle on his book "A New Earth: Awakening to Your Life's Purpose." For those of you who have not read or heard of the book, it is probably the most powerful and timely book of this decade. Many of us lately, myself included, are finding ourselves on new paths. Entering territories we have not entered before. Trying things we have never tried before. You may even be having frequent sensations of finally wanting to break through all of the barriers that have been holding you back for as long as you can remember. These feelings are being experienced by people worldwide. We are going through a shift so we can be ready for the "new earth." What is the new earth? A shift in consciousness that is happening worldwide due to more and more people becoming consciously aware that there is more to life than they once thought. We are ready for a new beginning in all areas of our lives. Whether it is in your personal life or in your work; you are feeling a need for a shift.

I thought it would be fitting in this newsletter to simply give you some of my favorite quotes so far from "The New Earth." Read the quotes and let them sink in. They may not make sense to you right now. That is okay. Just be present as you read them and let them fill your consciousness.

Be well,

Chris

### A New Earth

· You do not become good by trying to be good, but by finding the goodness that is already within you and allowing that goodness to emerge.

· People constantly attempt to change external reality - create a new earth - without any prior change in their inner reality.

· How "spiritual" you are has nothing to do with what you believe but everything to do with your state of consciousness and this in turn determines how you act in the world and interact with others.

· What a liberation to realize that the "voice in my head" is not who I am.

- In the seeing of who you are not, the reality of who you are emerges by itself.
- Life isn't as serious as the mind makes it out to be.
- When you can no longer feel the life that you are, you are likely to try to fill up your life with things.
- Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at this moment.
- Awareness and ego cannot coexist.
- Whatever you fight, you strengthen, and what you resist, persists.

## **Mastering Your Mind To Be a Top Performer**

April 18th-20th in Wilmington, Delaware I will be hosting an amazing event! Back in July of 2007 I attended a workshop that changed my thinking and my ability to tap into my unused potential. Since it was so powerful for me, I decided to bring the workshop and it's wonderful facilitator, Elizabeth Powers, to my neck of the woods.

Performance Kinesiology is a technique that has been used for years to tap into blocks that hold us back in the subconscious mind, i.e. your conditioning. This 2 and 1/2 day workshop will reprogram that old conditioning that has been holding you back and also teach you a method so you can reprogram your subconscious mind in the future. It is a do not miss event!!

REGISTER NOW!! Space is running out fast!!

For more information visit: [www.goingbeyondbeliefs.com](http://www.goingbeyondbeliefs.com).

### **Mexico - June 8th - 17th\*\*\*\*DATE CHANGE!!\*\*\***

Chris Sopa International Journeys is taking a transformational journey to Mexico! This 9 day journey will take us to seven sacred sites in Mexico as we are lead by internationally renowned Maya expert Miguel Angel and our own personal shaman. At each sacred site, we will be cleansing one of the seven main chakras, balancing, taking part in ancient Maya ceremonies and allowing the sacred energy of each site to bathe us in it's healing powers.

**Deadline to register is April 15th, 2008.**

CONTACT CHRIS NOW FOR MORE INFORMATION ON HOW TO LOCK IN YOUR RESERVATION AND RECEIVE A COPY OF THE FULL ITINERARY!

**Dates:** June 8-17, 2008

**Cost:** \$2499.00 per person (price based on 6 travelers)

#### **Price Includes:**

- Arrival and departure transfers (Mérida Airport / Hotel / Mérida Airport)
- Transportation in air conditioned bus for itinerary
- Total of 9 nights accommodation
- 16 meals: 9 breakfasts and 7 lunches
- Admission fees to the 9 sites listed on the itinerary
- Tips for Bellboys, Maids, Restaurant waiters, bus driver and guide
- Travel with author and Maya Master Teacher, Miguel Angel Vergara
- Special lecture with Miguel Angel: The Maya Goddesses
- Participate in meditations, rituals & ceremonies at the Maya sites with Miguel Angel
- Special candle lit ceremony & swim at Ik Kil Cenote
- Experience ancient Maya rituals and ceremonies with local shamans
- Visits to eight important Mayan sites
- Farewell Lunch
- Coaching throughout the entire journey with Chris

**Up-coming Events:**

**National School Boards Association Conference**

March 28-April 1, 2008

Orlando, FL

**Mastering Your Mind to Be a Top Performer Workshop**

April 18-20, 2008

Wilmington, DE

**Mexico with Chris Sopa Journeys**

June 8-17, 2008

Be well,

*Chris Sopa*  
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