

Colleen Steele—

Professional Massage Therapist

Certified Empowerment Coach

317-865-8179 studio

317-625-1046 cell

Colleen's E-Words



Edition 7, February 16, 2009



Welcoming Possibilities

MASSAGE SPECIALS

Celebrate your February BIRTHDAY in my studio—\$10 off any massage of your choice. Mention this

Coupon when you call or e-mail. NOT TO BE USED IN CONJUNCTION WITH ANY OTHER OFFER.

CELEBRATE VALENTINE'S DAY
All month!

\$15 off any massage of your choice in my studio. Mention this coupon when you call or e-mail

Expires 2/28/09 Not to be used in conjunction with any other offers.

WHY MASSAGE?

We are "fearfully and wonderfully made!" Our trillions of cells are in constant communication—every cell knows what all the rest are experiencing. In *health* this takes place in harmony. When the body is touched in a therapeutic way, after "determining" this is safe touch [after 15 minutes of touch], the body releases 1400 chemicals & hormones, which signal "well-being". These have the potential to remain in circulation 6.5 hours, barring a stress incident. These re-build & rejuvenate us.

RENOVATION—Who or What Controls YOU? By Colleen Steele

COACHING

Our world is under renovation and the most control we have over this process is how we manage ourselves.

Captain Chesley Sullenberger told Katie Couric his ability to safely glide his plane and land it into the Hudson was due to the accumulation of bits of experience and lessons learned over time. That is a great definition of *wisdom*.

John-Rogers: "Things that seem to be tests in your life are not necessarily tribulations. They are areas of revelation. They are for you to reveal unto yourself where you have to work and what you have to do. They invite you to go toward it and clear it. Or, if it can't be cleared immediately, maybe you'll learn patience or experience a new place to live out compassion. There are many possibilities. And all you have to do in any situation is use it to direct yourself in positive consciousness."

In last week's E-letter, I outlined 10 ways to know if something or someone has taken charge of us and gave two questions for self-examination.

What did you learn about yourself?

If you are anything like me, you might

have had some startling revelations. Taking charge of a situation can only mean one thing — taking charge of yourself. That is exactly what Captain Sullenberger did, and if you have heard him speak, you sense that being in charge of himself is a way of life for him.

Here are the ten ways to know you are in charge of a situation:

1. You never see it as a threat to you.
2. You remain calm and efficient.
3. You are not influenced by others.
4. You have no pretense or bluff.
5. You feel the rightness of your actions.
6. You handle it all by yourself.
7. You wish no ego-rewards from the event.
8. You have no hostility toward others.
9. You don't care what others think of you.
10. You do only what is true and good.

My personal discovery is that ego is very seductive and it can tell us after a quick reading of these that we are "just fine." Therefore, I chose a Life Coach to help me [for objectivity] and

it has been quite a delightful awakening!

Just like John-Rogers [see his quote at the beginning of this article], I am discovering areas of personal revelation which are awakening me to greater possibilities, allowing more peace and giving me back the power that I have given away. This is an exciting process through which I am learning self-acceptance, self-understanding and compassion.

Every situation is an opportunity to learn about ourselves; to let it reveal whether we are being disempowered by it or empowered by it; to be bewildered or to be in charge. I invite you to enjoin with me as your Life Coach to experience this same self-understanding, self-acceptance and self-empowerment. Call me or e-mail for your free consultation.

I also invite you to use the chart on page two as a useful tool for self-revelation. Peace in awareness!

ABOUT THE AUTHOR: Colleen is a Stress Relief "artist" functioning as a Professional Massage Therapist and Certified Empowerment Coach, with 8 and 30 year's, respectively, experience.
317-865-8179 / mtcoach@comcast.net

Subscriber Support: If you no longer wish to receive these E-letters, put "unsubscribe" in the header and e-mail to me: mtcoach@comcast.net

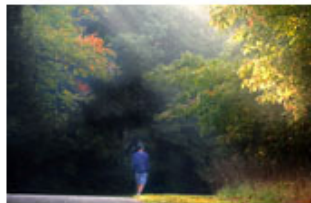
TAKE CHARGE OF YOUR LIFE Adapted from Vernon Howard, Conquer Anxiety and Frustration*

"When meeting any situation in life, one of two things always happens: [1] The situation takes charge of you; [2] You take charge of the situation. It is one or the other. There is no third choice. So it is important to examine both of them. When a situation takes charge of you, it is always accompanied by a feeling of anxiety. Listen to this discomfort, for it is trying to teach you something valuable. It may be trying to reveal that you are imagining yourself to be in command of the situation, when in fact you are commanded by it. Exposing imaginary self-power is highly helpful.

"So you need to understand yourself in relation to any situation. This understanding changes you, which in turn increases your general command of life.

"The situation is in charge of you when:

- 1. You feel drained of energy by it**
- 2. You are doubtful and indecisive**
- 3. You anxiously seek allies**
- 4. You worry over the final outcome**
- 5. You fear and resent the condition**
- 6. You blame others for your problems**
- 7. You constantly change plans**
- 8. You can't see how it trapped you**
- 9. You fear other involved people**
- 10. You wish to evade its responsibility"**



"Taking charge of a situation can only mean one thing — taking charge of yourself. No exterior event has any intelligence or authority in itself. *You* make the situation whatever it is.

"A way has been provided for you to remain in command both day and night. No matter how many other people may be defeated by a condition, you can be its conqueror. That higher way is called Cosmic Command. It becomes your power as you invite higher truths into your life. Cosmic Command, working thru you easily does everything needing to be done.

"You are in charge of the situation when:

- 1. You never see it as a threat to you**
- 2. You remain calm and efficient**
- 3. You are not influenced by others**
- 4. You have no pretense or bluff**
- 5. You feel the rightness of your actions**
- 6. You handle it all by yourself**
- 7. You wish no ego-rewards from the event**
- 8. You have no hostility toward others**
- 9. You don't care what others think of you**
- 10. You do only what is true and good "**

* Vernon Howard, a Unity Minister, wrote books from 1965 until his death in 1992. All his teachings center around one theme: "There is a way out of the human problem and anyone can find it." Find his books, etc.: www.anewlife.org