



*A Message
from Elaine:
April/May
2010*

Springtime has officially arrived! It's such a beautiful season – full of new beginnings and possibilities. What makes this Spring SO significant is that it's our **FIRST** in an exciting new decade! *Did you know 2010 marks the start of another 10-year cycle?* One sure to be full of growth and change. Speaking of change, you'll notice a new look to our Newsletter which will now be bi-monthly. Additionally, we've expanded our mission to include MEN so be sure to **SHARE** this newsletter with the beloved men in your life!

Throughout this new decade, we'll be *seeing, hearing, feeling and thinking* A LOT about the changes going on **WITHIN** and **AROUND** us. Whether we view these changes as a *blessing* OR a *curse* will most often be determined by our **INTERNAL** state. When our internal or *emotional state* is strong, we embrace change and uncertainty in ways that can literally transform our lives. This is why *Inner Journey Coaching (IJC)* is dedicated to helping people master the 5 C's (or Keys) of Empowered Living:

Compassion Courage Clarity Confidence and Contribution

When we consistently nurture the 5 C's within ourselves, we strengthen and deepen our *internal* world. By doing so, our *external* world reflects more of what we want, need and deserve! It's the best investment we can make – one that gives us extraordinary returns!

My hope for 2010 is that we **EMBRACE** this time as a new beginning. One that can catapult us to more *consciously connect* with our higher purpose. For each person, this will look and feel different as your life purpose is *unique* to **YOU!** Your higher path reflects the special talents and wisdom you have developed along your life's journey. What we share **IN COMMON** is how *significant* our purposes are and the *many lives* we will positively impact. *So why is "purpose" so important?* Because our *life purpose* ultimately reflects our *highest potential*. They are mirror images of one another. In essence, our purpose acts like a *larger compass* that guides us to the *specific* experiences, opportunities and challenges we most need to **FULFILL** that purpose. It's one of the most brilliant designs in the divine universe. One I have developed a great deal of respect and gratitude for over the past several years.

As many of you know, I chose to leave a 25-year corporate career 17 months ago and step upon my higher path by founding *IJC*. This decision required me to face any remaining "survival fears" as I took significant financial risks to follow that path. Yet, by passionately dedicating myself to my higher calling, my life has transformed in ways I could never have imagined. Now, I support others in this courageous undertaking from a whole **NEW** level!



The benefits of living our higher purpose are extensive. For starters, our priorities become clearer and decisions easier. We come to realize that the sacrifices we may be asked to make actually FREE us from the things that no longer serve our growth. These sacrifices are looked upon NOT as losses but rather as GAINS in the larger scheme of things. Gains like MORE freedom, creativity, joy, simplicity, compassion and gratitude. But the benefits don't stop there! When we are *aligned with* our purpose, we carry an *inner* certainty and knowing that cannot be deterred by life circumstances. We face challenges by staying grounded in the strength and clarity our purpose provides. We trust the direction our soul is urging us to go and follow it with determination and excitement. Although we are dedicated to self-development (to maintain full responsibility for our lives), we realize it's NOT about us. It's about what we are here to contribute and the difference we are making. This may sound esoteric to some new to this journey BUT I can assure you (after having lived it) that it is a necessary part of realizing our highest potential. In the end, there is no greater GIFT we can give the world. There is also no greater REWARD we can receive in return.

Each of us has a *significant reason* for being here – particularly at this time in human history when unprecedented change will become the norm. For me, the highest potential is about honoring the BRILLIANCE of our shared humanity. I fulfill this purpose by inspiring people to fully empower themselves so they can have the lives they so richly DESERVE! By helping men and women connect with their deeper selves, they gain the courage, confidence and clarity necessary to turn their dreams into a reality. This is the power of THE INNER JOURNEY and what fuels my passion and vision every day!

For those *new* to *IJC*, we extend a warm welcome to you! Start your journey by visiting our website to learn more about our unique services. Also, be sure to sign up for our FREE Bi-monthly Newsletter (on our Home page). To our *returning* journey-mates, we look forward to deepening our connection with you. Let's close with some reflection questions AND a quote that summarizes this issue's core message:

"The purpose of life is a life of purpose!" Robert Louis Stevenson

REFLECTION QUESTIONS:

1. *What do you feel most passionate about?*
(think in terms of your life's higher purpose or calling)
2. *How has your life's journey prepared you for this profound purpose?*
(reflect upon the core challenges and critical turning points along your journey)
3. *In what ways are you aligned or connected with your life purpose?*
(be sure to acknowledge and celebrate these!)
4. *In what ways are you misaligned or disconnected from your life purpose?*
To live more congruently with your purpose, what changes do you need to make?
What are the benefits of making those changes?
(i.e., improved quality of life; more freedom or inner peace; deepening of relationships, etc.)