



Inner Journey Coaching

“The journey forward begins inward!”™

A Message from Elaine: October 2009

Hello to ALL the amazing women out there!

Our journey as women requires much inner courage. In fact, life has a way of being one of our greatest teachers in this regard. As they say: ***“Nothing ventured, nothing gained!”*** This is so true in life. In order for us to KNOW how truly powerful and resilient we are, we must venture past what our *mind thinks* is **probable** to realize what our *heart knows* is **possible**. And we can expect life to delve out many situations that will challenge us to grow in this way – most requiring profound courage.



Courage is NOT the absence of fear. **Rather, to have courage is to *move forward in the face of our fears* – to venture beyond their falsehood and discover the truth.** At the deepest level, our fears are based upon the wounds we endured as children. These wounds left us with many non-truths about ourselves and the world around us. Non-truths like we are *not* good, strong or smart enough. Non-truths that tell us we *don't deserve* to live our dreams, that *it's selfish* to put ourselves first or that we have to *tolerate* disrespect or mistreatment in our relationships. Though our individual wounds may vary, ALL non-truths have one important characteristic in common: *they distort the truth about our powerful nature*. What IS TRUE is that we are amazingly powerful, resilient, deserving and capable. We are also beautiful, loved, valued and worthy of having the lives we desire. By putting ourselves on top of the priority list, we live life from the highest possible state of our being. This is the best model we can give our loved ones, women friends and the world at large. Being SMALL serves no one, least of all us. Being POWERFUL by living our truth serves the highest good of all.

During our lifetime, we will call upon our inner courage many times. For example: ***when we recognize the need for change*** in order to improve our quality of life, peace of mind or physical/ emotional health. Accepting the need for change takes great courage – it is the first step toward improving our lives. Another example would be: ***when we take steps to realize that life improvement***. This is when our old wounds and related fears come up big time. Herein lies the catch: the only permanent way to conquer a fear is to face it. That is, to take a step forward (an action) that moves you toward the life you desire. It doesn't mean you have to know all the answers, you only need to know your next step. With each step we take, we gain the knowledge, insight and strength required to take another step forward.

Courage is like a muscle – each time we use it, we strengthen it. As we build our inner courage muscle, we gain the confidence to have the lives we truly deserve. Even a thousand mile journey starts with **ONE STEP**. Over the years, I have seen *one step* change a woman's entire life by significantly altering what she believes is possible. It is amazing to witness! Yes, the path of courage offers us **many gifts in return**. By moving toward the lives we desire, we **reclaim parts of ourselves** that got lost or forgotten during childhood. With each part we reclaim, we become more **whole, free and at peace**. This is what it means to fully heal – to return to a state of wholeness and joy. Although healing requires much inner courage, we receive back its greatest rewards – **that of abundance, transformation and fulfillment**.

I'd like to close **with a poem** I wrote about walking on my own path with courage and belief. In late 2008, I left a successful 25-year-career to live my dream. I choose to step out into complete uncertainty because I believed in what I was bringing to women. That is, a safe place where all could come to discover, empower and transform themselves throughout their lifetime. It has been a labor of love – one that fills my heart with joy each day. And like all dreams, mine has not been without great sacrifice. Yet, I would do it ALL over again based on the priceless gifts this part of my journey has given me. **So this poem goes out from my heart to yours as we walk together on the path of courage and realize our dreams.**

Taking Flight

I'm learning how to take flight

To soar above what has for so long frightened me

To see it for what it really was, a figment of my fearful imagination

I experience instead a world full of possibility

Finding myself in awe of its protective nurturing

Appreciating all its promise and abundance

Understanding its gifts of Divine design

Respecting now its wise and deliberate timing

I'm learning to embrace true freedom

To be free from fear, self-doubt and non-truth

To choose my path and be fully present in my journey

To create my own reality and realize my highest dreams

To manifest that which I lovingly and powerfully intend

I'm learning we choose our destiny in each moment

By our thoughts, feelings, words and actions

By what we decide to believe and not believe

By how freely we give and share of ourselves

By our willingness to trust and receive

I'm learning I have wings

Wings that flourished when I believed and took flight

They can take me anywhere I want to go

The choice is mine

I choose to SOAR!