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Awaken From Wandering, LLC

Spiritual Awakening - Whole Life Coaching

Telephone: 603-759-1152



January 2010

The Annual Resource Issue

Welcome to 2010!

This is my first annual resource issue. I have listed groups and workshops that I offer. If you would like more information about anything listed please email or call me.

elizabeth@awakenfromwandering.com

603-759-1152

PLANNED WORKSHOPS & RETREATS

Dates to be determined.

Finding Your Truth; Awakening to a new phase of life. A retreat for women at any stage along the journey to **menopause** to be held at the Bear Hill Farm Retreat Center in Newbury, NH.

This was a successful retreat from last year that I will be offering again in 2010. Get on my mailing list so that I can notify you of the date and cost.

Drum Making Workshop to be held at the Bear Hill Farm Retreat Center in Newbury, NH.

I would like to bring a gifted and inspirational drum maker that I recently met to the area to present this workshop this year. If you are interested in making a 16-inch hand drum please contact me so that I can start planning this workshop. I will need a minimum of six people to put this workshop on. The cost will be around \$250 which includes all materials and the time and space to make a drum.

Email: elizabeth@awakenfromwandering.com

FREE GROUPS

Community Call – This group meets to create community without borders. Members call in to talk about their lives, receive support, and to listen and support others on the call. We talk about personal issues and about work issues. Each call's focus is determined by those calling in.

2nd Wednesday of the month at 1:00 PM ET. Meets on a telephone bridge line.

Life Make Over Group – This group meets to talk about our direction in life. Sometimes we know what we want and where we are going and other times everything can be jumbled up and confusing. We share and listen. I provide coaching support to the group.

1st Monday of the month at 6:00 PM. Meets in New London, NH.

Writers' Special Interest Group – This group meets to support its members in their writing efforts. Sometimes there is a topic or guest speaker; sometimes it is just an open discussion. Members talk about business writing or creative writing. Members range from novice writers to professional writers. The calls are packed full of information and there are always opportunities to get ideas if you are stuck with your writing project.

4th Wednesday of the month. Meets on a telephone bridge line. Join our Yahoo group to get announcements of up coming meetings. Join this group by sending an email to: Writers-SIG-subscribe@yahoogroups.com

My BLOG fun and spontaneous daily postings about my journey through life.

www.journey-coach.blogspot.com



SCHEDULED RETREATS

Mini-retreats – Take all three or just what interests you. Each mini-retreat is just \$30 per person. Bring a friend for a 10% discount. 10:00 AM – 12:00 PM each day. Includes refreshments. The location for each date is Bear Hill Farm Retreat Center in Newbury NH. [Call for more details: 603-759-1152.](tel:603-759-1152)

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Tolerations - What are you putting up with in your life?

- * Learn to recognize what a toleration is.
- * Understand why they exist in your life.
- * Learn how they are draining your energy.
- * Learn how to resolve tolerations and gain back that energy.

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De-cluttering – Are you feeling overwhelmed by everything?

- * Learn what clutter is (physical and mental).
- * Understand how clutter drains your energy.
- * Learn skills to help you let go of things and de-clutter your life.

6 February 2010

Self care – Do you know that it is important, yet don't take the time or don't have the time?

- * Learn what self care is.
- * Understand why not taking the time to practice self care actually drains your energy.
- * Understand why self care is so important to you and those around you.
- * Learn how to map out your own successful self care initiative.

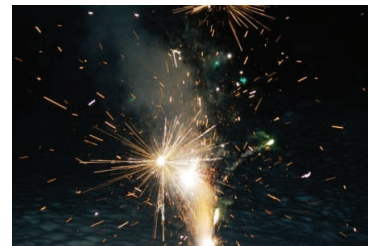


2010 LETTER TO YOURSELF

It is time to write a letter to yourself. Imagine that it is December 31st 2010. Find a quiet space where you can close your eyes and let your mind and heart be open. What would you say to yourself? What caring, loving space would you want to create for yourself?

Open to your own possibilities in 2010. Don't make resolutions about what you might do. Fill your life with light, hope and possibilities. Step into each and every moment of your life and watch 2010 as it takes shape in a flow of endless possibilities.

Don't wait for something outside of you to change your life. Create change in your own life and be the possibility that you have been waiting for.



Have an idea for a group or workshop you would like to see? Please email or call me and let's get started.

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MINISTERIAL SERVICES

I am a nondenominational minister. I am available for officiate services at events such as weddings, blessings, and memorials.