

Take a Breath...

a moment out of time

"Inner Peace: Creating Your Own Retreat"

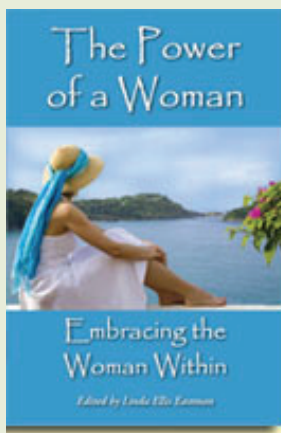
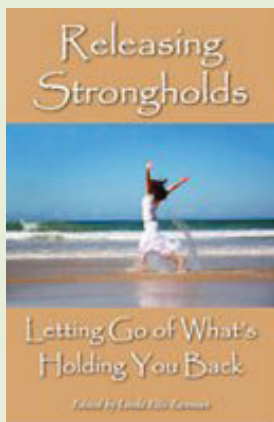
by Sharon McWilliams



CWEC

I am delighted to share that I have recently received the Certified Women's Empowerment Coach status with PWN. I am on the speaker's podium for PWN International Conference 2012 The Power of One in Chicago! [click here](#)

Author and co-author of the following books:



Dear Linda,

So...you made it through the holidays, completing that infamous year 2011! And, 2012 has begun with the first month of January under your belt. It's the Year of the Dragon---in the Chinese New Year. And you have your New Year's goals and resolutions working for you (or not) with at least 6 more weeks of winter.

So...where are you now? What is working for you; what isn't? What if there was a sweeter, gentler, healthier way for the body, mind and soul to make changes that last?

What if I told you breathing is the gift you already have to make everything fall into place? With each breath, we open, take in, and release (Mark Nepo). When anxiety, fear, or anger set in, all you have to do is remember to breathe....breathe and focus on what you really want...to live a fully vibrant life.

*'Take a deep breath of life and consider how it should be lived.
Call nothing thine, except thy soul...
Live in the vision of the one for whom great deeds are done.'*
---DonQuixote, from Man of La Mancha

Come...take a breath with me. You can do this.

(For a friend in need, press forward button at bottom of page. And, if this is no longer for you, you may easily unsubscribe.----bottom of page. Thank you.)



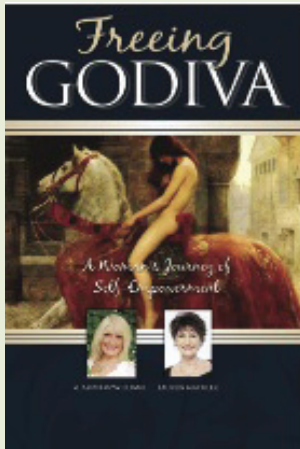
Your One Minute Meditation

So...let's pause...close your door...remove yourself from the busyness, the unexplainable, the absurdities of life....rest your soul



Breathe into the

(Beulah, CO photo by Cyndi Hart, my dear retreat friend)



Take a Breath

...listen
can you hear Winter in all her grace and glory
whisper your name
shhhhhhhhh...
...listen
be still...

be present be mindful of the hushed winter beauty of
this precious moment

breathe
inhale exhale

breathe
inhale exhale

For now just put those New Year's goals that don't seem
to be working
into a safe little box
and place it high on a shelf out of sight
where they are
waiting safely for you upon your return
(or not:)

Now...
come home

to your breath

b r e a t h e i n
b r e a t h e o u t

b r e a t h e i n
b r e a t h e o u t

"...make writing your practice...it will take you everywhere."

---Natalie Goldberg's

Writing Down the Bones

I love this book. It honors how I write; it honors the woman, the feminine. Journaling is the perfect wise woman tool...it circles the nest as we do.

Try it... this lovely powerful little book that fits in your bag along with your small journal that you take everywhere....you can do this.



My little grandbaby's nickname is 'Happiness', assigned by her papa for all her smiling ways. As synchronicity would have it while perusing the itunes, I came across a beautiful enchanting cd perfect for winter entitled--- you guessed it-

Happiness

by
Adam Goddard.
Download it and enjoy.

'Music is good for the soul...soothes the body and calms the heart.'

-----sharon mcwilliams

invite the shimmering winter silence into every cell
of your body
take that pure white radiant moment and
go deep into its whispers

i n h a l e
as winter quiets you

e x h a l e
as winter calms you

i n h a l e e x h a l e

i n h a l e e x h a l e

now focus
on the delighted heart
of your very own being
as you
imagine a moment out of
time
as a child

when the delicious crisp cold air filled your lungs when
the snowflakes tickled your eyelids
when life invited you to play with abandon
with those delightful snowballs forming in your mittens
when the stillness of winter took your breath, then
molded the moment into something mystical and
magical... remember?

Now breathe

honor yourself with time out
in Mother Earth's winter cycle

breathe again
place one hand on your heart,
the other hand on your belly
give yourself
a smiling tender moment
of radiant white light

and maybe a sip of hot cocoa with lots of marshmallows

breathe deep
breathe wide

Know this:
as you cherish your very own winter moment out of time
you cherish your precious self.

breathe deep

into this space of the shimmering beauty
that you are.

Enjoy...

Bless your sweet heart.
You are so very loved.

Go in peace. Be peace. Peace



A gift just for you:
**February Retreat calendar
for your retreat journal
moments!**
[click here!](#)

Take a Breath
quarterly ezine
and
Breathe in... Breathe out...
monthly coaching email

Share your retreat moments with me
on my
retreat blog
wisewomanessence.com



come...retreat with me.

**Essence Journaling...*

*a space for your story, your music, your
life's blood*



Do you know how
important your
life stories are?
Every moment
has a bit of gold,
a sparkle of a
diamond
attached to it for
you to discover
and cherish and
learn from...

Do you know that
your words, your voice, your song resonate statically with
your life creations in every cell of your body...

Do you know there is an sweet, sweet essence just waiting to
be remembered deep down in the depths of your soul....

Come...essence journal with me, Wise Woman....one-on one,
virtual, mini, overnight and 3-5 day custom retreats are
offered. Oh, by the way, we have a goooooood time....

**March Wise Woman Essence Journaling Mini Retreat on its way!!!! Stay tuned!*



**Just Suppose...
a journal moment
just for you:**

Write down one New Year's Goal that is not working for you. Now, play with the letters and words from that goal...be creative...draw...paint...collage what it is you really want. Now rewrite that goal in your wise woman essence.

Honor winter
the natural time to go deeper, reflect, let
go,
take great self care with
rest and recoup time
nourishment
hydration
gentle exercise and meditation

For you are allowing your soul nutrients to
ready for your wise woman spring essence
garden.

Remember the little mantra:

Soft belly, open heart, quiet mind.

Then add a cup of organic hot vegetable soup,
cozy up to your journal
and write about your heart's desire
during this lovely wintertime.

Visualize it, intend it, and take one small step in
that direction.

Take care of your Self, your sweet Soul.
You are your very own special oxygen mask
for yourself, your loved ones and our planet.

Remember who you are.

Breathe...

Smile...

Say 'Thank You.'

Send love.

You can do this.

Just for fun:

Retreat to your favorite bookstore to find the great little magazine entitled:

Where Women Create!
(the winter edition is in!)

I love the ideas...I recreated my writing area using WWC...here it is:



Yes, you can do this, too!!!!!!

Live your life...
Love your life...
even the rough moments
have treasures for you,
dear wise woman.

In kindest service,

Sharon

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"for the child in all of us...for the miracles that grace us..."

sharon mcwilliams Daddy, I Remember (c)2004