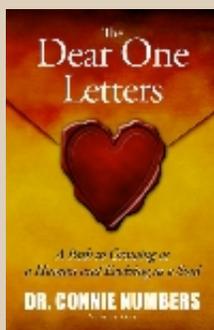




*Dr. Connie Numbers*, Psy.D, LCSW  
Author • Spiritual Teacher • Psychotherapist

Monthly Inspirations Newsletter

January 2015



*"... a powerful and empowering set of spiritual letters focusing on the Divine Spirit in all of us."*

**The Dear One Letters** offers simple yet profound ways of communicating with ourselves on a deeper level, diminishing the worries we have in life and overcoming the fear of being the powerful Light that we are.

*LEARN HOW TO experience joy and peace no matter what is happening in our lives.*

*EXPLORE WAYS to change our lives for the better.*

*START THE PROCESS of remembering who we really are.*

*Give yourself or someone you love a copy of my book! It's available on [Amazon](#), [Barnes & Noble](#) and [Apple](#) in both*

**Hello Dear Ones,**

I am very excited and pleased to announce that I've been asked to conduct a workshop at [The Sophia Institute](#) in Charleston, SC on February 6-7, 2015. The program will consist of a Friday night lecture and an all-day event on Saturday. Following is an excerpt from The Sophia Institute's Newsletter - read on for more information and if you live nearby, please join us - I hope to see you there!

**THE SOPHIA INSTITUTE** E-NEWS

*Transforming Our Lives, Transforming Our World*

What if we knew how to access the part of us that is constantly guiding us to fulfill our path, giving us the courage to cope with anything, and helping us to experience joy and peace no matter what is happening in our lives? What would happen is this: Everything would change for the better. But how do we get there? How do we start remembering who we really are? And how do we experience communicating with ourselves on this deeper level?

### **50 Shades of Remembering** Knowing Yourself on a Deeper Level

*with Dr. Connie Numbers*

Friday Evening Lecture, February 6, 2015 6:30pm-8:30pm  
Saturday, February 7, 2015 9:30am-5:00pm  
Lance Hall, 150 Meeting Street, Charleston, SC

Imagine what our lives would be like if we could remember that we are a soul first and a human second. Picture what it would be like to live our lives as our truest self, the pure positive energy of Source that lives within us. Most of us have had thousands of instances of experiencing our soul without our even knowing it: moments when everything seemed to make sense and flowed easily, times of extreme happiness and joy, and moments of non-judgment and compassion. However, as human beings we have a difficult time sustaining these feelings. The ego of our human self quickly draws us back into the drama of life and we are left longing for that connection with who we really are, but not always knowing how to get it back. [Learn more.](#)

**Through a process of self-discovery exercises, this workshop will explore:**

- Ways of attaining a more profound understanding of who we really are
- Resolve our resistance to believing that we could be such a magnificent and powerful being (and yes, all of us have this resistance)

paperback and digital versions for Kindle, Nook and iBooks. It can also be purchased on my [web site](#) for \$15 using PayPal (includes shipping and handling).

#### QUICK LINKS

[www.connienumbers.com](http://www.connienumbers.com)

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- How to walk through our everyday lives with a much deeper sense of our place here on Earth and the meaning of our existence
  - How to listen to the voice of our soul and know its unique whispers, intonations, and shouts
  - How to create moments of peace, love, and joy by learning to consciously raise our vibration one thought at a time
- [See full list.](#)

We are happy to introduce Dr. Connie Numbers to you, bringing her to The Sophia Institute for the first time. Connie Numbers, PsyD, is an author, spiritual teacher and a psychotherapist who believes that the inner journey is by far, the most exciting and rewarding quest we can take.

Dr. Numbers has a passion for helping others remember this version of who they are by discovering that they can lead a deeply fulfilling spiritual life while still experiencing and loving themselves as an imperfect human being. She brings a wealth of wisdom, experience, and humor into her retreats and workshop settings, illustrating the concept that inner work does not have to be a burden. Instead, it is a joy and a privilege that brings healing, love and light to the adventure of being human and divine at the same time. [Learn more.](#)

To Learn More and to Register visit us at [www.TheSophiaInstitute.org](http://www.TheSophiaInstitute.org).

**Much love to all of you,  
Connie**

## Watch This Inspirational Video

For some of us the New Year is a time for making resolutions to change an aspect of our lives. I was inspired by [Kelly McGonigal, who in this TED Talk, "How to Make Stress Your Friend,"](#) urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

I invite you to join the conversation and contribute your ideas, thoughts or any comments you may have about the topics I bring up on my blog. Perhaps a personal story, your opinion or sharing your feelings may inspire someone to comment or encourage them to make changes in their lives.

**Read my weekly blog post and comments: [www.connienumbers/blog.html](http://www.connienumbers/blog.html)**

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