

The more we create love in our every day life, the more we help to heal the world.
Read Part 4 of Dr. Connie's new series, "Lessons of Love."

March, 2016



LESSONS OF LOVE - PART 4

There is no doubt we live in uncertain times. The upcoming elections, ISIS, and contaminated water are just a few of the challenges our country and the world are facing. For me, the chaos feels very 'toxic.' Our country is divided and has been divided for quite a while. The last time I felt we were united was on 9/11/2011 and I often wonder, "Why does it always take a crisis for us to come together?" This not only happens on a global scale, it happens in families, and it occurs with us individually. Most times, myself included, we take for granted our physical bodies, until our physical well-being is threatened. Perhaps an illness shows up or a surgery is needed. In fact, it's so easy to take this wonderful life for granted until something enters to disrupt it. But unfortunately, I find it true that a crisis does stir things up in order for change to occur.



So, how do we keep our sanity during this time when 'craziness' seems to be knocking at the front door of our existence? There are 5 things that I try to do that help me stay centered amidst this turmoil:

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**Dr. Connie Numbers at The Sophia Institute -
The Art of Letting Go / Jun 24, 2016 to Jun 25, 2016
REGISTER EARLY TO SECURE YOUR SPACE**

Letting go can be difficult. Letting go of people, ideas, regrets, expectations, desires; letting go of the past, bad habits, false beliefs, and unhealthy relationships... the list goes on. Every day, every moment presents an opportunity to



create ourselves and open ourselves up to the possibility of the moment so we can take action and create an incredible future. [read more...](#)

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Dr. Connie Announces Two New Mentorship Programs: The Great Adventure of Awakening™

The mentorship programs entail increasing your awareness of who you are on deeper levels that you may not have explored yet and involves learning techniques and new ways of thinking to help you become a happier and more fulfilled person. As a team, we look at challenges and obstacles that may hinder you from succeeding in all areas of your life and focus on helping you to become more of who you want to be . . .

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