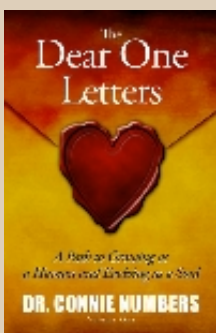


Dr. Connie Numbers, Psy.D, LCSW
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Monthly Inspirations Newsletter

Sept. 2015

AUGUST and SEPTEMBER REVELATIONS



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 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).

Hello Dear Ones,

My apologies to all for missing last month's newsletter! In early August, I had knee replacement surgery on my left leg and the tests and preparations for major surgery as well as working at my practice really kept me occupied. The rehab and physical therapy have also been challenging in many unexpected ways, so believe me, August and September have been very interesting times!

I have learned many insights regarding physical pain and being temporarily handicapped, I discovered what it's like to be dependent on others to get around, get dressed and all the normal routines of daily life that we sometimes take for granted. However, it's been almost five weeks since my surgery and I am healing very well, gradually returning to work and best of all, I have a new knee that I have named "Margaret!" Thank you once again for your healing thoughts, prayers and best wishes.

I realized again how valuable it is to just take a few minutes every day and ask ourselves, "What am I feeling right now?" By becoming more present by paying attention to what it is we're feeling - even on the smallest level, we can practice thinking about the thoughts we were just having. If we can start to make the correlation between what we're feeling and what we're thinking, we are on our way to really understanding how powerful a Creator we really are. And then, once we really know what a powerful Creator we are, we can then start imagining and creating all kinds of wonderful things in those beautiful heads of ours.

This practice becomes so important for our growth, changing our lives for the better and as I recently found out, for our healing as well. It's important to know our thoughts and feelings not only because it's how we create our lives, but also because it's one of the quickest ways to remember who we really are. It's ironic, but it's true. The more effort we put into knowing our human self, the easier it gets to know ourselves as a soul.

Blessings and much love to all of you,

Connie

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"THE DEAR ONE LETTERS" WINS A SILVER MEDAL IN THE PERSONAL GROWTH CATEGORY

Recently, I received word that my book won a **Silver Medal Independent Publisher Award** as part of the Living Now Evergreen Book Awards commemorating world-changing books published in this new millennium. The purpose of the **Living Now Book Awards** is to celebrate the innovation and creativity of books that enhance the quality of life, from cooking and gardening to spirituality and wellness. [The Independent Publisher Awards](#) are presented by Jenkins Group of Traverse City, Michigan. The Jenkins Group has been involved in book publishing services since 1988.

We all seek healthier, more fulfilling lives for ourselves, our loved ones and for the planet and books are very important tools for gaining knowledge about how to achieve these goals. I feel so honored to be with the likes of Desmond Tutu and Marianne Williamson who were both medal winners in other categories. Right now, I am just blown away, grateful, and humbled at the same time. Again, thank you all for your continued support.

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THE SOPHIA INSTITUTE E-NEWS

Transforming Our Lives, Transforming Our World

I am very pleased to announce that I have been asked to serve as a member of the **National Advisory Board of The Sophia Institute** based in Charleston, SC. The Sophia Institute is a center of learning that provides innovative programs that foster the rise of the feminine, cultivating wisdom and mindfulness, for a more just, sustainable, and flourishing world.

The Sophia Institute offers retreats, lectures, classes, and special events, featuring nationally and internationally renowned leaders and teachers. Visit thesophiainstitute.org for information regarding Programs and their Calendar of Events.



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The Yoga Vacation Program offers you the ideal way to take a break from your everyday life. Whether you are new to yoga or a well-established practitioner, a Yoga Vacation will help you quickly find your way back to balance. Come alone, with a friend, or bring the whole family. You'll return home more peaceful, energized and better able to joyfully carry on with your daily routine. For more information, [go here](#).

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.

Visit my blog and comment: www.connienumbers/blog.html

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