



Misa Leonessa Life Coaching Newsletter

Free to Thrive

Issue 1 Vol I

Free to Thrive

is a newsletter with thoughts, learnings, resources and links about going from survival to a thriving life. It is published by Misa Leonessa Life Coaching. If you do not wish to receive this newsletter, please select "unsubscribe" below.

You may know others who would benefit from this newsletter- feel free to forward it to them! If you like something in the newsletter, let me know! If there is something you would like me to include in future issues, feel free to email me at inspire@misacoach.com. Send your own writings, resources and links and I will consider publishing them in a future issue.

Misa,

I remember one day as a homeschool mom feeling at the end of my rope. I was on crutches from an ankle injury, having nosebleeds 10-15 times a day from my genetic vascular disease (called HHT), exhausted from chronic sleep deprivation, and emotionally strung out. One of my children hated to do math and we had entered into what I not so fondly called a "math war." The truth of it is that I usually lost the math wars. The other truth is that I felt horribly out of control. This particular war ended with me throwing a book through the window. It was better than throwing my daughter through the window (I was tempted momentarily), but it still left a scar on my darlings.

Control is a big issue for people who have survived childhood trauma, and for good reason. We learn that, in order to survive, we need to take care of ourselves. In order to do that, we form certain beliefs about ourselves, others, God, and the world. Then, we unconsciously set about trying to conform the world to those beliefs. If and when someone gets in the way of our commitment to self-protection, watch out.

We all have places inside that have become our survival "holy ground," and when they get trampled, we get triggered. It is then that we throw books through the window. We WANT to respond in patient love, but what comes out is something entirely different. Something inside us tells us that this is LIFE OR DEATH. Now, getting my daughter to do her math was not a life or death issue. Even having a child who respects her mother and obeys her is not a life or death issue, as important as these things may be. Why then did I have such a strong reaction?

Through childhood trauma our brains become wired to think certain ways. We develop unconscious belief systems that serve as the deep motivations for our behaviors. When we try to change those behaviors we often come up short. We do things we don't want to do and we don't do things we want to do! Telling ourselves that stopping an old behavior is healthy and will bring good things is just not enough. There is still something deep inside that BELIEVES that this action is absolutely necessary for our survival.

These beliefs keep us from living from the heart. Instead, we live from old survival patterns that are motivated from fears of past experiences that have formed strong neuropathways in our brains. In order to change our behavior, we must change our thoughts. In order to change our thoughts, we must become aware of our motivations behind our reactions. Quite literally, we must change our brains.

Moving beyond survival is a challenging journey, but the outcomes are well worth the work. It takes more than learning new skills and changing our actions. We must change the way we see ourselves and the world. That's a tall order. There are several things that can help us to create the intimate, loving relationships we desire.

First, it's all about how we think. As we become aware of our thought patterns and unconscious motivations, we open ourselves up to seeing and trying new possibilities. Tony Robbins says "it's not the

You Don't Have to Do this Alone!



Elie Weisel, renown author, speaker, and Holocaust survivor says, "Just as despair can come to one only from other human beings, hope, too, can be given to one only by other human beings." Getting support on your journey into wholeness is not only helpful, but necessary. It is a road we cannot walk alone. Don't let fear keep you from getting the support and encouragement you need. There are so many resources available now, you only need to seek out companionship on this adventure. Books are great, but relationships are the places that transformation occurs.

I am a Life Coach and Spiritual Director specializing in relationships, trauma recovery, spiritual growth and communication. I would consider it a privilege to walk along side of you as you move towards greater emotional, spiritual and relational health. Click this link to learn more about my services: http://www.misacoach.com/personal_and_spiritual_coaching.html

events of our lives that shape us, but our beliefs as to what those events mean." I believe that life is 10% about circumstance and 90% about what we do with those circumstances.

In order to live, and love, from the heart, we must become courageous individuals. We must be willing to face the reality of our unconscious false beliefs and open our hearts to the truth. We must peel away the tough, prickly, protective layers of the artichoke leaves to get to the heart. Change is painful, but staying where we are is also painful. Often it takes having the pain to stay the same become greater than the pain it will take to change to move us into action. It involves choosing trust over fear and a willingness to become vulnerable.

Every event in our lives is an opportunity to choose love over fear, and with the right tools and support, we can learn to choose love.

Living From the Heart

New Telecourse Starting in September



I am offering a course to provide the tools to support you as you make that choice to love. If you are ready to move beyond survival and thrive, and fill your longings for deep authentic relationships and spiritual depth, then this may be a timely class for you.

Living from the Heart is a ten week course on living freely and authentically in intimate relationships. Each week will consist of a 45 minute presentation and during the next 45 minutes all participants will take part in group coaching on applying that content to real life. Everyone will be able to hear and contribute to the discussion. Classes will be held on Tuesdays from 7 to 8:30 via teleconferencing with handouts available by email. The class is limited to 12 people. When I receive your registration information you will be sent the link and password to the conference call. Some of the topics covered will be:

- It's All About How We Think- Creating Awareness for New Possibilities
- Becoming Courageous Individuals- Stepping into Your Authentic Self
- Telling Yourself the Truth- Confronting False Beliefs
- Choosing Trust- Overcoming Fears of Being Fully Known
- Boundaries in Relationships- Finding Your Voice
- Radical Self-Care- Being Responsible for You

You can hear more about the course and ask any questions you might have at a FREE introductory session on Tuesday, September 13th at 7 pm, Pacific Time. The fee for 10 group coaching sessions is regularly \$350 and the home study course that will be sold separately will cost \$197. I am offering both together in this group course for \$297, a \$250 savings.

Misa Leonessa Garavaglia is a Life Coach, Spiritual Director, and transformations specialist with a passion to share the hope she has found healing from childhood trauma. She is an advocate for survivors of childhood abuse and a guide to those ready to move beyond survival and thrive. She helps individuals break patterns of fear and pain to live in a new inheritance of love, love and joy.

Click on this link to register <http://www.misacoach.com/>

Bring a friend and save 50% off the registration fee!

"Bragging Rights"

I recently decided to accept an invitation to Google+ and as I was setting up my new account, my profile page had place for an entry entitled "bragging rights." "What do I have to brag about?" I thought. Well mostly that I am alive! By the grace of God I am who I am today. All I can brag about is that I have learned to receive the deep love and healing that has been offered to me as a free gift. By faith, I have been and continue to be healed. And what is faith? I believe that it is nothing more and nothing less than daily choosing to look at the One who is faithful.

So, here are my bragging rights:

"I have been richly blessed to have experienced deep healing from severe childhood abuse and am being able to become the person I was created to be. I am amazed at how my life has gone from very broken, mired in shame and self-loathing to one filled with purpose and joy and love for myself, my God, and my fellow humans. It is a privilege and honor to be able to write and speak to others on this challenging journey and to accompany them through my work as a coach and director. If you would like to know more about my services, please visit my website at www.misaocoach.com. I am also a five-star rated speaker and take joy in sharing my story and my many learnings from my experience and training with others, that they might benefit from my journey. See my speaker profile at http://freespeakerbureau.com/profile_desc_edit.php"

Luminous Links



Here are some great links I've found recently- check them out for more resources, inspiration, and encouragement!

[A Tough Lesson, the 10,000](http://www.facebook.com/notes/misa-leonessa-life-coaching/a-tough-lesson-the-10000/242880212405281)- "Life is not a trip on the Good Ship Lollipop. Accidents occur. Evil exists. Difficult, tragic circumstances are part of the journey. Denial doesn't alter this painful truth." But this person who found himself in a wheelchair after a horrible accident has learned some important things about how we choose to see life. <http://www.facebook.com/notes/misa-leonessa-life-coaching/a-tough-lesson-the-10000/242880212405281>

[Life After Trauma](http://www.amazon.com/Life-After-Trauma-Second-Workbook/dp/1606236083/ref=pd_cp_b_1_img)- "Trauma can turn your world upside down--afterward, nothing may look safe or familiar. This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives. Full of practical strategies for coping and self-care, the book guides you toward reclaiming a solid sense of safety, self-worth, trust, and control, as well as the capacity to be close to others. The focus is on finding the way forward in your life today, no matter what has happened in the past." http://www.amazon.com/Life-After-Trauma-Second-Workbook/dp/1606236083/ref=pd_cp_b_1_img

[Surrender to Love](http://www.amazon.com/Surrender-Love-Discovering-Christian-Spirituality/dp/0830823026/ref=sr_1_1?s=books&ie=UTF8&qid=1314309736&sr=1-1)- One of the best books I've ever read! "Only God deserves absolute surrender because only God can offer absolutely dependable love." In our self-reliant era, most of us recoil from the concept of surrendering to a power or authority outside ourselves. But surrender need not be seen as threatening, especially when the One to whom we surrender is the epitome of goodness and love. God doesn't want his people to respond to him out of fear or obligation. Rather, he invites us to enter into an authentic relationship of intimacy and devotion. And so God calls us to move beyond mere obedience--by surrendering to love. In this profound book, David Benner explores the twin themes of love and surrender as the heart of Christian spirituality. *Surrender to Love* will lead you to an unexpected place, where yieldedness to God frees you to become who he created you to be. http://www.amazon.com/Surrender-Love-Discovering-Christian-Spirituality/dp/0830823026/ref=sr_1_1?s=books&ie=UTF8&qid=1314309736&sr=1-1

[Inner Journeying Through Art Journaling](http://www.amazon.com/Inner-Journeying-Through-Art-Journaling-Learning/dp/1843107945)- I just attended a workshop with author, Marianne Hieb, and highly recommend her book if you have ever used or wanted to use art as a medium for healing. Marianne is a spiritual director and artist and know how to help us take the risk to "learn to see and record your life as a work of art." "Inner Journeying Through Art-Journaling" introduces a holistic journaling process that combines art, art therapy, design theory and spiritual direction in order to attain personal balance, awareness of one's own inner processes, resolution of internal conflicts and enhanced wellness. The book guides the reader through the process of creative journaling and presents the key elements of the technique. <http://www.amazon.com/Inner-Journeying-Through-Art-Journaling-Learning/dp/1843107945> Also available as an e-book here: <http://www.ebooks.com/290723/inner-journeying-through-art-journaling/hieb-marianne/>

Communication Workshop



Life Speak

Public speaking workshop for adults--you have something to say. Learn to let your Life Speak!

Most of us experience a variety of feelings when it comes to public speaking. Did you know that those emotions can be the very things that make your presentation amazing? In addition to honing skills in vocal and non-verbal presentation, visuals, timing, and humor, Misa specializes in enabling speakers to utilize their emotive capacities to make a solid connection with their audience. Tapping into that passion, and yes, even that fear, can bring your talk to life. Finding your authentic voice, even in the midst of anxiety, will set you free to deliver the best talk you have ever given.

Learn to speak with impact, delivering speeches that influence your audience and are understood and remembered. Improve your presentations on the job, speaking for profit, Toastmasters, and community involvement.

You will learn about and practice speaking with confidence and passion, making an emotional connection with your audience, improving timing for humor, becoming a better storyteller, and using powerful body language.

Saturday, November 5, 2011, 1-5 p.m. \$95
Limited to 10 participants. Internet conference via Skype

Register here: http://www.misacoach.com/contact_me.html

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