



For immediate release

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Eliminate your fear of success

Seminar "taps" in a successful New Year

MIDDLEBURG HEIGHTS - People spend a lot of time and money learning to succeed in business...and life. So why do so many of us create our own obstacles by our fear of success?

Using the New Year to empower new beginnings, business consultant and energy coach Betsy Muller, of The Indigo Connection, will explore that paradox at a woman's breakfast seminar on January 10, in Middleburg Heights. The seminar, *Tapping Into Our Greatest Fear: Success*, is part of Muller's ongoing *Tapping into Success* series, which focuses on the unique Emotional Freedom Technique (EFT) to channel positive energy by literally tapping the body's energy centers.

"I asked dozens of women who attend the seminars what their greatest fear was, and I was shocked that more than half of them said it was a fear of success," Muller said. "It was very hard to accept because these responses came from successful women who have happy and productive lives. As I thought more about this, I realized that I too have some fears about the consequences of success."

The seminar will explore these negative thoughts and how to reframe them in a way to promote success without resistance.

The breakfast seminars are held on the first Wednesday of each month. The *Tapping* series is unlike any other help and networking group in the area, said Dr. Ann South, N.D., a Naturopathic Doctor who is a regular attendee of the seminars.

"The difference is the emphasis on energy," South said. "The seminars give you a boost of energy to start the day and give you a new outlook on your life. It gives you a new beginning."

The seminars offer inspiration from supportive women while providing a valuable networking opportunity. An MBA who was worked in the corporate world as a research chemist and in business management, Muller feels strongly about making resources,

education and personal development tools available to women who have the desire to succeed.

Regular attendees include woman business owners and those with professional careers in finance, medicine, real estate and a variety of other businesses.

"The subjects Betsy chooses are highly relevant to 90 percent of the people in the room," South said.

Muller said the seminars are especially geared toward "seekers," women who are seeking that unidentified missing piece that is thwarting their personal growth.

"When I attended the first breakfast program of Indigo Connection, I left in tears," said Roseann Heinrich, a regular attendee. "Betsy led me down a path that revealed the me I was not aware of."

EFT is an emerging technique that reduces stress and improves emotional and physical health by harnessing the energy of the body and mind. EFT is part of a process that addresses unresolved emotional issues that can cause physical disease, psychological dysfunction and limitations on personal performance. Based on the ancient principles of acupuncture, EFT is a technique that realigns the body's energy system - but without the use of needles.

Physical and emotional problems result when the energy meridians that run through one's body are disrupted by negative emotional experiences, Muller said. EFT, which focuses on a variety of "tapping points," mainly on the torso, face and hands, works to realign the energy meridians, removing the causes of physical or emotional discomfort. EFT has been used to treat a variety of physical problems, like migraines and fatigue. Muller also uses EFT as a tool to achieve desired goals, like reducing food cravings and losing weight.

Muller, a member of the Association for Comprehensive Energy Psychology was the first certified energy coach in the Greater Cleveland area and is now one of four.

Our Greatest Fear: Success, will be held Wednesday, January 10, 2007, at the Middleburg Heights Community Center, 16000 East Bagley Road, Middleburg Heights, Ohio 44130. Subsequent seminars will look at *Love Stories* and *Blasting Creative Blocks*. The cost of the breakfast seminars is \$20. For more information, or to register, visit www.theindigoconnection.com. The site contains full details about upcoming events and seminars.

Muller also will host a lunchtime introduction to EFT on Tuesday, January 23, at 11:30 a.m., at the Middleburg Heights Community Center. The seminar costs \$30 and is open to all - men are invited too.

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NOTE: Members of the press are welcome to attend one of Betsy Muller's seminars at no cost. Call Betsy, at 440.238.4731, to make arrangements.