



Solutions for business prosperity and successful life balance

Contact: Nancy Pierce, Zeal PR, Inc. **For more information:** www.theindigoconnection.com
p/f 330-777-0245 Betsy Muller 440-238-4731
nancy@zealpr.com

SUMMER SOLSTICE SOCIAL GATHERING PLANNED FOR INDIGO CONNECTION

To feature refreshments, networking and other member benefits

Strongsville, Ohio – (June 18, 2008) – A “Summer Solstice Social Gathering” is set for The Indigo Connection on Wednesday, June 25, 2008 from 6-8 pm at Inner Harmony Wellness Center, 17075 Pearl Road in Strongsville.

Indigo Connection Founder Betsy Muller said the event is open to all Indigo Connection members, clients, spouses, and anyone curious about membership. The evening will feature professional networking, socializing, refreshments and fun.

The Indigo Connection is a professional networking organization that meets monthly in Middleburg Heights. Membership has grown to 67 in its first two years. Member benefits include access to a member directory, a business link on The Indigo Connection website, discounts on services and events, and the ability to promote products and services to other members.

Muller explained how The Indigo Connection is different. “It’s a business event with personal benefits. Members come for networking as well as interesting topics that help them improve themselves personally and professionally.”

Members include corporate attorneys, accountants, home-based business women, entrepreneurs, health professionals and fitness experts. Annual dues are \$30 for individual memberships and \$60 for business memberships. Membership runs August 1 through July 31.

A recent survey of members revealed that the primary reason they attend the meetings was for networking, followed very closely by interest in the topics presented. The most popular topics were Law of Attraction, Goal Setting, Life Balance, Self Confidence and Stress Reduction. Asked why they feel The Indigo Connection is valuable, nearly 90 percent replied “networking.” Other top answers were “interesting topics” and “I leave feeling great.”

“There’s a lot to be said for starting the day by meeting with positive people,” Muller reflected.

Muller founded The Indigo Connection originally as a way to make her coaching services accessible. “Group coaching is more affordable than personal coaching yet offers many of the same benefits.” Over time, though, the meeting format has evolved and now includes speakers on a variety of topics of personal and professional interest to members, including marketing tips, “waist management” techniques, and letting go of past hurts and disappointments.

“Preparing for the meeting each month keeps my cycle of creativity very fresh,” noted Muller.

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Muller is a Certified Energy Health Practitioner (C.EHP) and a leading advocate for the practice of Emotional Freedom Techniques (EFT). “I teach people ways to integrate EFT into daily life to address challenges with work performance, relationships, food cravings, stress, and mental clarity,” said Muller. “The results are often immediate, making EFT a highly valuable form of effective, rapid self care, and truly a new ‘survival tool.’”

EFT is one of the most commonly used Energy Psychology therapies and involves tapping on specific acupuncture points to gently realign the body’s energy. Believing that emotional and physical health conditions are related to disturbances in the body’s electromagnetic energies and energy fields, it incorporates established psychological techniques as well as non-Western systems for healing and spiritual development. EFT is sometimes referred to as “acupuncture without needles.”

For more information on The Indigo Connection, contact Muller at betsy@theindigoconnection.com or 440-238-4731.

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About The Indigo Connection

[The Indigo Connection](#), located inside the Inner Harmony Wellness Center at 17075 Pearl Road in Strongsville, Ohio, is committed to making personal growth education and resources widely available through private coaching, affordable group learning opportunities, inspirational programs and collaborations with other educators. Founder Betsy Bartter Muller is a Certified Energy Health Practitioner (C.EHP), a Certified Energy Coach (CEC), and a certified medical office manager (CMOM). She holds an MBA in Systems Management from Baldwin Wallace College. Programs offered include Deliberate Life Balance, Creativity, Spiritual Business Leadership, Emotional Freedom Techniques (EFT) for Powerful Self-Care, Healthy Relationship Boundaries, Integrity, Energized Selling and Living Your Purpose. For more information, visit www.theindigoconnection.com or call 440-238-4731.

About Betsy Muller

Betsy Muller is a holistic coach, Certified Energy Health Practitioner, Certified Energy Coach, and speaker based in northeast Ohio. After decades working in a variety of traditional business and healthcare management settings, life changed in 2001 when she discovered energy psychology techniques at the [Association for Comprehensive Energy Psychology’s](#) conference in Switzerland. Since then, her passion has been to help others enjoy balanced and purposeful lives by integrating energy modalities into life and business applications. Her company offers life and business coaching by phone and in person, group training programs and networking events for professional women. Ms. Muller holds a BA in Chemistry and an MBA in Systems Management. She serves as Wellness Director for [Healthy Lifestyle Options](#), a healthcare consulting group that provides innovative solutions to rising healthcare costs for employers, insurers and consumers with focus on integrative therapies. Betsy also serves on the ACEP Board of Directors as Communications Chair.