



Solutions for business prosperity and successful life balance

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INDULGENCE ENCOURAGED

Proceeds from positive energy event to benefit people in need

Strongsville, Ohio – (February 23, 2009) – Anyone tired of winter and feeling a little blah is encouraged to indulge themselves for an afternoon – in order to help others. But be forewarned! The side effects of such indulgence include (but are not limited to):

- Abundant smiles!
- Laughter!
- Contagious energy!

Betsy Muller, founder of The Indigo Connection in Strongsville, is hosting **“Sharing our Energy,”** which she warmly describes as “an afternoon retreat filled with inspiration, ideas and healing.” She invites women – and men! -- to “shake off the cabin fever we all feel in March and build positive energy.”

“Sharing our Energy” is set for Saturday, March 14, 2009 from 1:00 pm – 5:30 pm at the Grecian Gardens Community Center at Athenian Village in North Royalton, Ohio. Proceeds from the event will benefit three charitable causes: 1) Global Humanitarian Mission trips for ACEP - the Association for Comprehensive Energy Psychology (www.energypsych.org), 2) “Venture from the Heart” cultural exchange with Kyrgyzstan and 3) Beads for Peace. Advanced registration is \$25 for Indigo Connection members and \$35 for non members. Registration after March 6 and at the door is \$40. Muller says there will be ample opportunities for business and personal networking, as well as “raffles and door prizes galore!”

Muller, a certified Energy Health practitioner (C.EHP), says the event will be “a day of giving and receiving.” Harriet (Bhumi) Russell, will be among the presenters to share stories of her “Venture from the Heart,” cultural exchange journey to Kyrgyzstan in Central Asia. Nancy Houdus, representing “Beads for Peace” will be bringing a wide assortment of jewelry handcrafted by AIDS widows in Kenya for sale to assist these women and their families makes college education and self sufficiency possible.

All attendees are encouraged to bring a yoga mat or blanket for relaxation and meditation. Muller, assisted by Russell will present segments about EFT (energy acu-point tapping), guided relaxation, meditation, intuitive guidance, all geared to promote joy, enthusiasm, creativity, health and laughter. A healthy and energizing refreshment break is also included as part of the program.

“When you open up the body’s natural energy channels, you open yourself to healing, present-moment awareness, and the possibilities for peace,” she thoughtfully explains. She hopes participants will leave with a greater awareness of their unique personal blessings and gifts as well as some “self care” solutions they can use at home.

Athenian Village is at 9001 W. 130th Street in North Royalton. To register online, go to <http://snipurl.com/bh1tw>. For more information, call 440-238-4731.



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About The Indigo Connection

Betsy Muller created The Indigo Connection in 2005 to help others lead balanced, prosperous and successful lives by providing regular networking breakfast meetings, synergistic relationships with people from diverse backgrounds and stimulating topics for personal, business and spiritual growth. Indigo Connection members share common values including health, relationships, positive living, generosity and gratitude.

The Indigo Connection is different from other networking organizations because it offers business events with personal benefits. Members come for networking as well as interesting topics that help them improve themselves personally and professionally. Member benefits include: discounts on monthly networking meetings, services, workshops, retreats and other events; ads in the monthly newsletter and other opportunities to promote products and services; listing and links on the Indigo Connection website; and access to the member directory. Indigo Connection events are open to all. The women's breakfasts are held on the 2nd Wednesday of each month at the Middleburg Heights Community Center (just east of I-71 on Bagley Road. First-time attendees are invited to attend at the member price of \$20, vs. \$25 for non members. Advanced registration is required.

About Betsy Muller

Betsy Muller is a holistic coach, Certified Energy Health Practitioner, Certified Energy Coach, and speaker based in northeast Ohio. She holds an MBA in Systems Management from Baldwin Wallace College, and 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, retreats and networking events for professional women. Ms. Muller holds a BA in Chemistry and an MBA in Systems Management. She presently serves as the President of the Middleburg Heights Chamber of Commerce. Betsy also serves on the ACEP Board of Directors as Communications Chair.

Her practice is located inside the Inner Harmony Wellness Center at 17075 Pearl Road in Strongsville, Ohio. Betsy 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. Programs offered include Graceful Aging with Ancient Secrets, The Power of Consistent Persistence, Amping Up the Law of Attraction with Energy, Marketing Your Holistic Business, Spiritual Business Leadership, Emotional Freedom Techniques (EFT) for Positive Daily Living, Healthy Relationship Boundaries, Integrity, Energized Selling and Living Your Purpose. For more information, visit www.theindigoconnection.com or call 440-238-4731.

About EFT

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](#)."



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