



Solutions for business prosperity and successful life balance

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EMPTY NEST GRIEF?

Local expert helps women find new meaning after the kids move on

Strongsville, OH – Just as autumn sends hoards of young adults to college to invent themselves, the mothers of those grown children are propelled back into an empty nest with a need to re-invent their own lives. After spending a couple decades caring for others and putting personal needs last, it's culture shock for many women. To address this major life transition, a local life coach is offering monthly events and two retreats that help women adjust, find happiness and new meaning in their lives.

"These women are struggling with what's next and why they're here," said Betsy Muller, life and energy coach based in Strongsville. "Not only is she dealing with an empty nest, she is likely going through menopause and may be dealing with host of physical and hormonal changes, aching joints and emotional issues."

Muller has assisted dozens of women through coaching, counseling sessions and group work. Her form of counseling specializes in helping those with broken hearts and uncertain minds to regain focus in their lives and rediscover their purpose. In addition to day and week-long retreats, her company, The Indigo Connection, offers individual coaching, wellness programs, practitioner training and a women's coaching and networking breakfast event held every month for the last five years. Her events feature local and national experts on women's health issues. (www.theindigoconnection.com)

"My goal is to create events and retreats that allow women to take time for themselves to create a positive transformation in their lives," Muller said. "It offers a rare opportunity for empty nesters to unite, share experiences, hear new ideas and learn the skills to make positive changes."

"When the children are grown and our job seems finished, our identity, that has been so absorbed in loving and nurturing children becomes lost," says Lea Ann C. of Valley City, Ohio. "Betsy has helped me learn to nurture myself and my soul, and to find parts of me I never knew existed. Her simple techniques and guided introspection have helped me find what my heart longs for and a new purpose as I move forward into the next chapter of my life."

Muller, a professional speaker, author and certified energy health practitioner (CEHP), hosts a monthly breakfast meeting for women at the Middleburg Heights Community Center. Her next event there takes place Sept. 8 at 7:45 a.m. She will also co-host a day-long seminar titled "**Beautiful Energy – Inside & Out**" on September 18 from 9 a.m. to 4:30 p.m. in Valley City, Ohio with professional Image Consultant Dawn Waldrop.

Muller is also leading two week-long "**Maui Passage**" spiritual retreats in Maui, Hawaii in October and February as part of The Peaceful Woman retreat program. See below for more information on these and other Indigo Connection events planned for this fall. For more information and to register, call 440-238-4731 or go to www.theindigoconnection.com.

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MEDIA ALERT:

Please include the below events in your calendar section.

Betsy Muller & The Indigo Connection Present:

BREAKFAST SEMINAR: Why Sometimes Even Chocolate May Be Necessary During the Healing Process

September 8, 2010, 7:45 to 9:30 a.m.

Middleburg Heights Community Center, 16000 East Bagley Road

Want to feel great, stay well, utilize natural options and take better care of yourself? The Indigo Connection will host Dr. Ann South, ND, CNHP, RMT who will discuss the basic natural principles that keep us healthy. In most cases we can exceed the expectations of our doctors' own beliefs by increasing our knowledge and understanding of natural medicine. Dr. South will share her favorite self-care strategies and answer your questions.

Group Teleclass: Awaken the Creator

Free Intro. September 15 1:30 EST, 8 Week Series begins Sept. 22 on Wednesdays at 1:30 EST

ABOUT:

Join this unique group program to inspire you to let go of old blocks and start revving up creative flow. We will integrate The Artist's Way, Chakras, Energy Coaching and new material from Betsy's reflections on energies for powerful ways to Awaken YOU - the Creator! All classes recorded.

Benefits To Expect

- Acceptance and Group Support
- A Safe Place to Be YOU
- Scripts & Self-Care Processes You Can Use Every Day
- Respond to Business/Career Opportunities More Quickly
- Rediscover Lost or Forgotten Passions
- New Ways to Market and Reach Perfect Clients
- Have more fun at everything you do
- 100% satisfaction guarantee

RETREAT: Beautiful Energy – Inside & Out

September 18, 9 a.m. to 4:30 p.m.

Valley City, OH (7 miles west of Brunswick/I-71 exit)

ABOUT:

Your image and the energy you project impact on your potential to make money, connect with clients, get positive attention, build relationships, impress prospective employers and create a comfortable, enjoyable life. Whether or not you have worked with an image consultant or coach before now is a great time for a beautiful energy tune-up! Gather new ideas and feedback to affirm your look in a safe, considerate and friendly environment. Give yourself the gift of learning, time to lift your spirits and the company of like-minded women. This day is for YOU! You will leave with a new sense of possibilities and practical ideas for immediate implementation. People will notice! Come enjoy, learn & key into YOUR inner awareness. Truly connect, feel peaceful, look and feel great about yourself!

BREAKFAST SEMINAR: Taking Control of Your Hormones

The Unique Relationship between Women's Health and Mental Wellness

October 13, 2010, 7:45 to 9:30 a.m.

Middleburg Heights Community Center, 16000 East Bagley Road

ABOUT:

How do hormones affect your health and mental wellness? What changes occur when hormones are out of balance? Do you have any control over these changes? The Indigo Connection will host integrative psychiatrist, Lynn Klimo, MD and co-Founder of The Center for Integrative Psychiatry and Wellness. Dr. Klimo will discuss how to manage hormonal shifts and share great ways to manage stress, anxiety, depression and the seasonal blues that occur throughout a woman's life.

RETREAT: Maui Passage, The Peaceful Woman Spiritual Retreats

October 17 – 23, 2010

Join Betsy for a week in Maui for a spiritual "no-lecture" retreat that will nurture your mind, body and soul.

This is an ideal, all-inclusive getaway for the single traveler or several girlfriends looking to share the beauty of this island, ancient culture, a personal journey and amazing memories. Only six spots available. Find more information at www.thepeacefulwoman.com. Use discount code BM to get 10% off on your passage courtesy of Betsy Muller.

Retreat includes:

- Oceanfront Hotel
- Exceptional catered meals (healthy options for all dietary needs)
- Yoga, Nature Walks, Hiking, Swimming, Snorkeling
- Lomi Lomi Spa Treatments
- Lei Making, Hula Dancing & Ancient Hawaiian Chanting
- Excursions: Explore ancient healing sites and spend ample time steeped in nature
 - *Haleakala Volcano* Vortex, Lava Fields, Lava Caves, Lava Stone Gathering, Hawaiian Sweat Lodge
 - Special Heiau Access (Ancient Hawaiian Spiritual Locations and Rituals).
 - Sacred Ocean Pools, Native Botanical Gardens, Bamboo Forest, Kapalua Labyrinth, Waterfalls, Iao Valley & Stream, Lots and lots of Beach - Red, Black, and Tan

Experience Highlights

- Authentic Self Expression
- Inspirational Discussions and Sharing
- Reflection, Journaling, Meditation, Video Journaling
- Rest, Relaxation, & Recreation
- Fun & Laughter
- Friendship, Role Modeling, Mentoring
- Introspection & Personal Insight
- Professional connections and affiliate programs

About Indigo Connection and Betsy Muller

The Indigo Connection 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. With a subscribership of more than 1,500, Muller is committed to helping others lead balanced, prosperous lives by providing regular networking opportunities, synergistic relationships and stimulating topics for personal, business and spiritual growth. Betsy will also be facilitating an experiential women's retreat in Maui HI, October 17-23, 2010.

Founder Betsy Bartter Muller is a certified EFT practitioner, certified energy health practitioner (CEHP), a certified energy coach (CEC) and an ordained minister. She holds an MBA in Systems Management from Baldwin Wallace College. Programs offered include The Energy Makeover, Awaken the Creator, Waist Management, Tapping into Success, Tapping into Creativity, Energized Selling, Spiritual Business Leadership, Graceful Aging with Ancient Secrets, Healthy Relationship Boundaries and Living Your Purpose.

Muller, a member of the Association for Comprehensive Energy Psychology (ACEP) became the first certified energy coach in the Greater Cleveland area in 2005. She is one of only five Certified EFT Practitioners in Ohio and one of 32 ACEP-Certified Energy Health Practitioners in the world.

For more information on Indigo Connection events and retreats, visit www.theindigoconnection.com, call 440-238-4731 or email betsy@theindigoconnection.com.

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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.

For additional information, photos and videos, please visit The Indigo Connection's PR, Speaking and Media Page at <http://www.theindigoconnection.com/media.htm>.