

ENCOURAGING,
PROMOTING AND
SUPPORTING HEROINES

SPECIAL
POINTS OF
INTEREST:

- This is an issue about leaving Comfort Zones.
- We all do it differently. Some leap, some dip a toe over, some put one foot in front of the other and just keep going.
- Hard as it may seem it's the road to freedom. It's the first step on the Heroine's Journey.

INSIDE
THIS ISSUE:

Jane Honeck 2

Lynne Rothney-Kozlak 2

Lael Jepson 2

Lael, cont. 3

Jo Griffiths 3

Updates and News about Heroines 4

Journey News

VOLUME 1, ISSUE 3

JULY 1, 2010

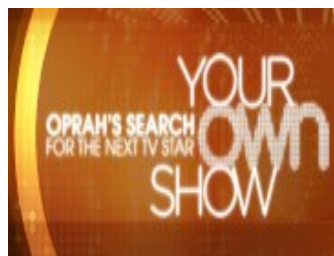
Walking My Talk: Oprah video

I may never know what this was about for me. I had heard that Oprah was having a contest for people to have their own show on her new Oprah Winfrey Network, kicking off on January 1, 2010, but not until the MIDDLE OF LAST WEEK did I start to feel the significant urge inside me to submit an audition interview...three days before Saturday's deadline! Yikes!

I looked at the 4,000 + people who had already submitted; saw the 8 MILLION votes that auditions had already received; my logical brain was saying "waste of time", but something greater was pushing me forward.

Luckily, my [virtual business manager, Steve](#), was able to help me with the video (though we defi-

nately had hiccups in that department). On Saturday I traveled to Philadelphia to visit my daughter and finished up the long application form at 1:30 AM eastern standard time, in her guest bedroom., The cut off time was midnight pacific time! In under



Click on the picture above to see my video and vote...by July 3, midnight PST

the wire.

Part of my incentive to keep going even as we encountered glitches, was Steve's comments to me. At some point on Friday I had decided to quit and told him so.

"What was the point? I don't have 8 million votes. There are over 8,000 videos. I'm a drop in a huge bucket!"

"What do you tell others, Susanna?" He let me have it.

"You tell them to be optimistic, follow your dreams, click your ruby slippers, believe, listen to your inner wisdom?! And you're quitting?"

I got the point, kept going and sent it in.

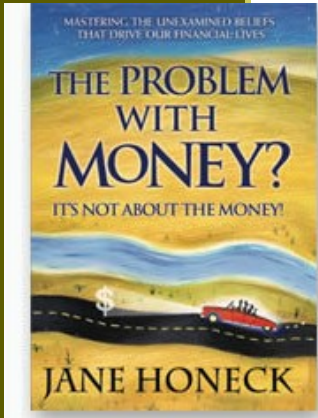
Journey Exercise "Morning Pages"

Why do I (highly) recommend doing [Julia Cameron's](#) Morning Pages to just about everyone I coach? They open up space...in your brain and in your psyche. It's a way to clear the inner clutter so that those gems of wisdom, that you possess but can never hear because of the ca-

cophony of everything else calling to you, can rise to the surface. Women come to me stressed and searching for balance. The first thing I recommend is doing "The Pages" (as a client of mine fondly calls them). Yes, it's a discipline. Yes, it's an everyday, (morning no less!) practice, but

it's (totally) worth it. It's a life-saver. Start doing them and your life begins to look clearer, more "sorted out". You get focused and stop hopping around. [Read what Julia has to say about them on her web site.](#) Try them and please let me know what you think.

The Problem with Money?



Exploring the money beliefs that form our relationship with money

Jane Honeck and I have known each other for a long time. She graced my Heroine's Journey group at Meadow Wind earlier this year and spoke about the Heroine's Journey she was currently on...leaving her longtime career. She had worked with clients on tax and financial planning issues as a CPA and tax specialist for over 30 years. At the same time, she began a personal quest for inner discovery because she felt she was meant to do much more than just prepare a great

tax return. She just wasn't sure what it was!

And then, she became a Certified Empowerment Trainer by training under empowerment pioneers, Gail Straub and David Gershon of the [Empowerment Institute](#) of New York. It became clear to her that just teaching the mechanics of money was not enough to move clients toward long-term financial change instead she found the solution in uncovering and mastering the unexam-

ined beliefs that drive our financial lives.

Recognizing the importance of this work, Jane wrote her first book, ***The Problem with Money? It's Not about the Money!*** Now, with her book, blog and Cent\$ible Living Money Program, workshops and speaking engagements, she helps individuals and businesses move toward the financial lives they want and deserve.

Buy the book and learn more here: www.janehoneck.com.

Interview with a Heroine Reminder

August 10th, at 7:00-8:00 PM Eastern time I'll interview [Lynne Rothney-Kozlak](#) about her Heroine's Journey.

She's an in-demand, busy business consultant who somehow finds time to indulge her passion and compete nationally (often against her biggest supporter, her husband) in the racing sport of [Autocross](#).

Autocross is not like the Indy

500, it's racing solo on a mile long strip (like a runway on a decommissioned airfield) and maneuvering around a slalom of orange cones.

We'll talk about how Lynne has always been pushing the boundaries of her comfort zone. She competes in the open division, against mostly men, having left the ladies division because she kept winning.

"I was too comfortable and winning too easily. I could have stayed in the ladies' class but I wouldn't be challenging myself."

We'll talk about the shift she needed to make to compete with the men; how she's found that a blend of Zen and fierceness is where she needs to be at the start of a race. [I hope you'll join us on the 10th.](#)



SusannaLiller.com proudly presents:

The next Interview with a Heroine

August 10th, 2010

Featuring

Lynne Rothney-Kozlak (pictured above)

more info here...

"My Heroine's Journey 'call' dropped down and clunked me on the head!"



Three years ago, when Lael was nursing her baby, Graecen, a "conduit of wisdom bubbled up" and luckily she was quiet and slowed-down enough to hear it. It was a

June day, she was watching the sprinkler going back and forth,

and she had recently left her corporate job and started her new business SheChanges. Lael thought in about 7 years she'd hold the women's retreat she'd dreamed about. But in that moment, while nursing her baby, she received her "call". "It dropped down and clunked me on the head!"

and she realized, "Oh my gosh, I need to do my retreat now!" The Threshold Guardians appeared (a.k.a. The Critic) as the cautionary voices within warning her it was too early. It didn't make sense. But, she did what she always does when she's leaving a comfort zone and stepping over the

Lael Jepson's Call cont...



threshold into some new adven-

**Click on
the Home-
coming
graphic to
learn more**

She called Kingsley Pines and started in with "I'm sure you're totally booked and will probably be out of my league, but do you have a week available...?" They did! And it was financially doable. The next step she described as a "vomit mo-

ture. She takes the first, small step and if it unfolds easily then that is a sign that there is support from the Universe for her leap into the unknown.

ment", so scary that she wanted to throw up. She asked her long time dance teacher if she'd be willing to hold a workshop and got an immediate yes. She knew her venture was supported.

But she hadn't met her Dragon yet. She had always coached and worked with leaders, but didn't consider herself a leader. Holding the first highly successful Homecoming Retreat in 2008, with a team of 14 people, showed her Dragon (which is always some big fear you're holding) that she was, indeed, a leader.

"This is a retreat for women who don't go to retreats. It's a radical act, a bold move, for women to carve time out for themselves. Just by the very act of taking time for yourself you are welcoming change into your life. That can be scary. It's a huge act to put yourself at the top of your to do list."

Handwriting Analysis with Jo Coppola-Griffiths

I met Jo at [Omega Institute](#). I have always been intrigued with handwriting analysis and signed up for a reading. It was more than insightful. When I got back to Maine I had my husband send her his handwriting sample so he could benefit. He did. Read what Jo writes about her craft and then you, too, might want to explore how this tool can guide you in your life. You can contact

her at:

voyageofthepen@gmail.com.

"My experiences as a Handwriting Analyst have been the most amazing and satisfying work that I have been blessed to do that involves helping people through a science that not only examines personality, but enables me to uncover the dynamic properties of the energy of

the people that I analyze...

It took years of practice following a three year handwriting analysis program where I became a Graduate Handwriting Analyst in 1989. I also hold a Masters Degree in Psychology...Handwriting Analysis is a science. It is the ability to see a person from the brain perspective in the moment. Many analysts refer to handwriting as frozen emotions.

"Handwriting Analysis is a science and an art. It is my direct contact with spirituality and human emotion"

cont from above....

It is the reason why letter writing is so treasured by people. Ask anyone if they have saved love letters, and you'll always find someone who will tell you they can't throw them away. They save what is captured in the letter because on some level, the fundamental reality is that they still own a piece of that emotion, deep in the letter is the language of the heart....I often surprise people

when I analyze their writing. I talk with them as if I have known them their entire life, and the talk becomes a shared experience of the beauty of storytelling and truth. I can easily relate to past problems and struggles, see pain and trauma, and every so often, see an illness or a sign of something blocking a person's vital energy. It is all in handwriting. It is all directly from the

brain. It is important that I share the message with people that writing is important as a life long activity of intimacy with oneself through journaling, a more deep and satisfying way to communicate with oneself. It is not surprising to me that journals are more common these days, People are in need of a place to go to empty their minds, share their feelings, explore, understand, and sometimes, just grieve... Handwriting Analysis is a science and an art. It is my direct contact with spirituality and human emotion. It is part of a wonderful purpose that is vibrational and heartwarming, it is my link to the soul. It is my link to the Divine."



SusannaLiller.com

PO Box 592
Bath, Maine 04530

Phone: 2-7-443-2847
E-mail: susanna@susannaliller.com

**Connecting You to Your, Identity,
Power, and Direction**

About me

I started my business for women, Ruby Slippers LLC, in 2000. As a coach, facilitator and speaker, my mission is to help women be their big selves: confident, empowered, comfortable in their own skin. I have met so many amazing women along the way and since the beginning I have looked for ways to support them. They are women who push themselves constantly to leave their comfort zones and grow. They are heroines, women who dare to expose their true selves. This newsletter is dedicated to encouraging, promoting and supporting all the heroines I meet on my journey.

And if we haven't met,
please introduce yourself!



Updates and News about Heroines

Join **The Levity Project** on **July 16th from 4:30-6:00pm** at the **Yarmouth Clam Festival** Yarmouth, Maine.

The Levity Project is a movement which creates positive social change by engaging in public acts of play, laughter, and celebration! This is your chance to be in a Laughter Flash! (yes...this is actually a *flash mob* in Maine...a rare but exciting occurrence) Click on this link to learn more. And yes, I'm going to participate and welcome other heroines to. Another chance to exercise your comfort zone stretching muscles and laughter muscles!
<http://>

thelevityproject-maine.eventbrite.com/

I told you about **Sylvia** in the **May Newsletter**. Her Heroine's Journey created a whole new business for her, **SylviaBags**. She

has revised her website and I suggest you visit it.



Four Heroines will journey with me for eight weeks during the Heroine's Journey Telecourse (July 7—August 25). I will offer the telecourse again and if you're interested, please email me and let me know.

Heroine's Journey courses in Maine will begin again in the Fall. If you're interested in attending, please email me:

susanna@susannaliller.com

Heroines who face their dragon sometimes create something they never expected.