



# POWER SOURCE

"Motivating and Inspiring Great Health in Body, Mind and Spirit"

VOLUME 2, ISSUE 3 APRIL 2005

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## WELCOME

*Jane Birr, Life Coach*

Welcome back to the POWER SOURCE newsletter where the focus is on great health in body, mind and spirit. Many of you are developing great physical habits. Way to go and keep it up! This month, with the help of my little niece Emily and our member profile, Tanya Crevier, let's explore how we can shape up spiritually. Make it a great day.

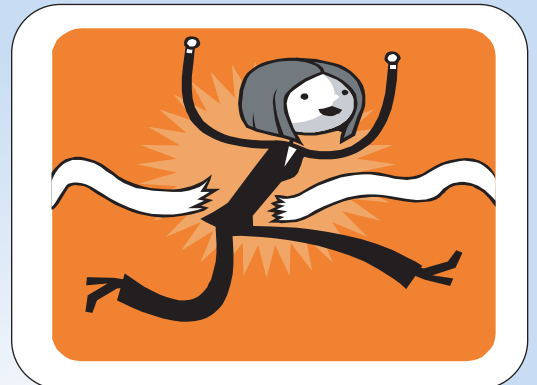


*Jane Birr, Life Coach*

*Jane*

## VICTORIES

POWER SOURCE readers are living great health. Check out the victories that I received recently. They are invigorating. Anything is possible. Keep your victories coming!



"This year I'm 'celebrating' turning 40 by preparing for and doing two Ironman triathlons. The first is in Lake Placid on July 24th and the second is in Wisconsin on September 11. I figure that if I can do two Ironmans in seven weeks, turning 40 won't seem so traumatic."

*~Patricia*

"I have completely transformed my health and my life and am almost to my 55 pound weight loss goal."

*~ Jennifer*



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## EYEBALLS

*Jane Birr*

I received an interesting question awhile back from a POWER SOURCE newsletter reader who asked, "How do you get spiritually fit? Why don't you address that in a future newsletter?"

Wow. Big question. My first reaction was to tell her to go ask a preacher. But the more I thought about it, the more I thought I was on to something with the help of my five-year-old niece Emily.

You see, Emily and I were having fun with Playdoh at my house recently. Emily was rolling hers into a snake or a hot dog or something. I was doing what any mature 41-year-old woman would do by looking at Emily from across the table with a red Playdoh ball in each eyeball saying, "Emily, Emily, look here!"



Emily liked that, so she also made two red eyeballs. We both sat there laughing and squinting at each other trying to hold Playdoh in our eyeballs. (I know you want to try this, too.) Then, out of nowhere, Emily said a funny thing. Not ha ha funny, but interesting funny.

She said, "You know, Janie, God made eyeballs." Then as she squinted tight to hold her red Playdoh eyes in, she raised her hands and looked up with joy around the room with the morning sun streaking in and declared, "Janie, God made brains, too. He even knows how to make dragonfly wings." My red eye plopped to the table as I said, "Dragonfly wings? He knows how to do that?"

"Yes, Janie. He just snaps his fingers and it happens. And you know what?"

"What?"

"He is God, so you don't even have to pray out loud because He made your brain and lives in your head and knows what you are thinking even before you say it. And, you don't even have to say Amen."

"Really, Emily? You don't even have to say Amen? This is fascinating."

"Hey, Janie."

"What?"

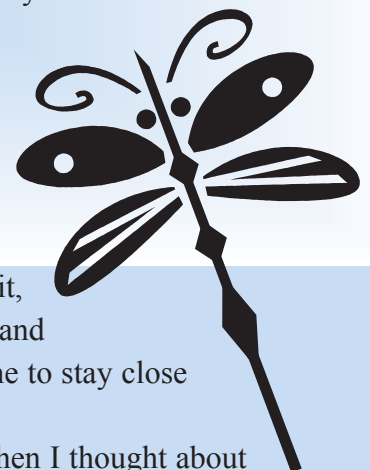
"Want to see me do a cartwheel?"

"Sure."

End of theology and on to gymnastics.

What a gift it was to witness such untarnished faith. But the more I thought about it, the more profound it became to me. I reasoned, "God, if you can make an eyeball and know my thoughts before I even think them, well then, wouldn't it be a wise for me to stay close to you? Life just doesn't seem to work right when I go off on my own."

I thought about the joy I saw in little Emily's face when she told me about God. Then I thought about



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## MEMBER PROFILE

I am so excited to introduce to you Tanya Crevier. I was a 14-year-old basketball camper when I watched with my mouth agape as Tanya performed her world-renowned basketball show, which ended with her spinning 10 basketballs simultaneously. You'd have to see it to believe it. I was even more impressed with her message that has impacted me to this day. Let's hear it from Tanya:

### **Tanya, please share with POWER SOURCE readers your profession.**

I have the best job in the world for me. I get calls from folks all around the world wanting me to share my exciting basketball show and inspirational message with them. I speak and perform at elementary, junior high and high school assemblies. I get invited to perform at half time of high school, college, NBA and WNBA games. I also perform my basketball show and share my Christian testimony in prisons all across the country. It is such a joy for me to be able to share my God-given talents and enthusiasm to young and old alike.

### **What do you do to stay in shape?**

I run, do sit-ups and push-ups and play some basketball. My show gives me a great work-out each time I do it. Reading my Bible strengthens me in all areas of my life. God's word is alive and His word purifies my heart and keeps my attitude in check.

### **How do you stay motivated?**

My family, consisting of my six brothers and five sisters and their spouses and children, is a great source of strength. My daily quiet time of prayer and meditation on God's word gets my eyes off myself and onto the Lord. Also, each school, game or prison that I go to, the Lord always shows me someone He wants to love through me. My talent is the tool He has given me to get in the door. Then, I focus on how I can give the inspiration or be the role model that I had available to me when I was just starting out at age 12.

### **How can people contact you to arrange a show or talk to you?**

My e-mail is [Tanya@enthusiasminternational.com](mailto:Tanya@enthusiasminternational.com) and my Web site is [www.enthusiasminternational.com](http://www.enthusiasminternational.com)

## TANYA CREVIER





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*Eyeballs, continued from page 2*

God and how He must be smiling as this precious child looked up to him with red Playdoh eyes. What a concept. Emily can make God smile. God enjoys being with Emily and me and you, too. I mean, this is God, who must be very busy with keeping all the stars and planets up there, listening to billions of prayers and making dragonfly wings... Yet, He loves us and likes to be with us. Who or what in this world can top that?

So my conclusion is this. How do we get spiritually fit? Maybe it isn't so much what we have to do, but who we chose to be with. As for me, I am going to hang with the one who made eyeballs.

## POWER QUOTE

Today's quote comes from POWER SOURCE reader Paula who has lost 48 pounds. She says she remembers and repeats the ABC's of eating, especially when tempted to snatch at work or take an extra helping. What are the ABC's, you ask?

“All **B**ites **C**ount.”



## LOOKING GREAT STRAIGHT

I was at a family party a few weeks ago and kept my eye on my sister Connie. She looked great. Sure, she has a beautiful head, but that was not what was standing out to me. Whether Connie was sitting or stand-



ing or walking about, her shoulders and head were back, her back was arrow straight and her gut was tucked in. Over the course of three hours, I never caught her slouching. That is amazing. Now I am walking around the house practicing with a book on my head so I can be like Connie. Connie said she got in the habit from Dad who would poke his finger into her slouching shoulder blades and say, “Get your shoulders back.” Over time, she just did it naturally. Try it. Get in great posture and see how good you look and feel. Your back and neck will appreciate it,

## ENOUGH

Have you had enough with the current condition of your health in body, mind and spirit? I've assisted hundred of people in reaching their goals and living their values. Please contact me, Jane (you Tarzan), for a complimentary 30-minute session to discuss your situation and to see if I can assist you in setting and reaching your three-month goal. Go for it. It's fun!