



## **Betsy Muller's Story - How the Indigo Connection Came to Be**

I had a blessed life – Happily married, two kids, pretty yard, supportive friends, nice house, family nearby, plenty of money in the bank, and a great job with a great company. Why was it that I found myself in Border's books on a cold, dreary Sunday afternoon in March of 2004 attracted to a book entitled "The Worn Out Woman?" Was this me? Sadly it was, and it is part of the journey that had brought me to where I am today. Today I own my own company and my life is full of love and JOY. I hope to help you understand this change because I think it's possible for anyone. The interesting thing is as much as I have changed, I'm very much the same person.

For a bit of history, I'll take you quickly through my life and career. – I'm 46 years old, grew up in Berea, married George, my college sweetheart 21 years ago. I have two teenage kids, Dan 17 and Mandy 14.

I have enjoyed the mixed blessing of being very good at most of the things I try. I like lots of different activities and my challenge has always been to choose how I spend my time and effort because I'm easily distracted.

Early in my life, my success as an honors student moved me to pursue a BA in Chemistry from the College of Wooster, then an immediate jump into my MBA while I worked full time as a Chemist. My first jobs with PPG Industries and BP Oil (15 years of my career) were jobs I didn't particularly enjoy, but they brought me many promotions and paid extremely well. I often refer to those years as "my days of prostitution".

The gift of becoming a mother with the birth of Danny in 1988 woke me up to exploring time management and CHOICE management much more seriously. Those were the days when only 6 weeks off were provided when you had a baby. The lesson I learned as a young mother was that nurturing myself was necessary if I was to be of service to others. At this point in life, I really started taking life balance seriously.

I was a brave pioneer at BP, proposing effective options for work from home, flextime, and part-time work for professionals. I also helped to start a support group for professional women at the headquarters. In spite of making some amazing progress with BP, I was among the first to accept the voluntary separation offer from BP in 1995. It was one of the best decisions I ever made. I left knowing that my next job would be closer to my home, would require fewer hours of time and would involve something I liked to do.

I moved to the world of healthcare in 1995 when I accepted a part-time corporate health sales position with Southwest General Health Center. In 5 years, I grew my territory 80%, then sadly, management eliminated the division I worked in. It wasn't the end of the world for me – I was stronger from the experience and really liked healthcare. I also knew how to sell. I immediately began networking, and eventually landed a job as Business Development Manager for Dr. Sherri Tenpenny at OsteoMed II, a clinic integrating alternative and traditional medicine. My passion for mind-body health formed through all that I learned and the wonderful people and experiences I had through that job.

I look back at 2001 as a year of big changes for me. Early that year I started practicing some daily Tibetan exercises from a best selling book called “The Ancient Secrets of the Fountain of Youth” in an effort to hold back aging. I also read a book called “Set Yourself Free” by Sandy Krauss. I completed an exercise called “100 Things I Want” as a result of reading that book. What happened next is that I started experiencing some unusual clarity in receiving what I refer to as “sacred wisdom”. It was peaceful and loving information – good stuff!

In July of 2001, I traveled with Dr. Tenpenny to Switzerland for an Energy Psychology conference where she would be presenting a workshop on ADD/ADHD. Little did I know that in that quaint mountaintop luxury hotel overlooking Lake Lucerne that I would meet amazing healers from 20 different countries around the globe. Here I would learn about energy healing first hand. I attended the workshops, I felt the intense energy and I learned how to bend metal with my mind. I also made some very special, lasting friendships. It was here that I learned about tapping on energy meridians to relieve stress and overcome obstacles. I learned about the power of intention on healing. I was inspired.

Returning from Switzerland, I felt totally confused. I felt a strong calling to do healing work, but was not sure what this meant. I began reading everything I could get my hands on and taking more classes – Reiki, Touch for Health, became an Ordained Minister, and joined the Association for Comprehensive Energy Psychology.

In 2002 I was promoted to General Manager of OsteoMed II and began a period of high stress as my work-days grew longer. I steered the operation through a period of high growth, new hiring, and a move to a much larger, custom designed facility in Middleburg Heights. During this time I settled into an understanding that my work as a manager facilitated an enormous amount of healing and good will. I felt I was in the right place. Through my job as GM I painfully learned about every little detail of small business life. I attended Michael Gerber’s E-Myth Mastery program with Dr. Tenpenny where we both learned how to develop systems, policies, and documentation necessary to get all those little daily business problems under control. During this time, I let my personal energy work lapse. Perhaps that’s brought me to that Sunday in Borders in 2004... It was time for change.

During the remainder of 2004, I pursued meditation, prayer, counseling with a local minister, and guided imagery work to get in touch with what I really wanted and needed. I soon began to understand that my time of learning at OsteoMed II was drawing to an end and that I was being readied for a new assignment. I bravely turned in my resignation and began my sabbatical on March 3 of 2005, not knowing what would happen next. I was mentally exhausted and promised myself 30 days of R&R. During this period, the joy began to return. I meditated more, read some inspiring books, and got a new puppy named Gracie. I made appointments for lunch with people I considered mentors. I investigated some coaching franchise opportunities.

As April 2005 began to unfold, I felt no hurry to make any decisions. I continued to talk with people, journal, and explore the franchises. At the end of April, I traveled to Baltimore for the Association for Comprehensive Energy Psychology conference – and further inspiration. I bought books, met generous teachers, and grew further in love with energy health. Upon returning home, I was ready to begin fleshing out a business plan.

In May of 2005 The Indigo Connection was officially registered with the state of Ohio. All of the franchise opportunities were dropped. As summer ended, my plans solidified and another important business decision was made – The Indigo Connection would be a coaching enterprise that specialized in helping women. In late August I enrolled in a new training program called Certified Energy Coach, the perfect compliment for the needs of my clients. My certification was completed in October 2005 and has proved to be a wonderful experience.

The Indigo Connection is about helping women achieve greatness in their professional and personal lives. It's about developing confidence and competence to be successful, prosperous, healthy, and happy. The Indigo Connection is all about ENERGY – the blue/purple color I love, the native flower called indigo, the phenomenon of the spiritual indigo children, and the energy connections we make with each other. I am committed to a generous spirit and to making energy coaching tools available to **every person, man or woman**, who wants them. Additionally 10% of my profits will go directly to charity each year.

As you know, the story will continue, and I hope as many people as possible can be a part of it. Miracles happen every day for me now. I have learned what it means to put my trust in a higher power. My wish is the same for you all.