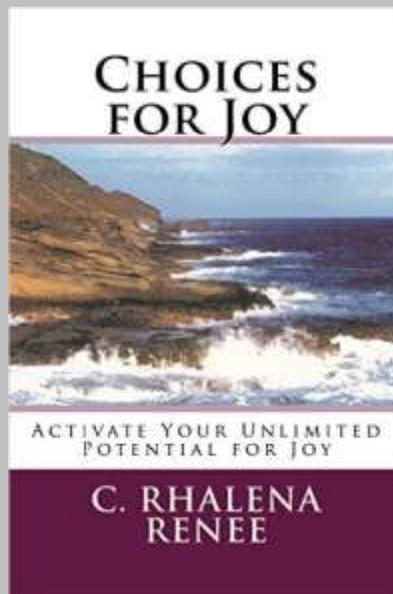


Choices for Joy

By C. Rhalena Renee –
Teacher, Spiritual Healer and Storyteller



Media Kit

BIO's

Nature Centered

C. Rhalena Renee (Lena) grew up farming, hiking and camping. She is connected deeply to the land and knows the bounty of lessons one can learn from Nature. She followed this connection into graduate school in anthropology and studying the wisdom in indigenous healing traditions. In the early 1990's, Lena took her knowledge and experience into healing work. In her 25 years as a spiritual healer, teacher and storyteller, Lena has witnessed the power of making choices for joy. Through her clients and students, Lena has identified key blocks to living a happy and contented life. She's developed easy to incorporate techniques for seeding joy into your life and learning to follow it to find your path and purpose. Lena now lives in the Pacific Northwest where she writes, continues her healing work and bathes in the beauty of mountains, forests and beaches of Puget Sound. She just released her first book, "*Choices for Joy*". Find out more about her at CRhalenaRenee.com.

Connecting to the Divine and Sacred Feminine

C. Rhalena (Lena) Renee, Spiritual Healer, Teacher and Storyteller, traveled her own path of resurrecting the divine within, from the cultural expectations of over giving and over responsibility. Her deep desire to serve had to be balanced by revealing and celebrating the sacred feminine. Tapping into what brought her joy was the key that helped her follow the trail of her true path and purpose. Lena now weaves this joy with her gifts of healing, teaching and storytelling. She understands how to use her gifts to serve in a way that truly serves her own spirit. C. Rhalena Renee offers her gifts to the world through personal healing sessions, workshops, circles and her new book, *Choices for Joy*. Find out more about her at CRhalenaRenee.com.

Circle Work and Community Development

C. Rhalena (Lena) Renee brings the tools of an anthropologist, the heart of a healer and the magic of a storyteller to a world hungry for connection and in deep need of supportive community. Her cross cultural perspectives and the insight she's gained from her work with indigenous healing traditions allows her to offer experiences that open the mind, calm the spirit, heal the heart and ease the body. Sharing story, witnessing others and opening to the joy of community are her greatest tools. She invites us – through circle work, one-on-one coaching and relevant community experiences – to acknowledge our gifts, reclaim our power in using those gifts and offer them in service to the world in a way that brings us joy and feeds us personally. Lena's wisdom and teachings are now available in her new book, *Choices for Joy*. Find out more about her at CRhalenaRenee.com.

Presentation Topics:

The Science of Joy and Why We Must Embrace It in Our Times

We live in a time of great transformation - a time when creative solutions to local, national and world crises are needed. While we must stay aware and be proactive, we must also guard against dwelling in the fear, frustration, pain and anger that current politics and environmental concerns can evoke. These emotions take us into a flight or fight mode. When our nervous system goes there, we become hyper-focused on survival and the creative, problem solving part of our brain shuts down. Research shows that taking time for joy, happiness and gratitude actually broadens our ability to cope and to find solutions. They are not frivolous in times of great need, they are essential.

“I Love Dandelions! And Other Stories of Joy”

Through story, C. Rhalena Renee takes us on a journey to teach us how to recognize joy and embrace it as a powerful tool for health and happiness. Mythic stories, personal stories and song stories are woven together to inspire your own stories of joy.

“Choices for Joy: Seeding for a Lifelong Harvest”

Harvest time is traditionally one of celebrating what we have manifested with the hopes that it will get us through the winter months and into spring's bursting fertility. For many of us it is also a time of looking to the coming holidays and the anticipation of what that might bring. It is a time of choices. C. Rhalena Renee, author of *Choices for Joy*, invites us to look at how we can make choices that lead us to personal and community joy and satisfaction. She teaches us to look for the seeds and to plant them in fertile soil.

“Can I Really Trust Joy to Lead My Life?”

Join C. Rhalena Renee, author of *Choices for Joy*, in an exploration of joy as a key to finding purpose, satisfaction and happiness. Dr. Brené Brown has made us aware of our cultural tendency to forebode joy – to diminish it, inhibit it, even push it away from us. C. Rhalena Renee invites us into a new relationship with joy – one that is nurturing, fulfilling, sometimes silly, sometimes profound and one that can renew our lives, free our voices and lift our spirits.

“Emotions As Magic”

Whether we are praying, goal setting, creating personal or business manifestation plans, setting intentions or creating magic in our lives – it's time to dust off the emotions and let them be powerful tools for making our dreams a reality. C. Rhalena Renee, author of “Choices for Joy” teaches us to connect with our emotions in an appropriate and life-giving way so that we can use them to create the life we want to live. No more dry resolutions about what we *think* we need to be and do. Learn to plan and meet your goals while experiencing joy, satisfaction and happiness at every step along the way – even in the challenging places. We'll debunk the myth that emotions have no place in serious pursuits and discover a less stressful way of living.

You can find C. Rhalena Renee at:

Phone: 509-312-0220

EMAIL: Lena@CRhalenaRenee.com

Websites:

CRhalenaRenee.com

ChoicesForJoy.com

WhispersOfTheSoul.us

Blogs:

CRhalenaReneeWriter.blog

Facebook:

C. Rhalena Renee

Linked In

Interviews

Voices of Women with Host Kris Steinnes:

Can I Really Trust Joy to Lead My Life? with C. Rhalena (Lena) Renee. 9/25/15

Listen to the archive recording at: <http://www.thedrpatshow.com/host/host,16.html>

Talking Points

About the Topic

Why a book about Joy

- ⌘ 2 decades of working with clients and seeing how often we focus on pain and working hard
- ⌘ Seeing the power of joy as a motivator for students
- ⌘ The need to change our cultural stories and expectations of how life should be lived
- ⌘ Dancing Wu Li Masters by Gary Zukav – Lessons from quantum mechanics
- ⌘ Angel Teachings

The relevance of Joy in our culture and time

- ⌘ Joy opens us to connection, purpose and service to community
- ⌘ Tapping into our joy helps us make better choices for ourselves
- ⌘ Joy boosts our ability to cope and increases our personal resources for navigating life's challenges

How one “Follows Joy”

- ⌘ Opening to and learning to trust joy (and all our other emotions)
- ⌘ Joy has movement and cannot be grasped or held static
- ⌘ Seeding and Harvesting Joy
- ⌘ Joy leads us to places our mind cannot comprehend

About the Process

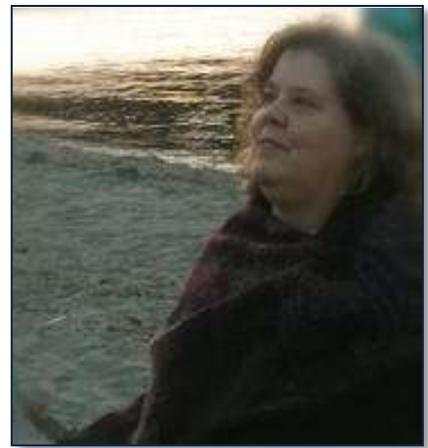
- ⌘ Writing the book challenged me personally around how I held joy
- ⌘ Our topics become our teachers – we invite them into our lives and it either deepens the relationship or stalls the writing/teaching
- ⌘ Research process affirmed my experiences and gave me hope.
- ⌘ Emotional flood when the book was actually published – and how its wisdom balanced me
- ⌘ *Choices for Joy* is just the beginning – 2 more books are calling me to write them

About the Author (Spiritual Healer, Teacher, Anthropologist, Storyteller)

- ⌘ The role of joy as personal ally, passion and guide
- ⌘ Specific joys: writing, teaching, storytelling, music, nature
- ⌘ Becoming a Spiritual Healer - Understanding childhood desire to be a doctor or a nun
- ⌘ Influence of indigenous healing traditions
- ⌘ Joy as seen through the eyes of an anthropologist
- ⌘ The power of story and the need for storytellers

What's Next?

- ⌘ Publishing is like having a child – you can't just set the book on a shelf; you have to nurture it and see what it wants to become in the world
- ⌘ Workshops on seeding joy in our lives; learning to trust and follow joy
- ⌘ blogs to support opening to our emotions and choosing the stories we carry
- ⌘ Emotional Landscapes book
- ⌘ Call to Service – Changing the field of fear to one of hope
- ⌘ Traveling, Teaching and Research



C. Rhalena Renee 509-312-0220

Lena@CRhalenaRenee.com