

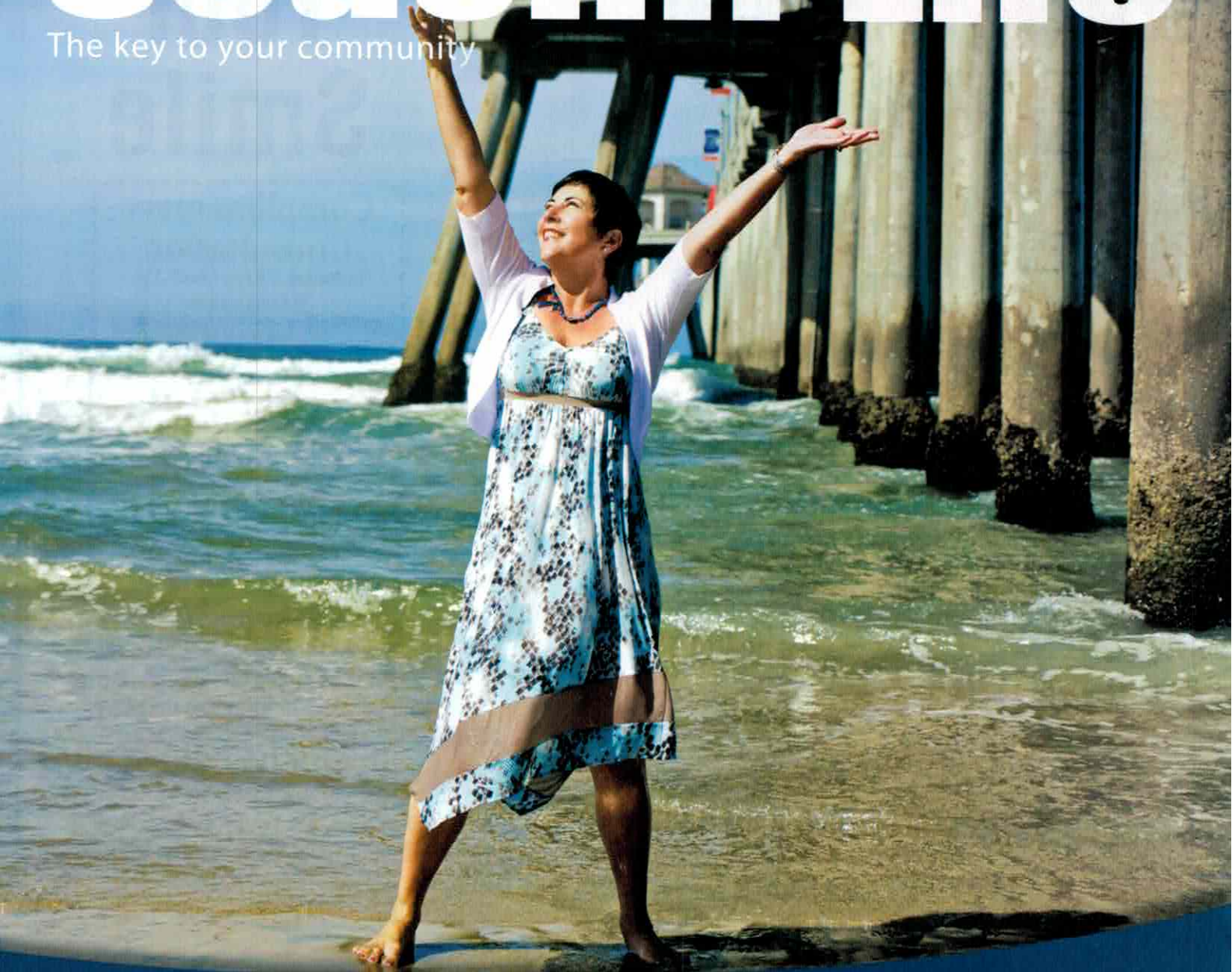
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# Huntington Seacliff Life

The key to your community



## 'I Love My Life!'

**Motivational Speaker Nancy Mueller Has Tips for Happiness**

# 'I Really Do Love My Life!' How You Can Love Yours, Too

*Motivational speaker, women's coach,  
and Huntington resident, shares insights  
about how to become a happier person.*

by Nancy Mueller  
Community contributor

**W**ho knew?

Certainly not my mother or any of my teachers, in fact, I am not even sure I knew it myself until the day I stood up in front of an audience and began speaking.

As a child, I had no voice; so how is it possible that today, I stand in front of women of all ages, encouraging them to live the life they were born to live.

When I was in the ninth grade, a woman visited our school and spoke at one of our assemblies. Her message was meant to help us 'say no to drugs' but I was captivated by HOW she talked to us. She shared her story about her time in jail for doing drugs. She explained what it was like to wake up every morning, incarcerated and alone. Her heartfelt message was shared with us in the hope that she could spare us from ending up the same way.

Something was awakened in me after hearing her speak. I wanted to touch lives like she had touched mine. I recently had the honor of being the keynote speaker at an event for young girls, ages 13-to-18 years old. Sharing techniques and procedures that will empower them to love who they see in the mir-

ror, and why each of them is a gift is one of the reasons I love my life. The opportunity to watch the transformation in a young girl's face when she realizes others are struggling with the same doubts and fears she faces every day is priceless. Psychotherapist, hypnotherapist, innovative author and founder of Hypnosis Motivation Institute, HMI in Tarzana, CA., Dr. John Kappas teaches us about the power of our subconscious mind. He states from age 0 to 13 we learn what we believe to be our value (or lack of value) from our surroundings; parents, siblings, teachers, etc. If we are constantly told we are stupid, ugly, or will never amount to anything, we believe this to be truth. As we grow older, we learn different ways of thinking but those first 13 years are deeply ingrained in our subconscious mind. Learning to 'undo' those negative beliefs can be difficult, the older we get. Having the opportunity to work with teenage girls is so rewarding because we may be able to help them see their value at a much younger age. When I was in my 30s, the opportunity to study martial arts presented itself. I began to know myself and recognize the inner strength I possess. This is the gift I give to my audience when I speak. Initially, I started my business to teach self-defense to women. I was successful in attracting women to my classes; however, I soon learned they did not want to spend time learning the basic techniques necessary to hone the art. One day, I stepped back and asked myself, 'If they aren't attending class to be better martial artists, what is it that keeps them returning?' It was then I realized the value they were getting from my classes. They were learning to tap into their inner strength because of the messages I was sharing with them during every class. Leaving the class feeling empowered, they were excelling in their careers, with their families and

*Continued on next page*



**All women have a fierce strength inside of them and most don't even realize it.**

Photo courtesy of Nancy Mueller



**Using life experiences and multiple coaching modalities, I inspire and teach women to speak their truth.**

Photo courtesy of Nancy Mueller



**Having a high sense of self-esteem and understanding our inner strength can go a long way to empower women to live from their power.**  
Photo courtesy of Gayle Dawn Photography/[gayledawnphotography.com](http://gayledawnphotography.com)



**"Touching someone's life in a positive way fills me up and gives me the sense I'm making a difference," says Nancy Mueller of Huntington Beach.**  
Photo courtesy of Gayle Dawn Photography/gayledawnphotography.com

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day-to-day choices. As I shared my story with the women, and they understood where I came from and why my message was important, they began to feel empowered in their own right. I transitioned the classes to meet the specific needs of the students and it was motivating and inspiring for them. Sometimes they simply attended class to hear what I had to say. It was then that the motivational speaker in me emerged in a powerful way. All women have a fierce strength inside of them and most don't even realize it. From the time we get up to the time we go to

### **Martial Arts Maven**

# 1994

*Nancy Mueller has been a student and teacher of martial arts since 1994.*

bed, we're always doing one more thing. Whether it is for the kids, the boss or driving the kids to soccer practice, we have a resilience inside of us that keeps us pushing on, and we don't even know where it comes from. We don't look at this kind of tenacity as strength, but it is. Sharing this insight with women allows me the opportunity to give women an intangible gift that becomes tangible once they apply the knowledge to their lives. Touching someone's life in a positive way fills me up and gives me the sense I'm making a difference. I want to share my story every chance I get because I never know who might need to hear my words. As I let my own light shine, I'm encouraging other women to do the same. Although I've been a student and teacher of martial arts since 1994, it isn't my intention to teach karate to my audience. The deeper purpose of martial arts is not a physical one; rather it serves as a vehicle for personal and spiritual development. I believe once a woman learns to apply the principles of martial arts into her life, and begins to acknowledge the power from within, she'll start asking herself, 'If I can do that, what else can I accomplish?' Sometimes, simply showing a woman how to stand in a threatening situation can be all the empowerment she needs.

Women can feel threatened in places that range from a parking garage to a work situation. Anything that creates the loss of power on her part can be linked to a low sense of self esteem. In "The Gift of Fear," Gavin DeBecker states: "At core, men are afraid women will laugh at them, while at core, women are afraid men will kill them." Is it any wonder why women tend to

# Motivating Women

*Women are a powerful group who can do anything they set their minds to—together or simply on their own.*

**I meet too many** women who say they're tired, have mood swings, don't like their body, and are sick and tired of being sick and tired. How can you create a successful life if you lack the energy to cope with simple day-to-day tasks? You can't, and this is why the first thing I encourage women to improve is their health. Women are powerful! When we bring women together, we have the opportunity to learn from the collective knowledge of the group, grow farther than the boundaries set for themselves, and obtain goals never thought possible. As a women's life coach and the leader of a business networking group, I enjoy connecting like-minded women with each other who may be able to partner in life or business. Many successes have stemmed from referrals women create when networking. I know my calling is to educate women and empower them to discover their inner strength. I'm passionate about encouraging women to improve their 'health,' value their 'self,' and in turn, increase their 'wealth.' I believe you can do or be anything you want, regardless of where you come from. Our background and circumstances may have influenced who we are, but we are responsible for who we become.—**Nancy Mueller, [newbeginningswithnancy.com](http://newbeginningswithnancy.com)**



**Nancy Mueller of Huntington Beach has been a student and teacher of martial arts since 1994.**

Photo courtesy of Nancy Mueller

have challenges standing in their power? Having a high sense of self-esteem and understanding our inner strength can go a long way to empower women to live from their power. Turning something dismal into something wonderful isn't an easy feat. Jack Canfield, author of the "Chicken Soup for the Soul" series and national bestselling author of, "The Success Principles: How to Get From Where You Are to Where You Want to Be," helped me realize because of the way I look at my life, I'm the most positive person I know. Canfield's work on self-esteem helped me understand I have a powerful message. He taught me whenever you feel like you can't do something; just stop and tell yourself 'what the heck - go for it any way!' People may tell you you don't have the right education or the money to follow your dreams, that it's not going to happen—but ultimately, if you just listen to your heart, you'll find the way. Using life experiences and multiple coaching modalities, I inspire and teach women to speak their truth, connect to their hearts, and manifest their highest potential, so I can help women identify their passion and mission, take responsibility for where they are, and never give up on growing the life they want.—**Nancy Mueller, local speaker, author, and women's coach.**



**"I'm passionate about encouraging women to improve their 'health,' value their 'self,' and in turn, increase their 'wealth.'"**

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