

COACHING FOR PERSONAL GROWTH CLIENT SUPPORT WITH GROWTH WORK

Stress awareness and impacts on flow or health.

I. Increase awareness of life energy and of your blockages (clearing).

Explore the energy that is making up current stress or issue.

Increase your awareness of the resources that can help you.

Explore how to shift into the larger perspectives about issues, that better serves you.

II. A deeper, inner self connection practice.

Learn ways to honor self more in life.

Taking time and space for self: sitting in heart space.

Moving our emotional energy. Learning to accept what is.

Shifting our thoughts for more alignment to our truth.

I provide you with the motivation and support that is needed to establish a practice in your life.

Learn the whys and hows of healing and awakening. This awareness helps us provide you with the needed motivational support for doing a daily practice, whether it be mindfulness, reflection, or meditation. Working to create more space for more peacefulness, throughout your daily life.

III. Setting intentions for what we want to manifest (moving forward into your future).

Support for your future. Shifting energy for changes on path.

Your goals for future. Manifestation, intention setting.

Practicing putting out what you want.

Ways on how to work on blockages (ie. setting up daily commands).

Ways to practice re-alignment (increasing presencing time).

Learn what is possible for change. Mystical knowledge gives you the tools to shift your patterns towards greater health.

Learn more about the **science of the flow of life energy**, that is you, to take charge of your life.

The more we know about the energy in you, flowing through your nervous system, or piping system of body, the more we can change flow patterns.

Learn **energy principles** of our creative nature and flow:

What consciousness is and how it moves through body (chakras)

What and how you are creating your life: attracting, resisting, hiding.

Life stress/dramas is really reflecting what is happening to us on deeper levels. (mirror)

Learn how to release blockages in our pipes, to restore our flow.

Learn to stop draining your energy: protect your energy system and contain it more.

Learn to grow your energy: move your blockages, and build or expand your energy more.

Awaken by becoming more aware of:

Energy of our thoughts. Learn the impacts of our lower vibrational thoughts, on your flow states (or health of mind-body).

Shift and change your unconscious thought programs, more reflective of your true nature.

Our negative projections (our emerging emotions during current day stress.)

Hypnotic states: forget goodness of self and of life.

Our emotional entanglements and holdings.

Our awakening practices. Going on awakening journey and learning to trust our path.

Opening to space of silence and attunement. Inspiration, guidance, creativity.

Opening to heart field or larger perspectives.

Consciousness of victim and separation. Balancing our masculine and feminine energies.

Developing skills of deeper awareness, witnessing, deeper intimacy, free space (no agenda).