



# SPIRITUAL LIFE COACHING



**MANIFEST YOUR LIFE!**



Thank you for downloading this booklet – **it means that you've taken your first step in Manifesting your Life!**

You probably don't know too much about Spiritual Life Coaching and so I will do my best to explain what it is all about. That way, you'll be able to decide if this is an option for you, if it is that you're looking for someone to help you along your Life Path.

I believe that everyone's life is so very different. The challenges we face are so different and the solutions to those challenges are also so very different. For this reason, I treat each of my clients individually which really helps us to focus on you, what you're going through and what you're hoping to achieve.

### **What is Spiritual Life Coaching?**

Spiritual Life Coaching with me is a collaboration between you and your spirit guides, myself and my spirit guides. I am here to guide you through your experiences and to assist you in finding solutions that work for you.

This means that I am here to help you to change your life. As a Spiritual Life Coach, I will work with you to better understand yourself and where you fit in within your world and the universe. In a safe environment, I help you to explore your deep-seated beliefs – essentially known as your personal truth – and especially those beliefs that prevent you from living your best life. Through your sessions with me, you will find your connection to the divine and in so doing, manifest your life!

When you understand yourself from a spiritual perspective, your life becomes so much easier to 'do'. You begin to understand your 'why' and in understanding your 'why', you make that much-needed connection to your life purpose.

### **What does it mean to find my why?**

To find your why is to find your life purpose. Why you're here. Why you chose this soul family. Why you've been through what you have.

*"Spiritual Life Coaching is a collaboration - we do the work together"*

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## How does Spiritual Life Coaching help?

Through Spiritual Life Coaching, we will work together to heal those wounds that have become so much a part of your DNA. We will unpack the big things in your life that have affected you for too long and I will guide you to understand, from a spiritual perspective, why you are still affected and then, give you what you need to bring about the healing that you need.

### Aspects of your life I can help you overcome are :

- Feeling stuck – this can be with regard to your job or career, relationships or your life in general. Everything is very linked, it's not always easy to isolate just one aspect of our life. However, understanding that they are linked, helps you to realise that one thread that lies much deeper and keeps you feeling stuck.
- Finding your purpose or you why – we will always have periods in our life where we feel confused as to what our purpose is, or question if we're walking the right path. Gaining a deeper understanding of yourself, will definitely help you to find your purpose or your why – why you are here.
- Self Doubt and Lack of Confidence – this is something that we all struggle with. Imposter Syndrome is a very real thing. There are also so many experiences that we have lived through that whittle away our self confidence and so we need to work on regaining those aspects of our self as well as understanding the cause of our self-doubt.
- Setting Boundaries – I cannot even begin to tell you how bad we all are at setting boundaries. This is so very important to you living your best life and I will show you how it can be done.
- Achieving Goals – setting goals for yourself is paramount to you achieving the life you want. If you do not have a goal and a plan, how do you know what you're working towards?
- Overcoming Worry – to quote Baz Lurman "Worrying about the future is as effective as trying to solve an algebra equation by chewing bubble gum. The real troubles in your life will always be things that never crossed your worried mind." Worrying is also wasted energy – you're focusing on something a perceived outcome!

## What is the Spiritual aspect of Spiritual Life Coaching?

Spiritual Life Coaching will help you to grow and develop on a spiritual level. You will come to understand that taking responsibility for your own life, your choices you make, the decisions you come to and how you feel about yourself, is absolutely vital to your all-round holistic well-being. This means that I will provide support that looks at you, the whole person – mind, body and soul, and not just your mental health needs.

*'Finding your Life Purpose is the most liberating thing  
you'll ever "do!"*

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I will help you to focus on the positive which is really difficult to achieve on your own – it's all about motivating yourself in a way that you benefit. It's also all about taking yourself away from the negative and this will be achieved through me giving you, not only the tools you need but guiding you towards the insight that you need. Perception and awareness plays a huge role in our lives – the trick to a harmonious, fulfilling life, is to become aware of the difference between the two and to recognise when we're living through our perception or our awareness.

Spiritual growth challenges us and opens us up to compassion, love and things that make our lives fuller and richer. It gives life a deeper meaning and strengthens the connection between you and your innate wisdom, which essentially is your higher self. Developing a strong and meaningful connection to your higher self – bringing your lower self and higher self into alignment - and following the guidance you receive, creates a shift in the most beautiful and positive way and in turn, brings you to living a life filled with gratitude and endless possibilities.

### **Does it matter if you and I have different Spiritual or Religious Beliefs?**

From my perspective, I don't believe that this is so. I am very respectful of all my clients and that includes their beliefs. Through my Spiritual Life coaching, my endeavour is to connect you to yourself. To help you to find your place within the greater scheme and understand yourself. To this end, I will help you to explore your spiritual beliefs, dreams, goals and desires based on what you are willing to share with me – trust is most vital to our relationship.

### **Meditation**

When we meditate, we inject far-reaching and long-lasting benefits into our lives: We lower our stress levels, we get to know our pain, we connect better, we improve our focus, and we're kinder to ourselves. Let us walk you through the basics in our new mindful guide on how to meditate. While meditation isn't a cure-all, it can certainly provide some much-needed space in your life. Sometimes, that's all we need to make better choices for ourselves, our families, and our communities. At the start of our sessions, I will take you through a guided meditation to bring you into alignment with yourself and what is come during the session.

### **Breath Work**

Breathwork is a tool that you can tap into every single day. Through a simple exercise you can restore balance within your body, reduce blood pressure and reduce that constant state of flight or fight that has, for most of us, become our normal base-line. You can also use it to slow down your heart-rate, before, during and after any stressful event. We will end off each session with a breath work exercise – it helps you to close off any lingering emotions and opens you up to self-awareness and awakening.

*"Spiritual Growth brings about a richer and fuller life"*

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## In conclusion

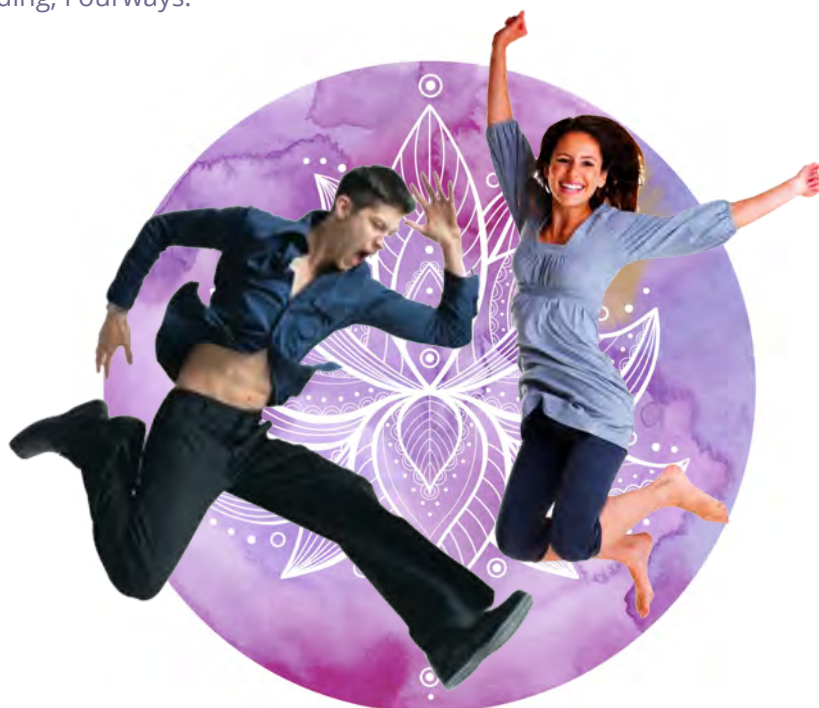
It is only when you do the work that you come to tangible 'aha' moments and this applies to anything that you undertake in your life. Whatever you share with me will be treated with the utmost respect and confidentiality – I will never share what we discuss with anyone and will never divulge anything that we discuss with your family or friends. Please know that you are in a safe space and you are encouraged to talk about whatever you choose to. Whilst gently guiding you, I generally follow your lead.

Because we don't know how long you will need to work with me - some things just take longer than others and some things can be sorted really quickly, you do need to commit to meet with me for a minimum of 3 sessions, whereafter you can make a decision as to whether you'd like to continue. We can then decide how many more sessions you should book (in monthly blocks). This just makes payment so much easier (payment is made in monthly instalments upfront at the beginning of each month). You can also decide whether you want to meet weekly or bi-weekly to keep in line with what your budget will allow.

## One last thing!

In helping you make a decision as to whether or not Spiritual Life Coaching will work for you, I encourage you to set up a WhatsApp video call with me where I will be able to answer any questions you may have or give you any further information you may need.

I can be contacted +27 (0)82 570 6473. Sessions can be set up online or you can come to me – I am based in North Riding, Fourways.



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