

YOUR PATH TO LOVE

Healing & Integration

Module 3

Introduction

Purpose:

Release your past wounds and start a healing process that would open you up to receiving love and abundance that is already there for you.

Unblock your potential, overcome the fears that are keeping you playing safe, small and feeling unfulfilled in your relationships and at work.

Discover your core source and learn to tap into your higher power, wisdom and unconditional love to experience joy, freedom and strong connection within.

Agenda:

1. Understand and use a therapeutic impact of working with and through your feelings.
2. Experience a positive energy shift through acceptance, forgiveness and letting go.
3. Learn some cutting-edge techniques and methods for releasing 'negative' feelings, self-doubt and perfectionism to be able to soothe yourself in the future. Understand how fears work (their purpose and function within your psyche) so you can deal with them efficiently.
4. Learn new intuitive ways to make decisions, trust yourself and receive unconditional love, which will help you to move fast forward in your relationships and your business.

We also will:

experience spiritual healing session at which you will connect to your farther past and start gaining clarity on your life's purpose,

learn to connect with your Inner Child and become a master self healer and a teacher to yourself,

experience feminine and masculine integration process leading you to understanding your different types of energy and how to use them in your daily life and for achieving your goals.

Why heal?

Simply put, because I don't want you to sabotage yourself any more. You came to me to get help achieving. Right? To better yourself, your relationships, your finances, find and live your life's purpose. You came because you have tried to do all that before and you felt exhausted, and sometimes, if not always, disappointed in your efforts. What is wrong with me?

So, if I tell you now, nothing is wrong with you, you'll smile bitterly and dismiss that because you've heard it before. It's like you know it in your head, but your heart tells you different. Your heart is tuned into your past. I am sorry. I am truly sorry. And I want to help you to change that.

Now, the process we will use is somewhat unusual. It may even seem counterproductive to you at first. It contradicts everything you ever heard and learned, and sadly lived. You were taught to take control of your feelings. Don't cry, don't complain, keep it together. There is a list of rules you have in your head telling you what to do and what not to do. Unfortunately, even the concept of Law of Attraction confused you. Thinking 'positively' became your goal. You are trying your best. And what? No results. In fact, I know, I won't be too far off if I say, exactly the opposite had been happening. Since you started forcing yourself to feel joyful and happy, more frustration, more disappointment and more self-doubt is coming your way.

You probably looking at all of those celebrity LOA masters and wonder, how do they do it? One of my clients felt kind of tricked and also exited when she discovered the truth: they had done their 'work' before they could manifest all they want. And, yes, she absolutely nailed it. There's some 'work' or we will agree to call it 'healing' needs to be done for anyone wanting to 'tune' into their 'awesome future awaiting'.

My client felt excited, because she was anticipating the 'work'.

And this is what you will do too. Look forward to getting down to the nitty-gritty details of your darkness, exploring your shadow, learning to live with it. **LEARNING TO LOVE IT.**

Will it happen over night?

Gosh, not! It is a process, an ever-going, continues process.

One huge misconception is that you can just 'fix' your head and it all will be all right. Well, it is a misconception. There's one thing I can totally guarantee you, you'll be experiencing your fears, and blocks, and limiting beliefs, and what's not, again and again.

Every time you would want to reach farther, out of your comfort zone, bigger, higher, wider, so on, you'll be faced with your own accomplished self that is pretty happy to be where she is. Maybe not happy, but safe, certain, and in charge.

So, that is why the 'work' we will be doing may feel uncomfortable to you. As it seems unpredictable, out of control, overwhelming, not what you were taught. It is like you'll be going against all of them all at once, your parents, your school, your grandparents, their grandparents. A lot of people. A crowd. A huge crowd of people.

So what's on the other side? Who is with you? May I be frank, and just say this one word? **FAITH.** You only have faith. I cannot offer you any more than that. I also cannot offer you less than that. Faith is amazing. It is something only you can bring in. And once you do!

I can help you by encouraging you to look out there, to see, notice, how those happy people live. What is one thing you had noticed about the spiritual and all sorts of other kind of masters? Right. They have faith.

So they have fears, and doubts, and limiting beliefs. And they have faith. All at the same time. Faith that they are living their truth.

I want that for you too. Say out loud and experience yourself: I live my truth!

What exactly we will be doing?

1. We will talk about and come to recognize your thinking and feeling patterns.
2. We will discover your triggers and behavioral patterns, and see how they had been helping you get what you want. Because they did. (Hey, that's going to spill some light over 'why the LOA didn't work for me' question :-)
3. We will learn new stuff about emotions and behavior.
4. We will experience truth. It's a big claim, but you'll see how something so big is right within your reach, and had always been. So what, you may have to give up of some other things you thought were right :-) You are in the process. Just hold on to that.
5. We will establish how you can start incorporating all you learned into your life immediately. Coaching is not a therapy. Yes, I absolutely will keep you accountable to implement your discoveries. I want you to get results. (A little word of motivation: every client I had, after going through this somewhat painful module had felt liberated, energized and empowered. "Like never before", one of them said. "I had no idea, I can feel **this** happy, content and in peace with myself!", said another, and so many more testimonials of true transformation. YES! Discovering FAITH is a big one. There's a LOT you can do with it!)

One little mantra I want you learn before our session

Feelings are my friends. Any feelings. All of them. My FRIENDS.

If you just read this sentence and do a little Focus Meditation on it, I'll be happy. I want you to tell me on the session how saying this affected your day.

Exercise 1 Feeling Chart

For the next 2 days before our session, please, start observing your feelings. Make a chart of 5 most frequent feelings you experience during a day and rate their intensity (from 1-10, 1 a hint of the feeling, 10 super intense, very strong).

Please, include 'positive' as well as 'negative' feelings. This is probably the last time we will refer to YOUR FEELINGS as 'negative'. All of them are messages and all of them have tremendous value.

Don't judge yourself for having any of them. So when you notice judging yourself for having the feelings do the following:

- 1) Acknowledge that you are judging yourself.
- 2) Understand that it is OK. It is natural for you to want to improve. Being able to be critical is part of you, which helps you to grow and achieve.
- 3) Make a decision to stop judging (just for now, for the next two days) and contemplate curiosity (about your feelings, their purpose, what would happen if you don't judge, so on)
- 4) Remind yourself, I am in a process, my job is to recognize and write down my feelings, nothing more.

So, I kind of invite you to be disciplined about the way you approach your feelings for these two days, for the sake of this exercise.

Can't wait to discuss all your feeling data!

Talk soon,
with love,

Day 1

Feeling

Time

Intensity

1

2

3

4

5

Day 2

Feeling

Time

Intensity

1

2

3

4

5

