

## **This is Diana**

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### **Spiritual Coaching**

The intuitive work I perform is a culmination of 23 years of crisis counseling, academic advising, business consulting, academic and independent research analysis, and interpretation, spiritual inquiry, conducting workshops, lectures and seminars, radio broadcasts and musical performance, personal fitness experience in restorative yoga and strength training to promote health of body, mind and spirit.

Spiritual Coaching takes various forms.

The most common type is one on one consultation with a client. During these consultations various tools are used. What tool is used depends on the clients preference, comfort level and healers intuition. Sessions can be done via phone, email, text, video and in person.

Examples of tools used include, handwriting analysis, Archetypal visual cards, like Tarot, sacred geometry, Angel cards and Synchronicity work e.g. Jungian/ I-Ching. Through these transactions the following can be achieved.

1. Client receives confirmation on what the he/she senses, feels, has a hunch about or intuits.
2. An opportunity for a transformation of consciousness which may be exclusive of the success or failure of the person.
3. A safe harbor in which to think aloud, conjecture, verify, or release fears and concerns.
4. A concept of the truth without preconceived motives or judgments.
5. A metaphorical mirror in which the client may review past, present, and future trends, decisions, goals, and/or actions.
6. A mental resolution or peace of mind.
7. Information to improve interpersonal relationships.
8. Information that encourages the manager to take responsibility in creating one's environment, personally and communally.
9. Assurance that the services are for the betterment of all humanity as the intuitive consultant becomes totally absorbed, beyond personal ego, in the process at hand.
10. Information which is objective and discerning, absent of judgment or fear.
11. An opportunity to view people (w)holistically.

12. Information that promotes above all Free Will. In addition, independence, right thinking, right motivations, and right action are encouraged versus co-dependence or being subjected to other people's attempts to control or to manipulate.
13. Information that confirms an attitude of "allowing things to happen" versus making them happen.
14. Guidance on how to live an ordinary life in an extraordinary way.
15. Perspectives on working with the concept of diversity and commonality.
16. Incorporation of music as a healing modality into consultations, workshops and humane fundraising events.

### **Creating a Sacred Space and Space Clearing/Cleansing**

Creating a Sacred Space uses principles of Feng Shui. Feng Shui is the art and science of *placement*. The Feng Shui technique used, combines Tibetan, Buddhist, Indian Taoist techniques with modern Psychology.

The basic principle is that moving, adjusting and changing your physical and subtle energy directly influences the quality of the inhabitants dwelling in that home or business. Expect improvement of health, prosperity, relationships and overall balance with their environment.

All Creating a Sacred Space Consultations include:

- Explanation of the Bagua and The Five Elements
  - Assessment of address your concerns
  - Explaining Feng Shui,
  - Cures and Blessings as well as Feng Shui Topics
  - An Exterior Assessment with suggestions
  - Assessment of interior of home including each room
  - Color consultation, when specifically requested
  - Suggestions for energy enhancement and maintenance for each space
- Space Clearing