

#### **SPECIAL OFFER**

# 1 Workshop with 1 month of follow-through coaching - \$285\*

**Gift Certificates / Self-gifting / Groups** 

\*per person

# Inside In

#### **Inner Wisdom Wellness**

#### Simple Spirituality.

The art and elements of Spiritual Path-choosing ... and path-making. A self-empowering Seeker's Toolkit™ creating clarity, confidence, and freedom in your evolving personal maturing, deepening, awakenings. Spiritual concepts, new thoughts and language, bridges across traditions, religions, and personal paths.

Family, individual, or groups.

# Feminine Spirituality.

For women seeking feminine spiritual language, ceremonies, imagery, art, archetypes, words, wisdom, and worldviews. A missing heritage of our wholeness, strength, power, wisdom. Soul fuel to feed and free our beautiful, bountiful, powerful, wonderful feminine spirit.

# Angels in their Afterlife.

Afterlife beliefs. Fears. Deeper questions for comfort, conscience. A spirit healing soul deep exploring. Is there an Afterlife? What is it like? What do you want to know? What do you know for sure already?

# Self-Worth, Self-Esteem, Confidence, and Self-Love.

Always play to your Passion, Promise, and Pleasure. Own and grow your greatest gift.

#### Relationship Rules of a Happy Woman.

They started with my grandmother's words, and I used them. Thirty years single, and nearly as many married, I can say Life is easier and lighter because of these; and yes, happy.

#### **Life Transitions and Re-finding Happiness**

Life Transitions, Job Loss, Relationship Releasing, Life changes. Re-storying our self.

Change holds both fear and blessing. Choose blessing and opportunity; and learn ways to feed and free your spirit, and re-find your joy.

## Soul Economics: Women and Prosperity.

Money and soul; the soul of money; and what a feminine spirit requires to receive comfortably. Work, receiving, and worth. How to play easier in a divine dance with that green energy of money; how universal laws and your allowing or resisting show up; and how to live a life you prosper in and enjoy.

Explore personal pursuits, prosperity beliefs, creating a living and a life, honoring your self, your worth, your spirit.

#### Goals Gotta Go...

Most gentle souls need to start someplace else. What is useful for others, is not for us. Honor your gentle, feminine, creative spirit. I know an easier feminine way.

#### Wellness, Goals, and Dreams.

Shift into <u>high-level wellness</u> language, concepts, resources, and whole-person, positive, mind-body-spirit <u>energy medicine</u>. Relax; and get excited about living in your element. Well-being is a choice; and happiness is an inside job.

## **Women Lead Differently**

The secrets of how the feminine leads and does business effectively, naturally, confidently. Name. Claim. Tame. Aim. Own your natural style grace and power. Once you do, life gets easier and more fun. Lighthearted learning to build self-esteem, empower leadership, and inspire positive partnerships.

#### Men and the Feminine

in work, relationships, religion, and life.

