

Life Coaching Sessions

2016



*There is a Secret One inside us;
the planets in all the galaxies
pass through her hands like beads.
That is a string of beads one should look at
with luminous eyes. - Kabir*

When we work together in coaching, we trust that your inner self has all the answers and that your inner landscape is a very helpful place to visit. I'm just a facilitator. Good life coaching empowers us and helps us find answers to our most important questions. And it's FUN! Imagine laughter along with insight and ... much positive forward motion after sessions.

The methods we'll use are varied, but a lot of them come from 15 years of Zen practice because I find those methods most practical, easy, and life-transforming. You don't have to have any experience with Zen to use them either.

We might look at current spiritual influences, destinal patterns, opportunities, blocks/warnings, or things you are finished with that need to clear. We might also tease out your dreams and actions you can take to realize your dreams. See this list as a buffet and you choose what you want to work with. Think easy and natural.

You'll be surprised how your own intuitive wisdom comes forward in our sessions. Time investment is an hour per session and we set a flexible plan for how many and when. Cost \$60/session.

To request a session, please email Pat * webbpat1@cox.net or call 405-209-7117.