

Spiritual Coaching TOP TIPS

Hi, I'm Julia Woodman, Writer, Counsellor, Healer, & Personal Development Coach (amongst other things), and my main TOP TIP is that

EACH ONE OF YOU has the power to be the masters of your own life.

Develop confidence by using spiritual or personal development tools, and allow yourself to grow gently through the years - training your mind to help you rather than hinder you.

Now I am going to split my main tip into seven sections to match the (coloured) energy centres of the body from the base upwards.

- **ROOT - Grounding, and Safety or Security.**

Anchor yourself to the world so that you can experience life fruitfully here.

Understand that F.E.A.R. stands for 'false evidence appearing real' - know that you can learn to see beyond it and be the master of your own life. Aim to develop a sense that you can cope with life, using a combination of your own instincts and skills, plus the help of others in this human team. Be willing to help others in return, though it may not be the same ones who helped you, it's all a cycle. Life itself is a natural cycle.

- **SACRAL Centre - Vitality, and Connection with the Wonder all around you.**

Be aware - observe details in nature, and consider animal and human behaviour.

Appreciate the incredible beauty and unlimited variety in life. Find ways to be creative, and nurture ideas. It is amazing what we can do, and how things work. Focus on the vitality in your body and mind as you move and think and enjoy life. Collect inspiring motivational quotes and natural beautiful things.

- **SOLAR PLEXUS - Self Esteem and Confidence.**

Recognise that you can change your views any time you choose to.

You are the sum total of what has been passed on to you, and of what you have learnt, thus far – therefore it always keeps changing as you grow. Nobody has all the answers, and each of us has a slightly different perspective anyway, so don't hide your individuality, express it, and respect the individuality of others. Feel your self esteem growing as you realise that you have the power to keep learning new stuff and making your own choices about who you want to be and how you want to live. Take responsibility, seek experience, and learn what you need to, with the express intention of fulfilling your sense of self.

- **HEART - LOVE dissolves all negativity.**

We come from the same origins, but have differing viewpoints, so don't judge

others, let them be. Accept that they have as much right as you, to do what they wish, to make 'mistakes', to learn or not. Forgive them instead of taking anything personally.

Holding onto resentment only hurts you, so surrender it. Boost yourself with positive thinking tools such as affirmations. Look for the positive sides of people & events. Take the opportunity to learn from things that 'go wrong'.

- **THROAT - Clarity and Communication.**

Be clear with yourself about what you want from life, as this will automatically guide you. Communicate with others clearly, and with patience & consideration. Show them how to understand your viewpoint & let them show you how to understand theirs. Try not to bother with small stuff, focus on what is most important, and plan your approach. Show gratitude for all the good things.

- **BROW - Follow your Intuition.**

It is a path into the deep side of yourself that knows things that you may not consciously be aware of, especially if your mind is cluttered or stressed. Use tools such as visualisations, and meditation to help train your mind to be steady and more able to work for your specific benefit, instead of getting in the way.

- **CROWN - We all seek the Bliss of Union.**

From trusted friendships, to lovers and life partners, to connecting with what we might think of as an ultimate creative force, or being, or stream of consciousness. Allow yourself time for this, but don't try to force it, everything will flow into place naturally as you humbly become more and more of yourself.

Good luck – and do feel free to ask me more about this.

Julia Woodman – Life Coach, Counsellor, Stress Consultant, and Writer



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