



Welcome to Inner-Standing Coaching,

My name is Christine; I am a Certified Quantum Inner-alignment coach. I am a Certified Dejunking coach, have knowledge in IFS, certified in Zyto and am counting my education in Brain Spotting. My journey started over 20 years ago.

My journey has been anything but linear. I've walked through seasons of hardship, resilience, and rediscovery, each one teaching me how to return to my center and find strength in places I never thought to look. Along the way, I've come to see myself as a guide: someone who holds space for others to Inner-align with their truest selves, not by giving answers, but by offering tools, reflection, and grounded presence.

I believe that healing doesn't fully happen in isolation. It's woven into the rhythms of everyday life, into the earth beneath our feet, and into the small moments of awareness that shift everything. That's why I find myself most at home in nature. Whether I'm tending to the soil in my garden, hiking under open skies, or simply standing barefoot on the ground to reconnect with the earth, I feel God's presence and a reminder that everything is part of a greater cycle.

Sound is another language I've come to trust. Through sound baths and vibrational healing, I've experienced firsthand how frequency can shift energy, release what no longer serves us, and bring peace where the mind has been restless. It's a practice that reminds me of the harmony available to us when we're willing to slow down and truly listen.

Recently, I've also been pouring my heart into building a farm stand a space that blends my love of gardening, local community, and soul-centered living. For me, it's not just about offering fresh produce or handmade goods; it's about creating a place where people can come together, connect, and feel the nourishment of both body and spirit.

My path is about resilience, Inner alignment, and love, for self, for others, and for the earth. Every step I take, whether in the stillness of meditation, the rhythm of a sound bath, or the dirt of the garden, is a reminder: healing is not separate from living. It's part of it.