



Shamanic Life Coaching Strategies

~ positive action-oriented steps to achieve a goal or skill ~

- Shamanic Life Coaching integrates the holistic synergy of mind, body & spirit – addressing the whole person.
- Shamanic Life Coaching uses a variety of spiritual tools to help reach specific goals/skills or personal spiritual information.
- Shamanic Life Coaching may influence a person's motivation to create a better quality of life & sense of effectiveness.
- Shamanic Life Coaching is similar to a sports coach teaching a specific skill & how to reach a goal.

Shamanic Life Coaching

Motivators

Teachers

Cheerleaders

Sounding Boards

Possibilities

"positive action-oriented steps to achieve a goal/skill"

Shamanic Life Coaching Options

- Akashic Hall/Records ~ Past Lives
- Angels & Spirit Guides ~ Animal Totems
- Astrology
- Blessing/Clearing Ceremony
- Dream Work
- Drumming/Sound-Vibration
- Earth Super Powers
- Empowerment ~ Healer/Warrior
- Energy Work (Crystals & Stones – Huna – Reiki – Sound)
- God ~ Divinity ~ Wholeness
- Meditation/Imagery/Rabbit Holes
- Mental Blockages & “Grass Ropes
- Numerology
- Qi Gong/Deep Breathing
- Shamanic Dreaming/Journeying
- Spirit Symbols & Tools
- Toning/Chanting
- Treasure Maps/Vision Boards
- Vision Quests
- Writing (dreams, mission statement, bucket list, etc.)



Examples of Guided Shamanic Journeying *("gathering information")*

1. Alternate/Parallel Realities/Lives (Rabbit holes)
2. Creating or establishing parameters for a goal/skill
3. Dream Work
4. Ghosts/Spirits & Departed Loved Ones
5. Lomi Ho'oponopono (relieving built-up stress/trauma)
6. Meet Your Angel
7. Sacred Space & Spirit Guides
8. Soul Retrieval (lost abilities/skills/desires)
9. Shape-Shifting (gathering information)
10. Spirit Naming
11. Spirit/Power Animals
12. Spirit/Power Symbols/Tools
13. Star People/Family
14. Tibetan Eye Meditation (past lives)

The above meditations/journeys are common requests for Shamanic Life Coaching ... Guided imagery is coupled with brief periods of introspection ... All of us have the skill to see, hear & feel in this type of exercise ... If mental stubbornness does not allow someone to see, hear or feel, simply "imagine" each scenario as it is presented ... Questions may be asked to assess movement through each journey ... We use music, drums, rattles or other instruments/sounds during the sessions ... Our goal is to develop a Shamanic Life Coaching session relative to age, astrology, goals, health, likes/dislikes, spirituality, work, etc.

Psychic Sleuthing with Shamanic Journeying

- Buying a new home & checking out the neighborhood
- Connecting with other friendly/loving personas/energies, especially when prompted by goosebumps or “hair standing on neck”
- Locating missing objects
- Meeting “Spirit” animals/energies in any place/nature (park, walking trail, etc.)
- Scouting an unfamiliar place – traveling to a new city & “feeling” it out
- Starting a new job & investigating the boss, building, people, workplace

Examples of Shamanic Dreaming

(creating/designing/planning a desired reality)

- Connecting with greater Consciousness by visiting stars, planets, moons
- Creating a Sacred Space in the Spirit World
- Designing a new diet or physical changes or workout
- Devising plans of action . . . spiritual blueprints
- Discerning if whimsies, fantasies & plans are unrealistic or unachievable
- Generating plans of success for home, life, play, work
- Identifying any abilities, desires, dreams, goals, skills, talents
- Instilling a meditation plan or mind/body/spirit regimen
- Meeting a personal Guide/Higher Self/Star Person/Deceased Family Member
- Renewing formal educational desires or spiritual studies
- Revisiting restrictions about Ascension, Love & Wholeness Consciousness
- Thinking about relationships, romance & being in Love