

EarthStar Spiritual Center

Shamanic Life Coaching



Preliminary Questions

1. Why do you want "Shamanic" Life Coaching?
2. How do you think I can help you?
3. What is your primary goal in life – right now?

General Questions

1. Are you happy?/Want to be happy?
2. What do you want to do/How serve?
3. What excites you?/Passions?

Seven Elements of Shamanic Life Coaching

1) The world is what you think it is.

- What beliefs/perspectives/labels define your life?
- Perspective: most of what we know is arbitrary ... What is true for you?

2) There are no limits.

- Do you have limitations on who-what-when-where-how-why you can be or do?
- Perspective: you are only limited by your imagination ... You have free will.

3) Energy flows where focus goes.

- Do you spend more time focusing on what you want or don't want?
- Perspective: intention with physical action brings results ... Change attention, change life.

4) Now is the moment of power.

- Are you restricted by events of the past? ... Will things be better in the future?
- Perspective: life gets no better than right now!

5) To love is to be happy with someone or something.

- Are you "in love" with someone/something? ... What would make you happy?
- Perspective: love what you do ... do what you love.

6) All power comes from within.

- Do you know who/what you are capable of being/doing? ... Your strengths?
- Perspective: you have the power to do anything, anywhere, anytime!

7) Effectiveness is the measure of truth.

- Are you effective in who you are & what you are doing?
- Perspective: be flexible & know what is true & works for you.

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