

Massage and Spiritual Coaching



Location

South East, Oxfordshire<https://www.freeadsz.co.uk/x-367210-z>

We all go through hard times in our life from time to time. Sounds trivially. But we really do, no matter which social or financial status we have. Money problems, job loss, divorce or depression. When we feel like this it can often seem as if we are the only one going through this and others can't understand how we feel. At times like this I advise my clients to start with loving their body. I invite them for a massage, relax them and then we sit with a cup of tea and discuss why and how they got yourself in trouble. When people hear the word "Spirituality", they think it relates to religion only, but it doesn't have to. For some people, exploring their spirituality simply means exploring their higher purpose. Basically, spirituality is that we are all here for a reason. Uncovering this reason and living according to your desires is the best way to true happiness and well-being. This is something spiritual coaching can help with. As your Spiritual Coach I will create a plan tailored to your specific goals and desires, supporting you as you put the steps into action. Any time you feel demotivated or unsure, I will be there to guide you, providing valuable support. I can use different approaches and methods: such as religion, energy or holistic approach, looking at every element of your life and noting the links between these and your purpose. Spiritual coaching looks to help in any area in your life where you're feeling unfulfilled, stuck or uninspired. It also looks to resolve problems that keep repeating themselves over and over again. Take a look below for some examples of what spiritual coaching can help with: Feeling unfulfilled in your career Confusion about what you should be doing with your life Having a busy, stress-filled lifestyle Suffering from self-doubt and fear Feeling unable to achieve your dreams Longing to find a meaningful relationship Feeling like a victim of your to-do list Experiencing the same problem repeatedly Feeling lost or stuck in a rut Wanting a more harmonious family life Feeling as if you aren't reaching your full potential Feeling burnt

out. As your coach I will work with you to explore what you want out of life and create a plan to help you achieve your goals. You will discover what you are afraid of, what are held dear, what integrates with your beliefs. This will enable you to draw on the resources you didn't even know you had to transform your life. In general, I help looking for guidance, clarity and finding motivation to move forward. Spiritual coaching looks at issues both within and without to help you elsewhere. This allows you to align your inner resources with the flow of the universe/spirit to actualise your goals and transformation.

Today's world we are bombarded daily by messages. From the media, the internet and even society. These messages tend to tell us what we 'should' be doing to be happy and successful. We may be confused and unsure about what it is we really want and need to be happy. As your spiritual coach I will help you make these messages fade into the background, allowing you the time and peace you need to connect to your inner voice. This helps you understand what your core desires are and what your true purpose is. Once these are established I can help to tailor an action plan to achieve whatever it is that

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you want. Part of this may include identifying any obstacles that may be holding you back. These could include fears, limited beliefs and old habits. Tapping into your own spiritual power, I can help you overcome these. Another key aspect of my spiritual coaching is to help you believe in yourself. When you doubt yourself or have low self-esteem, it can be difficult to make progress. This can lead to fear, something that commonly holds people back from achieving their true potential. As your spiritual coach I will use motivational tools to help you develop inner confidence. Motivation comes thick and fast when you have unshakeable confidence in your abilities. Uplifting you, offering a supportive hand and encouraging you to experience everyday joy – this is what I am offering you all the way through my coaching. Feeling positive about life, even when things work out differently to how you expect is paramount. A key aim for me is to help you live harmoniously with your life's purpose. This means understanding what your purpose is, eliminating any stumbling blocks you've come up against in the past and realising your inner power. Once this is achieved, amazing things begin to happen! It worked for me. It worked for all my clients. It will work for you too! Galina Jones, BA (Hon) ED, your Russian Spiritual Coach, 52, mother of three. My qualifications: Diploma in Practical Psychology. Russia Diploma in Finance and Credit. Russia Diploma in AAT Accounting Technician Level 3. UK Diploma in Public Speaking. Russia Diploma in Life Coaching. UK Diploma in ITEC Holistic Massage. UK Trained Military Nurse. Russia ;