

A Transformational Toolbox

6 Highly Effective Tools for Self-Empowerment, Self-Healing & Wholeness

Personalized 1-on-1 classes in which to work on personal issues, as you learn

Each of the following Tools stands powerfully on its own as an effective method of transforming your inner world. Used together, these Tools will help you:

- Feel more Self-Empowered,
- Have more Peace of Mind
- Gain more Clarity
- Experience more Freedom
- Develop Intuition & Self-Trust
- Handle difficult emotions with more ease
- Deepen Self-Love & Self-Compassion
- Improve & Enrich your Relationships ... and much more!



Mastering and using the Tools will, over time, allow you to discover **an unshakeable inner foundation of serenity and well-being**. Using the right tool at the right time will support you in **confidently navigating life's ups and downs**, and empower you to use **everyday challenges as valuable fuel for your soul's growth**.

Class # 1: Meditation & Self-Inquiry

Meditation allows you to leave behind the surface busy-ness of your mind and drop deep within to access the inner stillness and peace that's always available to you. Regular practice helps you to shift your identity, over time, from your 'false self' to your True Self and to live from your True Center. Self-Inquiry exercises deepen and enhance your practice.

5 hours (5 x 1hr sessions)
Includes 2 guided meditation recordings
Price: £40



Class # 2: Journaling & Your Authentic Voice

'Free writing' is a powerful tool for expressing and strengthening your Authentic Voice. It allows you to explore parts of your psyche you might not otherwise access. This tool is a highly effective way to find clarity where there is confusion, enabling you to unearth your highest Truth about anything at all. This form of journaling nurtures and deepens your relationship with yourself, integrates 'sub-personalities' and frees up creativity. Exercises are tailored for personal issues that you would like to work with.

5 hours (4 x 1¼ hours)
Price: £50

Class # 3: The Work of Byron Katie

Claim your peace of mind, once and for all! The Work is a direct path to inner peace and clarity. Applying The Work will enable you to experience immediate relief from stressful or upsetting situations. Learn how your thoughts shape your internal reality, create all your suffering, and the experience of separation. Doing The Work shifts you from identifying with your 'divided mind' to living in your 'united heart'. Experience your innate wholeness by reclaiming your Shadow Self.

7 ½ hours (5 x 1½ hours)

Price: £150

Class # 4: Emotional Freedom Technique (EFT)

Learn to be at ease with your emotions by accepting the full range of them. EFT (aka Tapping) transforms negative or upsetting thoughts & feelings, and creates an inner environment that feels good to inhabit. Clear your 'inner clutter' (unresolved issues from past, present or future) and live happily and freely in the present. Develop confidence in handling all of your emotions, no matter how intense they may be.

7½ hours (5 x 1½ hours)

Price: £150

Class # 5: DreamWork

Learn to de-code the personal guidance given to you every night by your own psyche. Dreams are a bridge between the unconscious and the conscious minds. When you welcome them as allies on your journey, they support and enlighten you every step of the way. Dreams are a vehicle for revealing the wisdom of your Higher Self.

5 hours (4 x 1¼ hours)

Price: £60



Class # 6: Self Care & Self Love

You are your own ever-present source of love, nurturing and support. A loving relationship with yourself is the essential foundation for loving relationships with others. Learn to let go of feeling dependent on others in order to get your emotional needs met. Nourish your own soul. Transform negative self-talk. Develop and maintain healthy boundaries - an absolute necessity for healthy relationships.

5 hours (4 x 1¼ hours)

Price: £60

Please Note: The Tools are *always* helpful, when used correctly. However, practicing them **regularly**, over time - making them **Your Practice** - will bring the most benefit and reward. Becoming so familiar with them that they are second nature will give you the **absolute confidence that you can 'come home to yourSelf'** whenever you feel lost, confused or disconnected.

About Sahina:



Sahina's quest for wholeness began over 30 years ago and has led her to explore many different paths of spiritual and personal development. She is 'deeply spiritual, but not religious', with a strong affinity for Zen Buddhism and Taoism. Some of her favorite contemporary teachers are: Adyashanti, Byron Katie, Eckhart Tolle, Gangaji, Rupert Spira & Mooji.

Her trainings (in California, USA) are in: Spiritual Direction (The Chaplaincy Institute for Arts & Interfaith Ministries, Berkeley); Hypnotherapy (Center for Hypnotherapy, Oakland); Life Coaching (Coaches Training Institute); EFT-Emotional Freedom Technique (Lindsay Kenny & Zoe Walton); The Work of Byron Katie (hundreds of hours in her presence).

She has run a successful holistic health & healing private practice in San Francisco, CA for over 20 years. In addition to her Soul Guidance work, she assists people in creating happy, supportive home environments as a Personal Organizer.

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Please contact me if you have questions or for a FREE consultation to discuss your needs and discover if we are a good match to work together.

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"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." ~ Ralph Waldo Emerson