

Coming Home to Your SELF

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

We all want to feel **EMPOWERED**.
We all want to experience **FREEDOM**.
We all want **PEACE OF MIND**.

... but how do we *Make That Happen?*



This flexible, one-on-one Program will teach you how to:

- Recognize your True Nature ... and live from it
- Free your Authentic Voice, so it informs your daily decisions
- Discover your inner oasis of peace
- Find clarity where there is confusion
- Handle difficult emotions with ease & grace
- Transform negative thought patterns & beliefs into supportive ones
- Receive wisdom & guidance from your Higher Self
- Develop your intuition
- Live a more balanced, soul-inspired life
- Trust and follow your heart's desires
- Have healthy boundaries in relationships
- Know yourself to be the Author of Your Life

If you would like to work closely with a skilled guide - someone who is familiar with the 'inner terrain', has discovered the **treasures that lie therein**, and can support you on your own personal journey - **then this Program is for you!**

The Program is flexible and can be customized to suit your needs. You will learn highly effective tools that put you **in the driver's seat of your life**.

You will learn how to release what is unresolved from the past, be clear in the present, and **feel empowered to create the future your soul longs to live**.

Once mastered, these powerful tools will serve you **for the rest of your life**.

These tools will enable you to continually **deepen your emotional & spiritual well-being**. They will **enrich your relationships** - with yourself, with others, and with Life - and free you to live a fully **authentic life**.

Your Essential Self is already at peace, free, powerful, and happy! Yet these innate qualities are easily obscured by unmanaged beliefs, thoughts and emotions.

This program is most suitable for **self-motivated** people with a strong desire for **personal transformation**, who are ready to make their well-being a priority. **Because if you don't ... who will?**

Program Structure

Each module teaches you one tool. To suit your personal needs, you may purchase the modules individually, as you choose. Or you can take advantage of the **Full Program of 6 modules, for substantial savings.**



You may schedule your one-on-one sessions to suit your calendar. However, each module you purchase must be completed within 1 month. If you purchase the Full Program, you must complete it within 1 year (if you would like space between modules).

Each module is comprised of:

- 1) An initial in-person tuition session**, to learn the basic tool.
- 2) Two or more follow-up sessions**, to consolidate & deepen the learning (Skype or phone option for some modules). Number of sessions varies with module.
- 3) Unlimited email communication**, to handle questions and/or challenges that might arise during the module.

The Program includes:

- **The opportunity for you to work on current issues**, as you learn The Tools
- **Handouts**
- **Access to recordings** (for Meditation module)
- **Homework**

Location of sessions: Outer Richmond, by Golden Gate Park, San Francisco

The Tools

Each of The Tools stands powerfully on its own, and comprises one module. Mastering and using them in combination, over time, will allow you to discover **an unshakeable inner foundation of serenity and well-being**.



Using 'the right tool at the right time' will enable you to **confidently navigate life's ups and downs**, using everyday challenges as valuable **'fuel for your soul's growth'**.

Module 1: Meditation & Self-Inquiry

Meditation allows you to leave behind the surface busy-ness of your mind and move deep within to access the inner stillness and peace always available to you. Use meditation to shift identity from your 'false self' to your True Self and live from your true center - the heart. Self-Inquiry exercises deepen and enhance your practice.

Initial Session: 2 hours. 2 Follow-up sessions of 1¼ hours.

(Total: 4 ½ hours + 2 recordings + email)

Price: \$235

Module 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 discover. A highly effective way to find clarity where there is confusion. Enables you to unearth your highest Truth about anything at all. Nurtures and deepens your relationship with yourself. Integrates 'sub-personalities'. Frees up creativity. Exercises are tailored to assist with personal issues you would like to work with.

Initial Session: 2 hours. 2 Follow-up sessions of 1¼ hours.

(Total: 4 ½ hours + email)

Price: \$225

Module 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. Experience immediate relief from stressful or upsetting situations. Understand how your thoughts shape your internal reality and create all of your suffering. Shift from identity with your 'divided mind' to your 'united heart'. Experience your wholeness by reclaiming your Shadow Self. Undo the beliefs that cause you to experience separation.

Initial Session: 2 ½ hours. 3 Follow-up sessions at 2 hours.

(Total: 8½ hours + email)

Fee: \$425

Module 4: Emotional Freedom Technique (EFT)

Be at ease with your emotions by accepting the full range of them. Transform negative or upsetting thoughts & feelings to create an inner environment you love to inhabit! Clear your 'inner clutter' (unresolved issues from past, present or future) to live freely and happily in the present. Develop confidence in handling all emotions, no matter how deep.

Initial Session: 2 ½ hours. 3 Follow-up sessions at 2 hours.

(Total: 8½ hours + email)

Price: \$425

Module 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 mind. Welcome them as allies on your journey ... they can support and enlighten you every step of the way! Receive the wisdom of your Higher Self.

Initial Session: 2 hours. 2 Follow-up sessions at 1½ hours.

(Total: 5 hours + email)

Price: \$250



Module 6: Self Care & Self Love

Be the dependable source of your own nurturing and support. Let go of feeling dependent on others to get your emotional needs met. Nourish your own soul. Say Yes to who you are! Develop and maintain healthy boundaries - an absolute necessity for healthy relationships. A loving relationship with yourself is the essential foundation for loving relationships with others.

Initial Class: 2 hours. 2 Follow-up sessions at 1½ hours.

(Total: 5 hours + email)

Price: \$250

Please Note: The Tools are *always* helpful, if 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 return home to your Self** whenever you feel 'lost' or disconnected.

Program Options

Program Option #1:

Full Program of 6 modules (with substantial discount & bonus!)

Program Option #2:

Any 3 or more modules (discount & bonus!)

Program Option #3:

Purchase modules separately, as you choose.

Payment options are always available, to suit your budget.



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

Please contact Sahina if you have questions or for an initial FREE consultation (by phone or in person) to discuss your needs and discover whether we are a good match to work together.

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About Sahina:



Sahina's quest for healing and 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.

She is trained 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 (Many hours in her presence from the beginning of her Work).

She has run a successful holistic health & healing private practice in the Bay Area for 20 years. In addition to her Soul Coaching practice, she assists people in creating happy, supportive home environments as a Professional Organizer.