

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:

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

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 an **authentic life**.

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

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 a **discounted fee for purchasing the Full Program of 6 modules.**



You may schedule your one-on-one sessions to suit your calendar. However, each module you purchase is best completed within 1 month, in order to maintain the momentum of learning. If you purchase the Full Program, I recommend you complete it within 1 year.

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 (with Skype or phone option for some modules). Number of sessions varies with module.
- 3) Email communication, as needed**, to address questions/challenges that might arise during the module.

The Program also includes:

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

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

The Tools

Each of The Tools stands powerfully on its own. Mastering and using the tools 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 support you in **confidently navigating life's ups and downs**, and empower you to use **everyday challenges as 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 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 - the heart.

Self-Inquiry exercises deepen and enhance your practice.

2 hours initial Session + 2 follow-up sessions of 1¼ hours each

(Total: 4 ½ hours + 2 guided meditation recordings)

Price: \$145

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 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 you want to work with.

2 hours initial session + 2 follow-up sessions of 1¼ hours each

(Total: 4 ½ hours)

Price: \$245

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. Applying The Work will enable you to experience immediate relief from stressful or upsetting situations. Learn how your thoughts shape your internal reality and create all of your suffering, as well as the experience of separation. Doing The Work shifts you from identity with your 'divided mind' to living in your 'united heart'. Experience your wholeness by reclaiming your Shadow Self.

2 ½ hours initial session + 3 follow-up sessions of 2 hours each

(Total: 8½ hours)

Fee: \$495

Module 4: Emotional Freedom Technique (EFT) aka Tapping

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

2 ½ hours initial session + 3 follow-up sessions of 2 hours each

(Total: 8½ hours)

Price: \$495

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 minds. When you welcome them as allies on your journey, they support and enlighten you every step of the way. Dreams deliver the wisdom of your Higher Self.

2 hour initial session + 2 follow-up sessions of 1½ hours each

(Total: 5 hours)

Price: \$295



Module 6: Self Care & Self Love

You are the ultimate and ever-present source of your own 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. Say Yes to who you are! Develop and maintain healthy boundaries - an absolute necessity for healthy relationships.

2 hours initial session + 2 follow-up sessions of 1½ hours each

(Total: 5 hours)

Price: \$295

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 return home to your Self** whenever you feel lost or disconnected.

Program Options & Pricing

Option 1: Full Program of 6 Modules \$1,770 (\$200 SAVINGS)

Total 36 hours + 2 recordings

Payment Choices

Pay in full: \$1,770

or 2 payments of \$885

or 3 payments of \$590

or 4 payments of \$442

Option 2: Choose any 3 or more Modules (\$125 SAVINGS)

Please note: Total price depends on which modules you select

Payment Choices

Pay in full

or 2 payments

or 3 payments

Option 3: Purchase Modules Separately

Module 1: Meditation & Self-Inquiry (4 ½ hours + 2 recordings): **\$145**

Module 2: Journaling & Your Authentic Voice (4 ½ hours): **\$245**

Module 3: The Work of Byron Katie (8 ½ hours): **\$495**

Module 4: EFT-Emotional Freedom Technique (8 ½ hours): **\$495**

Module 5: DreamWork (5 hours): **\$295**

Module 6: Self Care & Self Love (5 hours): **\$295**

Payment Choices

Pay in full

or 2 payments

Please make all checks payable to: Olga Grinczer

Ask about alternative payment plans



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

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.

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 (hundreds of hours in her presence).

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

* * * * *

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

**Sahina Grinczer
Soul Guide & EFT Practitioner
Richmond District, San Francisco**

**phone: (415) 750 - 1241
email: SahinaBella@gmail.com
site: www.Sahina.Weebly.com**