### What Is Spiritual Life Coaching Anyway?

Spiritual life coaching is a type of life coaching in which the focus is on the spiritual aspects of an individual's life. There are similarities between life coaching and spiritual life coaching in that both are aimed at helping people meet their goals, whatever they may be. The main difference is that spiritual life coaching focuses more on the inner aspects of a person, sometimes called the inner coach (HIGHER SELF), whereas life coaching may focus more on the outer aspects and use a more pragmatic approach to reach goals.

One of the misconceptions is that spiritual life coaching is connected to religion. Some spiritual life coaches may be religious, but many do not belong to or practice organized religion. The coach should lead a strong spiritual life, but that does not necessarily mean being religious. The basic tenet behind spiritual life coaching is that all people have spiritual aspects in them, whether they believe that or not, and that connecting to the inner coach can help people be more successful in their lives.

Part of this type of coaching is to provide guidance and inspiration to the client. There is an idea in spiritual life coaching that people who don't nurture their inner spiritual selves may be more prone to anxiety, stress, and fear, and so one of the goals of this type of coaching is to address those potential problems and try to reduce or eliminate them. In spiritual life coaching, this is done using intuition as the main coaching skill.

There are a variety of reasons to use spiritual life coaching. Some of these reasons are practical, for example, to change negative behavior patterns, accomplish goals, or improve relationships. Spiritual life coaching may also be used as a way to discover natural gifts or develop a life purpose. The spiritual life coach often acts as a mirror to reflect what is really going on inside the client. Regardless of the reasons to seek this type of coaching, the main purpose is to figure out ways to take action and control life utilizing the inner coach.

Spiritual life coaching is not therapy, although it may be effective in addition to therapy. Spiritual life coaches may conduct their sessions differently, but generally, one-hour consultation sessions are a common way to start, with additional sessions as needed. Some things spiritual life coaches should do to be effective is to set boundaries with the client. The coach and client can work together to figure out the best plan depending on the client's needs and desires (*wisegeek.com*).

Soul Solutions **spiritual life coaching** is centered on people that fall into many categories. As a coach I can feel intuitively if a person is on a more spiritual path in their life when it comes to obtaining peace and happiness within. A client may ask for help with the following areas:

* Life purpose
* Soul path
* Dream interpretation (if that is how spirit communicates with them)
* Why they are stuck
* Why they have everything and they are still not happy or fulfilled
* The spirit world and why they seem to be connected to it
* Special gifts they don’t understand
* Why they continually attract the same life patterns repetitively
* Dealing with burdens from the past to move forward
* Controlling and re-programming their mind and thought world
* Synchronicity
* Angels
* Spiritual Crisis Symptoms
* Awakening Symptoms
* The path to enlightenment and what does that mean
* Understanding their personal energy and what it is attracting
* Laws of the Universe
* God/ Creator/ Source/ Universal Intelligence
* Quantum Mind
* Soul Contracts (why certain people are in their life)
* ESP
* Metaphysics
* What is religion and why do I feel like there is something Bigger?
* How to become consciously aware of everything (mind, body, soul)
* How to still the mind
* The fabric of reality
* What is real and illusion?
* How to live a positive life
* How to be successful following my passion
* How does the Law of Attraction Work?
* AND MUCH, MUCH MORE!

Soul Solutions has taken the time to provide clients with numerous, easy access sources to answer all their questions in a very specific manner. I am also very experienced in this area of knowledge, not only through vigorous study, but through personal experience from the time I was two years old. My personal experience has proven to me and those who were, and are still in my life, that the spirit world is real. There ***are*** universal laws that we all need to understand, there ***is*** an all knowing consciousness (God), and that we *can* access the universal mind of intelligence and extra-sensory perceptions.

This is not some weird, strange world that only *“new agers”* study about. This philosophy has been around since ancient times, dating back as far as 2500 B.C. The new age movement just happens to be what *our generation of people* named the *shift,* in people towards a more spiritual understanding of their journey on earth. Many may say that religion covers that topic. Religion *is* a way for people of many cultures to experience God in one way or another. But religion has also done something that turns many people away and that is, it is self-segregating and at times, legalistic or too indoctrinated. This puts people into a box of: ***do this or else…we are right and they are wrong, or learn this, memorize it and you will go to heaven.*** Yes, how we should live our lives is important and also understanding death and the hereafter is as well. In my own life, I grew up with the foundation of Christianity *(accepting that Christ lives in me and made it possible through His incarnation on earth for me to not be condemned for my wrong-doings, but to learn, take accountability and try my best to live a life of* ***integrity***), and as I grew I blossomed out of that one track mind to explore the bigger picture. This ultimately put me on a spiritual path or journey.

Is Christianity wrong or no longer my foundation? Of course not! It will always be how I came to understand the Christ consciousness as a little eight year old girl. But what experience of life did I really have to draw from at eight years old to understand ***GREATER MORE PROFOUND TRUTHS?*** That is the journey I became of aware of as I entered into adult-hood. Many questions needed answering, but not about the world around me…about myself (*my inner self/ higher self*).

This is a physical world with an invisible world all around it. This physical experience is only that…a physical *“experience”*. We are spirit, having a physical life where we learn, remember and evolve into powerful humans, capable of creating a life that pleases us, is filled with abundance in every way, and ***SERVES*** fellow humans in any way that we know how. Connecting back to our own divine source, *while* living in limited bodies (in a 3 dimensional reality), is quite a struggle for many. The reason being is that, the body (flesh) acts as an “avatar” to our spirit, and once we are incarnated into it, we forget that from whence we came. Our conscious mind would be considered our *“human”* mind or also known as the EGO. It DRIVES our avatars to do, think and act in certain ways. Most of the time, we are running on auto-pilot without any *divine* direction (*because our* ***ego*** *blocks it out*).

One should know that the divine is always trying to inspire us and communicate with us through the wall of our avatar (physical body and ego). The reason why a big portion of the human population stays stagnate in a narrow-minded way of thinking is because somewhere along their life history, they were taught (programmed) that a certain way, is the only way and the right way. Within this program we have background programs that are always running and tell us: we are *bad* if we do this…or we are *successful* if we follow this path…or if we do *that* we won’t be normal…people may think you’re *weird*…mom and dad may get *mad*…I may get *rejected* if I follow that path…you must listen to the devil if you can do *that*…you’re going to hell for not following *our* rules…in order to *fit in* you must be like people on television…and on and on and on!

With these programs always running we never know that it is possible to shut down the ego because we are trying to so hard to keep up with the demands of our mind (consciousness). It is usually when we have run ourselves into the ground that we look for another option, thus beginning the exploration into our behavior patterns, thoughts, feelings and truly wanting to **understand** how to be happy. For time has shown us that none of these programs are getting us anywhere. But instead just like a computer, with too many hidden programs running, it eventually gets so slow and non-responsive that we must call in the repair man (***spiritual life coach***). The repair man knows all about how computers work and tend to hold onto everything… good or bad, run programs for no reason, install programs by accident, install and run viruses that act and look like something good…but are not. The repair man knows how to dig deep and find hidden programs, malware etc. He also knows how to get the computer back to its original state when first bought *(****birth****)*. Then the repair man gives the owner the equipment to install (***anti-virus/anti-malware***) or tactics to use (***erasing cookies and cache***) to keep it running at optimal speed and performance. The user is then able to get back to whatever project they were working on, without frustration, anger, and stagnation. The user also remembers to always run scans (***monitor thoughts, meditate, pray, re-program***) of their computers hard drive to check for any sneaky programs and immediately erase them. His computer is no longer his enemy (***ego***), but the exceptional tool he originally purchased it to be (***the divine manifesting in human form***).

I hope you are able to understand the metaphor that was explained, at least enough to give you a quick understanding of the bigger picture. Surprisingly, as much as the previous story was a metaphor, it is also REAL, and that is where things get **FUN**. So allow me to join you on your spiritual journey, as I will hold it in reverence. A wealth of information is awaiting you, intuitively (*sub-conscious mind/ higher self*), through research in many writings and through your ***personal repair man***, ME, the coach.

Love and Blessings,

Sabrina McGrory

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