
Be your own therapist!

Learn to use the powerful self healing tools of Process Coaching to:

- Become your own resourceful inner healer.
- Reclaim lost parts of the self.
- Effectively heal the most difficult & troubling emotions.
- Get unstuck from blocks, without denial.
- Do your own healing regressions.
- Quickly and easily free yourself from guilt and blame.
- Find greater acceptance for yourself & others.
- Relieve physical and emotional pain.
- Resolve difficult relationship issues.
- Deepen the love and appreciation in your life.
- Manifest the love in your relationships that you desire.
- Deepen clairsentient psychic awareness.
- Enhance your life-force energy.
- Process at the transpersonal level, where core issues begin.
- Manifest more of who you truly are.
- Get more of what you want out of life.

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*Journey into the wholeness of
your being...*



PROCESS COACHING[®]

New Tools for Personal Transformation

*Within each of us lies the path to
personal happiness and fulfillment.
Process Coaching offers the essential
tools needed to bring the power of love
and healing fully into our lives.*

ProcessCoaching.com

PROCESS COACHING®

Process Coaching is a unique approach for achieving deep emotional healing and true wholeness of being. 'Process' is the dynamic, moment-by-moment experience of how we relate and move with our feelings and emotions, and how we filter perceptions to create our experience of the world.

The Process Coach provides the understandings, perspectives, tools, training and support that empower the client to do the healing work. The client becomes their own therapist, their own healing practitioner.

It's not about how we are in sessions or classes that matters, it's about how we are in life. Once learned and integrated, the work becomes a unique intuitive expression of the individual.

DEEP EMOTIONAL HEALING

Process Coaching employs tools and understandings from NLP, Hypnotherapy and Shamanic wisdom, but in a very different way. In the past we've tried to control our emotions with the mind in an effort to 'help' our feeling parts learn better ways of behaving. The mind-over approach has not worked as well as we'd hoped.

In this work, we honor that our emotions know what they need for their own healing. Mind's role now is to listen to and learn from the feelings. Mind asks the pain, "What can I do to help?" and then is there in service to the wisdom of the unconscious, intuitive self.

This unique approach of consciousness (mind) in the service of sentience (feelings) is a fundamental principle of this work.



'Healing' means bringing together parts that have been separated, as in the healing of a wound. 'Wholeness' means all of our parts together in harmony as one whole being.

As children, we are dependent on others for our very survival. We do whatever it takes to get the love we need in order to be cared for, fed, clothed, and loved.

Some behaviors and feelings are judged as 'good.' Other behaviors and feelings are judged as 'bad,' so we try to get rid of them. This conditioning causes us to lose parts of ourselves, to push them down into our shadow, and we become fragmented.

The price we pay to fit in is very steep. We lose the freedom and joy of the child spontaneously expressing ourselves in complete love and acceptance of our innocence and greatness.

We lose our passion, creativity and the connection to our deepest wisdom. We lose the place of love where we can have meaningful connection with others. We lose our wholeness.

Finding and reclaiming the lost parts of ourselves is the crux of this work. Bringing loving acceptance to all of our emotions and parts of self is the essence of healing. Owning and taking responsibility for all of our experiences, including the well-being of all of our parts, is our job as the healer of our whole being.

THE TRANSPERSONAL REALM

The personal wounds we've experienced actually go far deeper than our personal reality. The roots of these imprints of trauma are held within the very fabric of creation, and have been here from before the beginning of time.

Healing to Wholeness includes healing these wounds in the original essences of Creation. By journeying to this level of deeper reality, called the transpersonal realm, beyond the personal unconscious, and even beyond the collective unconscious, we are able to bring loving acceptance to the deepest parts of us... and experience the greatest healing.

The tools and perspective of Process Coaching enable us to explore the inner territory of the transpersonal realm, and to bring healing to these ancient long-neglected traumas.

This is the realm where we truly are the creators of our own reality, manifesting our heart's desire in alignment with the forces of creation.

HEALING TO WHOLENESS CLASSES

Classes in the practices of Process Coaching and Healing to Wholeness Work are available, in addition to private individual and relationship coaching sessions. Learn the basic tools and frames with other like-minded people in a supportive coaching environment.

The classes offer in-depth hands on experience with the work. The supportive nature of the group encourages and nurtures the learning for everyone.

A listing of current classes being offered is available at: HealingtoWholeness.com.

"On the journey to wholeness, ultimately every part of us must experience our loving acceptance. And to the extent than we can truly love ourselves, we have this invaluable resource to share with the world."

John Pateros, Developer of Process Coaching