

## Who am I?

I am a spiritual seeker. Since 1995, I have been exploring many avenues in the counselling, life coaching and the healing arts. My mission is to help people bring out the best in themselves. I believe the path to wellness occurs when we remove the layers that keep us from listening to our own spirit. My life purpose is to guide people back to their higher selves. As a lifelong student of comparative culture, religion, spirituality, literature and languages I have developed a keen sense of connection across many traditions. After three decades in the field of education, I now expand my teaching and leadership skills to my life and soul coaching practices.



*Sandra Marie Roberts*

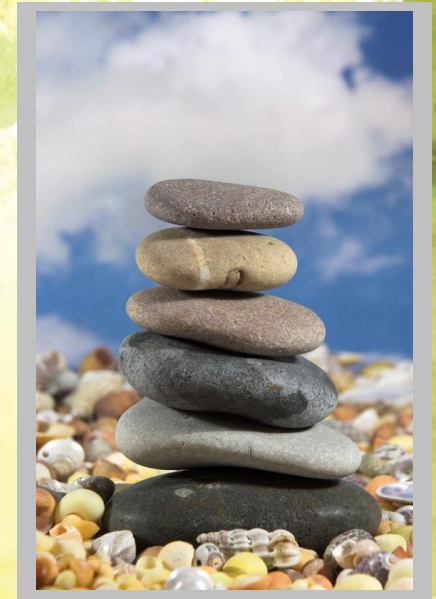
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Sacred Stones for the Soul

Gemstones

Workshops

Soul Coaching



## Gemstones, Symbols

Paying attention to who you really are



*Which colour, shape, texture calls you?*

Beauty uplifts the soul. Particular designs, patterns, textures, colours, shapes, and symbols all stir the subconscious. Think of how a favorite outfit makes you feel, or the colour of a room, or the bauble that you fancy. Jewelry is more than just ornamental. Conscious choices contribute to wellness of body, mind and spirit in the same way intentional decorating enhances the flow of a room through the principles of Feng Shui.

## Workshops

Learning who you really are

An authentic life begins by paying attention. When we slow down, we can better hear the small voice that guides our growth from within. We receive intuitive messages, synchronicities, little snippets of conversations, song lyrics, and other soul nudges all the time, but do we accept the invitation? I facilitate experiential sessions to explore the "how" of conscious living by learning

- To slow down
- To listen, observe, feel and be
- To read the soul's language
- To expand consciousness

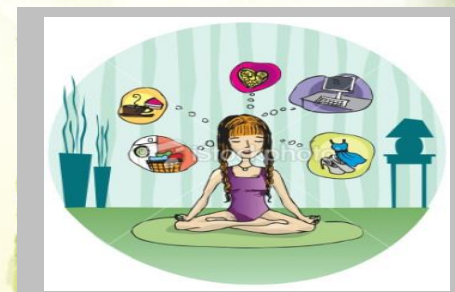
*"Life will give you whatever experience is most helpful for the evolution of your consciousness."*

*Eckhart Tolle*

Soul coaching draws out the inner resources of the client. We work together with the belief that the client will find the

## Soul Coaching

Being who you really are



*What does your soul desire?*

answers within as blocks are identified and disempowered. Confidence grows. Coaching can be done in small groups or one on one. It is an evolutionary action oriented process based on the client's goals, and requires a deeper commitment than a single workshop session. Soul coaching sessions occur weekly for a minimum of six week in groups or nine weeks for individuals (in person or by phone).

**Note: coaching is not counselling or an appropriate alternative to therapy**