



## Interview Questions & Answers

### **What is Spirit Coaching and how does your book give readers a sense of how it can be helpful to them?**

The Spirit Coach Methodology was developed to awaken the highest, wisest part of us—our spirit. It is based on the premise that everything we need is already inside of us. When we have access to our spirit, we can find, live, and actualize our best life path.

This book is for those people who are asking those deeper questions of themselves: Who am I? Why am I here? How can I contribute? The mind may have answers, but not the ones we are seeking. These answers come when we learn to be spirit led. This is the path to stop searching and start finding the truth that lives within us.

*Spirit Led Instead* gives readers practical tools and techniques to move forward in their transformation process. It also includes stories of business leaders, professionals and people just like you who have used these tools to transform themselves and their lives.

### **How does the book allow readers to use it as a transformational tool?**

*Spirit Led Instead* is really a tool book you will want to return to again and again because it gifts you with eighteen simple, non-dogmatic tools to let your spirit lead you to your greatest vision, true self and infinite source of wisdom. Each tool comes with a practical real life example and in most cases, a *playsheet*, to help you integrate what you are learning by practicing the tool in your own life. There is a free *playbook* (workbook) that each reader gets access to via a downloadable PDF. This way the reader can use the tools as much as they would like. The more they use them, the more the reader will benefit. It is the experience of using the tools that transform us not the intellectual understanding of the tools.

The transformational tools in this book will give you a way to live from your own spirit. This path is what I would call “Practical Spirituality.” There is no dogma—only tools that anyone can use to improve his or her life. Because it is non-dogmatic, this process has nothing to do with a particular religion. Spirit is the essence of every human being. You might find spirituality in religion, but you won’t find religion in spirituality. All paths, ultimately, lead to spirit. Whatever path you are on, though different for each of us, these tools can be used to enhance your life. The beauty of being spirit led is that you are able to determine what is true for you through your own experience of spirit. There is no longer a need for a priest, guru, teacher, or anyone outside of you in order for you to access your Divinity. Everything you have been searching for is within.

### **How do you advise readers to read the book to gain insight? Should they do the exercises in each chapter before starting the next?**

I firmly believe in practical spirituality, meaning it has to work and be beneficial. Otherwise, why do it? You will never know if something works until you try it. Give it 100 percent of your energy for a short period of time, let's say a couple of weeks, and then decide if it is for you. With all the transformational tools I am sharing with you in this book, I encourage you to be a scientist in your own life by experimenting and observing the results. If you see positive results, keep doing it. You will receive even more benefits.

Start at the beginning and work your way through the entire book trying each exercise as you go. Once you have mastered the tools in Chapter Two, the Three Cs, this becomes your foundation for using all the other tools in this book. The reason for this is that the Three C's connect you to your spirit which is the place from which all the exercises need to be done. This is what has such a transformative effect on us. Once you have an idea of the tools that will help you achieve your own personal goals, then you can go right to that particular tool and read it again, gaining a deeper understanding of it and practicing the tool in your life.

**What are some key readings that you suggest readers pay attention to?**

I suggest readers pay attention to developing and practicing their own spiritual practice. There is a step-by-step guide of how to do this in this book. Your spiritual practice becomes the glue that holds your life together and it is from here that you can really access and build on your vision and dreams.

The Three Cs: Centering, Clearing, and Connecting is a meditation solution for people who have a hard time meditating, and experienced meditators alike, because it engages the mind through active imagination which ultimately allows you to be out of your mind. This is where your spirit is and everything you want is. If you don't have time (which is an issue for most people), just simply start with five-minutes per day. Cumulatively, this creates a better life.

In Chapter five, you learn to change your energy from bad to good or good to better. These transformational tools gives you the ability to choose what energy you want to experience (and what you don't). Your energy begins to vibrate at higher frequencies, attracting in more aligned experiences and deflecting what is not aligned for your highest good. When we feel good, it is an indicator that we are vibrating at a higher vibration. We do not have to wait for something external to make us feel better; we can consciously choose our vibration now.

In chapter six, we learn to access our own vision by being spirit led and becoming the visionaries we were meant to be.

**Did you have any particular intention behind bringing Spirit Coaching to a wider**

**audience through the book?**

Yes, I see this book as an appetizer to the main course of what Spirit Coaching can offer people. The tools introduced in this book, when applied, will have a remarkable impact on one's life. Those that see the value in this may want to learn more. This is where a Certified Spirit Coach can come in and really work with someone one-on-one to hold the container for an extraordinary transformation.

**Could you describe a brief synopsis of each chapter and the type of exercises or practices in them?**

Chapter one is about getting out of your mind and into your spirit. You are introduced to two transformational tools. One is to help you still the mind (which as you know is no small feat) and the other will help you eliminate negative thoughts and feelings (not so easy either). This is a prerequisite to being spirit led and these tools make it possible.

Chapter two is all about creating your own spiritual practice. This is the foundation for any lasting change. A spiritual practice is your first step to transforming your life and becoming connected to your spirit. The reason we need a spiritual practice is because what changes us is not reading about it or talking about it; it is experiencing it. When we have a spiritual practice, it begins to transform us on a daily basis. It transforms us by aligning us to our spirit, gradually, more and more. It helps us to access our Divine truth, letting us know when and how to act on that information. Spiritual practice creates more alignment in our lives because we tune into our truth, what's really, truly important.

Chapter three is about the power of intention and how to use it in our lives. Intention is such a powerful tool that when we put our attention on intention, life begins to shift almost immediately.

Chapter four is about the power of integrity to lead you to your highest vision. Integrity is the ability to be aligned with your spirit, where you can access your truth and act on it accordingly. This creates a sense of wholeness, trust, and the energy needed to co-create anything. The word integrity literally means wholeness; to be whole is to be in integrity. When we are operating solely from the mind or body, we are not whole. We have left out the most important part of ourselves: spirit. The tools in this chapter show you how to get in integrity with yourself so you can create the life you are meant to live.

Chapter five is all about raising your vibration. Changing your vibration is a way to change your perspective and, ultimately, your life. It is like the difference between looking through dark, foggy glasses and looking through crystal-clear glasses. By changing your vibration, you change the way you see the world. When you change the way you see the world, the world changes. The tools in this chapter include using the power of gratitude and learning to forgive for good to transform oneself.

Chapter six is all about unleashing the visionary in you. In this chapter, you will learn to uncover your greatness, to be the visionary you were always meant to be. It is inside of us where spirit lives. Accessing it is where we find our greatness. It is not in some of us, but in all of us. You will learn to access that sweet spot where all your best ideas live.

Chapter seven is how you put it all together to really live a spirit-led life and what happens when you do. Service becomes paramount and you realize the gifts you have discovered in yourself can serve others. This chapter summarizes all the tools and gives you a way to integrate each tool into your daily life in deeper ways. You now have the tools for transformation in a handy checklist so it easy to apply. When you apply the tools for transformation, all things are possible.

**How can someone seeking to create a true love relationship use the book to support those goals?**

Living a spirit-led life is essential when attracting a true love relationship as love can only be reflected back to us as truth when we are showing the world who we are—as spirit. Many of us project a false self into the world and the result of this is we do not attract in our love relationships as a real match. It is incumbent upon each of us to be our authentic selves in order to live an authentic life. Our light can be seen by another only when we show it. The tools in this book help us to get comfortable radiating our true essence, and in this practice, love can enter. Love also comes when we learn to love ourselves. If we are looking to another to fill us, we will be disappointed. The tools in this book help us to learn to see, acknowledge and be the love that we are. This is when love is attracted to us, because we are being love.

**Do you plan to have more books in the future? If so, what kind of material may we see from you?**

Yes. I am sure spirit will guide me as to the next book.

**Why do you think Spirit Coaching was voted the top 1% of recommend coaching on LinkedIn?**

I think people are really looking for a way to find their own answer where they are not giving up their power to a guru, a teacher or someone they believe has all the answers. That, in fact, the answers are already within each of us. All we have to do is line up with our spirit and we become the perfect expression of ourselves, living our highest vision in the world. I believe people are really waking up to this truth.

**For readers who want more what is available to them from your coaches?**

We currently have 51 Certified Spirit Coaches who can work on-on-one with anyone, anywhere as all the coaching is done by phone. Our coaches are unique in that they all

work from the perspective of spirit where changes are internal versus external so the transformation is sustainable as opposed to temporal. People can contact me and I will tune into the Spirit Coach that would be most aligned for them and then, they can receive a free discovery session and see if that particular Spirit Coach resonates for them.

### **What is your story? Why did you write this book?**

My fifteen minutes of fame lasted for a couple of years. I had what I had always thought I wanted: a wildly successful business, appearances on national TV, magazine articles written about me, woman entrepreneur of the year. My business success was my dream. Here I was living it, and yet I didn't feel fulfilled. This book is for those of us who despite succeeding in some areas of our lives, still feel that something is missing. I searched for many years trying to find what was missing; the problem was I was looking outside of myself to do this. The truth is that no one can tell you your truth. It has to come from within. The good news is that your truth is accessible to you once you connect to your spirit. It may be buried, but with the right tools, your spirit will emerge. When it does, you gain access to a part of you that is limitless. From here, nothing is impossible. When you are spirit led, what you're looking for is found, life unfolds at an aligned pace, and your manifested creations follow your true path. It is so simple. After a while, your spirit becomes the loud and predominant voice, no longer so easy to ignore. Then life becomes the one you were meant to live—yours.

This is the gift I have been sharing with others for over a decade so they have a more direct route to their spirit than I did. Now, with the release of the book, people from all walks of life can really benefit from these transformational tools by applying them in their own lives.

The Spirit Coach Method tools in this book are not about fixing something in you or changing the external, but are intended instead to focus on revealing the spirit within. They are tried and true. My clients and I are practical, and we want to see results from the tools we employ. Without tools, I have found that it can seem impossible to transform. Even with the best intentions, we may not know how to get from point A to point B on the spiritual path. Tools are the way that I know to get us there.