

# *Soul Coaching*<sup>®</sup>

## *How Patti ~ Your Soul Coach<sup>®</sup> Can Help You!*

**If you could hear a message from your soul, what would it be telling you?**

Soul Coaching<sup>®</sup> is a process of discovery that helps you listen to the voice of your soul to gain self-understanding and align yourself with your soul's plan for you. You will learn who you are and why you are here. Your soul will give you guidance as you discover your purpose in life. You will learn to dissolve blocks to your passion and joy. Outer success, without inner awareness and wisdom can feel as if something is missing. Soul Coaching is a spiritual experience that offers guidance and support to help you clear out the inner debris of your life and connect with the wisdom of your soul.



A Certified Soul Coach<sup>®</sup>, Patti can work with you on many levels. In one-on-one session through a carefully crafted program, she can take you on spiritual inner journeys—Soul Journeys—into the depth of your soul to receive the answers to the heartfelt questions of your life. No matter what stage of life one is in, most people find these journeys to be profoundly moving and transforming.

Patti Allen is one of the few select individuals worldwide that Denise has chosen to personally train in her specialized methods of coaching.

*"Patti is a remarkable and compassionate Soul Coach. She creates a safe and nurturing environment for discovering your soul's truth."*

Denise Linn, Founder, International Institute of Soul Coaching.

*Guiding You to Your Soul*

*Patti Allen* M.A.

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## ***What is the 28-Day Soul Coaching® program?***

The 28-Day Program is a spiritual journey that is divided into four one-week periods. Each week is dedicated to one of the four elements—Air (mental), Water (emotional), Fire (spiritual) and Earth (physical)—for our lives are tied in some mysterious and organic way to the elements of nature. By clearing and activating the elements within us—through daily exercises—we also clear blockages and limitations from our lives so we can hear the secret messages from the soul. It's a total inner and outer clutter clearing of your life. Patti can work with you in person, online or via conference calls.

## ***Soul Services offered by Patti:***

### **28-Day Soul Coaching Program**

As Certified Soul Coach Patti is your personal guide for a total inner and outer clutter clearing of your life (individual sessions or group sessions/online or in person). This program is the heart and soul of Soul Coaching.

### **Soul Journeys**

Patti can take you on one-on-one individual guided journeys into the depths of your soul. This allows you to truly hear the wisdom of your soul and gain answers to the questions of your life. (This can be done on the phone as well as in person.)

### **Past Life Soul Journeys**

A Certified Past Life Coach, Patti can take you on one-on-one individual guided journeys into your past lives to clear old blockages. (This can be done on the phone as well as in person.)

### **Soul Clearing**

Bell or Feather Clearing for the Soul: personal chakra and auric field clearing with the use of a bell or feather (individual sessions)

### **Spirit Creations (group sessions)**

These are creative projects that can be done together with a group. Patti facilitates and guides you through these projects that help open you to the realm of spirit.

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