

What Is Spiritual Life Coaching?

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An article in Money Magazine said, “A coach may be the guardian angel you need to rev up your career.” In fact, if you pick up any major newspaper or magazine, you are bound to come across a glowing article on coaching. It is a fast growing career, with an estimated 50,000+ coaches in the United States. Because coaching is a relatively new profession, there are many people calling themselves “coaches”---unfortunately not all of whom are fully qualified. You should know that there is no *required* professional certification process, although it is coming in the near future.

As the modern world begins to awaken to a higher consciousness, learning to balance the practical with the spiritual dimensions of life is essential to humanity’s evolution. There is a strong need in the modern world for educated and qualified Life Coaches.

You may wonder how coaching is different from counseling. The main difference is that coaching tends to be a shorter-term relationship (lasting anywhere from a few months to a year), whereas counseling tends to be long-term. Also, coaching focuses on what is right in your life and what you would like to have more of. **Coaching is very action-oriented and empowering.** There isn’t a lot of room to waste time on “the story.” Coaching does not delve into the past, but rather looks towards the future and seeks to increase your effectiveness in your interpersonal relationships, career, finances, business, and health.

There are many definitions of what coaching is and the language for it is changing everyday. We agree with the international coaching organization, Coachville.com, which says, “Coaching is inspiring an individual or team to produce a desired result through personalized teaching, expanding awareness, and designing environments. Coaching is a sophisticated form of teaching.”

A trend in the field of Life Coaching is specialization. Depending on your need or challenge, you can find career coaches, relationship coaches, performance coaches, executive coaches, prosperity coaches, communication coaches, and of course **spiritual life coaches.**

Spiritual Life Coaching applies spiritual and metaphysical tools, philosophies, and resources to achieve goals and co-create one's reality. **Spiritual coaching is not religion based.** Clients (and coaches) are free to follow and practice any faith they want to. Spiritual coaching is about encouraging clients to follow their own hearts/souls and tap into their divine guidance. The intention is to help clients connect with their higher self so they can fulfill their divine destiny.

A Spiritual Life Coach may use the following strategies to assist their clients:

- ◆ The coach partners with the energy of Love and universal intelligence to guide the client to connect with their inner knowing and empowers them to take inspired action.
- ◆ The coach helps the client to consciously and intentionally choose to manage his or her inner and outer energy (thoughts, feelings, words, and actions).
- ◆ The coach forms a powerful partnership through excellent listening and communication skills.
- ◆ The coach assists the client to discover and live out his or her soul's purpose.
- ◆ The coach brings forth the answers within the client.
- ◆ The coach shines a light on the dark or shadow aspects, enabling the client to transform.
- ◆ The coach teaches personal responsibility and self-awareness.
- ◆ The coach refers the client to inspiring and spiritual information, books, and resources.
- ◆ The coach expands the client's best efforts.
- ◆ The coach calls forth the client's greatness.
- ◆ The coach challenges the client to live a bigger, brighter life.
- ◆ The coach clarifies the dreams and desires of the client.
- ◆ The coach supports the client to move from their comfort zone into their courage zone.
- ◆ The coach encourages the client to let go of limiting beliefs and fear-based thoughts.
- ◆ The coach activates the client's inner power source.
- ◆ The coach and client learn from each other, it is a multi-directional and unique interpersonal relationship.

Coaching for me is sacred work because there is a soul-to- soul connection with another human being. The coaching relationship is truly amazing---when the inner work is done, the outer shifts. As a result, my clients experience more joy, love, happiness, and fulfillment. And I feel so blessed to have been an integral part of their spiritual and personal growth. There is no better job on earth as far as I am concerned!

Spiritual Life Coaching is an integrative, holistic, intuitive, creative, and trustful connection between the coach and client, resulting in amazing results in your reality.

I invite you to begin the magnificent journey of experiencing “everyday enlightenment” and scheduling a SOUL coaching session with me today.

Michelle L. Casto is known as The Soul Diva. Diva in Sanskrit means “shining, light of God.” Michelle knows there is a divine spark within every human being that longs to fully ignited and expressed. She works with people who are unsure about the next best step to take in life and helps them by building a bridge to their inner self and then uses that connection to tap into the wisdom of their own souls. With these foundations in place, she coaches them through all of life’s changes and decisions. Through a revolutionary process called *soul excavation*, she teaches the 6 Life Mastery Lessons. (Shine, Integrate, Dance, Communicate, Seek, Decide).

Michelle has written 16 books and ebooks on self-empowerment topics ranging from romantic relationships, career development, discovering your life purpose, bringing more balance to your life, success strategies, life transformation, manifesting, and writing with the divine. Her inspirational articles can be read on hundreds of internet websites.

She holds a Ph.D. in Coaching from the International University of Panama. Michelle has earned a Master of Education degree from the University of South Carolina and a Bachelor of Science degree from Ohio University. Michelle is dedicated to sharing what she learns with others so they can experience “everyday enlightenment.” In her spare time, she enjoys traveling, spending time at the beach with her two dogs, and reading on the topics of spiritual development, the science of success, and human potential.

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