



## OVERVIEW OF SKILLS EDUCATED

### Healing Methods

- 1. Quantum Healing with the Freedom Code**  
for Instant relief of emotional and physical pain.
- 2. Quantum Healing with Integrative Quantum Medicine (IQM)**  
for Instant relief of emotional and physical pain.
- 3. CCMBA Complete Cellular Mind-Body Alignment**
- 4. HSA Higher-Self Alignment**

### Basic Spiritual Psychology Skills

- 1. Grounding Your Presence** *Grounding out anxiety instantly.*
- 2. Seeing Perfection** *To be seen as we really are draws out our greater potential.*
- 3. Listening to the Soul** *This is a great gift, as everyone desires to be heard & understood.*
- 4. Perception Checking** *Showing you care to understand.*
- 5. Conscious Sharing** *Be honest and responsible with your sharing process.*
- 6. Asking Powerful Questions** *Seek their destiny*
- 7. Facilitating Responsible Choices:** *Owning behavior and being “at cause.”*
- 8. Prizing** - *Celebrating the inner light of victory always present.*
- 9. Encouraging Feelings**-*Feeling the feeling is key to healing*
- 10. Reframing Issues as Blessings** - *There is a gift in everything that happens. Find it!*
- 11. Ho opono opono** - *Healing hurt by apologizing for what we might have done.*
- 12. Facilitating Self Forgiveness** - *Ending the pain with ourselves and others*
- 13. Giving Effective Feedback** - *for aiding the person’s growth and excellence.*
- 14. Receiving Feedback** - *Willingness to learn without self judgement*
- 15. Facilitating Responsibility for Reactions** - *Claiming emotional sovereignty*
- 16. Facilitating Learning Awareness** - *Shifting from the Goal line to the Soul Line*
- 17. Practicing Peaceful Silence** - *Be “a rock”, holding space for one’s homecoming.*
- 18. Completing Unfinished Business** - *Getting free of nagging family memories*
- 19. Facilitating Commitment to Self** - *A vital key to happiness and abundance.*
- 20. Facilitating Positive Self Talk** - *Replaces self criticism with self empowerment.*
- 21. Facilitating Creative Solutions** - *Breaking out of the “one solution box.*
- 22. Violet Flame Meditation** - *Consuming all that is not your perfection*



## Advanced Spiritual Psychology Skills & Strategies

1. **Ishayas' Ascension** Effortlessly raising your vibration all the time.
2. **Core Energy Mediation** Taking a break from the world, to regenerate oneself.
3. **Affirmative Prayer** Getting divine support with attracting your desired outcome.
4. **I AM Breath** - for a self-exalted experience.
5. **BreathPlay** - Repatterning breathing from fear to empowerment in all activities.
6. **Visioning Meditation** - *to receive your Soul's Calling.*
7. **Heart Mapping** - *Ordering up your ideal life; Initiating the building of your dreams.*
8. **Writing a Living Vision** - *clearing the way to manifesting your most fulfilling life.*
9. **Freedom Method** - *From self Judgment to Self Empowerment and the ability to forgive others.*
10. **Healing Negative and Positive Projections** - *Clearing disempowering perceptions.*
11. **Manifestation with Conscious Language** - *Reprogramming our speech & thoughts*
12. **Person Centered Strategy** - *Empowering clients to resolve their own issues.*
13. **Gestalt** - *Learning from sub-personalities to find resolution and greater wholeness.*
14. **Transforming Anger** - *From destructive poison to positive personal power*
15. **Inner Bonding** - *Finding wholeness via dialogue between inner child & Loving adult.*
16. **Love What Arises** - *Unraveling tension by sending love to the feeling.*
17. **Act of Consciousness** - *Dropping your old role and acting out your new movie.*
18. **Sexual Energy Integration** - *Practicing an ancient method that eradicates the SEV.*
19. **Soul Recovery Process** *Empowering people free of addiction & depression*

## Intuitive Counseling Skills

1. **Chakra Oracle:** *Reading the condition of our energy centers without having to see them.*
2. **Tarot Card Reading** - *For accurate insight and spiritual guidance*
3. **Intuitive Counseling** - *being a channel for the highest truth*

## Advanced Coaching Skills

1. **Fulfillment Coaching** *What is happiness and success for your client?*
  - **Wheel of Life** - *Assessing Fulfillment in 8 areas.*
  - **Future Self Meditation** - *to receive your highest potential purpose and guidance.*
2. **Balance Coaching** - *How to shift from overwhelm to clarity and purpose.*
3. **Inspiring Conversations**- *How to converse with clients who talk themselves into buying your service.*
4. **Discovering Your Niche** - *Your favorite way of standing out and be valued as the expert in your field.*