

Authentic Life Journey Coaching Introduction

Introduction to Authentic Life Journey Coaching

What is an Authentic Life Journey?

What is an authentic life? This question is posed to every person that we have worked through our Authentic Life Journey Coaching (ALJC). Most often, when discussed further, most people don't have a clear vision of what that might look like for them. They have ideas of what they want to be doing and feel completely out of touch with how to get there. It has been our experience that as we guide our clients to understand their authentic selves, an authentic life is one that feels hopeful and exciting. One in which they dream big and are finding the connection to a higher perspective to assist them in accessing the well of available opportunity and the creation of truly magical life experiences.

The authentic life journey is different for every person, for we all have dreams and aspirations that are unique to each one of us. From wanting to own a farm and lead workshops and retreats to those that are ready to leave their existing jobs in pursuit of their dream job or the massage business owner that wanted to transition to offering spiritual healing services and honor their true purpose - these are all very different expressions of dreams and intentions but they were all accessible through intentional use of tools and awareness explored through the ALJC system.

The question of "What is an Authentic Life Journey" will be the intended direction we will begin to explore through the foundation program. Then the real magic happens when you move beyond the foundation program into the ongoing program to truly integrate the practices and lessons learned and to bring forth your Authentic Life Journey.

What is Authentic Life Journey Coaching?

The experience of Authentic Life Journey Coaching, or ALJC, is a blending of years of training in different modalities of holistic health, expertise, and the heart-centered guidance of your coach. As you have traveled through life, you may have cultivated – through no knowing of your own – a life that is not meeting you at your authentic self! This lack of authenticity in your life is probably causing you some discomfort or suffering. The ALJC program is designed to help you manifest your true life desires in an effort to relieve this discomfort. Through acknowledging and accepting that you desire more from life, you allow yourself to access the well of opportunity awaiting you!

The ALJC program approach begins with becoming aware and setting intentions, which leads you to finding your own empowerment through positive affirmation, making changes one thing at a time, and utilizing mindfulness practices and visualization practices to move toward your authentic self. This basic format is just the beginning; as you move with purpose and gentleness through this program, you will see you are capable of so much more! Your experience through the program will be individual to you and your desires; no two people have the same experience! Exploring your unique journey takes you to your desires!

The ALC Experience

The first six weeks of the ALJC program is the foundation upon which all future coaching activity is based.

Foundation Program	Ongoing Coaching
<ul style="list-style-type: none">● First six weeks● Introduces toolkit● Provides examples of how the tools are used● Allows you to practice using the tools and meditations● Identifies the areas you will start to explore during ongoing coaching	<ul style="list-style-type: none">● After first six weeks● Identifies the intentions you plan to pursue● Determines the tools that will allow you to reach those intentions● Helps you remain accountable to your intentions through regular coaching support

The Foundation Program

During the Foundation Program, you will be introduced to the Authentic Life Journey Coaching Cycle. This is how the program will help you make the changes you seek for your life.

The foundation program can be experienced in a group setting where your coach helps guide you through the steps and you get the benefit of hearing how the fellow students are moving through the program as you will share the experience together in your weekly meeting. In the sharing of your experience, you will find that you and your fellow participants may be having similar experiences! This form of bonding will help you to know you are not alone! Whenever we decide to make a change in life it comes with its trials and having the bond of others going through similar experiences will help you to stay committed to your resolve.

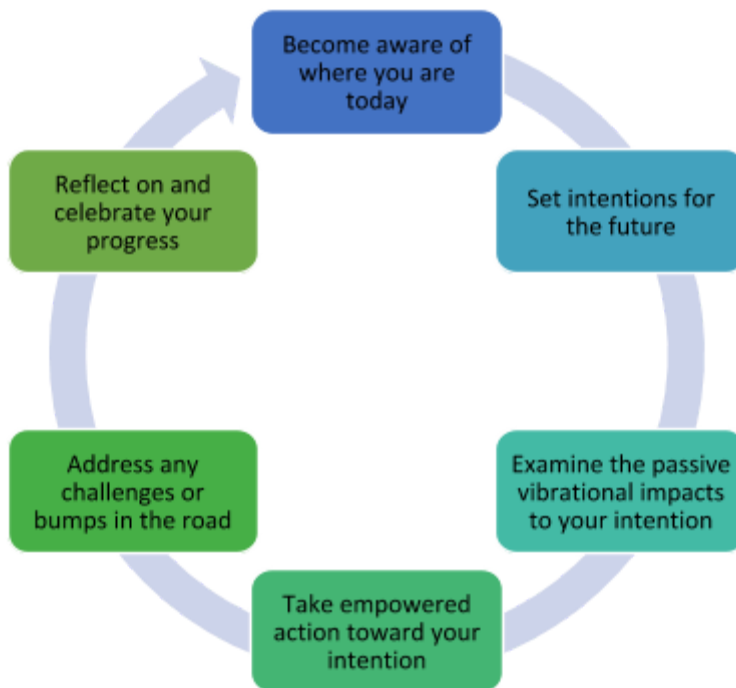
You may feel working in a group is not for you, in which case you can work privately with a coach one-on-one. The private coaching is our most popular program, since it allows you to receive all the guidance specific to you and your desired focus. These sessions have yielded many amazing transformational life journeys, some of which you will be gifted the opportunity to learn about as we move through our sessions in this book.

Our newest program will be offered as a virtual learning classroom through our online learning center. This service will offer you six weeks of video learning, including meditations and journaling prompts, to support your explorations of yourself in order to assist you in diving deeper into how to listen to your authentic voice and take action to move forward toward your dreams.

Ongoing Coaching

Meeting regularly with your ALJC coach is where the magic of the program comes together. With the support and guidance of your coach, you will use the tools and techniques from the Foundation Program to modify your life one step at a time, helping you to live as your most authentic life journey. The ongoing coaching program identifies the intentions that will lead you to your goals, holds you accountable for taking action to move your life forward, and holds space for you to reflect on and celebrate your achievements. Commitment to the program's techniques and regular check-ins with your coach will provide the most successful outcome over the course of your ALJC journey. When you and your coach work together, the results can be absolutely life-changing!

Authentic Life Journey Coaching Cycle



The ALJC program is made available to you with the intention of *helping you find you!*

Beginning Your Journey

What brought you here today?

What are you hoping to gain from this experience?

The Authentic Life Journey Toolbox

Over the next six sessions, we will begin to surface things that no longer serve your life and learn tools to help you navigate and let go of what you no longer wish to carry on in your life. Then we will identify your intentions and empower you to reach them.

Your Authentic Life Journey Toolbox will consist of the following concepts and activities:

Awareness	Visualization
Journaling	Self-care
Meditation	Letting Go
Intention Setting	Forgiveness
Manifestation	Gratitude
Empowerment	Vibration Healing
Action	Observation
Mindfulness	

Positive Affirmations

Each week, we will explore different aspects of this toolbox and you will be encouraged to use the tools each week as you are learning them. You will also be encouraged to pull up a tool as needed that you have learned earlier in the program – throughout the Foundation Program and into your ongoing coaching journey. This is how you will use the tools as you move into your continued growth, so it's important to navigate the process as you would beyond your current exploration. Growth is a journey, so be gentle with yourself always and do the best you can!

Foundation Program Process

Each lesson of the Foundation Program introduces a step of the Authentic Life Journey Coaching Cycle, including the terms, tools, and introspection that will help you navigate that step of the cycle. This is a time for you to ask questions and share stories with your coach (if receiving live coaching) about the lesson and what you hope to gain from it. You will also be asked to reflect on the previous week's lesson and any awareness it provided you for your journey.

Meditation and Journaling

Through the ALJC process, it will be necessary to consciously navigate the experience. Without tools, how might we be able to really learn from ourselves what we need and want? The primary tools you will use to navigate your journey will be meditation and journaling. At times, you will use meditation to help ignite your journaling process and other times you will navigate the journaling on your own.

Meditation is a practice to help one cultivate mindfulness, which is a necessary practice to make a change in your life. Without being in a state of awareness, one may find it difficult to truly become aware of the dis-ease that needs to be changed. The practice of meditation is to focus the mind on a single point so that one may allow the mind to release the stressors that convince us we are trapped. By relieving the stress, you are able to begin to follow your own internal guidance system – a system that has gotten lost in the course of your daily life. We are all wired with signals that help us to make decisions and navigate, but the ego has taken up so much space we cannot hear the guidance from those signals – signals given to us by our highest, most divine self!

Be gentle with yourself as you navigate meditation because the ego will try to distract you from doing the meditations. The ego does not want there to be change, so you will have to allow the distracted mind to be acknowledged and then start or return to the meditation. Not only will the ego try to keep you from your meditation, but it will also try to pull you away while you are in meditation. If this occurs, simply acknowledge and say “I know you are there but for now I’m going to stay here,” and then return your focus to the meditation practice. Once you are able to hear the internal self once again, you can then produce information through your journaling that will help to facilitate the opportunity for growth. A Full Body Relaxation Meditation is included with this program to assist you on your journey. Use it at any time.

Each time you sit down to meditate and journal, you are surfacing your answers and as you travel through this journey you will find yourself eventually intuitively writing. No longer thinking about what you want to answer, instead you will just let the divine self speak through you. Remember, this is a process, so everyone will have a different experience. It’s important to allow it to come in its own time without forcing it. The urge to force this process comes from the ego. Be present with the process and all will come at the perfect time!

Intuitive Writing

When you are journaling, it is important to know before you begin that with each day you are expressing your thoughts they will be wherever you intuitively needed to be brought to that day! We utilize meditation as a leaping off point to help you navigate yourself to your truth. The truth can come through your journaling because you are allowing yourself to explore in a way that is without judgement or expectation. Your journaling is simply there to help guide you.

As you develop each day, your intuition will begin to open up to you because you are giving yourself space to clear out the clutter and open up to the amazing truth of your true inner voice! Not the voice that is coming from your ego – instead, it's the voice of your true spiritual self. The being in you that is not clouded with negativity and judgement, this voice is loving and kind and only wants you to feel you are capable of all the amazing things you wish to have in your life. This voice speaks only truth and once you hear it, you are truly awakened to your potential. You will find that as you are writing, it may seem in the beginning that is coming from the ego mind. As you open yourself up more and more to the experience, you will find you are writing more from the heart of yourself and less from the head. This is where the intuitive writing takes hold! Just let it flow!

Best Practices

During each week of the Foundation Program, you will take home a different set of journaling prompts to help you further explore the lesson we will bring up in our session for the week. This “homework” should be explored at a time when you can be completely centered on your entry so that your experience can be as fulfilling as possible. This includes:

- Leaving the cell phone in another room
- Being in a place with little or no distractions
- Making sure you are doing this at a time you know you will be able to focus solely on you. This may require letting other members of your household know you are not to be disturbed.

To help you to become centered at home, you will use the meditations offered in each lesson. Your journaling prompts for the week identify when to use each meditation as you complete your “homework”.

Quick Reference

Glossary of Terms

Term	Definition
Affirmations	Positive statements in alignment with your true desires and beliefs
Archetypes	Aspects of yourself that may rise at times to indicate an opportunity to explore and grow. There are many aspects of ourselves and no limit to what archetypes may rise. In the ALJ Program, we focus on the chakra-aligned archetypes.
Aura	Invisible bubble of energy just outside of our bodies; the first layer of our spiritual body.
Authentic Self	You truest self, navigated from a view of authentic desires being sought out actively and with purpose.
Awareness	The ability to observe your life, honor your actions, learn from what you find, and make active changes to align with your truth.
Chakra System	Energy centers in the body found along the spinal column and head as well as small centers in various other points in the body. Each major energy center is aligned with different physical, mental, emotional, and spiritual aspects of yourself.
Dis-ease	A sensation or experience that produces a sense of discomfort that, when not addressed, can become energetically “sticky” and cause energetic blockages.
Dis-empowerment	A feeling of lacking power in a situation, thought, or life experience.
Ego	The personality developed over our lifetime that can call up old beliefs as truth. The mind that was developed is necessary to keep us safe in this earthly life experience, but when it becomes the only way we live, it can be destructive. It is the counterbalance of the authentic voice and should be a companion to our spiritual authentic self, not the driving force.
Empowerment	A feeling of being capable and having the right to choose what is in our best interest and to act on it from a place of love.
Energy Body	Many levels of physical and non-physical components that make up our being in this life. Layers of the energy body include physical, mental, emotional, and spiritual (aura). All layers of the energy body are impacted by vibrational experiences.
High Vibrations	Energy that feels inviting, exciting, and inclusive and invokes a sense of joy and support when participating in activities in alignment with our authentic self.

Low Vibrations	Energy or experiences that may feel dense, uncomfortable, and cause dis-ease. May be experienced when participating in activities out of alignment with our truest desires and self.
Intention	A way to live and honor every choice we experience actively and purposefully, whether it be in the moment, in the short-term or a long-term practice. Living intentionally allows us to create our lives on purpose rather than passively.
Manifestation	The energetic response or active or passive thoughts and practices that help create our life experiences.
Meditation	The centering of the mind on a single point with intent and practice to remain focused on the point. The mind, external experiences, and emotions are observed as part of the practice. The distractions are not to be punished or judged - simply acknowledged - and then we return to focusing on the point.
Mindfulness	Acting in your life with purpose and awareness of your actions and choices, to support you in living with more ease.
Vibration Healing	Practices and experiences to help harmonize your energetic body.

Chakras

Chakra	Location	Association	Archetype (High/Low Vibration)	Color
Crown	Top of the head	Connection to All	Guru/Egotist	Violet
Third Eye	Behind the middle of the brow	Intuition	Intuitive/Intellectual	Indigo
Throat	Middle of the throat	Communicating Truth	Communicator/Silent Child	Blue
Heart	Middle of the Chest	Unconditional Love	Lover/Actor	Green or Pink
Solar Plexus	Above the navel	Personal Empowerment	Warrior/Servant	Yellow
Sacral	Below the naval in front of the sacrum	Manifesting/creation	Emperor/Martyr	Orange
Root	Base of the spine	Grounding	Mother/Victim	Red

Tools Quick Reference

Tool	Foundation Week
Meditation	Introduction
Journaling	Introduction
Intuitive Writing	Introduction
Awareness	1
Flip the Script/Positive Affirmation	2
Vision Board	2
Recognizing the Ego and Dis-empowerment	2
Setting an Intention	2
Chakras	3
Archetypes	3
Vibration Healing	3
Action	4
Mindfulness	4
Visualization	4
Self-Care	4
Releasing Attachment	5
Non-Judgement	5
Gratitude	5
Acceptance	6

Meditations Quick Reference

Meditation	Foundation Week
Full Body Relaxation Meditation	Introduction
Shedding Illusions Meditation	1
Fears and Healing Meditation	1
Loving Kindness Meditation	All
What's My Intention Meditation	2
Listening to Your Ego Meditation	2
Making Contact with Your Inner True Voice Meditation	2
Chakra Balancing Meditation	3
Gratitude Meditation	4
Visualization of My Intention Meditation	4
Letting Go Meditation	5