

Sessions for Seekers

What is a seeker?

A seeker is someone who is looking for greater meaning in life,. He or she may have a desire to understand how to live life with a deeper sense of purpose. A seeker may also be someone who is on a path to discover more about who he or she is.

These sessions consider life questions through a spiritual lens. We welcome and encourage using the wisdom of whatever spiritual tradition you know and practice.

Sessions for Seekers gives you an opportunity to grow through inquiry, exploration and experience. The great questions of life cannot fully be answered. Our willingness to ask, listen, and be open to what may arise when we take time to wonder can be a powerful way to transform and grow in your life.

What are the sessions like?

You begin with the question or topic you choose to explore. Your guide will help you look at and discover how the ideas or principles apply to your own life right now.

The advantages you will receive from these sessions are:

- New information
- Broader perspectives
- Helpful personal insights
- Actions to help integrate ideas

Sessions for Seekers are designed for individual or small group sessions. A small group may include up to 3 people who you arrange to join you for one or more sessions, making it more affordable as a group. Family or friends may be eager to share in this learning and growth opportunity. Sessions are 1 hour. You may request an additional hour at the same prices listed below.

Questions for Seekers

How can I find peace when life is in so much turmoil?

What does it mean to "create your own reality"?

How do you forgive what seems unforgivable?

What are some simple and effective ways to meditate?

How can I discover & change beliefs that block me?

How can I live more in the moment with less fear?

I feel angry and hurt a lot. What can I do to let go?

I just want to be happy. How can I make that happen?

How can I be compassionate and caring without being used?

How do I understand my illness or diagnosis in a way that affirms life?

You may choose from any of the above questions or create your own.

If it is time for you to learn how to live life with greater ease and satisfaction and experience what it means be more fully connected to your spirit, we are ready to help.

1 Hour Session: \$100 (Individual - \$100; 2 people- \$50; 3 people - \$33.34)

Package Sessions:

- 4 Sessions - \$380, Individual** (2 people \$190; 3 people - \$126.67)
- 6 Sessions - \$540, Individual** (2 people \$270; 3 people - \$180.00)
- 8 Sessions - \$680, Individual** (2 people \$340; 3 people - \$226.68)

Package Sessions must be used within 6 months of first booking or sessions are forfeited.

If you have any questions or would like more information, please call us at (952-435-4144) and ask to speak to Sandy Thibault or Paula Becker.

InnerLight Healing Center 17305 Cedar Av. So. Ste. 230, Lakeville, MN. 55044 952-435-4144

www.counselingandhealing.com