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The Soul's Coach: 7 Paths to Healing Your Relationship

Rochelle L. Cook

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The Soul’s Coach – 7 Paths to Healing your Relationship will help the reader uncover his/or her belief systems formed in early life and how they affect their relationships to this day. The 7 paths are specific gates that lead us into the heart of the problem. The 7 paths are the following: Denial: we live our lives oblivious to the reality of our situation. Settling: we feel unworthy or undeserving so we take what we can get. Playing Out: the unhealthy behaviors we unconsciously exhibit offer hints as to what in us needs to be healed. Acceptance: we recognize that we need to change, and understand our trauma as a stage on the journey of transformation. Intention: we begin to act from a conscious, sensible mind; we “set our sails” toward the life of our dreams. Spirituality: we live in the awareness that our thoughts, words and actions matter; we matter; love & peace are possible. The New Story: to write our new story, first we have to identify and heal the old one. The Soul’s Coach – 7 Paths to Healing Relationship shows the reader how one’s reality is a reflection of one’s own perceptions. Whatever is going on “out there” is a mirror that holds the key to one’s healing. By going through the 7 paths to healing relationships the reader will realize that our lives are the outcome of our thoughts and that changing our thinking will change our lives. On the 7 Paths to Healing your Relationship, readers will understand that people embark on the journey at different “ports.” There are those who have been meditating for years, but have not dealt with their emotional childhood crisis. There are those who can identify their trigger in a current situation and understand its source, but are unable to move forward into acceptance or commit to intentions that will turn their lives around.

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