

10 Positive Reasons to a Inner Journey

A Inner Journey is a Healing Practice in which the person undertakes a Journey in Imagination during which help is sought from spirit helpers or spirit guides.

1) **Clarification of Life Purpose:** How many of us go about life knowing that we are on the wrong path? How many people live with an inner sense of uneasiness that keeps them knowing that something isn't quite right? A Inner Journey can help shed light on our **true Purpose**, and can help us move into a state of ease and confidence as we take what we learn and move into a path of ease and power.

2) **Assistance with Physical Healing:** A Inner Journey can be used to shed light on what is holding a physical issue in place, and it can also provide clues as to what is needed for full **healing** to take place.

3) **Discover and Remove Blocks to Abundance:** Confused by what is holding evidence of Lack in your life? You can use the Inner Journey to identify its **cause** and what it will take to allow abundance to flow.

4) **Not Sure which Path to Take?** Do you have a decision between two colleges? Not sure which job to take or what city to move too? A Inner Journey is a great way to learn which path leads to your next Highest and **Best version** of your-self.

5) **Healing a Relationship:** You haven't spoken to your Mother in 6 months? You aren't sure why you and your mate are fighting every day? I expect you will be amazed by what you learn when you take the desire to heal an **important relationship** into your journey.

6) **To Attract A New Relationship:** Looking for your Soul Mate? Your Twin Flame? The **partner** you want to do the rest of your life with? A Inner Journey is a great place to begin the search.

7) **To Reconnect with Your Ancestors:** You will meet many on your journeys, including those you love who have since left their bodies. Go into your journey with the **intention of spending time** with those who have passed. A chance to meet.

8) **To Bring More Peace into Your Life:** You can use your Inner Journey to **discover ways** to bring more Peace (or Happiness, or Fun, or (fill in the blanks) into your life.

9) **To Assist Another:** Yes - you can take another person's concerns into a Inner Journey and return with **information** that can assist them. You cannot, however, ever walk another person's path.

10) **To Serve the World:** We are here 100% to create our best life and 100% to be of service. A very powerful intention for a Journey is to learn in what **ways** you can be of greater service to the planet and all its inhabitants.

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Coaching & Training



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