

# TRANSFORMATIONAL LIFE

PHYSICAL AND METAPHYSICAL  
EDUCATIONAL RESOURCES<sup>©</sup>

**Course Syllabus**

*Provided by*

*Paradigm Shifts*  
LIFE COACHING

[www.paradigmshiftslifecoaching.ca](http://www.paradigmshiftslifecoaching.ca)

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**Exercises for all sessions are included.**

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## **A Message from Penny**

When I first meet with a client I like to offer a few reminders. I call them reminders because these are things we all already know and have only forgotten.

You are a beautiful spiritual being and in many ways truly unique. No one knows you better than you know yourself. You have come into this life fully equipped to manage your time on this planet. To a great degree our journey is a solitary one. Still, now and again, we like to have help – and help is available.

Help helps... It helps us focus and be organized. It helps us to clarify our thoughts, especially when we use our voices and speak out audibly. Help, in the form of life coaching or spiritual guidance, supports our process by reminding us of who we truly are - when we occasionally forget.

That is what physical and metaphysical educational resources are all about. This is you seeking a firm hand to assist you in making the changes in your life that you would like to make. I am not here to tell you how your life *should* look. I hope only to encourage you to consider other ideas when the ones you are currently using are not working for you.

There are two kinds of truth - absolute and subjective. It is the subjective truths that this course addresses. What seems true to you may not be an absolute truth, in which case it can be changed.

A Transformational Life is based upon evolving consciousness, growing awareness, and remembering who you are and why you are here. It is about you understanding you – Nosce te Ipsum ... It endeavours to establish a balanced body, mind, and spirit.

When we feel out of sorts, then at least one of these aspects of our being is out of balance. We may be blocked or caught up in things we've been told are true and have simply accepted.

For most of us, there eventually comes a time when we begin to look at these truths in the context of our own life and ask, "Is this indeed true for me?"

Life is a process, one that need not be as onerous as we often make it. This is about making life easier, more enjoyable – more fun, for ourselves.

### **Ask about the Canoe analogy...**



OR



Remember, physical life is not perfect and nor is it meant to be. Life ebbs and flows. While we are in physical form we will always experience the results of living in a 3 dimensional space. At the same time we all have the desire to live life on our terms.

You are sovereign and powerful, and Transformational Life summons you to live your best life.

## Course Tools

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Here are examples of tools that may be used in the Transformational Life course:

- Open discussion – follow where it leads
  - If you are doing this course on your own, is there a trust friend or relative with which you might engage an open discussion. If there is not perhaps one or two session with a life counsellor might be in order.
- Meditation
  - This process calms the body, expands the brain, and soothes the soul.
  - Inspirations are common during and after meditation so you might want to keep a notebook handy.
- Breathing exercises
  - Helps bring the body into a meditative state.
- Homework
  - Research
  - Assignments
  - Journaling
  - Experimentation
  - Affirmations
  - Meditation
- Life coach consultations
- Session exercises

## Closing Message



# 5 Lessons in Life from Dr. Seuss

1. Today you are You, that is truer than true. There is no one alive who is Youer than You.
2. 'Why fit in when you were born to stand out?
3. You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.
4. Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.
5. Today I shall behave, as if this is the day I will be remembered.