

PRIVATE SESSIONS



Dates: Friday, March 7, 2008 through Monday, March 10, 2008
Time: 8 am – 6 pm
Location: 5907 Mallard Ponds Drive, White Bear Township, MN 55110
Prices: 1 hour/\$85 – 1 ½ hours/\$130 – 2 hours/\$170

For directions, visit: www.maps.google.com

For more information on scheduling and pricing, visit: <http://www.transitionalintegration.com/prices.html>

To schedule your session call 505-570-1208, or email:
Jane@TransitionalIntegration.com

Your private session with me may be designed in one of the following ways, depending on your preferences:

- ❖ You may choose to focus the entire time on an **Intuitive Reading & Coaching** session.
- ❖ You may choose to focus the entire time on a **Flower Essence Consultation** or **Support Session** if you are already working with a personal blend.
- ❖ You may choose to focus ½ the time on an **Intuitive Reading/Coaching** session and ½ the time on a **Flower Essence Consultation** or **Support Session**.

If this will be your first scheduled session with me, and you are choosing to combine both an Intuitive Reading and a Flower Essence Consultation, you will need to book a 1½-hour session.

INTUITIVE READINGS & COACHING SESSIONS

Intuitive Coaching Sessions are designed for those who want to explore patterns and relationships in their life with courage and honesty. Through a gentle and respectful dialogue involving questioning, prompting, and reflecting, I offer support for clarifying your intentions, as well as assisting you in creatively responding to, and moving with, what is presenting itself at this time in your life. With compassion, I offer guidance for the process of bringing awareness to the use of your breath as a pathway to softening into stillness, creating room for richer understanding and insight to emerge.

Sessions are free of predictions and advice giving, allowing you to move into more meaningful relationship with your Self. In this way, you are facilitated in deepening your sense of confidence, and refining your ability to listen within for the voice of your own Innate Wisdom.

FLOWER ESSENCE CONSULTATION

The essence of my work, like the essence of the flowers, gently brings forth deep awareness within those I am serving. I facilitate self-discovery in an environment that is grounded while respecting the Mystery--allowing room for creativity to blossom. My 'selection method' involves an in-depth dialogue in which I assist you in the process of defining your intentions. This dialogue, combined with my research, my experience, and my intuition, enables me to offer the most appropriate flower essence(s) to support the deep level of change you are invoking.

Flower essence therapy is a form of profound support for your personal and spiritual development, soul-growth, and emotional and physical well-being. My approach in one-on-one sessions is sensitive and non-invasive. As you move through the natural rhythms and cycles of Nature within your Self, an opportunity for clarification and integration takes place that nurtures your truest expression and essence.

I received my flower essence training in 2003, through the Practitioner Training Program with The Flower Essence Society (FES), in Nevada City, California, and am listed on the FES web site in their Practitioner Referral Network.

Plant Study on White Yarrow - Upon completion of the Practitioner Training with FES, I participated in the FES "Plant Study" process which involved researching, writing about, sketching, and experiencing the White Yarrow plant. My plant study is featured on the FES web site. Read the response by Richard Katz, from FES, on my plant study.

Flower Essence Selection Process with Clients - This narrative includes photographs and in-depth details of my process of 'essence selection' during Flower Essence Consultations with clients in my private practice in Santa Fe, as well as during phone sessions with clients located throughout the United States. This narrative is featured on the FES web site.

I LOOK FORWARD TO MEETING WITH YOU!