



(971) 322-8739 - Georgette Star MA, D.Min - www.lifeblessing.com

SOUL STREAM COACHING PRINCIPLES & PRACTICE KEYS AGREEMENT

During our journey together we will co-create a container for transformation based on shared understanding of the following principles and practice keys. We recognize these keys represent our current understanding, rather than ultimate truth, and that there will always be more to discover and realize. Please take the time to read through this document carefully. We will review together at our next session.

KEY 1 - My Role As Your Coach & Mentor: When in coaching mode I will be in a guiding role that connects you to your own wisdom and capacity to change your life from the inside - out. Mentoring is a teaching role. When in mentoring mode I will be teaching self-evolution/healing tools, skills to support your development of these capacities. I will move between both roles during our work together. When our journey together is complete, you will have the tools and developed skills to evolve yourself.

KEY 2 -The Real You: I often describe the “Real You” as “Soul “or “Higher Self”. As a multidimensional being you are developing on many pathways of human potential simultaneously. You will know you are living in alignment with the Real You, when, as pure awareness are centered and fully present, grounded, in a state of peaceful presence experiencing bodily sensations of calm or excited radiant aliveness.

KEY 3 - Symbols Of Your Spirit, Your Inner Sanctuary & The Wise Woman or Man Within: During the first few sessions during our work together I will take you through some processes to discover the *Symbols of Your Spirit*, *Your Inner Sanctuary* and the *Wise Woman* or *Wise Man Within*. Once you have access to these tools you can use them to cultivate alignment with Higher Self and reconnected when triggered.

KEY 4 - Higher Self VS Conditioned-Self Distinction: You will learn to consciously discern the difference between how it feels to experience life when grounded and connected in comparison to how it feels to perceive and respond to life from limiting conditioned reaction patterns (triggered state). I call this the distinction between Higher Self and Conditioned Self. During the time between sessions I encourage you to practice noticing when in and out of alignment with Higher Self. When triggered, the body often manifests tension, thoughts and emotions become stirred up and turbulent.

KEY 5 - Essential Worthiness: You are unconditionally worthy. Realizing this is a prerequisite for living into your full potential. Almost every client I’ve had the honour of coaching over that past many decades occasionally (some more deeply and often than others) experiences a sense of self that is unworthy/not enough (not good



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enough, thin enough, smart enough, beautiful enough, successful enough, spiritual enough etc). Your worthiness is innate, inherent and ever present. It's unshakeable and independent of what you have or don't have, what you've done or not done, not matter how much you have screwed up in the past, or excelled. Worthiness is unconditional. Its not something you choose or can get more of. **Your good enoughness and worthiness simply IS.**

KEY 6 - Everyday Life is Your Spiritual Path of Awakening: Everything that arises in your life is an opportunity to grow stronger, develop skills and capacities, to heal and evolve. Every moment, no matter how simple and mundane it may seem is a miraculous gift to appreciate. When a challenge arises you know that *what seems to be in the way IS the way* and remember you are capable of facing it.

KEY 7 - Your Super Power Of Attention & Choice You have the power to choose where to focus your attention. You can focus your attention into transforming any outmoded belief, habitual behaviour and embody your Higher Self and make the life changes you desire. When thoughts wander into the future or past, you will practice calling it back to here and now trusting that everything will eventually resolve, work out for your highest good. This choice is like walking through a door.

KEY 8- Trust Into Super Flow: The more fully you connect with the Real You, the easier it will become to relax and allow everything in your life to sync up and flow. As you deepen your trust in the goodness of life and the wisdom of your Higher Self you will find yourself living joyfully in Super Flow!

KEY 9 - Emotional Compass: All emotions, high and low, are welcome on this journey. Emotional awareness provides a compass for navigating and clearing triggers. Allowing your emotions to be experienced fully as “energy in the body” without interference or resistance will provide the information we need to guide the clearing process. Emotions are energy in motion. Contracted emotions (such as fear, anger, frustration, confusion, grief, guilt, shame or sadness) are allowed to rise to awareness and then dissolve back into the ocean of peaceful presence. Freely embraced emotions will transform into free creative energy for you to use.

KEY 10 - Life Is A Sacred Mirror: invitation to 100% Self-Responsibility: This is the most important of all our agreements and the most difficult to master. Self-evolution and sustainable Life change will happen most quickly and profoundly when you practice taking responsibility for your reactions to whatever is happening in your life.



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KEY 11 - Put Things In Order Before They Exist: This is a metaphysical principle I encourage you to deeply consider and contemplate! Life creation happens from the inside out. The healing and life change you seek begins with what you believe about yourself, others, and life and choose with intention.

KEY 12 - What You Focus On Increases: Most sessions will begin with celebrations, giving energy into even the smallest breakthrough, accomplishment, what's working, feeling good and right about you, others and life. Every time you exercise the super power of choice to focus attention on your blessings, the universe will respond.

KEY 13 - Self Respect & Validation: Practice the art of self-respect, appreciation, compassion and kindness. To be fully empowered means to gradually stop needing and seeking validation from others and learn to turn to your inner source of connection and guidance, the Wise Woman or Man within for approval.

KEY 14 - Self Awareness, Observation & Inquiry: During our work you will discover and clear some of the limiting beliefs, associated emotions, and conditioned behavioural patterns that interfere with your desired outcomes. Practices of self-observation and self-inquiry will make it possible for you to recognize when a reaction pattern has been triggered opening the possibility of choice to change.

KEY 15- Use the Keys! Set the intention to use the keys you will learn to find your way back to the tranquillity and stability of your Higher Self connection whenever needed throughout the time of our work together so they become integrated into your daily life.

KEY 16 - Integrative Activities: There will be times when, near the end of sessions, we may turn your realizations into an integrative activity or practice for the time between sessions. I often ask you to send me an in-between sessions email to check in about their practice and create accountability. This integrative activity is highly recommended but you can decide if that feels right for you.

Please print, sign, take a photo on your phone and email or text the signed documents.

I, _____, understand and agree to these principles and to participate in these practices.

Thank you!

Georgette Star MA, D.Min

Life Blessing Institute Founder
Soul Stream Coach, Mentor & Method Trainer