Vision life coaching

with LyndaKane

Vision Life Coaching - an original form of 'energy psychology' created in 1987 by Lynda Kane (ex-Chief Psychologist at British Airways) and Stephen Kane (Institute for Advanced Health Research) - is about living with increasing intent. This is the energy within you (not to be confused with 'intention') that empowers you to fulfill your needs - actions that cause blocked life energies to ascend through your body (and above).

> To take a simple example, think of someone you know who has trouble sticking with a diet that helps them achieve their ideal weight. The challenges they experience with eating reflect their need for more intent in an area of their energy body at the bottom tip of their sternum. By cultivating their intent at this point they will come to discover they no longer experience resistance to only eating the kinds and quantities of food they need.

This process of cultivating intent results in real change and transformation in every area of your daily life - especially in the areas where you tend to experience anxiety, obstructions, failures, confusion or other misfortunes.

> "Vision Life Coaching has made a dramatic difference in my life unlike anything else I have done. Lynda, I have no words to describe how you have helped me in every aspect of my life and how the ripple effect is bringing healing to my own family ... A dream come true... It brings tears to my eyes and I can't ever thank you enough ..." KP, USA

Many people involved in spiritual practices or personal development of one kind or another, often don't experience much change within themselves or their life beyond, perhaps, feeling more relaxed over time. This is because their best efforts remain obstructed by profound, albeit usually unrecognized, karmic commitments to certain behaviors, beliefs or reactive states that keep them stuck in endless cycles of repetitive experience.

Positive change within you and your life is not an abstract concept. With increasing intent, it is a self-evident, concrete process that you can witness occurring over fairly short periods of time - if it's happening. For many people involved in spiritual or personal development, it happens much less than they like to admit to themselves. Because of our unrecognized or unresolved karmic commitments, we (and our lives) often tend to remain pretty much the way we (and they) are . . .

The transformations experienced by Vision Life Coaching clients demonstrate, time and time again, that it doesn't have to be this way. You don't have to be the victim of, 'just being the way you are,' or your life, 'just being the way it is.' Anyone willing to make a real commitment to their personal transformation can cut through their karmic obstructions and discover, often to their amazement, that they and their life really can change, often in profound ways.

> "You have helped me beyond belief - the techniques you taught me have worked wonders...The musicians were applauding me. When I walked on stage for my bow the audience stood up in one accord and roared - I am not kidding. It was quite exciting ... I can't tell you how amazed I am! You have been incredible in your work with me. Thank you." PV. USA

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Significant positive changes in your life follow real changes in your energy. This is why we say, ‘change your energy to change your life.’ Energy-cultivation practices suited to your particular needs are essential for changing your energy. But applying your available energy effectively to the karmic challenges you experience is by no means always easy.

Vision Life Coaching provides you with an 'insight mirror,' helping you see why your life is happening the way it is, the roles you are playing in it and how to focus your intent in practical, grounded ways to change your life for the better.

Who Is Vision Life Coaching For?

Some, though by no means all, of the reasons people practice Vision Life Coaching include wishing to:

- Learn how to deal with the difficult behaviour of others, socially, at home, or at work
- Change or improve something you dislike or feel you cannot control about yourself
- Improve your personal or social skills and your quality of life
- Change some specific aspect of your ways of thinking or behaving
- Unburden yourself of some worry or bad experience
- Free yourself from guilt, shame or fear from the past
- Discuss a personal dilemma in a confidential, non-judgmental, setting
- Find a way to make a difficult decision
- Get support to help you through confusing or distressing circumstances
- Overcome obstructions in your career, work or business development
- Deal with a personal crisis - like deep feelings of loss or depression, losing a sense of who you are or how/where you belong
- Acquire a sense of purpose or meaning in your life
- Recognize the spiritual and energy-cultivating practices that really work for your energy - e.g. every meditation is like a medicine, good for some people but not so good for others . . .
- Recover life energies (ki) lost through trauma, injury or illness

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- Get a different perspective on certain people, situations or other aspects of your life
- Get unstuck - free a creative block or generate new possibilities in your life
- Work through relationship difficulties or a family crisis

The fact is, every challenge in your life has an underlying energy - an energy that can often be categorized in terms of the 'five misfortunes' - confusion, exhaustion, failure, harm (physical, psychological or spiritual injury or illness), or ignorance (lack of awareness).

> "Vision Life Coaching is the best decision I ever made. It is quite intense but the most powerful intervention I've ever experienced! Changing my energy really has changed my life. I have NEVER in all my life felt so free, energized and calm as I do today." Dr. IW. UK

Vision Life Coaching is a gentle process of coming to recognize one's own inner 'demons' - those energies within us that control some of our thoughts and feelings in ways that result in unhappiness or dissatisfaction with an area of life. And that limit our vision and our freedom to achieve or be, in a very real sense, who we are capable of being . . . and now feel ready to discover.

Vision Life Coaching practices transform the five misfortunes into the five fortunes - wisdom, inner strength, happiness, success and higher awareness. Each of these experiences and states is a product of a certain ki held in a particular area of your body. Vision Life Coaching clients often experience extraordinary changes in their lives as consequences of their cultivation of their fortune ki.

If you feel ready to change your energy and life this way, contact Lynda at info@energyawareness.org to discuss how you would like to begin.

Some Kind Comments From Vision Life Coaching Clients

"Just wanted to say how helpful our sessions have been. Thank you so much. It feels as if I am coming out of a long and deep rut. Life seems full of possibilities and the challenges along the way seem rather fun." DS. Sweden

"We are getting on so much better since I've started the work with you. We're having conversations like we used to have when we were first married ... It's wonderful!" AR. UK

"First of all I want to say thank you, with all my heart, for always asking the right questions, as well as bringing out all those shadowy and crafty parts in me which keep me from progressing. The sessions keep flicking switches on for me and the last session was no different! ... the session has already triggered a massive change and things are coming undone, but in an empowering way. My heart feels glad" SD. USA

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“Thank you for a brilliant session - your (grounded) business advice was exactly what I needed ... finding you was THE BEST THING THAT HAS EVER HAPPENED TO ME!!” VD UK

“I feel like a different person in so many ways. You are inspiring and your philosophy and life actions are so cleansing, make so much sense and create a sense of meaning and connectedness with everything. I trust my thoughts and feelings and have gathered the courage to speak out in ways I can never remember having ever done before. I really feel changed . . . It's great!” PP, NZ

“I feel so much better already, and also aware of the deeper work to come which is both exciting and scary all at the same time. It’s been a year since I first came to you - I am so much happier now!” AL UK
“... I saw you about some difficulties I was having with my partner and since then I've been surprised by the changes in awareness and future way of living that has come about ...” MA, UK

“Was just thinking, about your comment about how difficult it is to find a great counselor. I thought at the time how incredibly fortunate I am to have found not just a great counselor but a truly amazing one in you. You're the best in the world ... at least in my world :)” NF, UK

“When I was a kid, I couldn't look people in the eye and didn't know what to say. I didn't have any social skills. I had a great mentor at Air NZ when I was about 28 who changed my world. That'd be you, Lynda Kane.” LT, NZ

“[I am] in a significantly brighter place than I was a couple of months ago and I am feeling on top of things, rather than overwhelmed and able to function far more fully . . . So thank you, I am feeling stronger already” AL, UK

“Thanks for all of your support ... once again you have kept me going through a difficult patch of my life” EW, UK.

“... thank you so much for everything you've helped me with. I'm so grateful” MM, UK

“I've been offered ... my own TV show! Five years on from our conversation in Australia where we looked at the energy of me becoming a TV presenter! Thanks :)” DF, UK

“I've been surprised by the changes in awareness and future way of living that has come about. . . It is all good stuff. However it is my compliance, acceptance and the feeling I couldn't do anything about the verbal abuse at the time which still shocks me.” MA, UK

“I'm so much better since I've been doing this work with you.” AJ, UK

“Now I understand you really do have to ...

Change Your Energy to Change Your Life”

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