

## **How we can feel peaceful and empowered enough to deal with anything.**

Peace comes from within. "Peace is Power!" Even when we know about all the ugly stuff that goes on in the world, Peace is Power is still the best response!

I understand that 'Namaste' means something like 'the god in me recognises and/or honours the god within you'. The word God can mean whatever you believe it to mean, for me it is the conscious stream of life from which we all come, and to which we can stay connected throughout our lives as a source of peace, wisdom, love, support, knowing, inspiration, vitality, security, balance, and inner strength.

I think that awareness is paramount, because in awareness we gain understanding, which then enables us to regain our feeling of empowerment. We need to feel empowered to make our choices consciously, about how to deal with things in life, rather than reacting in fear (which tends to make us blind and weak).

If we are aware in such a way, we can be realistic yet positive, and we can properly focus our intentions. This will help us deal with pretty much any emotions, events, changes or plans. It will even help us to deal with mental or physical health issues

Awareness can be quite sensual (which can add to your sense of feeling empowered). Think about how your body moves as you live your life, how amazing it is; think about nature, observe the intricate beautiful details of natural things, and of things we create (including tapestries & garments, pottery, art, poetry & stories, music, dinners & other meals, woodwork & metalwork, buildings, inventions, plantations & gardens, etc). Breathe deeply to soak it all in and feel great.

Focus on the taste of food, the feel of textures in cloth, the feel of you partner's hand in yours; smell the sea breeze, listen to the wind in the trees, witness the colours of the leaves, the children playing; the kind gestures of family & friends, and be thankful for this life we are experiencing - this life we can all help to keep wonderful.

Feel the wonder of being alive flood into you anytime you want, by taking a deep breath and letting the experience of these things fill you up You can give yourself a great boost by doing this anytime you want, even just by remembering the details.

We all have that same stream of life within us, so you are a part of everything. Each one of us has the power to make a difference to everything. Breathe in that vital connection to the life source and sensual beauty everywhere. Feel loved and strong enough, and you will have the confidence to deal with anything.

***Julia Woodman – Radiance-Solutions  
Life Coaching, Counselling and Personal Development -  
Help, support & advice available by phone and email***

- Life Coaching can help you plan the details of what you want to do and how to achieve your goals in a very practical way. My service has also helped people decide what it is they actually might want to do.
- Counselling can help you sort out any issues that might be getting in your way.
- I also have many personal development tips and tools available to help support you. They will offer you inspiration, and add to your sense of security, balance, and wellbeing. They will boost your awareness and help you focus your intentions towards achieving personal fulfilment.
- However, the above practice, if used regularly, will help you well on your way to being able to face anything.

I have an article called **“Effective Coping Strategies that also help you move forward with life** on <http://www.greatvine.com/julia-woodman> that you might find useful.

### **And the following Life Coaching Tools available as downloads on Greatvine.com**

Life Coaching - Pack of All 3 Achievable Goal Planning Sections - How to Maximise Success, Help to Decide, and all FORMS - £6.50 (which gives a saving of 50p on buying them separately as detailed below).

[The sections are also available separately so that people who don't need the “help to decide” section can save by just buying the other two. And sometimes people just want the “help to decide” section and then take it from there themselves because they might already know about life coaching, but that is a unique extra developed by me. Or people might just want to use my forms and look at my examples, although I do obviously recommend looking at the 2<sup>nd</sup> section too, as there is so much useful information in it.]

Life Coaching 1 - How to HELP yourself DECIDE WHAT you really want to do - £1.50  
*Help with deciding on your goals in the first place. It's best to get really clear before you begin the planning stage so that you don't waste time and effort.*  
*For example, you could be trying to decide which course to study, what to do as a career (or change of career), or for a hobby etc, but you can also apply it to any decision you are not sure about (like moving home, ending a relationships, travelling etc).*  
*We do sometimes subconsciously block our own progress, particularly if we are not sure what we want, or if we don't have enough self esteem or confidence in ourselves.*

Life Coaching 2 - HOW TO develop achievable Goal Plans, and put realistic Timescales, Support, and Rewards in place TO MAXIMISE SUCCESS - £2.50  
*Includes details of what to think about before starting your plan.*  
*Includes details of how to prepare plans successfully by avoiding certain pitfalls.*  
*Includes details of how to keep motivated and communicate your needs to rally support.*

Life Coaching 3 - Goal Setting FORMS - £3

*Includes blank form for your use, plus a tutor form with guidelines on, plus several examples.*

Examples include: 1) paying off debts, 2) losing weight and getting fit alongside study times job, and committee member obligations, 3) planning workshops with all the admin etc included, and 4) Improving Belief in Self as Parent and as having Valuable Skills & a Right to a Career of Own Choosing.

<http://www.greatvine.com/julia-woodman>

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**Julia Woodman – Life Coach, Counsellor, Stress Consultant, and Writer**



Advice Line **0905 620 1396**

£1.02/min - from a BT landline. Calls from other networks and mobiles may vary. 18+

**please see Greatvine Profile page for details & availability,  
plus call request, or email buttons  
and materials available for download**

<http://www.greatvine.com/julia-woodman>

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**Bundle of 2 MEDITATION GUIDES as a Greatvine Download.**

<http://www.greatvine.com/julia-woodman>

**Meditation Guide 1 – Information**

Principles / Energy and Breath / Protection / Grounding / Safety

12 full pages + 4 pg bonus informative book review.

**Meditation Guide 2 - Practice**

23 full pages of techniques & examples to use from simple to advanced.

Includes some meditations for groups and for couples.

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**Bundle of 2 STRESS BUSTING Guides as a Greatvine Download.**

<http://www.greatvine.com/julia-woodman>

**A 40+ page Guide for Stress Busting**  
from Stress Consultant Julia Woodman  
including her TV demonstration script.  
**plus an additional 20+ pages of guidelines**  
which she uses for her workshops  
with extra ideas and exercises to help you.

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