

Philosophy of Radiance-Solutions (Essence of One)

taken from our website www.radiance-solutions.co.uk

Essence is the light of the spirit, and therefore all spirits.
SPIRIT means ESSENCE.

We believe that the essence of life is that everything is part of one system.
Every person, plant, animal, and even the earth itself is interconnected
and anything that affects one part also affects the whole.

All parts therefore need to be in balance,
each individual & each relationship.
Our aim is to assist each one, each partnership,
each family, and each group,
find that harmony of mind, body & spirit which results in pure bliss!

Healing, Counselling, Coaching, Workshops, in fact everything we do,
aids and enhances this process.

Sound health and radiant relationships can be achieved
with the understanding of one's self and others
as well as the principles of truth, freedom, trust, love, grace,
plus energy flows & interactions.

We hope that you will let us help you to plant the seeds
and respectfully guide you through your exciting personal journey
with our continued support.

You will grow steadily in confidence and feel more empowered
and in control of your life.
Breathing from a new found source of peace and absolute inner knowing,
one can attain an incredible purity of being.

The planet and all upon it need us to do this
in order for the whole system to continue to exist and evolve.

An increased state of consciousness allows us to find
the Essence of Who we Are
and experience a much greater and more heavenly reality.
In the stillness - there are no boundaries -
we can access and channel unlimited information.

By our own example we teach and simultaneously increase

the energy, light, love & peace available to the planet.

"To accomplish great things, we must not only act, but also dream;
not only plan, but also believe"

Anatole France, 1844 -1924, French Writer

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>

Bundle of 2 MEDITATION GUIDES as a Greatvine Download.

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Meditation Guide 1 – Information

Principles / Energy and Breath / Protection / Grounding / Safety

12 full pages + 4 pg bonus informative book review.

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

Includes some meditations for groups and for couples.

Bundle of 2 STRESS BUSTING Guides as a Greatvine Download.

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A 40+ page Guide for Stress Busting

from Stress Consultant Julia Woodman

including her TV demonstration script.

plus an additional 20+ pages of guidelines
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with extra ideas and exercises to help you.

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Special Two in One Bundle.

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sections on Choices & Positive Thinking,
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Freedom, Love, Peace, and Balance, plus
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plus it includes permission for others
to re-use the workshop section in public.

Lots of Articles available as PDF downloads on

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

including:

The One arises through the Many, and the Many arise through the One
Spiritual Coaching TOP TIPS

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

Effective Coping Strategies that also help you Move Forward with Life

Don't allow Depression to subdue your Personal Power

Does familiarity really breed contempt or do we just get lazy with our communication?

Absolution from Absolutes and the Cycle of Change

Being Lighter than this, free-er than this, getting into the ZONE for numerous benefits

Breathing to balance earth grounding and universal connection

Choices from Childhood through Maturity to Old Age

Communication with Teenagers I

Depression, Addiction, and even Weight Issues can be linked to Mineral Imbalance

Easy Affirmations to Empower You.

Easy Visualizations to Relax and Inspire you

1 step, 2 step, 3 Life Coaching to help you Achieve

Life Coaching Cost Saving Pack of all 3 of my Achievable Goal Planning Sections in one
bundle - How to Maximise Success, Help to Decide, and all FORMS

Internet Dating

Philosophy and Sensuality

Strategies to help Mums struggling to keep children stimulated, or wanting to return to
work etc - helping you Cope generally if things have got tough

& other articles:

Main website - Dealing with Stress – Regaining Self Esteem, and making Choices
BLOG - A Holistic Approach to Loving our Bodies and Our Lives