

Hello Friend!

Thank you for your interest in my services. I know that “*intuitive life coaching and energy alignment*” can mean many things, so here are some FAQs about working with me...

### **WHY SHOULD I SCHEDULE AN INDIVIDUAL SESSION?**

**Because you deserve to feel good!** Everyday life – and the significant challenges we sometimes face – don’t have to derail your peace and happiness. No matter the situation, you can maintain your well-being by realigning the patterns and energies affecting you, and then keep the good energy going by learning easy techniques and strategies to use as needed.

**BONUS!** When you feel good, the positive vibes make it easier for everyone in your orbit to feel better too, and those good vibes continue to ripple out to the people that are in the orbit of the ones you directly impacted and so on...so when you help yourself in this way, you are making the world a better place on a larger scale too!

### **WHAT HAPPENS DURING AN INDIVIDUAL SESSION?**

First you’ll briefly share your experience with me, then we’ll dive in. Depending on your situation, this may include:

- Some deep breaths to relax and get our energy synched
- A soothing visualization process (I call it an “emotion massage”) where you close your eyes and follow my prompts in your head using your imagination – You’ll be seated and at points as we move along, I’ll ask a question a two, so while this is relaxing, you will still be engaged.
- An energy clearing and alignment – This is where I use a combination of intuition and the Soul Intelligence® method (which involves a pendulum and charts) to identify roots of energy that’s impacting you today and through intentioned words, both clear out what’s stuck and bring in what’s beneficial. Your part in this is simply to sit and allow the energy flow, and to answer questions that come up in the process, so this is another processing that is both relaxing and engaging for you.

- A quick lesson on techniques you can use to ensure the cleared energy remains in flow and more importantly, to minimize the challenging experiences from recurring.

## HOW CAN I TRUST WHAT COMES UP DURING AN INDIVIDUAL SESSION?

Your own reaction will tell you what is relevant for you. Whenever information is received, our bodies respond in one of three ways:

- It “rings true” or resonates – this is your heart giving you a big “YES!”
- You find yourself resistant to the idea – your discomfort is your heart telling you to explore it further because there lies opportunity for growth & learning
- You have a neutral response – this is what you can ignore!

## WHAT IMPACT WILL I GET FROM A SINGLE SESSION?

**LOTS OF GOOD THINGS!** 😊

Of course, outcomes vary by individual – and they may be subtle. During and after a session, watch for these types of shifts that have been experienced by other clients...

- *Ah-ha!* moments...smiling as you see the puzzle pieces of your life fall into place
- Gaining optimism and hope about the future
- Getting inspired
- Gaining compassion for yourself and others
- Feeling less worried and more capable of managing the situation(s) that brought you in
- Feeling more courageous about trying a new approach or new activity...about being more of WHO YOU TRULY ARE
- People act more positive around you...because they are reflecting your increased positive energy!
- “Coincidental” experiences, such as...
  - Things fall into place, unresolved things get resolved, doors that you thought were closed open up again, or a new, better one opens up
  - a relationship feels easier - easier communication, less arguments, you just feel more comfortable around someone you previously were uncomfortable around
  - New solutions drop into your head or are mentioned to you out of the blue

- Support materializes...this could be financial support, emotional support, backing of your ideas
- Something that was stuck is now moving forward again

**AND WITH MULTIPLE SESSIONS...you get *EVEN MORE OF THE ABOVE!*** Each session uncovers more layers of insight, awareness and release, and your ability to maintain a more peaceful and happy “base point” throughout each day grows. As you change, so does the provided guidance and techniques that fit where you’re at so that your personal toolbox for managing life’s ups and downs grows too.

## WHAT IF I WANT MORE INFORMATION BEFORE BOOKING?

### *FIVE OPTIONS:*

- Visit my website: [thelightedpathway.com](http://thelightedpathway.com)
- Book a free, 15 minute “discovery call” with me [by clicking here](#) or email me at [lisa@thelightedpathway.com](mailto:lisa@thelightedpathway.com)
- Try a “quick clearing”, a 15-minute recorded-for-you-but-not-with-you mini session, \$25 – [after booking here](#), reply to the confirmation email with your question/topic for the session and I will email the recording to you, typically within 48 hours.
- Join my email/newsletter list [by clicking here](#)
- Follow me on Facebook:
  - <https://www.facebook.com/thelightedpathwaycoaching>
  - <https://www.facebook.com/lisaparkerhalub>

## HOW DO I BOOK AN INDIVIDUAL SESSION:

1. Visit my booking site here: <https://heal.me/thelightedpathway#services>
2. Select an “Individual Session” service.
3. Choose a time
4. Watch for a follow up email that confirms the appointment and provides payment details.
5. And if you’ve booked previously... ***KEEP THE MOMENTUM GOING!***

If you enjoyed the first session, be sure to **select a follow up date within 2 weeks to enjoy a savings of 15% off the next session.** Or select a package of 4 sessions and enjoy the 15% off savings for future sessions scheduled anytime.



## **WILL THE SESSION BE RECORDED?**

I am happy to record a Zoom session upon request. For in person sessions, you are welcome to audio record using your smartphone.

## **WHAT DO I NEED TO WEAR / BRING TO AN INDIVIDUAL SESSION?**

You may wear anything that is comfortable for you when having a chat with friend. Bring your openness to allowing energy to shift along with your imagination. And if you'd like to take notes, be sure to bring a notebook and pen.

## **WHERE DO I GO FOR MY APPOINTMENT?**

*For Zoom:* The Zoom link will be emailed to you before our session.

*For In-Person:*

The office is located at 3625 E Thousand Oaks Blvd, Suite 229. It's upstairs on the right (East) side of the building. The door faces the courtyard which has beautiful water features. Come early and walk around to enjoy the shade and all the sounds!



## **WHAT ARE THE PAYMENT POLICIES?**

Payment is due 48 hours prior to our appointment. The confirmation email will contain payment options, which include Zelle and Paypal. Cancellations made more than 24 hours before the appointment will receive a full refund. Cancellations within 24 hours of the appointment will incur a \$20 fee, unless the appointment is rescheduled at the time of cancellation.

*I'm looking forward to meeting with you soon!*

*Lisa* ♥♥♥