



Coming Home Transformational work **and Body Tuning Yoga** **With Diana Bourel**



Life gets busy. Things happen. Time races by. Your schedule becomes impossibly full. And then, it happens. The disconnect. It begins with the niggling sensation of being off center. Not quite right. Ajar. Then it progresses to greater levels of disharmony and restlessness that can manifest as fatigue, an inability to concentrate, indecision, reactivity, anger, even 'slips' into old behavioral patterns that seemed far behind. You stop listening, stop hearing. Maybe, even, you stop being able to care. Your muse goes silent. And though nothing is wrong, exactly, the quality of your life has taken a hit.

Coming home transpersonal work, created by Diana Bourel, is a signature approach to spiritual growth that combines modern therapeutics, world philosophies and ancient healing art traditions into a very special encounter with the honest Self. In 75-minute private or couples sessions, creatively structured to address the issues on your mind and in your heart, Diana uses a multidimensional toolbox to guide you to the moments you push toward and rear against. Diana helps you strike up the real conversation between you and your soul, between your mind and the universal mind.

What happens next is remarkable. You turn from where you don't want to be and point your attention toward where you do want to be. You go from being stuck, to becoming.

As connection is made, you gain a fresh and exciting perspective, seeing things you overlooked in disconnect mode. You figure things out, and come to your own soulful solutions, no longer driven to choices out of fear, desperation, or out of habit or out of mere convenience. You figure things out. You are filled with the self-confidence and the inspiration needed to continue your life path, your work, and your art. You find juicy, nourishing questions, intuitive answers and real-life keys. You discover new dimensions and connect to what could best be called your inner being. As attention is drawn inward and maintained there, the energetic truths underlying your life are revealed. Not as fuzzy concepts, or new age hype, but as real, full-fledged inner knowing that helps you connect to the bigger picture. The one you lost and without which, life becomes more about the motions than the meaning.

Learning to steward your body and your mind and to provide generous expression to your Spirit as you navigate through life requires courage, fierce grace, humor and desire. It also requires a deep commitment to stay positive. Sometimes it requires holding on, sometimes, letting go. The results of this deeply intimate encounter with self can range from a quiet, humming contentment to the arm-waving Eureka of revelation. Coming Home Work provides the inner environment, the tools and the template to understand your life, to move forward, past the obstacles or traumas of the past, to the full and gleaming possibilities of the future.