



Star Coaching Visioning Workshops

Create Your Hearts Desire!

Are you seeking how to balance your spirit from within? Did you ever think your outer world might work better and much healthier if the two were in harmony? Having balance with the physical and your spiritual can lead to much better intentions in your everyday life.

By attending a visioning workshop you will experience a meditation that will allow you to touch this balance, along with a writing technique and collage. With these tools you will be able to go into those places that have always been a mystery on a conscious level. We all have questions we seem to ask ourselves on a consistent basis that seem to have answers, but are difficult to get clarity on. The feelings you may be more familiar with is confusion, some might say it is the dark side; some might use the terminology as being negative. We all are able to relate to these types of experiences.

No matter where you are in your growth, by attending a visioning workshop, this experience will bring the illumination to those turned upside down emotions as well as the struggles that seem to be an ongoing process to eliminate, this can be in personal growth, relationships, career or opening up to more creativity for yourself.

By using the tools and the techniques that you will learn and experience in a visioning workshop, it is very possible it will bring such clarity to many of your unanswered mysteries. The people that stay consistent with the techniques will transform their life's from past to present to future awareness'. Your collage can become your personal roadmap to clarity.

Those who have participated in a workshop, have overcome past obstacles that have been so trying for them either in a present experience, or something out of their past, this information comes out in the collage your spirit helps you to create. This is not about being a great artist; it is about allowing your spirit to speak to you through the experience of meditation, writing, as well as your creative collage.

As we work on the collage your spirit will guide you to the right pictures and quotes that may not make sense to you at this particular time, but as you focus on your collage and by writing in your journal as this information unfolds the pictures and specific sayings that you will choose help you to gain clarity to propel you on your desired path. As one gains the knowledge of their own spirit, life can flow with a greater balance.

Ycenna Finnigan
Personal & Transformational Coach

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