

# STYLUS

Scratching Beneath the Surface

stylus n. an instrument of metal, bone, or the like,  
used by the ancients for writing

## **SOUL MESSAGE**

### A Life Coaching Demo for the Mildly to Wildly Curious

by Nina Durfee

#### **Ahhhhhhhh!**

Imagine yourself on a massage table. Smell the fragrant oils, hear the calming music, feel the fingers kneading the muscles that crave attention, see your judgments, anxieties, concerns, stresses, self-doubts, grudges, and to-do lists melting away as you blissfully lose yourself in the now.

How often do you treat yourself to this experience? Some (and I applaud you!) honor your bodies weekly or monthly. You consider it not a treat but a necessity, like paying the bills only lots more fun. It alleviates stress, relaxes your body and mind, maybe even changes your perspective, gives you clarity. It contributes to your overall physical and mental well-being. You miss it dearly if you skip a turn.

Many of us (and I stand guilty, as charged), only dream about it, voicing lame excuses: not enough time, not enough money, I don't deserve it, I don't need it (huh?!), having one will just make me want more (and the down side of having more would be???)

For those of us who want to be pampered but feel guilty taking it all for ourselves, there are outlets in which we can share the experience with others. Avon, Mary Kay and Arbonne representatives make house calls to treat you and your guests to a facial or makeup demonstration. Or you can hire a masseuse to bring a massage chair to your event and give indulgent mini-massages. This format offers an opportunity for self-pampering, justified by sharing the joy with others.

If a body massage is good, how good would a soul massage be?

#### **What's a Soul Massage?**

It's nothing woo-woo, I assure you. The process involves a facilitator (namely me) to gently walk you through the process of clearing mental clutter, enlivening your passion,

getting a peek into your purpose. It's attention to the inner voice that surfaces from time to time but we keep telling it not now, I'm busy.

For those of you who don't feel worthy of decadent self-attention, I will come to your home and perform Soul Massage for you and your guests! You can set up a party specifically for this purpose, or you can append a session to an already planned event (birthday party, business networking brunch, bridal shower, retirement celebration).

### **How does it work?**

Soul Massage proceeds at a relaxed pace in a relaxed setting. Plan for about thirty minutes, and I will be prepared to extend the process if consensus demands.

I introduce a game of introspective exploration. Participants may explore as lightly or as deeply as they choose. I call it a game because it's lighthearted and fun. It rises above common parlor game status in that participants come away with the prize of self-learning – and may well beg for more. After all, they've recognized the tickle of "what's my purpose." Now they want to learn to identify habits that keep them stuck, gather courage to push past fear, and take action toward greater fulfillment.

### **Is there more?**

For those who desire more group interaction, I offer "**Soul Massage: A 6-Week Women's Workshop in Self-Discovery,**" to take place in the comfort of the home of a willing participant. For those who wish to continue without the group setting, I offer the option of individual coaching in a format to be co-created with the client.

## **SEPTEMBER BONUS**

Schedule a Soul Massage party in September FREE OF CHARGE (\$59 value)!

For more information about this or other coaching programs, please go to the Programs page: [www.lifesculpt.net/programs](http://www.lifesculpt.net/programs).