



**The Heart of Success
Diagnostic Questionnaires
Workbook**

**For Creating a Thriving
Holistic Practice**

Phillip Mountrose & Jane Mountrose

Notes to our Readers

Navigating through this e-book: If you want some tips on using Adobe PDF files, you can find instructions on our website at www.gettingthru.org/badobe.htm.

Please don't copy or give away this e-book. Hundreds of hours have been devoted to the creation of this book. Your purchases support the Awakenings Institute, a non-profit organization, in its mission of helping people to realize their true potential and creating a more caring, creative, collaborative, and prosperous world.

Published by: HOLISTIC COMMUNICATIONS

P.O. Box 8352, Santa Maria, CA 93456

Website: <https://gettingthru.org/holistic/about-us>

E-mail: holistic@gettingthru.org

Version 2

Copyright © 2019, Dr. Phillip Mountrose and Dr. Jane Mountrose

No part of this e-book, in part or in full, may be reproduced in any form or by any means, including photocopying, recording, or by an information storage and retrieval system, without the express written consent of Phillip Mountrose and Jane Mountrose, except in the case of brief quotations used in articles and reviews.

Table of Contents

1. Overview	1
2. The Diagnostic Questionnaires	3
3. Taking Action	26
4. Following Up	28
5. About the Authors	30

1. Overview

Are you confused about how to take your next steps to create a prosperous holistic practice?

Would you like to increase your clarity and confidence and follow the path created by successful practitioners who have done what you want to do?

If so, this diagnostic questionnaires workbook was designed for you. We commend you for opening to your potential and taking your next steps. Whether you are just starting to build your practice or opening to your next steps, there's something here for you. And wherever you are, it's an amazing journey.

As the Founding Directors of the International Association of Holistic Practitioners and Awakenings Institute, we first want to assure you that you're not alone. Others have paved a path to create the kind of success you long to enjoy. We hope that exploring this material and taking action to make positive changes in your practice and your life will take you on a wonderful adventure, as building our practice has for us.

If you're like many people, it's easy to get overwhelmed with too many options. What to do? Where to start? These are common questions and frustrations in dealing with a sea of information about promoting your business.

Remember that you you don't have to build your practice alone. We spent years using the "Lone Ranger," trial-and-error approach, with some success. Then, with the emergence of the internet, new possibilities became available and we discovered that connecting with others who have done what we wanted to do was a much more effective approach.

The Good News Is ...

Now we find ourselves on the cutting edge of a new wave of possibilities. Our goal is to distill what we've learned so you can bypass a lot of the trial and error and take your practice to the next level now. We've done extensive research and implementation and continue to follow the most current trends. Our aim is to pass our expertise on to make things as quick and easy as possible for you.

This questionnaire is designed to pinpoint areas of focus to optimize building a 21st century practice. It can help you to make use of the simplest and most effective strategies available to you, particularly in cyberspace.

10 Keys to Your Success

These questionnaires build on 10 keys that are essential elements for your success:

1. Focusing on the big picture and creating a big dream
2. Developing an entrepreneurial spirit
3. Creating a positive marketing reality
4. Focusing on a well-defined niche (specialty)
5. Taking control of your time
6. Overcoming the fears and excuses
7. Developing an effective marketing message
8. Establishing an internet presence
9. Writing a newsletter/blog
10. Creating a contact list

Of course, we all know that every practice is unique, just as each practitioner is unique. Some of these areas may not apply to your business. Nonetheless, the questions in each of these 10 categories will help you to hone in on essential elements to pursue. Focusing in on these essential elements can lead you to make more rapid progress and create success with use of the many opportunities that are now available to create a global business and potentially touch thousands of lives.

2. The Diagnostic Questionnaires

The following questionnaires provide a series of topics and questions to consider as you build your business. It is oriented toward holistic practitioners, as this is our area of expertise, but the questions generally apply equally well to any small business.

These are the questionnaires we use to help our private clients to become clear on what is hanging them up and what they need to do to create the success they desire. The questions can help you to explore the puzzle pieces for building a thriving holistic practice and to determine your next steps. It will help you to pinpoint areas of focus to optimize building a 21st century holistic practice, particularly in cyberspace, where opportunities abound.

We know some people may wish to go further with this diagnostic and we discuss how to do this at the end of the questionnaires.

How to use the Questionnaires

Reading through the questions on the following pages should provide some insight. The greatest value, though, will come from putting your responses in writing. This is what we recommend. Writing has a way of making things real, because it provides the clarity you may need to take your next steps effectively.

If your time is limited, don't let the volume of questions stop you. Just start with one section at a time. Reflect on where you are and what you really want to create. One of the most important keys to your success clear awareness of your situation and this is what you will receive here.

With this in mind, we recommend printing a copy of the questionnaires. If you print them on one side and put them in a binder, you'll have extra writing space on the blank back sides of the pages for more notes. You'll also have the information organized for easy reference over time.

Overview Questions

Please complete your responses to the following:

- What is your business/professional background?
- Describe your holistic practice (your services and offerings). As a note, it's fine to use these questionnaires even if you're just starting out. It will help you to get off to a good start.
- How long have you been doing it? How many hours do you put in a week?
- In what areas of your practice do you feel are most successful? Explain briefly.
- What are your financial goals for your practice? Where are you currently?
- How confident are you in your ability to deliver results to your clients?

- Evaluate each of the following items between 1 and 10:

_____ Connection with your inner wisdom as your guide

_____ Connection with your life purpose

_____ Money/abundance

_____ Financial stability

_____ Self esteem/confidence

_____ Self-empowerment

_____ Marketing skills

_____ Charging the fees you deserve/desire

_____ Receiving the recognition you deserve/desire

The 10 Keys

Now, you're ready to evaluate each of the 10 keys. As a reminder, the 10 Keys include the following:

1. Focusing on the big picture and creating a big dream
2. Developing an entrepreneurial spirit
3. Creating a positive marketing reality
4. Focusing on a well-defined niche (specialty)
5. Taking control of your time
6. Overcoming the fears and excuses
7. Developing an effective marketing message
8. Establishing an internet presence
9. Writing a newsletter/blog
10. Creating a contact list

Key #1. Focus on the Big Picture and Creating a Big Dream.

***"Everybody has a calling.
And your real job in life is to figure out as soon as possible
what that is, who you were meant to be, and to begin to
honor that in the best way possible for yourself."***

– Oprah Winfrey

The goal here is having a dream that's worth pursuing, thinking big rather than "just getting by." It's the dream that makes you feel joyfully alive. The simple key is to follow your heart, which is your source of truth and wisdom. It knows what's right for you.

This is the best place to start. Creating a clear picture of the life you desire helps you to stay focused and keeps you moving in the right direction.

The questions in this section may help you to bring the big picture into focus.

Overview: First note on a scale of 1 to 10 (with 10 being the ultimate goal), where you are now in terms of feeling clear on the big picture and your big dream: Also explain why you are where you are on the scale.

- What are your greatest gifts and talents that bring you the most joy? This is your "brilliance zone" and a big key to your purpose.

- What, if anything, do you understand your purpose to be?

- How committed are you to realizing your purpose? Explain briefly.

- Ideally, how many hours do you want to work a week and how do you want to allocate your time to include the other things that are meaningful to you?

- Location – What percentage of your business is/ or do you want to be (note current percentage and desired percentage):
Internet-based:
Local:
Traveling (such as seminars or speaking):
Explain:

- Do you have or want a home-based business or an office? Explain.

- Other thoughts on the big picture and the big dream:

Key #2: Develop an Entrepreneurial Spirit

“Finding your entrepreneurial spirit and making it strong is more important than the idea or business you are developing.”

– Robert Kiyosaki

Becoming a prosperous holistic practitioner generally requires a shift in perspective. For many, this involves shifting from an employee mindset to an entrepreneurial mindset. Others may be starting their first career. Wherever you are, your spirit is the key.

Entrepreneurs are exceptional, creative people who forge their own path to success. As examples, Inc. includes these characteristics of an entrepreneurial spirit:

- Being in tune with your passion
- Creative – always questioning how things can be done better
- Optimistic about the possibilities
- Willing to take calculated risks
- Engaged in acting on their dreams

With a creative approach, you can explore opportunities to reach more people and have a greater impact by embracing the qualities itemized below.

Overview: First note on a scale of 1 to 10 (with 10 being the ultimate goal), how satisfied you are with where you are now in this area and why.

- Evaluate where you are now with each of the following from 1 to 10 (with 10 being your ultimate goal). Also note your observations in each area.

_____ Knowing and valuing yourself

_____ Willingness to invest in your success

_____ Confidence and decisiveness

_____ Ability to enthusiastically promote yourself

_____ Ability to be strategic

_____ Open-mindedness and flexibility

_____ Self Reliance and independence

_____ Having a support system

_____ Perseverance

_____ Spontaneity and being in the flow

- Other notes and concerns:

Key #3. Creating a Positive Marketing Reality

“Marketing is really just about sharing your passion.”

- Michael Hyatt

To succeed, you need to enjoy what you are doing, especially marketing. Marketing is essentially getting your message out and we know you want to do this. If it feels uncomfortable to you, there are solutions. As you might imagine, it is possible to share your message in ways that feel good and ethical to you. Interestingly, as Tom Fishburne notes, “The best marketing doesn’t feel like marketing.”

So make your desire to help people, to inspire them to make the changes they deeply desire and live life to the fullest. This is the thing you want to do most, and it can be the heart of your marketing approach. In your marketing, touch each person you encounter in a positive way that makes you feel good about what you are doing.

Overview: First, note on a scale of 1 to 10, (with 10 being the ultimate goal) how you feel about where you are now in relation to creating a positive marketing reality and why:

- How do you feel about marketing your practice? Explain briefly.
- Reviewing the topics below, what, if anything, do you perceive to be holding you back from creating a positive marketing reality, and why?

_____ Haven’t found effective strategies

_____ Emotional blocks

_____ Time management

_____ Lack of support

_____ Lack of interest, weak desire

_____ Disorganization

_____ Procrastination

_____ Money

_____ Other notes and concerns:

Key #4. Focusing on a Well-defined Niche (Specialty)

“Creativity is intelligence having fun.”

– Albert Einstein

Your potential for success is best if you offer something you deeply enjoy doing to a specific group of people who want really what you have to offer. You can't be everything to everyone. “Tuning in” to your greatest gifts and desired market will save you enormous time and energy by knowing who to contact and how to get your message across effectively.

If you are just getting started, it's fine to try a few things and monitor what seems to be working well for you. Over time, the picture will come more into focus as opportunities emerge in one or more of your areas of interest. In the meantime, just be careful not to spread yourself out too thin.

Overview: First note on a scale of 1 to 10 (with 10 being the ultimate goal), how satisfied you are with where you are now in this area and why.

- Do you have a niche (specialty) and, if so, what is it?
- How does your niche relate to the things you have learned that have brought you to this place? This may be important, because your greatest lessons in life may become your greatest gifts.

- With your lessons and gifts in mind, how might you present yourself in a way that highlights your experiences and gifts? This may be important, because people are comfortable with people who understand them and what they are going through.

- Who are your ideal clients?

- What specific problems do you help clients to solve?

- How do your products and services attract the people who can benefit most from what you have to offer?

- Where do you find your best clients (if you already have some)?

- What other areas might you want to explore?

- Other notes and concerns:

Key #5: Take Control of Your Time

***“People who use time wisely
spend it on activities that advance their overall purpose in life.”***

– John C. Maxwell

As with everything in life, time is what you make it. If you tell yourself throughout the day that you don't have enough time and have to continuously rush around, this is the reality you are creating.

Another option is to tell yourself that "time is spacious" and "I have plenty of time for all of the things I need and want to do." To achieve success, you have to take control of your time and energy, your most valuable commodity, and use it to your advantage. You are not in control of your life when you are rushing wildly from place-to-place, and from one activity to the next.

On a related note, success in any area of life comes with a price. You have to prioritize and be willing to sacrifice something to achieve greatness. Success is never convenient, but creating the life of your dreams is worth the price.

Overview: First note on a scale of 1 to 10 (with 10 being the ultimate goal), where you are now in this area and why.

- The ways you spend your time may be viewed as reflections of what is most important to you. How accurately does the way you use your time currently reflect what you consider to be most important to you? Explain briefly.

- What areas do you most need to examine to take control of your time? Areas to explore: having too many obligations, being disorganized, having a lot of incomplete projects. In each case, you'll benefit from finding ways to overcome the obstacles.

- Other notes and concerns:

Key #6: Overcome the Fears and Excuses

*“He who is not every day conquering some fear
has not learned the secret to life.”*

– Ralph Waldo Emerson

As you likely know, pursuing your dreams will bring up all of your reasons why you can't do it. These are the obstacles you have to overcome.

As you progress, it's important to assume an “I Can” attitude and clear away the objections gradually over time. You don't have to be perfect; none of us are. Also, you don't need to wait for all the fears to go away before you take action. Just take one step at a time and remember that clearing obstacles is a part of your journey to wholeness.

Overview: First note on a scale of 1 to 10 (with 10 being the ultimate goal), how satisfied you are with where you are now in this area and why.

- What are your 2-3 greatest fears or reservations about building your practice? Please explain briefly.
- What methods do you use to address your fears, issues, or concerns?
- How effective are these methods?

- What do you need now to clear away the objections?

- Other notes and concerns:

Key #7: Develop an Effective Marketing Message

***Marketing is no longer about the stuff that you make,
but about the stories you tell.***

– Seth Godin

Having a clear and effective marketing message is critical to your success. It is also the key to feeling comfortable about presenting yourself to the people who are looking for you. Who are you and how do you make a difference in people's lives?

In your marketing message, focus on letting your prospects know how you can help them rather than describing the process you use (like EFT or coaching). Your prospects are interested in solving their problems. This is what will draw them to you and this is why they will want to pay you.

Overview: First note on a scale of 1 to 10 (with 10 being the ultimate goal), how satisfied you are with where you are now in this area and why.

- Briefly describe your current marketing strategies.
- How confident are you in your marketing message?
- What are some of your successes and shortcomings? Please explain briefly.

- Other notes and concerns:

Key #8: Establish an Internet Presence

***“Build something 100 people love,
not something 1 million people kind of like.”***

– Brian Chesky

Success for an internet-based holistic practice is generally created with a blog/website. Social media is also becoming a solid platform online. Creating an internet presence is a common stumbling block for holistic practitioners. The good news is that you can do this relatively easily with new technology.

Overview: First note on a scale of 1 to 10 (with 10 being the ultimate goal), how satisfied you are with where you are now in this area and why.

- Website URL (if you have one) and progress with its development
- If you don't have a website, do you want one and why or why not?
- Social media platforms you are using
- How well is your website and social media presence working for you?

- What do you see as your obstacles, if any, in this area?

- Other notes and concerns:

Key #9: Write a newsletter/blog

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

– Maya Angelou

Newsletters and blogs are both great ways to help people to make positive changes and get to know you at the same time. These approaches can be creative, and rewarding, even for non-writers.

Overview: First note on a scale of 1 to 10 (with 10 being the ultimate goal), how satisfied with where you are now in this area and why.

- Do you currently have a newsletter? If so, describe its focus and how it fits into your strategy for success.
- Do you currently have a blog? If so, describe its focus and how it fits into your strategy for success.
- Keeping it simple may be a key to success. How might you get the most from a newsletter/blog with the least effort?
- Other notes and concerns:

Key #10: Create a Contact List

“Simplicity is the keynote of all true elegance.”

– Coco Chanel

For those who want to connect with prospects in cyberspace, your contact list is one of your greatest assets. Once you have a website, starting your contact list is a top priority.

This is an area where the time to start is definitely now. It takes time to build a list, and the benefits are well worth the effort. Just start. If you want to reach clients on the internet, you need to have a list of prospects in your area of specialization and keep adding to it.

Overview: First note on a scale of 1 to 10 (with 10 being the ultimate goal), how satisfied you are with where you are now in this area and why.

- Do you have a list? If so, how many people are on it and how well is it growing?
- Where do people find you who join your list? Where else could you find people?
- What do you offer to the people who join your list? (Note: a tip if you are just getting started is to keep it simple and to the point).

- If you are not satisfied with where you are now in relation to creating a list, what is stopping you?
 - _____ Haven't found effective strategies
 - _____ Emotional blocks
 - _____ Lack of interest, weak desire
 - _____ Procrastination
 - _____ Money
 - _____ Other notes and concerns:

Your Next Steps

Having completed questions and received insights in each of the 10 key areas, your opportunity now is to develop an action plan for success.

- What do you perceive to be the 3 biggest challenges you face right now?
 - 1.
 - 2.
 - 3.
- What, if any, support system do you currently have in place?
- If you could resolve your concerns, what would your practice and your life be like one year from now?
- From 1 to 10, how important is it to you to make this vision a reality and why?
- How willing are you to do what it takes to succeed? Explain.
- What would you most like help with?

3. Taking Action

Ultimately, success is a matter of putting what you learn into action. As Ralph Waldo Emerson said, “Don’t be too timid and squeamish about your actions. All life is an experiment.” So experiment freely... and strategically.

With this in mind, we also want to leave you with a few more essential bonus tips.

1. **Spend as much time as possible in your “brilliance zone.”** You are here to be your personal best and you can set yourself up for greater success, joy, and fulfillment by focusing in on areas that allow you to be “in the zone” most of the time. This also means minimizing the time you spend out of the zone.
2. **Be strategic.** Once you identify the fastest and easiest way to get where you want to go, eliminate anything you are doing or thinking of doing that deviates from your strategy. There may be a lot of things you envision doing.

A common mistake many holistic practitioners make is dabbling, doing a little here and a little there, without a clear direction. This doesn’t work. You need to stay focused on how each piece fits into the big picture to get the best possible results. These questionnaires should help you to identify your next step.

As you progress, look at everything you do in relation to the whole picture and target your ideal client. It’s easy to get excited about each new idea that comes along, but if your message wanders from one thing to the next, prospects will become confused and go elsewhere. Make sure that everything you do, write, or offer to lead potential clients toward specific services or products aims directly at the target.

3. **Find a support system.** Be sure to take opportunities to collaborate. It is essential to be around people who support you in realizing your dream. The more the better. Successful people often develop partnerships with others to mutually support their dreams and goals.

4. **Do something.** Remember, if you are waiting for the perfect time to start, it may never come. It's better to just do something now and aim directly for your goal.

We know that most of the people who read this workbook won't go any further. Reading the book is the easy part. Getting clear on who you are and where you are going take something more, and this is what you'll receive here. The rewards far outweigh the effort, and you can decide to make it fun. It's your choice.

Some Final Reminders

- **Take one step at a time.** Yes, many people become overwhelmed with all the possibilities. This is one of the reasons we created these questionnaires. The questions can help you to identify steps that you can take to produce the results you desire. While there may be a number of areas where you want to take action, doing one thing at a time and doing it well will allow you to create a sound structure for your practice.
- **Prioritize.** Immediately identify a few things you can do that will allow you to make the greatest progress in the least amount of time and with the least amount of effort, so you can start to experience success right away.
- **Watch for resistance.** Expect fears and limiting beliefs to surface. This is part of the process and we recommend having strategies in place for overcoming them when they arise. Above all, believe in yourself and your dreams. You are here for a reason and you have something special to contribute to the world.
- **Be persistent and flexible: don't give up.** Things probably won't happen the way you think. Miracles can happen and situations that arise can challenge you to expand and grow. If you have a dream and a purpose, your next step will become clear as you progress. A favorite quote from our good friend Sheila Hollingshead is, "There is no such thing as failure – just giving up too soon." Keep your dream alive, open to the infinite and beautiful things will happen to you.

One of the saddest things we see is when people try a couple of things, then when they encounter an obstacle, which inevitably happens, they give up. Giving up is not an option if you are doing what you came here to do, the thing that makes you feel most alive. There is only the next step forward and the people who persevere are the ones who reap the rewards both in terms of outer success and inner fulfillment.

4. Following Up

Remember, as you take your next steps that your dreams and goals are worth it!

It's more important now than ever to get a solid foundation for creating and marketing your practice. What you invest in today will directly affect the results you get tomorrow.

The following are opportunities to go further on the path with us and receive support for creating the thriving practice you desire.

Private Diagnostic Session with Phillip or Jane Mountrose

Want more clarity and confidence?

Want a personalized action plan to help you to create the prosperous practice you desire?

As with a car diagnosis, an accurate assessment of your practice from a caring person who has gone where you want to go can tell you what you need to get running “on all cylinders.”

We share their expertise drawn both from our years experience in the field, as well as from extensive research into proven strategies for success. We can help you to avoid the pitfalls we and others have fallen into and to capitalize on the things that have and, even more importantly, are currently working in this fast-changing field. Find out more at <https://gettingthru.org/holistic/personal-life-coaching-and-healing-with-eft/>.

Along with the Diagnostic Session, we can also share ways to go further with our coaching and mentorship, if desired.

Audio Program: *How to Market Your Holistic/Spiritual Practice*

This easy-to-use Audio Program is a perfect follow-up to this diagnostic questionnaires workbook. It's a comprehensive program that provides key ingredients to success and prosperity for anyone who has a practice or may have one in the future. In either case, this program will definitely accelerate your growth. Even learning a few of the tools or insights could totally transform your practice.

This program provides more information about many of the areas covered in these questionnaires. As you have likely seen, we have a keen sense of where you might be coming from as we have faced many obstacles over the years in building a successful holistic/alternative practice. But we knew our dreams and goals were worth it, and discovered some important keys to success.

To find out more, just go to <https://gettingthru.org/life-coach/marketing-your-holistic-practice/>.

5. About the Authors

“Phillip and Jane Mountrose have been pioneers, innovators and integrators for many years, now having contributed a number of excellent books, videos and audios to this growing field of energy and spiritual healing and change. I have been privileged to read, watch or listen to many of these innovative products and I have been amazed at times at how prolific they have become. I have been both delighted to observe their own professional growth along the way and very appreciative of their willingness to be of service to both their clients and their colleagues.”

PHILIP H. FRIEDMAN, PhD
Author of *The Forgiveness Solution*

Phillip and Jane Mountrose have been active both as students and teachers in the areas of success coaching and holistic healing for around 30 years now.

During this time, they have explored a variety of approaches for creating phenomenal success. Their passion in life and greatest joy revolve around helping people to overcome personal challenges, discover their life purpose, and realize their dreams.



The Mountroses have studied and developed self-help, personal growth, and spiritual growth techniques for nearly thirty years. They are authors, holistic teachers, Holistic Hypnotherapists, success coaches and counselors, and Reiki Masters. They are the founders and directors of the Heart of Success Academy and Awakenings Institute, where they practice as Ministers of Holistic Healing.

Since 1992, the Mountroses have taught courses in coaching and holistic healing in California. In 1998, they added EFT (the Emotional Freedom Techniques), which supercharged their results. Recently, they converted their training into an extensive

Coaching and Healing Certification Telecourse, featuring EFT, success coaching, and holistic healing. They now teach students around the globe how to develop skills and market their practices. They have also written a dozen books and manuals that are sold worldwide.

Over the years, Phillip and Jane have learned a lot about success and the importance of becoming conscious creators. They admittedly made plenty of mistakes along the way and now know a lot of things to avoid. They have also learned how to optimize success both locally and worldwide with an internet-based professional practice. Their primary focus now is on teaching success-oriented people how to live fully, uncover their greatness, and have an impact on the world.

Publications

Over the years, the Mountroses have written more than a dozen books and manuals that are sold worldwide. These include some popular books on EFT, Spiritual Kinesiology, love and happiness, and more.

More books by Phillip and Jane Mountrose include the following:

- *The Ultimate Paradigm Shift*
- *Getting Thru to Your Emotions with EFT*
- *Getting Thru to Your Soul (which includes Spiritual Kinesiology)*
- *The Heart and Soul of EFT*
- *The Holistic Approach to Living Healthier Longer*
- *Spiritual Kinesiology Magic in Minutes*
- *Tap into the Power of Love and Happiness with EFT*
- *Holistic Life Coach “Get Started” Manual*
- *Holistic EFT “Get Started” Manual*
- *Awaken to Your True Purpose*
- *Intuitive Techniques for Getting Thru to Your Soul*

Personal Consultations

If you want individual assistance, Phillip and Jane Mountrose are available for personal consultations by phone and by online video conference.

These personal consultations focus on helping clients to shift their set points in relation to their potential for success, life purpose, prosperity, happiness, health, and more. The Mountroses recognize from personal experience that some blocks to success are harder to shift than others and everyone needs help at one time or another.

If you are facing challenges you can't resolve on your own, Phillip and Jane would be happy to discuss your possibilities. You don't have to feel like you are alone. You can find out more now at

<https://gettingthru.org/holistic/personal-life-coaching-and-healing-with-eft/>

Courses and Programs

The Mountroses also train budding and established holistic practitioners, creators, and spiritual seekers to tap into the leading edge of healing and personal transformation with EFT (Emotional Freedom Techniques), Spiritual Kinesiology, and holistic coaching. They offer state-of-the-art Holistic EFT, energy healing, and coaching certification programs. Their heart-centered approach helps students to expand their possibilities and build confidence as they move into the life they truly desire.

Students at Awakenings Institute learn powerful tools and resources for creating profoundly joyful and fulfilling lives, along with creating a strong support network so they can prosper.

Find out more about the courses and programs at:

<https://gettingthru.org/holistic/eft-courses/>

Online Resources

For more resources on tapping into the leading edge of human development with EFT, holistic coaching and healing, visit <https://gettingthru.org/holistic>.