



Life Coach: An Ordinary Life Demonstrating How Life can be our Coach -- In Extraordinary Ways

Paula Flint

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Life is an intimate journey. I believe that nothing, nothing, nothing happens by chance. This book is in your hands for a reason. You are living in your body for a reason. We have found ourselves living in a smorgasbord of experiences, truths, and illusions. Soul has at Its disposal 7 billion ways to express Itself. Before we can recognize our unique reason for expression, we must first uncover who is the Soul that's doing the expressing? The Soul, the real-self is camouflaged by pain and drama stemming from drugs, alcohol, hate, war, anger, family circumstances, gambling, sex, religion, and even the Internet. This drama can cause us to hide the real self under the covers. We can get caught-up in our own thoughts, our own sticky InnerWeb. It is easy to find reasons to cower in fear, to dissociate from a world of great turmoil. It is also easy to come out angry and with fear—guns a blazing! However, we also have reasons to live life full-out, to connect with a world full of love, acceptance, and forgiveness. There are a wide array of experiences available to help us find peace of mind, to find our way out from under the covers. This book reflects the experiences that occurred to me when I let my real self come out and play. Discover how life's ultimate purpose is to be your coach. Once we consciously plug in to life itself, we can choose to be introduced to an Inner Life Coach, intuition often felt as an unmistakable Inner Nudge. Our Inner Life Coach can be whatever we choose to make it. For me, it is the highest power available on earth. For others it could be science, nature or Higher Self. Ultimately, there is no right or wrong in what we choose. We are all on uniquely individual paths. What version are we choosing? We have the ultimate gift of free will. We can learn to use that gift to create the best possible life.

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