

SONYA DERIAN, M.A
OM FREELY PERSONAL & BUSINESS COACHING

WHAT I BELIEVE

I believe that we have at our disposal an amazing amount of power to transcend all current realities. My interest lies primarily in using this power to become a magnetic creator. This alliance requires us to sharpen our magnet, own our power, stand still, and allow everything to come to us. This, of course, is an inside job that requires consciousness, diligence and an internal vigilance. In honing and directing the internal, we begin to create from the inside out, not the outside in and in doing so, we hold our power in our state of “Being” rather than our state of “doing”. While action is involved in success, I believe in taking inspired action from a place of knowing, rather than busied action from a state of fear. Knowing the difference is key.

My method of coaching is focused and direct. I rely heavily on spiritual principles and the work of law of attraction. It is my belief that once we are aligned with our true nature, things can happen quickly and easily because when we rest on spiritual laws, most of the work is done for us. This “work” does not rely on our action hours, but on how well we are spiritually aligned with our good. As a coach, in working with these concepts, we address goals, blocks, beliefs, and directives and together devise a strategy for success. Coaching is a commitment to yourself to stay the course, to be held accountable and to generate the progress and results you know you deserve. It is my greatest intention to be of service and support and to bear witness to your success.

I look forward to working with you.