

HEART & HEALTH COACHING PROGRAM (IMPROVING ATTITUDE TO THE PHYSICAL BODY AND ANTIOXIDANT LEVEL)

Purpose:

As we realised from the Secrets of Human Health level 1&2 workshops, the main reason for cancer and other diseases is our attitude toward our physical body that is not good (putting pressures on our bodies) and low level of antioxidant. With this coaching program, participant will be guided to increase the consumptions of high level of antioxidant, and with special guiding and prayers, it's expected that the attitude towards the physical body, health, and all other matters will improve.

Requirement:

Have done Open Heart level 2 and can feel with the heart OR have done Spiritual Retreat (Reiki Tummo path)

Why Coaching:

In a smaller group, those of you who has health problem/ cancer can be helped better, because your attitude will improve automatically. You will be more wholehearted in discussion, sharing, and prayer. The part of the hearts that is usually busy with other matter will be more wholehearted in relation to our own weaknesses to choose True Source more completely. With your heart willing/bersedia to recognise those weaknesses and being helped by True Source Love, this will help you to get a better result.

- Participants will be helped one by one to grow spiritually according to each of your special needs related to:
 1. Antioxidant
 2. The ability of your body to absorb antioxidant
 3. Attitude toward physical body
 4. Gratitude to True Source
- Participants will be able to open their heart and themselves easier and more completely compare to in a bigger group like in a workshops/ retreat.
- Participants are given the chance to recognise their own weaknesses, to help them realizing the existing conditions/ weaknesses to surrender and bersedia more to True Source.
- Other than recognising/realising each of their condition/situation/weaknesses, participants will also be given special prayer that most suitable for each of their condition.

- Each participant's progress will be monitored to improve even more.

Coaching sessions:

1. Coaching will be conducted through conference call/Skype in a small group of 4-6 people, twice in a month on average.
2. Each coaching session lasts for 1 hour
3. Suitable members of a group will be chosen by GM Irmansyah Effendi
4. Suitable coach will also be chosen by GM Irmansyah Effendi for each group
5. Coaching term is minimum 6 months for the best result.

Coaching Material:

1. Discussing the changes/ improvement of important matter such as antioxidant level in the body, the ability of the body to produce or absorb antioxidant, attitude toward the body, heart attitude, etc.
2. Special prayers will also be discussed and done together.

WORK PROGRAM FOR THE FIRST 3 MONTHS:

MEETING NO	WEEK NO	SUBJECT	EXPECTED RESULTS
1	1 (month 1)	Recognize your own condition (attitude toward yourself, choosing food ingredients, cooking method, cooking tools, other factors, antioxidant level and the body's ability to absorb) Special prayer to stop putting pressure to the physical body, improve the physical body's ability to produce and absorb antioxidant.	Starting to realise this conditions/ weaknesses and starting to improve it by praying and change the way of living.
2	3 (month 1)	Recognising the change and attitude toward the physical body	Attitude toward the body and other important matters improve
3	5 (month 2)	Monitoring your conditions (change in antioxidant level, physical body's ability to produce/absorb antioxidant, heart attitude in praying) Improving heart attitude in praying to True Source	Improving antioxidant level and the ability of the body to produce and absorb the antioxidant, and attitude in praying
4	7 (month 2)	Monitoring heart attitude in praying and attitude toward the body in daily life	Real improvement on the attitude toward the body and the ability of physical body in producing and absorbing the antioxidant, and attitude in praying

5	9 (month 3)	Improving gratitude to True Source	More grateful to True Source which will improve everything else
6	11 (month 3)	Improving the quality of the above topics	More real improvement

And so on (GM Irmansyah Effendi will continually create the program)

Cost:

1. USD 150/person/month (can be paid monthly or all at once for the 3-month term). Those who has financial difficulty can apply for discounted rate.
2. The contract is for every 3 months. It's recommended to join for 6 months for the best result.
3. Program might be extended after 6 months (with GM approval)

Registration:

1. Filling online form: <https://goo.gl/forms/zwk2xkScOmbQDT0j2>
2. If you have any question please email: register@heartbased-coaching.com