

Honoring the Process...



Lisa M. Billman, M. S.

Certified Teacher & Soul Coach

Visionary Artist

- ❖ Clearing of Physical, Mental, Emotional, & Spiritual Debris
 - ❖ Connecting to Your Authentic Self
 - ❖ Space Clearing & Creating Sacred Space
 - ❖ 28-Day Soul Coaching Program
 - ❖ Home Visits Available
 - ❖ Individual Sessions
 - ❖ Workshops
 - ❖ Classes

What is Soul Coaching®?

"At the edge of the mind awaits the holy wilderness of the soul. It beckons you, like an ancient forest filled with vast mysteries and wonders. Soul Coaching® is a simple path of the heart to the temple that dwells at its depth". ~ Denise Linn

Soul Coaching®, developed by Denise Linn, is not therapy which typically focuses on emotional healing. It is also different than life coaching which usually focuses on the attainment of a goal through motivation or inspiration. Soul Coaching® is unique as its primary aim is to align your inner spiritual life with your outer life by clearing away debris.

At the core of the Soul Coaching® experience is a 28-day program dedicated to helping you discover your authentic self. Each week of the program is dedicated to the healing wisdom that lives in one of the four elements of nature - air (mental), water (emotional), fire (spiritual) and earth (physical). Our lives are tied in a mysterious, organic way to these elements. When we activate them through daily exercises, we begin to clear blockages and limitations from our lives. As we cleanse and purify, we create a void...a sacred, empty space through which we reconnect with the essence of our authentic self and the innate wisdom of our soul.

Soul Coaching takes you to your spiritual source and helps you find meaning and sacredness in your everyday life. It allows you to take an honest look at yourself, face your fears, release old negative patterns, and clear inner and outer clutter. As you remove blockages, limitations, and barriers, you experience profound and lasting transformation and a reconnection to your inner states of intuition, mystery, and wonder which enhance your overall health and well-being.

There are several ways you can experience Soul Coaching® with a professional certified Soul Coach™. Individual one-on-one sessions and group classes are the most common. Soul Coaching classes requested by a pre-existing circle of friends are gaining in popularity. Online coaching, for both individuals and groups, is also available. Guided journeys, meditation, past life regression, energy work, and various modes of creative expression may be used to help you connect with your authentic self.

Testimonials about Lisa...

"Lisa is a loving, authentic and gifted intuitive who joyfully dances with Spirit in her own life. Her journey has been a winding road through which she has honored her inner visionary artist and a call to help bring forth healing on this planet at this time. She has a very sweet and deep connection with Mother Earth which comes out in her art as well as her quiet but very present way with people. "

-Vicki Mack, Playful Souls, Indianapolis, IN

"For me the guided journey (still thinking about it and being surprised what and how it happened) with Lisa was a big release...a release from a lot of pain, responsibility, struggle, uncertainty, and helplessness. I felt completely safe, and I felt her great support being there with me and standing strong in all that pain. Without her support, I wouldn't have been able to release and take this great chance in letting go but also face a new possibility in life and take the chance to change something very big for me. It was a guided meditation that changed my life and opened so many new possibilities for me which I am taking. Lisa has a great gift that she is able to be there fully with the person needing support in that very opened moment."

-Barbara Valenti, Owner, Teampus1, Darmstadt, Hesse, Germany

"Lisa is a brilliant gifted soul coach. She is highly intuitive, knowledgeable, and articulate. She is passionate about what she does, and she has talent in more areas than meet the eye. I felt totally safe and comfortable knowing that she would lead me to whatever it was my soul wanted me to know."

-Kay K. Lam, Calgary, Alberta, Canada

"Lisa has a wonderful succinct facility for getting to the heart of the matter effortlessly. I urge you to avail of her special gift in assisting you in reaching your destination."

-A. Melvin, Financial Consultant, New York, NY

"There is a profound trustworthiness that develops in a person who follows her soul's guidance. Lisa Billman is such a woman. This foundational attribute is joined with creativity, humor, insight and compassion. These all shine through in all that she does: her coaching, her writing, her art and her teaching."

-Windy Woodland, MS, LMHC, BCPC, Psychotherapist, Indianapolis, IN

"Lisa is a remarkable and compassionate Soul Coach. She creates a safe and nurturing environment for discovering your soul's truth."

-Denise Linn, Founder, International Institute of Soul Coaching, Paso Robles, CA

A Sample of Previously Offered Classes...

Honoring the Process: An Introduction

As children, through the process of domestication, we are molded to fit the constraints of familial and societal expectations. As a result, we begin to separate from the magic of our own essence and our ability to co-create. At some point in our lives, we begin to peek out of the box of conformity as we begin to crave a deeper level of existence. Learn to honor your own process, encouraging it through creative expression, while respecting and trusting that what takes shape is outside the realm of your control. Various modes of creative expression will be explored

Clearing & Connecting

This five to six-week class is dedicated to an in-depth de-cluttering of the mental, emotional, physical, and spiritual aspects of your life. It includes a 28 day program with practical, carefully crafted steps which provide the tools you need to find more peace, harmony, and alignment for your life. By utilizing the elemental energies of nature (Air, Water, Fire, & Earth), this program allows you to clear away old blockages so you can truly begin to uncover your authentic self and hear the secret messages of your soul.

Creating Order from Chaos

Collage is a way to create order from chaos...a way to birth the new from the old. It involves taking what already exists and finding unexpected meaning by creating a new context...a new form. A specific intention is held making each class unique. Ex: Connecting to the Wisdom of the Inner Child

Walking As Meditation

Walking meditation is meditation in action as we use the physical, mental, and emotional experiences of walking in nature as the basis of developing greater awareness.

Nature as Teacher

Retreat into the sanctuary of nature to quiet your mind, slow your pace, and reconnect with your own natural rhythm. Learn to recognize the parallels between nature and your own existence. Become more attuned to the energetic forces within nature as you begin to receive the subtle teachings of the plants and animals you encounter. Symbolism used by various indigenous cultures to be explored.

Pen to Paper

Learn to remove the blocks to written expression so that you can access the unconscious and free your ability to create. Various modes of written expression will be explored including word building, automatic writing, "morning pages," cathartic writing, & journaling

Others:

Reclaiming the Artist Within

Dream Analysis

Connecting with the Guidance within the Present Moment

You As Co-Creator Of Your Reality

About Lisa...

Lisa is a Certified Teacher, Usui Reiki Master, Soul Coach, and Past Life Regression Coach. She has trained with several spiritual teachers and studied many aspects of spirituality including Hawaiian Huna & Ho'oponopono, Shamanism, the Abraham-Hicks Teachings, The Healing Power of Creative Expression, *A Course in Miracles*, and the *Tao Te Ching*.

Lisa is also a Visionary Artist whose work reflects her innate, intuitive interaction with the intimate details of nature and their interface with the metaphysical realm. Her work reveals the physicality of mystical reality and brings the mystical into the physical world. Lisa's artwork is used to create sacred space and to encourage & support the spiritual process of others. It can be found in the offices of many psychotherapists, counselors, massage therapists, energy healers, and spiritual teachers across the United States.

Lisa holds a masters degree in physical education with a specialization in psychomotor development and has twenty-four years of professional experience, both in education and social services, working with individuals who experience a wide spectrum of physical, emotional, behavioral, and/or developmental disabilities. After many unexpected shifts in her personal life, she began to consciously honor her own process...that of reconnecting with her authentic self...the intuitive, the artist, the spiritual teacher.

Lisa has provided services to individuals around the globe. She currently lives in the Champaign, Illinois and provides direct services to individuals in Illinois & Indiana. She honors requests for classes and workshops nation-wide.



**To schedule a session, inquire about a class,
or for more information, contact Lisa at...**

Phone: 217-898-2313
Email: Imbillman@hotmail.com
Address: P.O. Box 3254
Champaign, IL 61826