



CRYSTAL RA LAKSMI-DITTON

New Time
Coach



Today's 4 steps away from pain questions are following;

- Check out your life at the moment? Where has pain showed itself? Where are things pushed to the limit? What needs to be changed?
- When and how did you deny warnings from your pain - in your body, mind and spirit during the last years or during your whole life? What do you do differently from now on?
- If you look at your life through Abundance Wheel (sexuality, relationships, health - body, mind and spirit, life mission and holistic abundance - where do you still need pain? What needs to be changed already today?
- How do you take care of you at the moment so that it prevents or keeps the pain away? What needs to be changed?
- What can you do today so that you can create a future without pain in every area of your life?
- What do you not like in your reality right now? Where is pain still represented? How can you face yourself in a deeper way so that you can remove the pain?
- Where in your life you still subconsciously avoid pain or tiptoe around others? What needs to be changed here?

Thank you for taking time to work with yourself and on yourself by answering these questions here. You have taken responsibility to work on yourself, change your life for the better and improve it by changing the quality of your life. You have automatically taken responsibility to make this planet Earth a better place to be. Thank you so much!

www.crystalralaksmi.com

FB #coachcrystalra
Instagram
#coachcrystalra
You Tube
#turboneflow

