

GATES OF INANNA | Guiding Principles for Coaching

The Star of Inanna Mandala symbolizes the guiding principles for coaching programs offered at Gates of Inanna Ranch. Four main elements located in the four directions, are the primary channels for coaching; the four secondary elements represent ways of being that encourage connection to your authentic, true nature.

FOUR MAIN ELEMENTS:

NATURE IMMERSIONS are an invitation to step away from your familiar lifestyle to enter into the magic of the intelligence in nature. Following in the footsteps of our ancestors, we dance with Mother Nature, asking for healing, revelation, courage, and a deep reunion with our true nature.

- Experience an equine guided coaching session
- Practice a ritual tailored to your heart's desire
- Travel into the spirit world in a shamanic journey
- Sit in sweet silence, journaling, envisioning
- Take a nature walk in the national forest

EQUINE GUIDED COACHING SESSIONS merge horse and human in the mystery of the powerful, non-verbal healing these gentle giants possess. This partnership takes place on the ground in the round pen, where the horse guides the session at liberty.

- Builds self confidence and courage
- Develops emotional and heart intelligence
- Increases self awareness and presence
- Facilitates the awakening of insights not yet realized

MATTERS OF THE HEART is an expression I chose to encompass the many fascinating facets of the human heart. As a certified HeartMath® coach and mentor, I imbue all of my work with heart.

- Build an intimate relationship with your physical, mystical, wise, intuitive heart
- Explore what is breaking your heart, what your heart is yearning for, and what fills your heart with joy
- Practice HeartMath® exercises and meditations
- Utilize the HeartMath® technology
- Develop open, clear, strong and whole heartedness

FEMININE FIRE symbolizes the Divine Feminine that lives within all men and women, the energy that equalizes masculine energies. We must tend this feminine fire with awareness of what diminishes it, increases it, and where we give it away.

- Align with the Divine Feminine, the goddess within
- Define and hone your unique gifts and talents for the good of the whole
- Balance your masculine and feminine energies
- Develop sensuality, sexuality, beauty



FOUR SUB-ELEMENTS

SOVEREIGNTY: You are the ruler of your life. You embody your power and speak your truth. You are grounded, awake and aware of your strengths as well as your weaknesses. You compassionately and responsibly care for and oversee your kingdom.

WILD NATURE: You are deeply connected to the rhythms of Nature, and you honor the guidance and intelligence of everything in the natural world. By utilizing your creative gifts and talents, you tame the beasts within. You enjoy expressing your energy, vitality and enthusiasm in all that you experience.

REVERENCE: You hold deep respect for the sacredness of this life. You walk with Spirit and open-heartedness. You are aware that you came here this lifetime to create and to learn about love. You hold the intention to be a contribution in every moment.

EMBODIMENT: You honor your body, the vehicle for your soul, by nurturing your well being with healthy food, resonant movement, deep breathing, staying connected to your heart, making time to express your passions, create, love, play, and offer your unique contributions.