

COACHING FOR

PERMANENT INNER TRANSFORMATION

WHAT DO I DO AS A COACH?

No other question is put to me more often. And it should be!

What does that question entail?

- What is in it for you?
- What can you expect from me?
- What can you hold me accountable for?
- What results can you expect?
- What do you get for your money?

It is my responsibility to spell out clearly and unambiguously the answer. So here it is

What I do is, in a word,

TRANSFORMATION

In three words,

PERMANENT INNER TRANSFORMATION

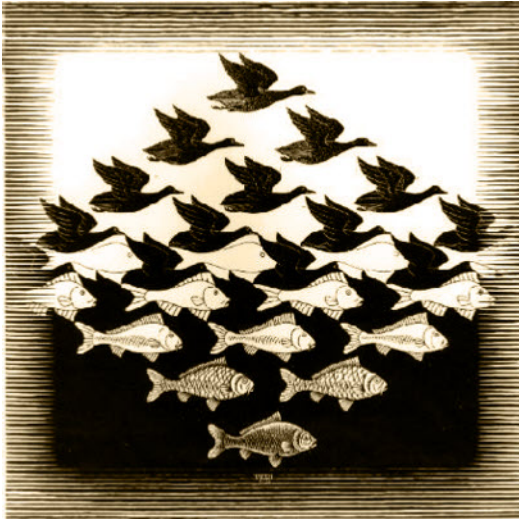
What do I mean by **TRANSFORMATION**?

- Reduction of stress; immediate and long term
- Increase in confidence, self-acceptance and self-worth
- Access to peacefulness, inner calm and poise
- Natural self-empowerment, clarity and a sense of purpose
- Faith and trust in one's own inner resources, the conviction "I am enough"
- Spiritual depth and wisdom



I will guarantee that you will experience that in the very first session. If you don't then I give you your money back... **BUT.....**

I cannot guarantee that,
IN ONE SESSION
you will be able to sustain that
INDEFINITELY



What I do is **TRANSFORMATION** and transformation does not happen in an hour.

Some specific things can be and often are “*fixed*” immediately and permanently in one session. It does happen, actually quite often. But to make that peace, calm and poise **YOUR PERMANENT STATE** requires deeper work and a larger commitment.

I know you probably already know that because... here is a common experience we have all had.

You go to a class, a workshop or a retreat and you get so inspired and feel so free that you feel like you can take on the world. You feel like you are walking on air.

Then you go home.

Within a week or two (often less) of returning to your normal life, you lose it all. You can barely remember what it felt like. You may even begin to question whether it happened at all. You may go sign up for another one, thinking you must have missed something and that, maybe, this next one will stick. Sorry. Intensives are great. They provide you with spectacular openings and invaluable information. They create the high but they cannot sustain it.

Why?

The high comes from being in an environment that is completely removed from all your normal life triggers. Everything in the retreat environment is supportive, encouraging and safe. Of course you get high. Of course you feel safe. You are temporarily in paradise.

The moment you return to normal life, the old environmental triggers are sitting there waiting for you. In fact, your normal life consists of those triggers. And your normal state is one that is in constant reaction to them. Once you return there, your unconscious,

programmed, reactive patterns immediately spring into action, doing what they were meant to do. Ensure you survive within your environment.

So, within an, oh too, short time you have lost the groove. You are again wallowing in the muck you so disparately sought relief from. And that is why no workshop or retreat, however wonderful is capable of bringing about a permanent shift.

RETREAT WHERE YOU ARE

How about being on retreat while you are right in the middle of your normal environment. That is what I do. I offer retreat levels of release in every session, daily email and chat support, as well as emergency calls to help you integrate the retreat experience and make it your normal life.

**I provide the necessary guidance and interaction
that reprograms the response mechanism
so the triggers no longer effect you!**

This Is PERMANENT, INNER TRANSFORMATION

You don't need another peak experience. Really, you don't. You need a consistent, reliable process of inner reorientation. You need to retrain yourself to not be triggered, or even trigger-able. You train to maintain your own personal paradise right in the middle of any environment, including your everyday life.

That kind of training does not happen in an environment that is free of triggers. It happens in the environment that is full of them. In other words,

**Deep, lasting
transformation
only occurs right
in the middle
of your regular,
everyday life**



Then, and only then, does that transformation go to the depths, get thoroughly integrated and become permanent.

THAT is what I do!

- **Trigger reprogramming**
- **Using emotional freedom technique**
- **Spiritual training**
- **Mental training**
- **Shifts in perception**
- **Learning who you really are and how this whole thing actually works**



In addition I will show you how to

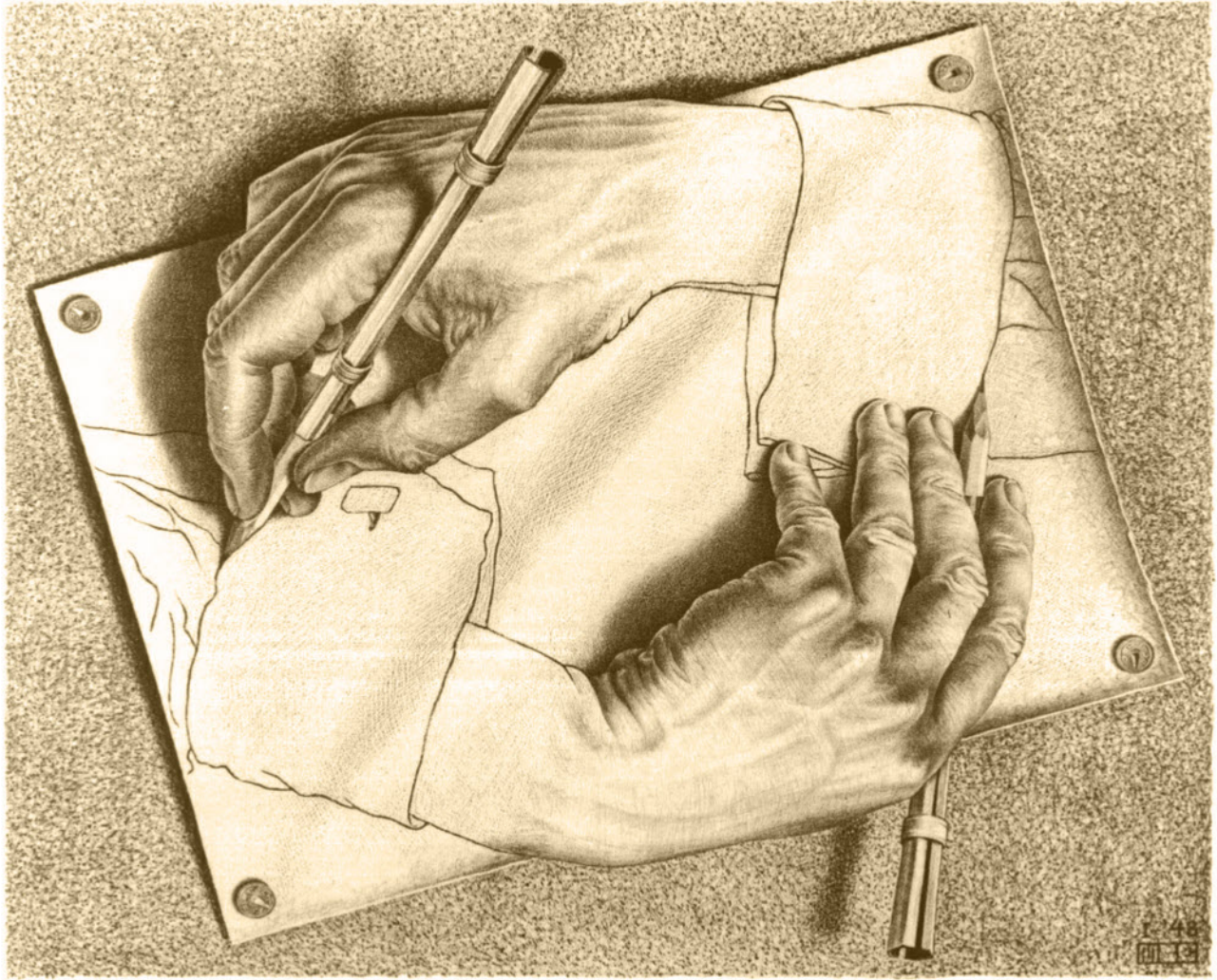
- **Work with affirmations so they actually work**
- **Work with goals**
- **Work with relationships**
- **Release negative emotions, beliefs and thought patterns**
- **Discharge and resolve longstanding traumas**
- **Forgive yourself and others**
- **Discover the difference between higher and lower intellect**
- **Learn to use your mind for what it was intended**
- **Learn to meditate (it is nothing like you think it is)**
- **Understand who you really are at the deepest levels of your being**
- **Transform your perception of everything**



I take my work very seriously and I want you to do so as well.

If you are looking for a quick fix there are many coaches and practitioners of various techniques that can help you. I really mean that.

I use techniques for bringing about fixes where those are needed; phobias, cravings, chronic pain, depression, but what I really want is to help you,,,



Create Yourself

And who I really want to work with, are people who:

- **Want to go all the way, to lasting peace and inner freedom**
- **Have done spiritual training or personal development work and have not yet found the results to be permanent or consistent**
- **Are willing and able to commit to the process**
- **Are open to questioning even their most cherished assumptions**
- **Want to turn their light of their intelligence on themselves**
- **Are ready to do what it takes to end their suffering**

**If you are one of those then,
WE SHOULD TALK!**

TESTIMONIALS

"I was deeply buried in my own limitations when I first met GP. I was depressed and I hated my life. I really believed I couldn't have what my heart desired. With GP's help, I have been able to see through my limitations and I continue to discover who I really am. Without GP's coaching, I would still be sitting in my house feeling trapped and wishing I could live in Hawaii. Now I am living my dream and following my heart. I know that with GP's help, I can move through my limiting beliefs and have the life that I desire." - Rick, Maui, HA

"GP is a most effective coach. We have been working together for almost two years. I have benefited immensely from the eclectic, supportive approach of his coaching. In addition to his 30 years coaching experience, GP's wealth of knowledge derives from an extensive array of wisdom teachers. They all spoke (or currently speak) the universal non-dual truth. But the "proof is in the pudding", and after each releasing session with GP, I feel more calm and balanced. I look forward to our weekly calls, and the ongoing positive effect upon my life. I am sure you will too." - John, San Raphael, CA

"GP's gift, and it is a gift, is to help one move into a place where recognition can begin, to hold ones hand tenderly to the doorway of the self and give tender encouragement -sometimes for years- as one procrastinates on that threshold. GP has honed his talent, his gift, to a point that I think he can help anyone, who is willing to be helped. That last part is probably the hardest, to let go. This is where GP shines, in his ability to help you reach a point where you can let go. What can I say except, that you are about to receive something money can not buy, but you will value more than all the material possession you have." - John, New Rochelle, NY



GP Walsh is a unique life coach and mentor in that he has a very Zen way of being. I have known GP for 10 years and have worked with him through several transitions in my life. The past year I have learned more than ever how quickly one can make changes in one's life. GP has taught me how to let go of a situation as quickly as I choose to. I can hold onto the drama or free myself rather quickly and move on to

making better choices in my life. I now spend more time in a place of just "being" rather than struggling. Thank you for all you've done and all the sources you draw from." - Alex Boulder, CO



"[My wife] and I spent two days in the Idaho mountains and it was a connecting time. . .thanks to you and your invaluable work with me during our sessions together. You possess a true gift - being fully present and validating in the moment and, at the same time, offering guidance from a more sacred and "higher" plane. You were able to gracefully discern those moments when I needed to be emotionally supported from those where I needed more of a kick in the ass. You had a way of honoring me and [my wife], even when I wanted you to "take sides" at times and just tell me what I wanted to hear. But you kept to the divine path. . .for which I am grateful. Thanks again for who you are." - Brad, Boise, Idaho

"You gave me my life back. Thanks coach G." - Dave, San Francisco, CA

"I think we were all touched by the simplicity and effectiveness of this method of healing and impressed by the genuine caring and depth of knowledge of GP Walsh. Thank you Greg, we would love to have you back." - Carol, Ft. Lauderdale, FL

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Private and group sessions are available

