

## "Christina teaches people what it means to be human & to embrace it."

Before we met, Sharon had spent much of her life in her career and raising her family. She became really good at getting everything done and checking off the lists. She was passionate about her career and family, but she was excited about her retirement plans to travel around the world. She had just started on her places to travel list while in Australia when COVID hit. She had to rush home to Canada and cancel all the travel she'd been looking forward to. That's when she rediscovered The Desire Map in her home library. She dug in to find a facilitator and that's how she found Christina. Since then she's taken multiple courses along with private coaching & visualization sessions.

The rest is in her own words:

### Challenges:

In all the keeping busy of all the doing, and with my inner commitment to trying to get it all done, and to get it right, I had very nearly eliminated space to face myself, or to consider—never mind honour—how I was feeling. I didn't realize I was no longer facing or allowing my own feelings, but I did know and recognize that there was so much goodness and love around me.

With this as motivation, I further energized trying to do all the right things. My creative energy went into anticipating the needs around me, the preparations, the service, the time devoted to my commitments with wonderful colleagues and family. While I did miss my former energy and time for self enough to add a yoga mat to my 'should' list, I didn't actually make space to face myself or how I could be feeling.

### Classes & Coaching with Christina:

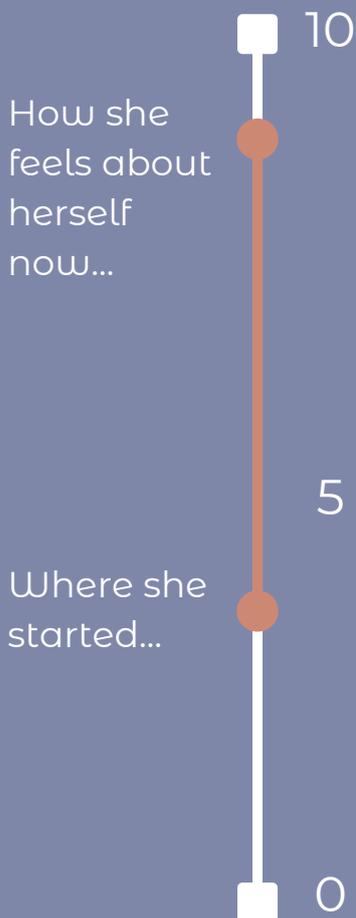
The Desire Map was the first course I took with Christina and it began the process of my opening up to myself. The Desire Map engaged me intellectually within a heart-mind space. It was an evolution from role of the learner, to truly learning about myself on behalf of myself. Through the listening, the reading, the writing, I actually began to feel and think about what I truly desired. It was always in there, but had become disguised under all the things-to-do and all the expectations that I saw before me and around me.

I also participated Fire Starter Sessions, workshops around personal power, archetypes, visualizations, and more since then. I might not have ever done a deep dive into these subjects, but I have found that they all work so beautifully together tying in traditional tools like the archetypes with newer ideas and strategies that work seamlessly.



SHARON  
Retired

### Sharon's Self-Assessment



## Working with Christina:

There's something very special to how Christina holds space. She creates a space that isn't about solving problems or judgment which makes this online space feel safe and genuine. I'm not someone who would easily share vulnerable issues in a group and I can do that with the space she builds and the people it manifests.

Christina really listens. She has a gentle way of inviting people to go deeper, or just bringing me back to my words in a way I hadn't seen them. It made it okay for me

to be true to myself and therefore really get value out of the workshops.

If I wanted to describe what Christina does, I would say she teaches people what it means to be human and how to embrace it.

Christina also offers her personal stories around the learning so she shows that these are tools and skills she still needs to use. She doesn't pretend to have it all figured out. She models how to care for yourself no matter what is going on.

"Christina creates a space that isn't about solving problems or judgment which makes this online space feel safe and genuine."

## Impacts:

I am getting comfortable being uncomfortable in my own feelings and at times, to just be present with them. Recently, I was with a friend who was crying as they shared a current life experience and I was able to be within that space with them, for them. I was able to allow my tears to flow as I listened, without thinking how could I fix it, what could they do? I could be present with their emotion and hold space for them to do the same.

This work on myself has become a practice rather than a routine. Before, I was efforting trying to do the things, to anticipate, to prepare, to get ready, to tick off the boxes. Now, I also think about how I want to feel. The biggest change is how the doing gets done.

Over this time, I now have practical tools along with practices I can use at any moment, not wait for my yoga mat or meditation. I've realized what a powerful tool visualization is. I also love that Christina's visualizations often come with a ritual or practice to contain it so it feels complete. I now know it's necessary, and practise giving myself space, time, and energy for myself and what I really desire.

"While some people say they have Zoom groups that don't feel genuinely connecting, I feel a real sense of connection and support in Christina's online groups."