

What I Do For My Clients

I help you find the power of realizing that there is nothing wrong with you if you have a problem in your life or a relationship-it simply means you are human. **Problems can help you get more of what you want in life and help you let go of what isn't working for you, when you take the time and get the help you need for making changes in your life or relationships.**

Specifically, I help women and men by:

1. Teaching them wisdom technology about themselves as women or men and how to apply this information to their choices in life and in relationships for results they desire.
2. Giving guidance, support, and confidence to women and men for renovating a relationship, healing a relationship in crisis, or creating a relationship they desire.
3. Empowering, guiding, and supporting women and men in developing more trust and faith in themselves and in life, rediscovering the delight each day offers them.
4. Guiding, supporting, and empowering women and men for navigating the midlife changes and challenges in themselves, their relationships, and the life they lead.
5. Teaching women and men how to discern, decipher, and develop the soul of their life.

After working with people from around the world for several decades, I've come to learn how no matter where you live, what language you speak, or kind of food you enjoy, solving problems in our life or relationships is a skill few of us are taught. **What we don't know how to make different, we often fear. And one of the best ways through fear is deciding to get yourself some help and support for learning how not to be afraid of life's challenges and changes.**

On the next pages, I've shared real life examples of how I've helped other people like you, take the problem in their life or their relationship and realize results they are happy about. Reading their stories may help you ease your concerns about the changes you want or need to make in your life or your relationship. Everyone has challenges and changes in life they need help with from time to time in life. **People who succeed in transforming their challenges and changes do so because they get the help they need.**

Client Stories

Sophie's Story

Sophie had a successful career but not so successful history with her strong desire to be in a loving relationships. She was growing weary of her pattern of disappointing men and after one particularly upsetting end to a relationship, Jo contacted me for my help for better success in finding healthy love.

What we did together: Through dialogue, guided meditation, and me teaching Jo contemporary wisdom about woman, men, and relationships, Sophie came to understand her patterns in sabotaging her relationships with men. Sophie gained an understanding of her past patterns of relationships with men, allowing her to create new patterns for relationship with men, with my help.

What good things happened: Sophie not only learned to judge herself less critically, she realized how her past had been dictating her present life choices and clouding her future as well. Sophie is now able to participate more intimately in her relationships with men as well as being more supportive and more loving with herself and her friends and family as well. Now when problems show up in Sophie's life or love, she can allow her emotions to no longer run her show, and she can stay focused on her goals in life and in love.

Melissa's Story

Melissa's life looked happy on the outside yet inside she struggled with a lack of feeling confident and successful in her roles and in herself. She also found it difficult to truly enjoy herself, feeling guilty if she enjoyed something other than for her family or friends. Melissa's health was suffering as were her relationships, for resentment had built up over many years of putting herself last. And now she had just received a diagnosis of yet again another serious disease. Would she never get a break and get to be happy in her life?

What we did together: Through dialogue, Melissa and I worked on discovering what made it so difficult for her to stand up/speak up for herself and for Melissa to understand how she participated in being taken advantage of by her friends and family. Melissa needed to learn how to make choices for enjoying her life vs sabotaging not only her relationships but her health as well.

What good things happened: Once Melissa understood she had a choice about how she showed up in her roles and relationships, she picked up her courage and commitment for caring for herself as much as she did others. Melissa realized her fear of being rejected and unloved if she spoke up/stood up for herself was not true and she learned how to be clear, direct, and neutral in her communications with her family and friends.

Much to her surprise, not only did Melissa feel better about herself, those she loved expressed their gratitude for the changes she was making as well. Her relationships became more authentic and rewarding and her health began to improve as you committed to a more pro-active relationship with herself and her life.

Cate's Story

Cate has a successful career she enjoys as an administrator at a private college and juggles her work with raising two children with her husband who travels often in his job. She had developed a series of symptoms which sent her to specialists of all sorts and for which in the end she was told it was all in her head.

What we did together: Cate wanted help tempering her anxiety about her health so she would not need to take the anti-depressants prescribed which made her head feel fuzzy and which felt as though she was being dismissed as simply imagining how she hurt. After a month of sessions using guided meditation, dialogue, and JaiKaur's support and guidance in teaching Cate to trust what she felt and knew within, Cate realized she had Lyme disease from a tick bite a couple of years back.

What good things happened: Cate tested positive for advanced Lyme disease and began an aggressive form of treatment. She continued to work with me for strengthening her skills of discerning and deciphering her intuition and inner wisdom, resulting in Cate realizing not only better health but strengthening her trust in herself and in her life being good as well. Cate is grateful for her renewed health as well as her faith and trust in herself and the power of her inner wisdom.

Ellie's Story

Ellie signed up for an on-line course, excited to learn the material, but noticeably absent in the group's Q&A and discussions. Other's in the group noticed her silence and called her on it-it was a women's empowerment course after all-and that is when Ellie reached out to me for help with a problem she could not solve through simply signing up for a course about what challenged her and then staying silent.

What we did together: Ellie had been excited to create a women's group until a group member put her down in front of the group. Ellie's resultant feelings of shame and rejection created a distrust of Ella sharing herself with another group of women, fearing she would again be humiliated and disrespected for all to see. Ellie was unhappy with this realization, for she enjoyed learning with others and wanted to continue doing so.

What good things happened: Ellie and I dialogued and discovered what was at the root of the hurt and fear motivating Ellie's ending her participation in women's groups. We replaced beliefs Ella had formed about what had occurred with updated clarity Ellie shared both her hurt and her learning with the woman who had hurt her, Ellie learned

how this woman's own pain and shame had initiated her wounding of Ellie. Ellie not only transformed a crippling experience into more understanding and confidence in herself, she also inspired another person to take up healing as well, not uncommon in the work I do with my clients.

Sam's Story

Sam's habit of neglecting himself for taking care of others instead was beginning to wreak havoc with his health, his marriage, and even his career. Sam came to me for help with his marriage, a marriage Sam complained lacked intimacy and his wife being supportive. And Sam was confused-if he was the one sacrificing himself for his family all the time, what reason did his wife have to be so angry with him?

What we did together: Sam knew he was unhappy; his weight and family life told his as much. We discovered through dialogue and guided mediation how Sam's habit of deflecting care for himself to caring for everyone else was based on staying safe as a child. As Sam understood this motivation, he shifted his communications to reflect being an adult. Using me as a mirror and a sounding board proved effective for Sam to sort through old patterns and choose ones better suited for his life as an adult and his desires in life.

What good things happened: Sam began to honor his needs as important as caring for others, learning to communicate more honestly to his family and friends. Sam realized how truly unhappy he was in his marriage and invited his wife to work on the marriage they were both so unhappy in. And when Sam's wife continued to blame him for her unhappiness, unwilling to listen to Sam's needs as well, Sam made the choice to leave his marriage, no longer willing to be responsible for his wife's unhappiness. This choice also motivated Sam to make other choices on his behalf he had been struggling with not making for years. Sam began to wake up happy and excited about his life again!

Ed's Story

Ed was the perfect husband....until his affair with his secretary. A mid-life crisis created by neither Ed nor his wife taking action to mitigate unhappiness in their marriage. Ed finally did so, not believing he had any He was reluctant to leave his marriage as his two children meant the world to him-but he was tired of being ignored and his needs dismissed by his wife who he supported very well for.

What we did together: Ed had not tried working on his marriage as he felt he had no power to make a difference. Ed chose to give his marriage another chance and agreed to begin to tell the truth about what he was feeling and wanting in his marriage. His wife agreed to give their marriage another chance as well and off we went!

What good things happened: Ed is happier in his marriage than in years and learned to tell the truth instead of deferring to what he thought others wanted from him to do and then resenting them. Ed realized how trying to make others happy by disregarding himself leads not to the lack of conflict he believed earlier, but to the deterioration of important relationships. Ed's wife welcomes feeling she can begin to trust him again, the affair teaching her as well to take responsibility for her feelings and fears as well as caring for her husband's needs as important to know about and respond to.

Peter's Story

Peter's beloved dog had died, his grief mixed with anger at his wife of 20 years whose controlling ways he had resigned himself to...or so he thought. The loss of his canine companion gifted him with realizing he was no longer willing to not speak up for what he wanted with his wife, simply for the sake of avoiding conflict with her.

What we did together: Peter had allowed his unease with conflict to turn into his wife running his life, a contract he was realizing was costing him more than it was benefiting him. He resented her control, but she had made it clear she was willing to make his life unpleasant when he disagreed with her. Yet the death of his beloved dog made Peter realize the accommodations he was used to making was no longer acceptable for him.

What good things happened: Peter learned how every choice has a price and his choice of "peace at any cost", was costing him his self-respect and happiness. Peter and I identified where he gave over what he wants to avoiding his wife history of threats and tantrums which Peter feared. Realizing fear of his wife was underlying his choices in his life, Peter and I worked together to create skills for Peter to use for his relationship with his emotions and for addressing conflicts. Over time, much to Peter's surprise and delight, his confidence in engaging conflict with his wife led to more intimacy and more desire to be with his wife.

Michael's Story

Michael's business had been very successful...and then it was not. No matter how he tweaked it, nothing he was doing was proving successful. And to add insult to injury, Michael had found out by a fluke he had cancer and while treatment proved successful, he began to wonder if continuing to work at his business made sense.

What we did together: Michael's life was begging him to make some changes and he was resistant, wanting his life to be the same as it always had been. But getting cancer had scared Michael enough to realize he needed to change and how some of his habits were destructive. Michael was willing to explore techniques to calm his anxiety about making changes in his life and work life for creating more health and a longer life.

What good things happened: Michael was inspired by the out-pouring of love and support he had received from people during his scare with cancer. Michael came to realize his gift for writing and connecting with people were skills he could apply to creating another way of doing business that would present less stress and more time for exercise as well. I taught Michael various meditation techniques he could use during his work day for keeping his stress level under his watch and control. His family was also happy Michael was lessening his anxiety and stress during the day as well, now looking forward to Michael coming home at the end of the day when previously, they had looked for reasons to not be around him.

Lisa's Story

Lisa had everything money could buy yet her lack of self-respect and years of not respecting herself had led to her tolerating a husband who loved the bottle more than her. Lisa struggled to feel good enough about herself to demand her husband get help despite her fear of him leaving her....a fear her parents were happy to reinforce with their greater support of her husband than of their own daughter.

What we did together: Lisa was unhappy, yet blaming her parents for this unhappiness kept Lisa from taking responsibility for making different choices for creating her happiness. After an energy healing session with me, Lisa realized how she was the one making the choice to keep herself captive to her parents' lack of support for her, all the while wondering why nothing in her life or marriage was changing.

What good things happened: Lisa and I worked together to identify where and how Lisa was belittling herself in her life and with her family and parents. I taught Lisa ways to stand up for herself with her parents and her husband, not mistaking their lack of agreement with her with what was true for her. Lisa brought her husband into our process for support in communicating to her husband how his drinking conveyed a lack of love for her and care about their marriage. When her husband did not stop drinking, Lisa chose to stay married, go to support groups about alcoholism, and to take responsibility for her happiness instead of expecting her husband to make her happy.

Alyce's Story

Alyce's childhood of abuse and neglect by her parents had left Alyce with few skills for creating a happy life nor relationships she was happy in. Alyce read an article I wrote about relationships and realized her relationship with a man who could never get around to getting divorced was not going to end well. Penny felt stuck, defeated, and really tired of being too afraid to change.

What we did together: An abusive childhood had left Alyce with good survival skills, but not such great skills for creating a happy life or relationships she felt loved and secure in. Her stance of having little faith in others and life was not a good recipe for a satisfying life or love and Alyce was tired of the stress and the drama in her pattern of dead-end relationships. Alyce was ready to risk learning how to make decisions through trusting herself and others in life vs expecting the worst from others in life.

What good things happened: Together, Alyce and I worked on discovering her triggers and beliefs which were at the foundation of her unsatisfying experiences of life and love. Alyce soon realized how she was sabotaging what she wanted in love and in life as well as making a lot of compromises in her work and love life since she expected so little. Choosing the program of 6 months of my on-going support and presence for her goals, Alyce was able to try new choices, have me help her with realizing where she was still using her old survival-based beliefs and patterns, and began enjoying what she was able to create through exercising more confidence and trust in herself, life, and others in her life. Alyce was able to realize all the goals she had written down for our 6 months together!

Tania's Story

Tania came to me seeking clarity with what seemed endless inner conflicts-needing a larger house, but loving the neighborhood where she was in, wanting to use the studio 30 minutes away she had rented but feeling she ought to be present for every minute of her young boys childhoods, etc. Tania was conflicted between wanting to be 100% in her roles of mom and wife, yet finding no time for her own needs....and feeling guilty and selfish about her needs and desires.

What we did together: Through a dialogue of my questions and Kerri's answers, we sorted out the conflicts Tania was feeling between the "ought to" of her roles and what she wanted or needed for herself. Many of Tania's inner conflicts were based in the conflict between beliefs handed to Tania by her past and parents and beliefs Tania was being called to take up for trusting herself and what she needed.

What good things happened: Tania updated her beliefs to better reflect both her experiences of life and of her own needs and desires. Tania began to realize while well-intentioned, her parents rules and regulations for how Tania was to be safe in life were running interference with her happiness and her own need to realize what was true for herself. Tania began to trust herself and her experiences more, leading to a willingness to trust herself and her own desires for making the choices and decisions for her life. Over time, Tania came to trust herself more and to make decisions she trusted herself.

Meghan's Story

Meghan was having a hard time getting clear whether to end her business partnership with the husband she had chosen to divorce. Their divorce had seemed friendly enough until Meghan began a friendship with another man. Now her soon-to-be ex-hubby was not so friendly at the office and making noise about "getting what was his". Meghan was hurt and confused about what to do as she valued her husband's contributions to the business, but she was clear their marriage was over.

What we did together: I had Meghan make a list of the assets her husband brought to the business and how she could realize these assets differently if he were to leave the business. Through dialogue and offering Meghan some pointed questions to ask of her husband, Barb came to realize while both she and her husband both wanted their friendship to continue, their reasons for doing so were in conflict.

What good things happened: Through dialogue and guided meditation, Meghan came to realize how she was sending mixed signals to her husband about their future together and how the arguments she and her husband were spilling over into the business as well. Making a clean break with her husband would allow Meghan as well, to take time to be with her emotions about her divorce before jumping into another romance to not be lonely. Meghan left working with me with more clarity about how painful the unwanted divorce was for her husband and how taking time for herself was critical for a better love relationship down the road.

Brooke's Story

Brooke's marriage had run smack into midlife crisis, her health also taking a nosedive to the point it seemed she spent more time in doctor's offices than at home! Brooke wanted to learn what she could make better with her marriage, her health, and even her happiness as she was feeling her life was no longer under her control.

What we did together: I explained to Brooke she had hit the grand slam of what can come with the midlife process-challenges to her health, her marriage, and her happiness all were calling for changes. Brooke learned how to meditate in a few different ways and learned how important it was to communicate when she was upset vs not, in the name of being nice. Brooke also came to realize through our dialogue process, just how deeply angry and unhappy she was with her husband. Her sense of loss was profound.

What good things happened: Committing to meditation or journaling everyday brought Brooke in touch with what she was feeling instead of being too busy to notice and then getting sick or exploding at her family. With practice, Brooke learned to speak up when something was bothering her, a choice that did not make her husband happy. Brooke realized her sadness and grief was from knowing her marriage was in trouble and with my encouragement, Brooke insisted she and her husband go to marriage counseling. Taking this initiative brought Brooke the relief only action-not talking nor

thinking-can bring and she felt so much better, even happier, for not avoiding the pink elephant of her marriage in a hard time.

Melissa's Story

Melissa's professional accomplishments are impressive and her ability to keep up with the needs of her family of 3 teens, no less. Melissa's breast cancer shook her world and her marriage and she was feeling a bit challenged in her roles and relationships in life. A move to the East Coast from the West Coast only added to her challenges, for it brought her again in relationship with her family and the history of secrets and lies.

What we did together: Melissa was challenged to care for herself and for taking leadership in her roles and relationships. Her mother's departure early in Melissa's life left Melissa with a false conclusion about her worth as well as a skewed perspective about women and men. Her father response of raising her as a son proved useful for a career in the corporate world, but not so useful in her relationships as a woman.

What good things happened: Melissa and I began by updating her understanding of being a woman, of her roles, and the effects of her mother's absence and her father's compensation on how she thought of herself. She came to understand the impact of these matters in her marriage and began to bring different choices to her roles and her relationships. Melissa worked hard to reclaim her leadership as a woman, as a parent, as a partner and began to meet both her and her husband's emotions as information, not facts carved in stone. Melissa began to become more comfortable navigating the emotions of conflict as well, no longer equating conflicts in her important relationships with having done something wrong.

How the Process Of Working with Me Begins

So here's how we work together.

1. I email you a questionnaire for you to fill out and email back to me.

This short questionnaire will help me get clear what kind of problem you are looking to solve, what is working and not working for you. Many clients have told me how even the process of answering my questionnaire made them feel a lot better, less anxious about their problem, because they are able to put into words what has been looping around in their head, making them feel a bit...well, crazy.

2. We set up a time for you and I to talk for 30 minutes-at no cost to you!

We use this time for creating your personal program for working with me and for scheduling a time to begin. This time is yours to ask any questions you may have about how I work, what you may be anxious about in working with me, etc.

3. How do you know what program to sign up for?

What program, what length of time do you need to realize your desired results? Many long-term clients begin with the introductory program of 3-60 minute sessions (in person, by phone, or by Skype), realize powerful results, and want more. **The introductory program costs \$500 and includes recordings of your sessions with me.**

Other clients begin with a personalized 4 or a 6 month program for working on the backlog of matters they put off dealing with for too long. And, they knew themselves well enough to know committing to a length of time for working with me would keep them honest and accountable to realizing their desired goals and changes. **Program prices vary depending on the number of months and the number of times we work together each month. We figure this out during your no-cost time with me.**

If working with me sounds good to you and what you have been searching for, email me at jaikaur@jaikaur.com. I will email you the questionnaire for you to fill out and email back to me. Once I receive your completed questionnaire, we set up your 30 minute no-cost to you time for us to meet, for you to ask me any questions you may have about working together...whoohoo!

I look forward to helping you realize just how delightful solving the problems in your life or love, with grace grit & gratitude can be.

Xo, JaiKaur

