



The Secret To Mastering The Life of Your Dreams

Imagine it's one year from today. Your eyes open in the morning, and you already have a smile on your face. You take a calm, deep breath, and in a very relaxed way, you easily roll out of bed. As your feet hit the floor, you take another long, deep breath, and this time you begin to feel energized. You feel the vigor starting to surge through your body. You know the perfect day lies ahead of you. The perfect day, the perfect week, the perfect month. You are living your perfect life.



Stan Smith
Certified Personal Coach

Coaching Your Success
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Live The Life Of Your Dreams

Take The Quiz:

1. Do you ever wish you could rewrite your future?
2. Are you a professional woman aged 35-55?
3. Do you feel like "something's gotta' change" but you have no idea where to begin?
4. Are you feeling stagnant in your professional or personal life?
5. Are you confused and unsure of where to go from here?

If you answered "yes" to any of these questions, call Stan Smith now!

For 25 years Stan has helped individuals just like you – people who felt like they were merely existing, their passion and curiosity gone, their dreams a vague memory. People just like you suffering the inevitable outcome of continuing to ignore their discontent and uneasiness.

Stan's method is unlike any other coaching you may have seen. He blends a powerful strategy that's been practiced for thousands of years with the most up-to-date coaching techniques available. The result? Together you will identify the gap between where you are and where you want to be. You will learn to bridge the gap and walk over to the other side – the side that has a wonderful and joyous life that you truly desire.

"My coaching sessions are the most energizing part of my week. Through coaching I have gained awareness into how it is I spend time and energy focusing on what I don't want, and the impact this has on my life"

Jennifer
Lakewood, OH



Reverend Stan Smith, M.A, is a Master Teacher and Guided Meditation CD creator. He has taught and practiced the arts of meditation and spirituality for over 30 years. Thousands of his students testify to the value of his teachings and its contributions to the quality of their lives. He has written more than 1,500 meditations and relaxation exercises during his career as a minister.

The Life of Your Dreams Is Right Within Your Grasp

For his clients' convenience, Stan conducts all coaching programs via telephone. Stan's coaching programs include:

Customized Individual Coaching

Customized Individual Coaching is the optimum program to meet and achieve your personal goals:

- eight (8) month individual coaching program
- three (3) 60- minute full coaching sessions per month
- up to six (6) email contacts per month

The Goal Planner

Have a straightforward goal you'd like to reach quickly? Then The Goal Planner is for you:

- three (3) month individual coaching program
- three (3) 30-minute goal coaching sessions per month
- up to three (3) email contacts per month

Group Coaching Sessions

Would you like to learn coaching skills in a community discussion format? Try the Group Coaching Sessions:

- two (2) 30-minute group sessions per month
- up to three (3) email contacts per month
- message board to interact with other members of the group

The Uplifter Coaching Sessions

Just need a little motivation and clarity from time to time? Try the Uplifter Coaching Sessions:

- two (2) five-minute individual sessions per month
- up to five (5) email contacts per month

**Book Stan For
...Keynotes
...Presentations
...Retreats**

- ◆ Reverend Stan Smith holds Master's degrees in Psychology and Diversity Management.
- ◆ He is a certified consultant in Appreciative Inquiry for corporations and educational institutions.
- ◆ Rev. Stan has an extensive background in NLP and spiritual counseling.
- ◆ He has over fifteen years experience in senior management with a Fortune 100 company.

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Reverend Stan Smith - Guided Meditation CD Creator, Master Teacher

The Rev. Stan, M.A, is known as a Master Teacher and Guided Meditation CD creator. He has taught and practiced the arts of meditation and spirituality for over 30 years. Thousands of his students testify to the value of his teachings and its contributions to the quality of their lives. He has written more than 1,500 meditations and relaxation exercises during his career as a minister.

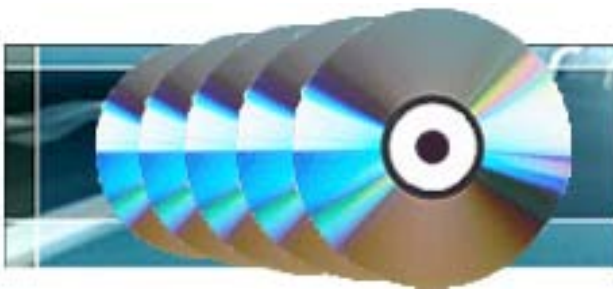
Rev. Stan left a successful, fifteen year corporate career in senior management with a Fortune 100 company to study for the ministry. He was ordained in 1981 and is now co-minister with his wife, Rev. Barbara, at the Unity Spiritual Center in Westlake, Ohio. Rev. Stan previously served 16 years as the senior minister of Unity churches in Austin, Texas and in Naples and Lakeland, Florida.

Rev. Stan, as he prefers to be called, holds Master's degrees in Psychology and Diversity Management, is a certified consultant in Appreciative Inquiry for corporations and educational institutions, and has an extensive background in NLP and spiritual counseling. When not traveling in their motorhome visiting their six children and grandchildren, the Smiths reside in North Olmsted, Ohio.

- Presentation Ideas Include
- The Art of Meditation
 - Finding Your Heart's Desire
 - Overcoming Anger And Hatred
 - Positive Thinking For Troubled Times
 - Self-Awareness And Self-Esteem
 - The Prospering Power of Love
 - The Right To Be Rich
 - Dealing With Anxiety
 - Exercise In Centering
 - Finding And Expressing God's Love
 - Overcoming Habits From The Past
 - Visualization And Visioning

"Our group watches some of each others' old habits and attitudes fade and see new people emerge into the group weekly in their bright shiny new forms well worth the investment in time and effort. Thanks Reverend Stan!"

Harry Hockman
OH



Rev. Stan has written over 1,500 Guided Meditations - a practice that allows you to connect to your subconscious mind. Many of his meditations are currently available on CD.

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Stan's recently published articles include:

Give Yourself Away

Recently I was shocked to hear that some young people had zapped a homeless person with a stun gun. I was listening to a talk show on public radio where they were talking about legislation and rules to control these guns. As I listened I thought what is the real problem here? Do we really need more legislation?

Nothing Left Over

Wouldn't it be wonderful if we looked at life as an adventure? To know we're never lost, just exploring? . If when we came to the end of our days, there would be nothing left over that we wish we had done?

Hold The Vision

"Growth and evolution are part of the Divine Plan. Since the beginning of time, Spirit has been unfolding Itself into greater and greater expression. Because Spirit is the essence and substance of all that exists, everything in the universe is engaged in a continual process of evolution into a higher order and state of being. Spirit is joyously exploring its infinite potential by means of its creation." D.O.R.

The Steady Mind

I have been reading about Gandhi and studying some of this material, and it's apparent to me that Gandhi's power to move people and governments was not from an elaborate plan to gain control of anything or destroy anything. I don't believe that was what he was looking at all. I'm not sure that he ever even sat down and said, "Okay, take on the British Empire, and free the people. It didn't start out that way What I think he did was he followed the truth of his heart and he had undivided singleness of mind. He had a steady mind, and that is the key to life. If you want the key to life, that's it: A steady mind.

Finding and Expressing the Love of God

We are in an evolutionary process. Barbara Marx Hubbard, in the book, Evolutionary Journey says, "In retrospect, we may not even remember what it felt like to be in the prison of the self-concentration camp. We have endured the pain of feeling separate, unrelated to each other and to the universal process as a time of learning and preparation for the next phase, to take our rightful place in universal affairs as young co-creators. We have been to the school of Homo sapiens for Thousands of years, and are about to graduate to the next class of being--Homo universalis."

Creating Abundance

Two feelings are fundamental to attracting abundance into your life: one is gratitude, the other is self appreciation.

Giving Is The Ultimate Joy

I want to share a true story with you: A man drove his big, black, luxury limousine into a neighborhood where he ordinarily did not drive. He was visiting someone, so he parked his luxury limousine by the side of the curb, and went into a house to visit, with a gentleman he had not seen for quite some time.

"This awareness alone has transformed my life, but Stan has helped me to take it to another level and challenges me to find out what it is I truly want. Most importantly, Stan has inspired me to believe I can attain my dreams by applying practical principles to reaching my goals."

Jennifer
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