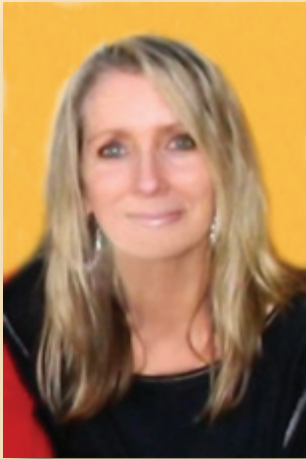


## INDIVIDUAL COUNSELING SESSIONS

# Taj Inayat

*Utterly Personal* COMPLETELY DIVINE



Taj offers individual sessions on both a regular and semi-regular basis to those wishing support and guidance to nurture their soul's unfoldment. Ideally the sessions take place in person.

Telephone and Skype sessions are also available.

Sessions are 50 minutes. The fee is a sliding scale \$90.00 - \$125.00 per session.

If you are interested in scheduling a session or wish to have further information, Please contact Taj at: [Hurkalya@aol.com](mailto:Hurkalya@aol.com) or 707-981-7375

This is spiritual counseling, not psychotherapy. The sessions do not involve giving traditional spiritual practices, and do not conflict with work you may already be doing within your own particular path with a teacher, guide or therapist. They simply help you, in an environment of compassion and wisdom, to deepen the understanding and experience of your unique journey toward the One.

Taj offers an engaged, compassionate presence to support you in communing consciously with the experience of your life and the assimilation of that experience. This process may include learning to pay attention to and value your own experience, finding the unfolding thread in your life, and embracing those "forgotten ones" in your psyche. The sessions also offer you active support for what may be difficult to feel and accept. Allowing what may feel too difficult to explore to come forth opens an opportunity to discover the "hidden grace" which awaits within.

Rather than only focusing on problems, this work also provides an invaluable opportunity to feel deeply into the miracle of life and to rejoice in this miracle—insuring that you are not just passing through life on your way to death, but opening to the joys of this wondrous, sacred world we are immersed in yet so often miss.

Taj Inayat is a long-time student of Sufism adept at working with the inner worlds. She guides people in accessing their deepest nature and then living this fundamental presence in their daily lives. Taj is Vice President of Sufi Order International, co-founder of Sufi Retreats, a spiritual and retreat guide, with an MA in counseling psychology.