

Raising The World's Vibration to Joy

# BUSINESS INNOVATORS

JULY 2020

INTERVIEWS WITH THE MOST INNOVATIVE LEADERS IN BUSINESS

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Joy Coaching America's Expansion  
Includes Deep Relaxation Therapy  
for a World in Need

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Special Edition  
Joy Coaching America

RELAXATION THERAPISTS FOR PEACE

## **Karyn Lynn Grant, LMT Founder Joy Coaching® America Joy Coaching® America's Expansion Includes Deep Relaxation Therapy for a World in Need**

As many know, Karyn Lynn Grant, LMT and founder of Joy Coaching® America, Worldwide and Academy, and I did a Year of Joy Series throughout 2019, wonderfully carried and published in the popular Business Innovators Magazine.

I have had the pleasure of collaborating with Karyn once again, as we embark on a Special Edition of Business Innovators Magazine, highlighting "Joy Coaches," Joy Coaching® America's expansion with special emphasis on Deep Relaxation Therapy and Therapists for Peace.

In addition to a very heart felt and informative conversation with Karyn below, this Special Edition is Spotlighting 5 of Joy Coaching® America's Regionally Certified "Joy Coaches". Conversations ranging from: their Certifications, why they chose Joy Coaching® as a therapy and as a professional course of study, especially with its Faith Based approach, the introduction of each coaches' own additional health business which incorporates Joy Coaching®, thus offering well rounded services to many throughout the world today.

Each article/interview offers educational, informative, inspiring and eye-opening conversations.

Please listen in as Karyn and I discuss Joy Coaching® America's Expansion and Deep Relaxation for a World in Need. Karyn has also shared a very informative short video on Energizing Your Essential Oil as well as an Introduction to the "Healer's Touch Method". This introduction gives a pdf guide with 9 steps to incorporate into a night time nurturing technique as well as a link to 9 one minute music clips on the Healers Touch vocal cd. These can be found at the end of our discussion.

**Carol:** Welcome Karyn once again. I'd love to start right off and address your continued success and then proceed from there as to why you created a faith-based program.

**Karyn:** I am so excited to announce that Joy Coaching® America is indeed expanding. So much has happened since 2001 when Joy Coaching® America started as my in-home business, The Cherishing Place™.

I am thrilled that we have "Joy Coaches" who are now prepared to spread the gift of deep relaxation for heart, mind, body and spirit through online sessions and whenever possible, "in-person" Deep Relaxation Therapy Sessions. These women each have a beautiful story with gifts of expertise of their own to share. They have worked diligently to prepare themselves via "Joy Coaching® Academy to become experts in working with those in need of greater rest and relaxation.

This is a non-denominational network of women who all embrace a Faith-Based Approach in our "Joy Coaching® sessions. We are not faith healers. We do, however, offer a more

spiritualized way of nurturing and comforting those who have been wounded in life's battles. Each one of the "Joy Coaches" have prepared themselves to teach The Joyful Living Series™ which promote healing hearts, homes and family. Surely, the time has come for such a work as this!

And now, through the gift of internet radio and my new podcasts, the theme of Joy Coaching® will now be spreading across America and beyond to those who are seeking greater peace, love and joy in their emotional, mental and spiritual lives!

**Carol:** Congratulations on such wonderful success Karyn. Would you delve a bit further into how Joy Coaching®, Joy Coaching® Academy and "Joy Coaches" came to be?

**Karyn:** As I continued seeing clients in my home back in 2001, I developed the "Joy Coaching® System" which includes twenty modules. My clients also began spreading the word! Quite honestly, as people experienced my personalized method, The Healer's Touch™ (Relaxation Therapy with Song & Scent), they began asking me to make this a "duplicatable system" so that they could offer sessions in their respective states, to their own families, clients and communities. Hence, Joy Coaching® came to be.

**Carol:** And Joy Coaching® Academy? What inspired you or what events led up to Joy Coaching® Academy?

**Karyn:** As (primarily) women (and a few men) began to enroll, it became apparent that there was a natural evolution into what I later termed as Joy Coaching® Academy. It's an online educational system with a platform for "Faith-Based-Relaxation Therapy" at its core and Grief Coaching as it's underlying essence. This work is wonderful for the broken hearted!

**Carol:** Let's continue with your "why" and your purpose as to what you do and offer via Joy Coaching® America and Joy Coaching® Academy.

**Karyn:** My why. I wanted a system that flowed from experiencing broken-heartedness (after any kind of grief) to renewing one's passion for their own purpose, calling and mission. It's not enough just to comfort the grieving. I believe we must assist them in renewing their passion for life!

My purpose is to assist those whose hearts are breaking or broken and bring them the assurance that that there is hope for healing a broken life and a broken heart.

**Carol:** Why Did you Create a Faith-Based Program?"

**Karyn:** Shortly after graduating from Massage School, in 2001, I began receiving all kinds of advertisements in the mail for weekend programs for those with an interest in Massage Therapy and other types of Bodywork.

I remember looking through the mail hoping to find one piece of mail in my mailbox that might be inviting me to enroll in a "Faith-Based-Program" for Relaxation Therapists / Massage Therapists / Bodyworkers who were as interested in doing the "Spiritual-Emotional" side of this work in a non-segregating, non-denominational way, with others who love our Divine Creator as I do and give Him all the credit for any healing that might occur.

Nothing with that specific intention ever arrived in my mailbox!

One day, after opening another advertisement for a three-day program (for thousands of dollars), I said a prayer in my heart, "Dear Lord, aren't there any faith-based programs for relaxation therapists, bodyworkers and/or massage therapists?"

Quickly my thought was answered with, "Why don't you create exactly what you are looking for? You love Me! You have followed Me all of your life! You create that program! Just add Music and Essential Oils to uplift the spirit and renew the heart while one is performing and ministering to the body!" Immediately, I was filled with an excitement and an impetus to do so!

And so, begins my story. I've been working on this creation since that day in 2001. Writing the music, creating the blends, envisioning the processes and protocols for a deep "Faith-Based-Relaxation Therapy" Program.

It's been evolving and changing during the past two decades to ultimately become "Joy Coaching® America-Academy" now going worldwide via the internet radio and podcast I mentioned.

The point is: sometimes when you want something and desire that thing with all your heart, you may need to be the one that goes and does it!

**Carol:** I agree and thank you.

Moving on I am looking forward to our discussion as the world, not just America, needs peace. If learning more about the words relaxation and rest can assist even one person with that, then let's continue and be receptive to your input and educating us Karyn.

What led you to your work as a relaxation therapist in addition to all you do as the founder of Joy Coaching® America and Joy Coaching® Academy?

**Karyn:** Carol, thank you so much and I, as well, agree the world is in need.

As far as my work, I am a Licensed Massage Therapist, a grief coach, a relaxation therapist, a cranial sacral therapist and much more. My greatest joy is in escorting souls that are heavy laden with a "build-up" from life experiences, left unresolved and unassimilated, to a place of peace and rest.

As for what led me to my work, a major part was having a massage therapist for a mother. I learned through her teachings, the scientific value and importance of understanding our body's needs for "Rest and Relaxation" in order to "Rejuvenate" and find "Renewal," not just during a good night's sleep, but as well, during periodic "Ultradium Rhythm Breaks" throughout the day.

I learned through her education and expertise that there is a "science" that supports "Deep Relaxation" and that if we push ourselves and drive ourselves through self-will to accomplish all the good we can in a given time period, that we can move ourselves into a place of dis-ease.

**Carol:**

How important is it that we learn to take time to "Rest and Digest" the experiences of each day?

**Karyn:** When we partake of a big meal, our body's beg us to take a break so that they can derive the nutrients from that meal and release what is no longer necessary, but how many of us are just driving ourselves through sheer will power to keep on mustering up the energy to push ourselves to the limit - thinking there is some reward or recognition for doing so?

Our minds and hearts, like our body's need time to "assimilate" what is being "taken in." Not all of what we hear in the media is "pure nutrition" to our cells and souls! A lot of what we mentally and emotionally partake of needs to be "Released" and "Eliminated" as quickly as possible!

**Carol:**

Release: definitely a major component, I agree, in order to fully rest, relax and find peace.

**Karyn:** Think of it-the word "Release." Do you see the little word inside that word? I see the word, "EASE." If we want to experience true rest and relaxation we need to get into a state of "EASE" which is the exact opposite of "DIS-EASE."

Even as a little girl, my mother tucked me in nightly, lightly stroking her fingertips through my curls and softly whispering "Breathe in happy feelings now; Breathe out sad feelings now...."

I ask: how important it is for a mother to use night-time as a time to help her child/children separate the joys of the day from the sorrows of the day, the brightness and lightness of the day from the darkness and sadness of the day.... all through the gift of releasing energetically burdening emotions through the power of "Breathing in and Breathing Out?"

How important is it that we view each day as a "mini-lifetime" and refuse to let the toxic memories build up from day to day, from week to week, month to month, year to year....decade to decade....and even hold on to our griefs through the duration of lifetimes?

As an adult, and as a second generation Massage Therapist, following in my mother's footsteps, I have hungered to learn about the science of deep relaxation. My heart and mind find a lot of joy in learning about the brain's need for "rest" so that it can resume cycles of creativity and expedited energy expenditures! I find it fascinating to study the science of "Relaxation Therapy" and love teaching it to my clients as well as indulging them in sessions where achieving pure comfort is my intention for them. I have also learned to combine with science, the need for the spirituality of guided visualization and deep meditation periods.

**Carol:** It seems you have learned quite a bit via the special relationship, actions and love that are of and from your mother.

**Karyn:** I have learned since my mother's night-time-nurturing sessions with me as a little girl, that the science behind Rest and Relaxation is important to understand. RESTING for ten to twenty minutes every 90 minutes to 2 hours can provide regular intervals of sustained energy out-put. It is "mindful resting" though. It is not enough to simply "take a nap." It is resting with a gentle focus on awakening refreshed and rejuvenated emotionally, spiritually and mentally... not just physically.

**Carol:** What else is necessary?

**Karyn:** My mother also taught me the deep importance of spiritual rest. We can find greater solace in our rest periods, as we continue "Resting in the Lord". My mother taught me the scripture: "*Be Still and Know that I am God.*" Through her influence, I learned to love the Finnish national anthem, "Be Still My Soul." Because of her tenderness, I learned how to "lie down in green pastures". I learned that if I would prayerfully do so, that it was the Divine Creator who "restoreth my soul."

As a teen, my first solo in church at age sixteen was, "Beside Still Waters"... the words to that song still run through my mind to this day,

*"Lost in the darkness,  
far from thy goal,  
no voice to cheer thee-  
none to console-  
broken in spirit,  
hope seems in vain, t  
hen in Thy hour of need,  
Joy comes again!"*

*Jesu Kind Shepherd,  
this be thy prayer -  
press on and faint not -  
soon comes the day !  
Lead on Kind Shepherd  
this be my prayer  
Jesu will guide thee  
to pastures fair!"*

*Beside Still Waters  
He leadeth Me  
His Love will guard thee*

*Tenderly!  
Thy grief shall pass!  
Thy doubt shall flee!  
Beside Still Waters  
He Leadeth Thee!*

**Carol:** how wonderfully shared and some of the verses you mentioned have been mainstays in my life as well, especially: “Be still and know that I am God.”

Karyn, I’d like to continue now with some questions regarding Joy Coaching® America and Joy Coaching® Academy, a company of which you are the founder. Joy Coaching® America has been experiencing beautiful growth I understand especially now with more becoming “Joy Coaches”, those who are now servicing across the globe, thanks to you and your training, combined vision and talents.

**Carol:** How did Joy Coaching® and “Joy Coaches” come to be?

**Karyn:** From 2001 to present, I have worked on clients in my own home. My in-home business is called, The Cherishing Place™. My clients spread the word! Quite honestly, as people experienced my personalized method, The Healer's Touch™ (Relaxation Therapy with Song & Scent) they began asking me to make this a “duplicatable system” so that they could offer sessions in their respective states, to their own families, clients and communities. Hence, Joy Coaching® came to be.

**Carol:** How did Joy Coaching® Academy begin? What inspired you or what events led up to Joy Coaching® Academy?

**Karyn:** As I continued seeing clients in my home, I developed the “Joy Coaching® System” which includes twenty modules. As (primarily) women (and a few men) began to enroll, it became apparent that there was a natural evolution into what I later termed as Joy Coaching® Academy. It's an online educational system with a platform for “Faith-Based-Relaxation Therapy”, at its core and Grief Coaching as it's underlying essence. This work is wonderful for the broken hearted!

**Carol:** Let’s continue with your Why and your purpose as to what you do and offer via Joy Coaching® America and Joy Coaching® Academy.

**Karyn:** My why. I wanted a system that flowed from experiencing broken-heartedness (after any kind of grief) to renewing one's passion for their own purpose, calling and mission. It's not enough just to comfort the grieving. I believe we must assist them in renewing their passion for life!

My purpose is to assist those whose hearts are breaking or broken and bring them the assurance that that there is hope for healing a broken life and a broken heart.

**Carol:** and your vision Karyn for now and the continuing work of Joy Coaching® America and Joy Coaching® Academy?

**Karyn:** My vision would be to find other like-minded people who believe that there is a Divine Creator who cares about mending broken hearts and wounded lives. As we join together with our faith, united in that common premise, using our individual gifts, talents, skills and life experience, it is my hope and prayer that we can spread love, joy and peace to a wounded and hurting world, one soul at a time.

**Carol:**

Your music is an integral part of your work and gifts. Did it also play a part in these lessons?

**Karyn:** It was an inspired flow! I wrote a song-a-day for many years totaling over a thousand songs. How do I describe the generous inspiration that seemed to pour like water through a faucet that could not be turned off? The songs were a merciful manifestation that my prayers were being heard and answered.

The lyrics became a means for creatively, consciously connecting to my own Divine Source of hope, happiness and faith to endure! How does one put into words the natural rhymes, rhythms, seasons and sequences which flowed into my heart during those creative decades? I never doubted that the songs kept flowing during those crucial times, simply because I was asking and willing to receive divine inspiration during difficult seasons in my journey to joy!

Carol, as you know my original faith-based music is a major part of the work that I encourage the “Joy Coaches” to freely use to create a safe, relaxing atmosphere for their clientele. The inspired imagery-inducing lyrics in the songs. The musical meditations were a result of asking God to be guided as to how to rediscover joy in my own personal life, after experiencing the throes of more than one divorce! I was truly and deeply comforted each time a song “downloaded” into my heart. I never realized that the very songs and messages that I needed for my own broken heart, would in turn become the very process that would eventually assist in mending the broken hearts of others!

**Carol:** The titles to your modules are so distinct and unique. How did you come up with those titles?

**Karyn:** Each of the titles, is essentially the name of one of the songs that I use in that particular module. Like; “Arise, Daughter, Victorious!” was first the name of a song and then evolved into several manuals about overcoming feelings of “victimhood” and arising in your strength and spiritual stature to overcome the past and continue to build upon a glorious future! Each of those modules like “Enlightened Journey: A Woman’s Walk to Wholeness” and “Dancing with Joy” all were first, the title of a song, and became a 10-12 hour course with manuals and materials, music and more!

**Carol:** How has Joy Coaching® Academy benefitted your life personally and/or professionally?

**Karyn:** It's kept my heart pursuing love, joy and peace on a personal level as I have faced challenges as a single parent, a single woman in today's world, a woman-entrepreneur and beyond! Of all the greatest gifts that I have gleaned from creating this program, it is the sense of knowing that "if it doesn't work for me, how can it work for anyone else?" I am living proof that this methodology works! My life is filled with love, joy and peace, both personally and professionally, as I work to teach, mentor and inspire other women to be the best version of themselves!

**Carol:** What do you feel you have overcome via Joy Coaching®?

**Karyn:** I feel that I have realized my own hidden reservoirs of strength, courage and the will to carry on! When I started this profession, creating Joy Coaching®: A Faith-Based Approach to Wholeness, it was because I couldn't find anything out there that combined my Christian views and values, towards overcoming sorrow and grief, with the healing arts. I am a very right-brained individual and my work must include the senses. In this program, all senses are accessed; the sense of sight (through guided visualizing) , the sense of smell, through inhaling and breath-work (aromatherapy), the sense of touch (through non-invasive relaxation points), the sense of hearing (positive uplifting music and musical meditations) all combined into a unique method that creates new positive, joyful memories. I am a different person now, in that my life is peace-based, joy-filled and deeply happy after having experienced divorce trauma and more.

**Carol:** Who would be an ideal client?

**Karyn:** Anyone who has a desire to overcome the past and to move forward in a determination to discover JOY! They must be willing to take an active role in pursuing JOY! ("You-gotta-wanna!")

**Carol:** Karyn, will you share with us now, tips, some guidance, a few exercises or actions we can take to begin to relax, beyond what we may believe is relaxation so we can have some tools, as you did with your mom, to help us relax and find peace?

**Karyn:**

- Take a little break at least twice a day. Even a five minute shift from your normal activities can bring respite to your heart and mind.
- Lean back in your chair and breathe in an essential oil.
- Put on head phones and listen to a song that either soothes your heart or is upbeat, fun and lively. Listening to music while inhaling an essential oil can literally interrupt negative cyclical thought patterns! Sometimes all it takes for a shift in mood and mentality is a simple R & R Session with a "Song & Scent."
- I also invite you to go online and order "The Healer's Touch" vocal cd or "The Healer's Touch Musical Meditation CD 2." Simply, get comfortable, breathe in a different essential oil for each one of the nine songs (or meditations) and let the process work

through you. I will include the instructions on how to order the music and meditations for "self-nurturing" with music and aromatherapy at the end of this interview.

**Carol:** What inspired you in choosing to Joy Coach® America?

**Karyn:** In April of 2013, I invited my friend Elizabeth Allen to accompany me to attend a Grief Coaching Course in Los Angeles, to continue my education with Grief Coaching work. We spent three days with my father, a retired Naval Commander in his home in San Juan Capistrano, prior to attending that Seminar.

After the conference was over, my father came to bid me his final good-bye. Elizabeth and I sat with him in an IHOP where he ordered hot fudge sundaes to celebrate what would be our final meeting on earth.

While visiting that Sunday with my Dad at our last visit in Los Angeles, we were blessed to hear my father share something with me, that he had never shared before. He shared his experience in the U.S. Navy where he took a series of career interest tests.

My father, who was sitting beside me spoke sincerely, "It was discovered on that aptitude test that I would have made a good bereavement counselor, clergyman or grief counselor. See, Karyn, we are not so different! I have the same interests as you! If I hadn't been a Commander in the Navy, I would have probably endeavored to do the same exact work you are doing today! I probably wouldn't have been so hard on you, in that case! I would have been a kinder, softer man." He followed his remarks with, "Continue! Continue with the path you have started!"

While my father paid the bill, I turned to Elizabeth and said with tears in my eyes, "I know we are planning on coming back in November, but I have a feeling that my father will not be here at that time."

After my patriot father's unexpected passing, three months later on July 24th, 2013, I changed the name of "Joy Coaching® " to Joy Coaching® America" in his honor. He was an example of pure patriotism that was imprinted into my heart.

It was during that final visit with my father on April 24th, 2013, that I intuitively knew that I would never see him again in this life. He passed away at 4:22 a.m. on July 24th, 2013, exactly three months later to the day. The morning of his passing, I awoke to an American Flag standing proudly in my lawn. It was a perfect symbol of my father's patriotism and love for his country. On his grave marker, I had inscribed, "Patriarch and Patriot" in his honor.

As I reminisced upon my father's patriotism this July 4th 2020, tears stream my cheeks. I have been listening to the news sending sound waves of cruelty, hate and deception as it escalates in this world. And again, I feel my heart breaking and wondering, "What is all this fighting for?"

As I open up my journal to write about July 4th, 2020, it is with a heart full of mixed emotions. I am praying for America today in a way that I have never dreamed I would ever pray for "Her" before.

In my mind's eye, I see "Her" bowed like a statue of liberty, kneeling in fetal position, with a broken torch and a crumpled American Flag draped around her shoulders. I see tears of sorrow streaming her cheeks and I wonder..."Who will come and comfort America? Who will revive "Her" great Spirit? Who will remember..."Her" before it is everlastingly too late...Who will remember what made "Her" great in the first place?" Who will endeavor to repeat "Her" history truthfully?

I hear my father's voice this early morning, speaking to my soul, as though he is whispering down the corridor that connects heaven to earth, "Continue. Continue. Continue the work that you are doing. America stands in need of comforters, now, more than ever before!"

And so, a small band of caring, kind, compassionate women...rise up...calling themselves, "Joy Coaches". And we begin to spread across the battlefield call "one nation under God". We will go about ministering to the wounded in spirit, the brokenhearted and the grieving. Not necessarily with P.H.D.'s in Psychology, but with hearts combined in that same spirit of empathy, love and kindness for which there is no degree.

What do we call ourselves? Comforters. There is no college degree for that. The work that we render will continue to bring comfort to those whose hearts and lives "have been broken in the wheels of living".

For as Tennyson essentially once said, "Not even the angels of heaven can minister to mere mortals like those whose hearts have been broken in the wheels of living."

And so...as the nation continues to grieve.... We will continue Joy Coaching® America...and beyond.

**Carol:** Why does the world need Joy Coaching® now?

**Karyn:** I believe that Joy Coaching® and it's NEARLY twenty years of evolution, since 2001, has become a 'gentle salve' for the hidden wounds that the world is now facing. As the sorrows of this world have surfaced, I believe there is a greater need for "comforters", "nurturers", "Grief Coaches", "empaths". "Relaxation Therapists" through this Faith-Based-Method, point to a Divine Source for their clients who want to receive hope and healing. While we are not the "Healer," we all believe that there is a "Healer" who knows the hearts and minds of all those who stand in need of comfort, hope and a renewed will to live!

Recently, I was asked in another interview, "Do you consider yourself an 'Energy Healer'? My answer was this; "Each person has a divine physician within themselves that will conduct all the corrections that need to be made. No one, outside of yourself has the power to change you from the inside-out. Each one of us has "Gotta-Wanna-Heal" when it comes to having an

emotional-mental-spiritual-physical upsurge in vitality, health and well-being. We cannot rely on someone else to heal us. I believe I am a "Joy Coach" and as a "Joy Coach", I seek to be inspired as to how to bring hope to those who are seeking to be healed through their own willingness to do so. I don't heal anyone. I simply provide the encouragement and offer support through love, empathy and compassion for those whose hidden wounds so often go unnoticed by the rest of the world. In other words, *"You are your own Energy Healer!"*

**Carol:** Anything else you'd like to share re: Joy Coaching®, Joy Coaching® America and/or Joy Coaching® Academy?

**Karyn:** We are always looking for those who discover that they have a special kindred love and altruism for humanity. This is the greatest talent which binds us together as "Joy Coaches". Though we come from all walks of life, all diverse religious backgrounds, we are a non-denominational, faith-based group that believes that "He is the Healer; We are His Instruments." We would love to consider working with others who share that same core belief in common, as it is the unifying factor in our relationships with each other and with our clients.

**Carol:** This was so enlightening, inspirational and educational Karyn. I believe that our readers have gained insights and direction to assist them. Thank you so much and I wish you and the "Joy Coaches" continued success!

See and hear Karyn as she shares with you about Energizing Your Essential Oil. It's really very good and quite informative.

<https://youtu.be/KSEYZDvCD4o>

Also, Karyn's "Healers Touch" pdf introduction guide to the "Healer's Touch" Method and Night time Nurturing Technique as well as 9 one minute music clips from the "Healers Touch" CD.

<https://www.joycoachingamerica.com/healers-touch-introduction-1>

Carol: What is the best way for you to be contacted Karyn? [karyn@joycoachingamerica.com](mailto:karyn@joycoachingamerica.com)  
[www.joycoachingamerica.com](http://www.joycoachingamerica.com)

(801) 427 1047

For Access to Karyn's music:

Apple users can now purchase Karyn's music by logging onto iTunes and searching "Karyn Lynn Grant" in the search bar, or by following the link below.

<https://music.apple.com/us/artist/karyn-lynn-grant>

Android users can now purchase Karyn's music by following the Google Play Music link,

<https://play.google.com/store/music> or searching "Karyn Lynn Grant" in the search bar.



**Dorothy Jones Arizona**  
**Release, Relax, Rejuvenate**

I had the extreme pleasure of meeting Dorothy Jones this past month. We shared a great conversation. Listen in to hear how your life, health and work can be positively enhanced by Releasing, Relaxing and Rejuvenating, the Dorothy Jones way of combined modalities including Joy Coaching®.

**Carol:** Release, relax, rejuvenate. When I hear and think of those words, the feelings of mixed emotions, good energy, definite release for sure, and how, as I learned about them in my life, positive changes, better situations, experiences and improved health resulted from understanding each of them. A very potent 3 words indeed.

Dorothy, how did they come to be important for you and a part of your co-branding and work?

**Dorothy:** Thank you Carol. I found that for myself, I had to let go of emotions and memories that were causing me pain – Release. As I focused on positive outcomes that I wanted in my life through the help of music, essential oils, and nurturing touch, my body released the stress it was holding onto and my body and I began to Relax. When I was done processing painful emotions and memories, I felt refreshed, revitalized and renewed: Rejuvenated, as I faced the future.

**Carol:** Thus, release, relax and rejuvenate. That’s a great way to begin our conversation on this much needed topic and your work.

What experiences or what led you to your field of work?

**Dorothy:** On an educational level, my BS degree was in Early Childhood & Elementary Education with a minor in Family Relationships.

As a teacher, working retail, and as an entrepreneur, I have experienced firsthand how emotions can cause problems down the road when they are set aside and not dealt with at the time. A small situation can escalate quickly because of emotional trauma in both adults and children.

On a personal and life experiences level, what I am about to share is what led me to further studies and my practice.

On the evening of March 27, 2012, my husband called crying, "When are you coming home?" I could tell that something was very wrong. I raced home from work beating the ambulance by seconds. I followed the paramedics into my bedroom where my son stood and frantically waved his arms. My husband laid on the floor with a blood-soaked towel wrapped around his head.

My husband has a history of seizure. I wondered: "Did he have a seizure and fall?" He could not remember what had happened.

At the hospital, the ER doctor put in twenty-five stitches and ran numerous tests. After he was admitted to the hospital, I went home and cleaned the trail of blood leading to the bathroom. To my dismay, I discovered that the bathtub was missing a quarter size chunk. The following day, I was told that my husband had suffered a traumatic brain injury. At that pivotal moment, I realized that my life's course had changed forever.

Over the next several months, and more frequent falls, I realized that my husband would never be the same. His confusion led to angry outbursts – always directed at me. A week before Thanksgiving, he fell again banging his head hard and fracturing his back. Being at a skilled nursing facility to recover, his confusion grew and would strike out to caregivers and physical therapists. He was scared, uncooperative and refused to participate in physical therapy and basic skills needed to recover. He was diagnosed with vascular dementia and I was told he could not stay in rehab since he was "uncooperative." In three days, I had to decide where he should go.

With limited resources I soon realized I would need to care for my husband at home. I took a leave of absence from teaching school. I felt like I was living a nightmare! This was not the life I had planned. Grief stricken, confused and angry, I shut everyone out of my life to "take care of him" and I was not particularly good at it. With angry outbursts, no sleep and no support, I sunk deeper and deeper into depression. I felt lost, confused, and devastated by grief and what the future would be like terrified me.

I had trouble taking care of myself – let alone him. Medical bills piled up, credit cards stretched to the limit and no hope that my husband would get better or work again. My sick leave diminished. It became necessary to return and finish the school year.

I was completely overwhelmed physically and emotionally with demands in all areas of my life. My relationship with my husband completely changed. I became his primary caregiver, along with all that can entail, from personal hygiene to feeding, at times.

Within several months, I sold our home, found an apartment for myself and an assisted living arrangement for my husband, moved, retired and closed my husband's business. I thought I was coping with everything, but instead of dealing with it – I pushed it in – keeping my real emotions away.

I began actively searching for ways to help my husband recover. I spent the next several years in personal development and self-improvement. I learned that it was impossible to help anyone else cope if I did not take care of my own emotional needs.

Throughout this process, I discovered that emotional baggage is the biggest single thing that diminishes our lives from living the life we are meant to live.

I discovered various healing methods and systems such as: essential oils, The Emotion Code, Joy Coaching® America, and Foot Zoning. However, I found that I needed these tools myself to turn my own deep pressed emotions into Joy and connect to a Higher Power.

**Carol:** A very potent and heart felt share of that part of your life. I know firsthand all that can go along with and into personal caregiving. I am so happy you made it through. Your husband was blessed to have you and it seems you were blessed as well with the learning and growth that ensued in your own life, and now those that may be blessed with the sharing of your story, message and services.

This leads me to your passion for the work you do. Care to elaborate?

**Dorothy:** I discovered that by releasing negative emotions and claiming joy impacted my life tremendously! I “stuffed” so many negative emotions down to the deepest part of my soul and pretended that everything was OK for years. It is so liberating to take each part of your broken heart, fears, feelings of being inadequate and trapped emotions and release them! Just let them go! Although it can be quite a process, it is totally worth it! I want everyone to feel that sense of renewal and be that shining light in their world. You can Release, Relax and feel Rejuvenated once more!

**Carol:** Let's now delve into more detail and specifics of a person's world today and how releasing, relaxing and rejuvenating plays a part.

What are 3 points you absolutely want to be certain we cover here re: Releasing, Relaxing and Rejuvenating?

**Dorothy:** Release emotions that are holding you back. Identify what the emotion is and the age it occurred.

Relax your body, mind, & spirit by letting go of limiting beliefs. The music and essential oil help, replacing those limiting thoughts with new experiences by journaling about what is wanted.

Rejuvenate your body, mind & spirit will be refreshed with a new desire to move forward. There is a sense of freedom when trapped emotions are set free and feelings of peace and renewal occurs.

**Carol:** What would someone's daily self-talk sound like if they were experiencing the effects of negative emotions?

**Dorothy:** A person who is experiencing the effects of negative emotions may be talking to themselves in a negative way. Such as: "Why am I so stupid?" "No one wants me as a friend." "I can't do anything right." "I am not good enough." "I don't know what or how to do things without help."

**Carol:** Will you share what effects negative emotions may look like or how they are experienced in one's life, besides how wonderfully you shared your powerful past experience?

**Dorothy:** Have you ever wondered what it would be like without any emotions? Can you imagine what a dull existence we would have without any emotions? "No joy would be possible. No feelings of happiness, bliss, charity, or kindness. There would be no love felt, no positive emotions of any kind." (The Emotion Code by Dr. Bradley Nelson C 2007-2011) There would also be no negative emotions either. No sorrow, no anger, no feelings of depression, and no grief. Life would be just a mere existence without emotions. If you are like me, there are emotions that you would rather not experience like anxiety, anger, grief, frustration and fear. We have all had our share of feeling a variety of negative emotions. Although some of these negative emotions were felt years ago, they may still be creating problems for us in very damaging ways.

**Carol:** What is the single most important aspect of decluttering the effects of our negative emotions?

**Dorothy:** "Negative emotions are emotions that were not fully processed." (The Emotion Code by Dr. Bradley Nelson) They can cause pain and dis-ease in the future if not dealt with. A couple of years ago I got sick right before my daughter and her family came to visit. The coughing and bronchitis went for weeks even after they left. I muscle tested myself and discovered that negative emotions were making me sick. I was upset that they were staying and spending more time with her husband's family and not me. I worked on myself. In a couple of days, I was better.

**Carol:** What is your specific niche?

**Dorothy:** I have a couple of niches. I have worked with individuals who feel like they feel "stuck" or have "unfinished business" to take care of. Clients have discovered that they are not "lazy," but sometimes experiences or emotions, often from childhood or generationally, are holding them back.

Through my own experiences with grief, I help people who are grieving a loss of a relationship or loved one.

It is so important to give our children or grandchildren the emotional support they need while they are young. With my background in elementary education and child development, I would like to expand my niche to comfort children (or the child within) who is grieving loss or abuse.

**Carol:** So, your ideal client?

**Dorothy:** My ideal client is a person who is wanting and willing to discover the reasons why they are stuck or grieving a loss. I work with women, men and children.

**Carol:** I'd like to talk about the Joy Coaching® training and its part of your work. You are a participant in the Special Edition of Business Innovators Magazine re: Deep Relaxation Therapists for Peace with focus also on Joy Coaching® America.

Can you delve just a bit more into specifically what Joy Coaching® America is?

**Dorothy:** Joy Coaching® America is a process that uses all five senses to help one connect to their emotions and/or "Higher Power." In each module, we learn how to use The Healer's Touch Method™, Karyn Grant's original inspirational songs, essential oils and blends, and inspiring stories (journals) from Karyn's own struggles and her "down-loads" from heaven that helped her and in turn - can also help us.

**Carol:** How has Joy Coaching® benefitted and still does benefit you personally in overcoming what life can bring?

**Dorothy:** I met Karyn Lynn Grant, LMT and founder of Joy Coaching® America at the Mesa Energy Healing Conference in February 2017. I purchased some of her CD's and started to listen to them. The more I listened to her music – more tears would surface and wash away bits of pain and depression. Karyn had a special gift of sharing her heart, music and tender emotions that helped me to cope with my own situation and inspired me to help others.

At that time, Karyn was traveling to Arizona about every 6 weeks, to work with "Joy Coaches" in Arizona, which was a true blessing in my life. While Karyn was in Arizona, she held classes for the "Joy Coaches" and did one on one sessions with each of us. As I listened and participated in the "live" classes and webinars, I discovered that while I listened to Karyn's music and nurtured myself with essential oils, I was able to relax and release deep felt emotions.

During the Covid-19 Virus shutdown, I found myself alone 99% of the time and thought it would have been easy to slip back into deep depression, however, as I listened to Karyn's music, the feelings of sorrow and loneliness were dispelled.

**Carol:** It sounds like a wonderful modality. You've incorporated Joy Coaching® into your varying therapies that combine or individually help one to release, relax and rejuvenate. Is that correct?

**Dorothy:** Yes, I do. My goal is to help clients regain peace, joy, and relaxation by using a variety of therapies. I am a Certified Regional “Joy Coach”, Certified Emotion Code practitioner, Certified Foot Zone practitioner, Symphony of the Cells and most recently, I am studying to be Certified in Ho’oponopono (an ancient Hawaiian system for forgiveness and healing).

Depending on the needs of the client, I will integrate the Emotion Code with Joy Coaching®. While The Emotion Code removes imbalances so the body can heal, The Healer’s Touch Method™ (part of the Joy Coaching®) fills that healing space with high vibration, happy emotions (through all 5 senses), raising the body up to a higher level and supporting the body through its healing journey. When I muscle test clients as to what percentage of healing is accomplished by incorporating both therapies, the answer was a startling 85%!! Of course, it depends on the individual client and each session is unique.

Foot Zone Therapy, similar to reflexology, addresses the physical, emotional, and mental parts of the body by using specific areas (nerves) on the feet called zones. While Foot Zoning does not claim to ‘heal’ any disease or problem, it does help the body return to its original blueprint or natural healthy state. I have found that my clients leave feeling less stressed, more relaxed, and often fall asleep during the session.

**Carol:** Have you found profound changes in your clients with your work?

**Dorothy:** In my practice, as a “Joy Coach” or a Relaxation Therapist, I offer emotional support to comfort a broken heart, release stress, grief, anxiety, and sadness by gently changing deep pressed emotions into Joy; by using the five senses to create a nurturing peaceful session that recreates positive memories and helps one to connect with their Divine Mission and purpose. Joy Coaching® will help one get rid of limiting negative emotional trash that does not serve them.

When I first started working with a young mother with three children, she had no confidence in herself, lots of anxiety, felt “hopelessly” alone because she had recently relocated to AZ, had anxiety about her children, and regarded herself as not being very important to her children or husband. During the sessions, we were able to identify and release major areas of anxiety and emotional baggage. Instead of being insecure, she became confident not only in herself, but also in her ability to parent her children effectively. She made commitments to make some healthy changes to her lifestyle and to nurture herself daily.

Another woman, after several months of Joy Coaching®, was able to gain confidence and make major steps in starting her own business. We were able to identify the emotions and insecurities from her childhood that kept her from achieving her lifelong goals.

**Carol:** Great success stories. Thank you. Dorothy, how has Joy Coaching® America benefited your life personally and/or professionally?

**Dorothy:** Joy Coaching® America has had a profound effect on my life personally, as it has helped me come to terms with my own grief and heartache. The music has helped me have a sense of peace, knowing that a loving Heavenly Father is there to comfort and guide me. Professionally, Joy Coaching® America opened a new door for me and a way to share my compassion and love to all and to help each person through their own journey.

**Carol:** How do you feel the Joy Coaching® America Program, as it focuses on reducing stress, through deep relaxation, accessing the 5 senses, could be beneficial in anyone's life?

**Dorothy:** The Joy Coaching® Program can take anyone that is open to a place of deep relaxation by using the five senses from the youngest child to senior citizens. We all need comfort and understanding. My friends' young children beg me to bring the lullabies and oils to tuck them in at night because it makes them feel "special and loved." A client in his mid-seventies told me "Everyone needs this!"

**Carol:** Is learning to be a "Joy Coach" in any way difficult? I would think not as it seems such a unique modality.

**Dorothy:** Joy Coaching® is easy to learn, but in giving a session, you need to rely on your own intuition and muscle testing to determine what the client may need. That's the difficult part - you must be in tune with the client.

**Carol:** Are sessions long?

**Dorothy:** The Joy Coaching® sessions are usually about 60 to 90 minutes long.

**Carol:** Can sessions be done remotely?

**Dorothy:** Yes, the Joy Coaching® and The Emotion Code sessions can be done remotely. I have even done Foot Zone therapy remotely as well.

**Carol:** Why does the world need Joy Coaching® now?

**Dorothy:** The world needs love and understanding now more than ever. People have been isolated "quarantined" from normal interaction with peers and/or with family members and that is producing perhaps additional stressors and problems. Research has revealed that almost 50% of adults are experiencing depression from the recent events. "Nearly half of Americans report the coronavirus crisis is harming their mental health, according to a Kaiser Family Foundation poll. A federal emergency hotline for people in emotional distress registered a more than 1,000 percent increase in April compared with the same time last year. Last month, roughly 20,000 people texted that hotline, run by the Substance Abuse and Mental Health Services Administration."

<https://www.washingtonpost.com/health/2020/05/04/mental-health-coronavirus/>

I recently went over to a friend's house, her son (a father to 7 young children) made a comment that really concerned me. "I don't even know why I am on the planet anymore. How can I support my family with no job! It's to the point that I don't really care anymore of what happens."

Joy Coaching® can help in many ways. Here are just a few ways how a Relaxation Session can help: (Karyn Lynn Grant, LMT of Joy Coaching® America)

Essential oils assist in the process of raising the body's vibration to a higher level

Lowers stress levels, releases tension held in the body

Enhances Mood

Helps with healing inside by stimulating the Parasympathetic Nervous System

Light touch – helps the client feel connected physically in a nurturing non-sexual way

The lyrics and music connect to the Divine

Increases the Heart - Mind – Body – Spirit connection

Helps to release deep felt emotions

**Carol:** What are some of common misconceptions about releasing, relaxing and rejuvenating?

**Dorothy:** Some of us have spent years collecting and stashing negative or hurtful emotions, so it may take so time for them to be fully released. This process has been compared to peeling an onion – only to find other emotions need to be released. During a session, the client may experience many emotions and hopefully end with feeling peace and joy. Unlike a massage, the client is fully dressed and face up on the table for the Relaxation Session.

**Carol:** Any challenges that you have found when a client begins this work?

**Dorothy:** Usually the client has concerns of what emotions may be discovered. Everything that is shared or discovered is fully confidential and treated with respect. Sometimes, the client does not remember the experience that caused the emotion and that is OK!

**Carol:** What is the most important point you would like the readers to know about releasing, relaxation, and rejuvenating?

**Dorothy:** The Relaxation Session is a gentle nurturing session with application of pure essential oils, inspiring music, and nurturing touch. It is never too late to release emotions that are holding you back. Being in a state of "fight or flight" is detrimental to your wellbeing. I am here to help you discover and release them so you can have a life of joy and fulfillment.

**Carol:** What are 2-3 tips that the readers can utilize today to begin their journey of releasing, relaxing and rejuvenating?

**Dorothy:** A few tips to get started are:

1. The Breaths of Seven

Breathe in for the count of seven...hold that breath for the count of seven...breathe out for the count of seven...hold with no breath for the count of seven...and then REPEAT 7x.

Do the Breaths of Seven in the morning when you wake up each day. (Taught by Kristin Hicks)

## 2. Write It & Release IT

- In the morning write about a negative emotion.  
i.e.: On the top of the paper write "I feel "angry" because . . .
- Set a timer for 3-5 minutes and write down everything you can that makes you feel that way.
- When the timer goes off, STOP! Read over what you wrote and then Release it by TEARING it up.

When you write down the reasons you feel that way, it validates the emotion. Putting your feelings down and then tearing the paper into shreds, helps to release that emotion. Do not edit anything. This paper is just for your eyes and no one else!

## 3. Gratitude Journal

- In the evening, write in a journal using the opposite emotion from the emotion you wrote about in the morning. Ex. If you used the word angry in the AM, then you may want to use the word 'happy' or 'peaceful' or whatever word you wish to use.  
i.e.: On the top of the paper write: "I feel "happy" because . . .
- Set a timer for 3-5 minutes and write down everything you can that makes you feel that way.
- When the timer goes off, stop! Read what you wrote and reflect on those experiences.
- These writings should be saved and shared. Use a notebook or a journal to record your thoughts.

**Carol:** Those are very nice steps for us to take on our way to Release, Relax and Rejuvenate. Thank you. Anything we haven't covered so far that you'd like to share Dorothy?

**Dorothy:** Did you know that when you have an emotional trauma – it takes 11 days to recover from it.

Ask yourself: – What is NOT taking care of yourself costing you? Are you depressed? Is it keeping you from having Joy in your life?

We all have our stuff (emotions) in life that affect us. Release, Relax, Rejuvenate can help you sort out emotions that are trapped and that have not yet been dealt with. Those emotions do not just go away. Have you ever reacted to a situation and wondered where that emotion came from?

I am looking forward to helping you in releasing any emotions that are keeping you from living the life you want and to help with your relaxation journey! Thank you, Carol!

**Carol:** Thank you so much Dorothy. How enlightening and helpful. How can our readers best contact or learn more about you?

**Release, Relax, Rejuvenate**  
**Email: [dcjones.RRR@gmail.com](mailto:dcjones.RRR@gmail.com)**  
**Phone: 602-318-8679**



## **Marie Page Idaho**

### **Changing Negative Environments Into Joyous Harmony**

As Joy Coaching® America (now worldwide) continues its growth and expansion, I had the pleasure of meeting Marie Page from Idaho, one of many “Joy Coaches” joining us in this special edition of Business Innovators Magazine July 2020 Issue.

Listen in as we discuss her work as a “Joy Coach” and how she assists in changing negative environments into joyous harmony.

**Carol:** Marie, welcome. Would you share your definition of a negative environment?

**Marie:** When a person feels they have nothing good to provide for anyone including themselves.

**Carol:** Interesting answer. I need to ask then: what would one’s environment look/feel like if they were experiencing or living in a negative environment?

**Marie:** Loneliness, unhappiness, and the feeling of not being able to overcome their obstacles that are in their vision.

**Carol:** What is the most important thing you’d like the readers to know about changing negative environments into joyous harmony?

**Marie:** When things are happening and you are overwhelmed by negativity in your life, look at

the things you are learning while asking: are you having these experiences to realize all the blessings that are in your life and who will you be sharing your experiences with when providing them with hope, as they deal with their own experiences?

**Carol:** A valuable question often asked: What is your “why” for the work you do Marie?

**Marie:** I want people to see/feel their value, know that they are loved and that they are needed. They have a very important contribution to make.

**Carol:** I love that answer. The key – feeling one’s value is so important.

And your purpose for your work Marie?

**Marie:** To provide support for people as they are learning to love themselves.

**Carol:** What motivates you?

**Marie:** Being able to enjoy the happiness of those around me.

**Carol:** What are you most Passionate about in your work?

**Marie:** Providing knowledge to others that allows them to heal themselves and move on into a future filled with happiness and hope.

**Carol:** What experiences or events led you to your field of work/practice?

**Marie:** I have a younger brother who was born with physical disabilities. At a very young age I learned to be a very caring person full of compassion.

At the age of 13, due to my experience of living with a person with physical disabilities, I was asked to babysit a child who was five years old. She was physically and mentally disabled from birth and had to be cared for, carried, and fed. While babysitting this child, she died in her sleep. As a 13 year old child myself, this was a horrible experience and has affected my life.

**Carol:** I am so sorry... it’s hard to hear now. The affect on you and your life is so understandable. I’m sorry. Please continue.

**Marie:** Then while in high school, many of my friends died in several motor vehicle accidents and my cousin was shot and killed by his “best friend” while they were smoking marijuana that was laced with PCP.

In addition, as a young 23 year old, with a 6 month old baby, I went through a divorce due to an unfaithful husband. Then remarried and became a blended family, which brought

challenges of its own into my life.

These experiences were very negative, however in precepts, these have provided me with the knowledge of how important they are in your actions and also how important it is to make others feel that they have value and are loved.

**Carol:** You have experienced quite a bit Marie and yet now you assist others in finding joy and better environments.

What is the single most important aspect of changing one's negative environment into joyous harmony?

**Marie:** Seeing the positive in their journey, realizing that this will bring greater happiness when it has passed.

**Carol.** Nice.

What are some specific ways you can share to demonstrate how someone can change negative environments into joyous harmony?

**Marie:** I have had several people come into my life with situations where they felt they had no hope.

Two married women, one with children and one without children. Both came into my life as they were leaving abusive marriages. I spoke to them daily, encouraging them as they were taking steps to find themselves, assisting them in identifying their goals.

I continue my contact with them to this day. One is now in nursing school and the other has gone through a second divorce with a small child. Both are looking forward to their future with happiness and joy. They feel they can have a positive future for themselves and their children.

**Carol:** That has to feel mutually good. I'm very happy that we are having this time so that more people can know of you and be helped as well.

What is one thing you value most from a mentor or peer that you may have used in your life or work?

**Marie:** Their honesty made me feel important and also that I had value in speaking to others.

**Carol:** What does Changing Negative Environments into Joyous Harmony result in?

**Marie:** I feel that there is always hope no matter what your current situation may be. Take the current environment and look for ways to make changes whether it is within yourself or others

that allows you to enjoy the many blessings that are around you.

**Carol:** Is this a process of your work-such as a program or is changing one's negative environment into a joyous life different for each person?

**Marie:** It is a joyous process for each person as things change in their thought process of things around them. While this may bring out negative things, you are provided motivation to feel the positive and turn the negative into positive by doing the various activities of journaling, no dominant handwriting, meditating, using essential oils and music.

**Carol:** Is that part of the work you do as a "Joy Coach"?

**Marie:** I use Christ centered music, oils, meditation and various activities for the person to use as they are moving in their journey. Allowing them to express themselves in a way that they may not have felt before.

**Carol:** Is this a long or difficult process?

**Marie:** This is an individual thing as each person has their own journey.

**Carol:** What are 3 points you absolutely want to be certain we cover here re: Changing Negative Environments into Joyous Harmony?

**Marie:**

1. You are loved by God no matter what your journey has been
2. You have the ability to love yourself and forgive yourself of your actions
3. You are a very valuable person in our world and are very much needed

**Carol:** Would you describe a day in the life of someone who would now be living a joyous life? What would they wake up feeling, doing.... What would their self-talk be?

**Marie:**

- Wake up feeling blessed that you were able to wake up and are going to have a wonderful day.

- Start your day with a happy heart no matter how you feel,
- Talk to yourself as you are preparing for the day of all of your plans with a smile on your face.
- Ask: What is it that God would have me do today that would be joyous and pleasing unto Him?
- Then look for things or actions that you can be doing in your activities of the day. Such as: is there a person you are walking past that could use a smile? Is there a small child that could use a wave? Pay for the next person in line for a drink, etc. look for the little things.

A smile and a heart full of love first thing in the morning is the best way to start your day.

**Carol:** What are 2-3 tips that the readers can utilize today to begin their journey of Changing Negative Environments into Joyous Harmony ?

**Marie:**

1. Forgive others that have caused negativity in your life, remember that no one can offend you unless you allow them. You have control over your feelings.
2. Love yourself no matter what.
3. Look for the positive in people.

**Carol:** Thank you. I so agree.

What are some common misconceptions about Changing Negative Environments into Joyous Harmony?

**Marie:** That you don't have any control over changing the past; that you allow the past to negatively control your feelings and actions because you feel this is all you are.

**Carol:** How do you personally live a harmonious life?

**Marie:** I ask our Heavenly Father in my morning prayers to bless me with the ability to do things that are pleasing unto him and to provide guidance to me to assist others in need. Allow me to see others through his eyes.

**Carol:** I'd like to discuss more specifically, at this time, the beautiful Joy Coaching® that you do.

**Carol:** What would someone's life look like or be if they utilized Joy Coaching to Change

Negative Environments into Joyous Harmony?

**Marie:** Remembering that everyone's life is a journey, some are harder than others, however you have the ability to change your outlook on life and you deserve to be happy.

Meaning no matter what your current journey is, you have the ability to learn and make changes based on the knowledge that you have at the time, and that you will continue to gain knowledge. We don't know everything at birth.

**Carol:** How did you learn of Joy Coaching® America?

**Marie:** I was participating with an essential oil team conference call and Karyn Lynn Grant, LMT was a guest speaker who spoke about her program.

**Carol:** How did you decide to become certified as a "Joy Coach"?

**Marie:** After participating in the program, I felt that this needed to be available in the area that I lived because I felt that there were others that needed to be served.

**Carol:** How has Joy Coaching® America benefited your life personally and/or professionally?

**Marie:** This has provided me with the ability to see that people have personal struggles that have provided them with valuable experiences to bring to others. And that I love hearing others talk about their journeys.

**Carol:** How do you feel the Joy Coaching® America, as it focuses on reducing stress, through deep relaxation, accessing the 5 senses... could be beneficial in anyone's life?

**Marie:** This program makes you aware of all 5 senses and gives you knowledge on how to use them. Through this knowledge, you are able to identify what you need personally, on your own, and it provides an individual the ability to continue this on their own to keep a balanced life.

**Carol:** very nice. What is your specific niche?

**Marie:** Anyone dealing with a loss (loss of employment, loss of a loved one, loss of love of themselves).

**Carol:** Who is your ideal client?

**Marie:** I don't think there is an ideal client. A client is anyone who wants to feel the love of Christ and love themselves is an ideal client.

**Carol:** Have you found any challenges when a client begins this work?

**Marie:** That while they feel so happy during the sessions, they do not feel they can create these feelings on their own.

**Carol:** What do you feel you have overcome via “Joy Coach”?

**Marie:** The ability to see my talents in assisting others in seeing their value, I have always felt I had no talents because I cannot carry a tune when I sing, I don’t play the piano or any musical instrument and absolutely cannot draw.

**Carol:** Just speaking with you, I can see many talents and a beautiful heart.

Can your sessions be done remotely?

**Marie:** Yes. Zoom is a wonderful tool. Telephone calls are another way.

**Carol:** Why did you choose a faith-based program?

**Marie:** Because Christ is a very important part of my life. I just can't picture my life without Christ.

**Carol:** What have we not covered that you would like to address?

**Marie:** Joy Coaching® is such a Christ centered program, with essential oils and music. I found this at a very low time in my life, I had lost my job so that the company I worked for could give another person my position.

My income was the higher income for our family. We had just sent our last child off to college and had an exchange student in our home. This caused an extreme financial hardship on my husband and I. It was right at the time of the highest unemployment and I went two and half years without a job.

When I found a job, it was at more than one quarter of my previous income and was part time, however while doing this position, my husband had a stroke. Due to my employment, I was able to be with him every day. I was 10 minutes from home. I took him to all of his follow up appointments with his physicians, physical therapy, speech therapy and occupational therapy. Everyone thought he would not return to work, however with prayer, essential oils and the various therapies, he returned to work in 4 months.

**Carol:** that is so wonderful and powerful. I can see why you made the choices you have re: Joy Coaching®. Marie, why does the world need Joy Coaching® Now?

**Marie:** Because our current state of affairs is unknown, isolated and because many people feel helpless and uneasy about the state of the world.

**Carol:** Anything else you’d like to share re: JC or being or becoming a “Joy Coach”?

**Marie:** It would be wonderful to have others join us in this program who have the desire to help others through Christ centered music, essential oils and meditation.

**Carol:** thank you so much for all you have shared and all that you are doing and have done to change negative environments into joyous harmony via Joy Coaching® and your beautiful work.

**How can our readers best contact you?**

[marie.ledell.page@gmail.com](mailto:marie.ledell.page@gmail.com) is the best way to reach me.



## **Christina Arnold California Living Essentially Strong**

Since my work last year, 2019: The Year of Joy Series with Karyn Lynn Grant, LMT and owner of Joy Coaching® America and Joy Coaching® Academy, I had the pleasure of hearing about Christina Arnold of California, one of 5 Regionally Certified “Joy Coaches” being featured in this Special Edition of Business Innovators Magazine. We subsequently, had the opportunity to “meet” and delve further into Christina’s work as a “Joy Coach” and also her business: Living Essentially Strong. “Listen” in as we discuss the many aspects of each and the great work Christina offers.

**Carol:** What led you to your work: Living Essentially Strong?

**Christina:** In early 2012, I was diagnosed with breast cancer and experienced a difficult year. Following the chemotherapy, surgery and radiation in 2012, I continued to work and experienced a lot of insomnia, anxiety, and depression and did not want to begin taking anti-depressants. From 2013 to October 2018, I was in remission. Then I was diagnosed with metastatic breast cancer that had moved to my lungs.

In early 2015, I was introduced to the essential oils offered by doTERRA by both of my two daughters. At that time, doTERRA was a fairly new essential oil company. After a few months of using several of the oils, I saw an improvement in my sleep and moods. I realized that there was something very powerful and unique about these oils that naturally--not chemically--improved both my physical and emotional well-being. It was at this point that my entrepreneurial spirit was ignited and I enthusiastically launched my own business and named it “Living Essentially Strong”!

I fell in love with everything associated with the essential oils--the oils themselves, the owners of the company, and its community. I enjoyed learning all I could about the oils and was eager for the

opportunity to share the benefits brought about by the oils with my family and friends. My past cancer diagnosis and year of treatment made me much more aware of the need for a healthier lifestyle, and I was eager to learn as much as I could about the essential oils as well as alternative health products, practices, and strategies. Not only was I excited to be on my own personal journey to better my health and wellness, but I was also excited to be able to educate and empower other women to do the same thing. I was on a mission to promote self-care as a foundation for emotional and physical well-being.

I have a strong desire to be a successful small business entrepreneur who educates and empowers other women to be more intentional with cherishing, nurturing, and loving self-care for themselves (physically, emotionally, and spiritually) as well as to those they love--their family, friends and community. We all need more love for ourselves and a greater tolerance and respect for one another.

**Carol:** I can hear your passion and your chosen company name: "Living Essentially Strong" seems ideal, quite introspective and inviting in helping others.

**Christina:** Thank you. With the creation of my business, "Living Essentially Strong", I want the focus to be on sharing what I have learned through my cancer journey over the past eight years. With the integration of healing self-limiting thoughts and beliefs, as well as the implementation of alternative health and wellness practices, my goal is to provide a foundation by which women will find uplifting and reliable holistic ways to improve the quality of their emotional and physical well-being with intentional and loving self-care.

**Carol:** What health concerns would someone not Living Essentially Strong have?

**Christina:** Someone not Living Essentially Strong can have a host of health and relationship concerns and issues. Not practicing self-care can eventually lead to physical diseases such as cancer, diabetes, heart disease, or other chronic ailments. It can also lead to emotional and mental problems and even affect one's sense of spirituality.

**Carol:** Christina, what 3 points do you absolutely want to be certain we cover regarding Living Essentially Strong and how your studies and Regional Certification as a "Joy Coach", particularly the "Healer's Touch Method" became a part of your work?

**Christina:** In 2016, at the doTERRA Convention, I was literally led by the prompting of the Holy Spirit up the stairs to the Joy Coaching® America booth located on the second floor of the Radisson Hotel in Salt Lake City, Utah. It was here that I was introduced to Karyn Lynn Grant, the founder, creator, and owner of "Joy Coaching® America." I learned that Karyn was also a singer, a songwriter, and a licensed massage therapist with a passion and love for the Lord and a very strong calling and desire in her heart to bring healing to the broken hearted through the healing arts through a combination of aromatherapy and Karyn's talented gifts of singing, writing, and positive therapeutic touch.

Based on her joy in the Lord, as well as her passion and strong commitment to fulfill the Lord's calling on her heart and life, Karyn had created a library of inspiring and uplifting Christ-centered music and manuals which promoted the use of essential oils with aromatherapy in creating a healthier emotional and physical lifestyle. There were CDs also available to accompany the beautifully created manuals and handouts for focusing on acknowledging and healing the hidden wounds of the heart. These materials nurture the inner child by accessing all five senses with song, scent, and compassionate therapeutic touch and are intended to support ministering to families to create a more nurturing and loving home.

The fact that Karyn had developed a program and process that used the essential oils for emotional support and healing combined with a faith-based program that combined the use of aromatherapy, music, blessings, and positive touch made her program all the more attractive to me. As a Christian woman and believer, I was excited to be able to share the “The Healer’s Touch Method” (also referred to as the “song and scent method”) using the essential oils. I was also pleased to be able to incorporate the music, the faith-based blessings and blends, and positive touch—all of which focused on bringing healing to the body, heart, mind and spirit.

Re: “Living Essentially Strong”:

1. As a Certified Regional “Joy Coach” with Joy Coaching® America and a health and wellness advocate, I focus on educating and empowering women to create a lifestyle through Living Essentially Strong. As a cancer survivor and thriver, I promote self-care and self-love and encourage the use of essential oils, aromatherapy, and other alternative health practices and strategies to support the healing of the body, heart, mind, and spirit.
2. As a “Joy Coach” with Joy Coaching® America, I teach women the ancient art of aromatherapy with a faith-based protocol referred to as “The Healer’s Touch: Nine Point Method.” This protocol supports the use of essential oils, aromatherapy, lyric-inducing music, uplifting blessings and a light therapeutic touch which provides a positive environment for promoting a deep sense of calm and a greater sense of overall relaxation. It can also lead to heightening one’s sense of joy and well-being.
3. Self-care and self-love are encouraged to support breaking free of limiting beliefs and healing emotional wounds resulting from life’s past challenges and/or losses. Topics involving personal growth for physical, mental, emotional, and spiritual healing are also taught. Women are encouraged to acknowledge their personal inner beauty and brilliance, to strive to become their best version of themselves and to globally contribute to raising the world’s vibration to more love, joy and peace.

**Carol:** How is your personal journey of Living Essentially Strong going?

**Christina:** I am working daily to be Living Essentially Strong as I incorporate the use of essential oils, aromatherapy, vitamins and supplements, good hygiene practices, good physical and mental practices, good communication, a strong sense of community, supportive, loving relationships and uplifting spiritual practices into my life. I am always open to learning more and finding and trying new products and practices to be a better version of myself each day.

An example of this: I read a wide variety of books by a multitude of authors, including many by New York Times’ best-selling authors, who are leaders in their fields. I also attend numerous on-site and on-line summits and trainings to further my education. They, like me, are life-long learners, and they continue to push themselves and expand their vision and horizon.

**Carol:** What are you most passionate about in your work with “Living Essentially Strong” and Joy Coaching®?

**Christina:** The spirit within doTERRA and Joy Coaching® America beckoned to me, as I needed them in my life to heal my own body, heart, mind and spirit. The synergy that resulted from the melding of these two inspiring companies ignited a flame in my heart, a new desire to pursue a worthy dream for myself that would bless my life and the lives of others with more vitality emotionally and physically. The relationships that have been created from my loyal partnership with both companies have been full of love, encouragement, and personal growth.

This love and passion I have for these two companies has also created more confidence and a stronger desire to share with others the lessons learned to bring about more healing. Because of the rich associations and rewards I have experienced as a Wellness Advocate and a “Joy Coach,” I have renewed joy and excitement for my life in spite of my latest cancer diagnosis. I feel blessed to be involved in a community of women that unites the healing powers of essential oils with the healing arts of aromatherapy, music, and therapeutic touch in a faith-centered way.

**Carol:** Christina, please share some steps, tips or guidelines for Living Essentially Strong?

**Christina:** There are a number of steps that one can take to incorporate a lifestyle that embraces Living Essentially Strong. The key to success includes taking responsibility for one’s choices and having a positive attitude toward making constructive changes. Whether it is eating healthy, exercising, getting adequate rest, and/or being grateful every day for one’s blessing, each choice one makes should support Living Essentially Strong.

For someone to Live Essentially Strong, here are recommendations for a healthier lifestyle and well-being:

**Personal:**

- Take responsibility for choices and actions.
- Have a positive attitude about making changes.
- Be motivated to take action with regards to health and wellness for the body, heart, mind, and spirit.
- Create a plan for health and wellness and follow it.
- Be disciplined in their morning, daytime, and evening routine to maximize desired health benefits.
- Be open-minded towards not only traditional health approaches but also new, innovative holistic health options for healing.
- Believe in getting sufficient exercise and the importance of making sure movement is a part of every day.
- Drink adequate amounts of water to hydrate their body.
- Take appropriate vitamins and supplements.
- Get 7-8 hours of sleep a night.
- Have a daily meditation or mindfulness practice.
- Have a strong spiritual life with a daily divine appointment.
- Proceed boldly in the direction of dreams.
- Eat well-balanced meals by increasing the amount of vegetables and fruit and decreasing the amount of starches and carbohydrates.

- Limit sugar in the diet.
- Exclude diet drinks.

**General:**

- Discard self-limiting beliefs.
- Strive to be a better person every day.
- Demonstrate honesty, integrity, and excellence in decisions and actions.
- Use products that support physical and emotional well-being.
- Keep a Gratitude Journal and list at least 3 gratitudes every day.
- Look for ways to be of service to others in small and big ways.
- Show love, faith, kindness and patience in relationships.
- Have a spirit of forgiveness and offer it freely and often.
- Be humble and give praise and encouragement when possible.

**Carol:** What would someone going through your “Living Essentially Strong” process or working with you experience?

**Christina:** My goal for someone involved with me and Living Essentially Strong would be for them to experience a healthier lifestyle and a deeper, more compassionate level of self-care. The focus is on helping women to integrate a more intentional health and wellness lifestyle, breaking self-limiting thoughts and beliefs, and implementing nurturing self-care practices for themselves and their family. The goal is to educate and empower women to create an abundant life they love.

As a Regional Certified “Joy Coach,” I am excited to share a faith-based program that inspires women to become the best version of themselves by awakening the brilliant spirit within and empowering them to live a life that is focused on personal development in all areas of their life – physically, mentally, emotionally, and spiritually.

As Ralph Waldo Emerson states, “The only person you are destined to become is the person you decide to be.”

**Carol:** What would you say your special gift is?

**Christina:** As a result of a challenging and, at times, traumatic life, my special gift is the gift of empathy. I am a good listener and a compassionate encourager. My desire is to educate, empower, and encourage other women with the wisdom I have attained by continuously getting back up and moving forward with positive determination and an optimistic mindfulness. My gifts have been further strengthened by my unwavering faith in God and trusting in Him to provide the opportunities for me to lead other women to Him. My desire is to be a Light of love to women by sharing my knowledge, spirituality and friendship. Many women are like me and have felt a sense of hopelessness and have needed a new direction to follow to restore a joy in life that has been absent.

**Carol:** Delving even a bit more specifically into Joy Coaching®, what inspired you to become a part of the Joy Coaching® America program?

**Christina:** I was inspired to become a part of Joy Coaching® America because of my positive personal experiences with essential oils and Joy Coaching® America's faith-based program that focuses on helping other women to heal their emotional wounds. The "rest and relaxation" therapy of Joy Coaching® America that focuses on the five senses with aromatherapy and music, helps to bring healing to the body, heart, mind, and spirit.

With Joy Coaching®, I am able to bring the Lord's presence into the healing experience by sharing and teaching about the healing arts of essential oils and aromatherapy. As a Certified Regional "Joy Coach," I am excited to be able to offer Level 1 and Level 2 classes in the Joyful Living Series. This includes the following four modules under the Joy Coaching® America program:

- I. The Healer's Touch: Nine Point Method™:
  - 1) Acknowledges the hidden wounds of the heart
  - 2) Nurtures the inner child
  - 3) Supports overcoming sadness and grief by accessing all five senses with song, scent, and compassionate therapeutic touch
  
- II. The Lullaby Connection Night-Time Nurturing Method™:
  - 1) Brings a sense of peace, tenderness and comfort for the child within; and
  - 2) Facilitates a deep relaxation therapy method combining lullabies, guided visualization, scent and compassionate, therapeutic touch to nurture, bless and minister love, joy and peace
  
- III. Divine Essence™:
  - 1) Assists in the process of remembering and renewing a sense of one's Positive Core Identity
  - 2) Awakens the spirit to a restored sense of dignity and divinity by honoring and reverencing one's divine essence with music and aromatherapy duets combined with compassionate, therapeutic touch
  
- IV. The Ancient Legacy™:
  - 1) Assists the faith-centered woman of modern day in creatively and consciously connecting to her Divine Creator
  - 2) Provides Morning Meditations and
  - 3) Encourages scripture study with songs and aromatherapy that bring awareness to women of the roles of Ancient Women in the Old and New Testament

**Carol:** How has Joy Coaching® America benefitted your life personally and/or professionally?

**Christina:** My personal and professional life have both greatly benefited from Joy Coaching® America. I have a newly defined purpose supported by my passion for the results derived from using aromatherapy. As well, I have been blessed by the deep friendships that have developed inside the Joy Coaching® America community. The education and materials within Joy Coaching® America have helped me address emotional wounds and have given me new tools to increase my level of self-care and they have strengthened my sense of self-worth and purpose. I have also experienced a deeper and more fulfilling spiritual walk.

With Joy Coaching® America, I am able to use a multitude of resources I have learned and been able to share my healthier self-awareness and compassionate outlook on life with other like-minded women in service to them. As part of a nurturing community of loving women, I am grateful for the opportunity to serve with them in an intentional movement of helping others move from grief and loss to healing and serenity in order to experience the higher vibration gifts of love, peace and joy.

As a “Joy Coach”, I am able to provide the compassion and empathy of an understanding and wise mentor. This relationship helps women establish a cornerstone for their transformation by way of my guided counsel, compassionate support and nurturing encouragement. With the focus on intentional self-care for the participant, joy coaching® improves the quality of one’s overall health and well-being through consistently focusing on mind, body and spirit balance.

**Carol:** How do you feel the Joy Coaching® America program, as it focuses on reducing stress, through deep relaxation, accessing the five senses, music and aromatherapy can be beneficial in anyone’s life?

**Christina:** Through a personal practice with this method, one is able to learn how to cherish and nurture their own body, heart, mind and spirit. With the repeated daily practice of setting aside a quiet time for prayer and/or devotion, basically a “Divine Appointment” with God or one’s Higher Power, and incorporating “The Healer’s Touch: Nine Touch Point Method,™” one has an opportunity to heal past suppressed emotions.

This “rest and relaxation” method involves all five senses by supporting the sense of scent with the smelling of the oils through aromatherapy, the sense of touch with the physical application of the oil on the nine touch points and light feathering touch, and the sense of hearing and vibration with the use of beautiful music that provides faith-based, guided visualizations. The use of a light feathering touch supports an emotional-clearing and relaxation response for the participant. Through this process, lower emotional vibrations can be raised to higher vibrations.

**Carol:** What made you choose a faith-based program of study?

**Christina:** I knew I wanted to be involved with a Christian-based group of women using essential oils to teach and encourage self-care. I also knew I wanted to focus on identifying and dismantling self-limiting beliefs with a focus on personal growth and development. Joy Coaching® America has been the vehicle for bringing all of that together for me by providing a program for sharing and empowering women to address self-care for themselves as well as the needs of their home and family.

In addition, I am motivated by my love and trust in the Lord and my personal relationship with Him; by my desire to answer His calling and mission for a bigger purpose in my life; by my desire to always be learning and growing; by the need to encourage, teach, and help others; by my love for the essential oils and other alternative health solutions and strategies that I know can bring healing, health, and happiness to others; by the desire to share more optimism, hope, faith, love, joy, peace and kindness to others; by the love, joy and excitement I have being a part of the Joy Coaching® Community and as a facilitator of “The Healer’s Touch Method™”; by the opportunity of empowering women to achieve greater health, a stronger sense of well-being, and a life of personal growth and transformation; by bringing more women healing from a broken or wounded heart and/or spirit as they learn to cherish, nurture, and love themselves with a deeper level of self-care and self-love; and by encouraging women to find and nurture a closer relationship with God.

**Carol:** What do you feel you have additionally overcome via Joy Coaching®?

**Christina:** Through Joy Coaching®, I have been able to address my own self-limiting thoughts and beliefs and have been able to address healing some of my own wounds, current and generational, that have resulted from sadness, grief and loss. I have created a new identity for myself by reaching out to experts in many fields and enthusiastically enlisting their expertise and knowledge and thereby creating opportunities for personal growth and development. I have pushed myself beyond my comfort level in countless ways in order to personally grow as a joy coach educator, facilitator and leader. I have taken advantage of many training opportunities to develop new knowledge and skills in this industry that have continued to consistently inspire and motivate me to develop the acumen necessary to become an exceptional mentor for others.

**Carol:** What makes you different from other “Joy Coaches”/health coaches?

**Christina:** What makes me different from other “Joy Coaches”/health coaches is my life experiences and my faith. All of my past experiences have given me the ability to have an understanding of what other women have gone through or are going through with a deeper awareness, greater insight, more empathy and deeper compassion. I understand the grief experienced as a result of divorce as a child and as a married woman; I have experienced the death of a relationship with a significant person, the death of a spouse, and the death of one’s parents. I have experienced the rollercoaster emotions, the highs and lows of being a single mom raising two daughters; I have also experienced grief, anxiety, sadness, depression, rejection, abandonment, and a wounded and broken heart and spirit. I have had many of life experiences that enable me to have the empathy and compassion to support, encourage, and minister to others in a positive way. My intention as a “joy coach” is to help other women to believe in themselves and their self-worth and to encourage them to practice the art of self-love and self-care.

**Carol:** What is your coaching style or how would you describe your coaching style?

**Christina:** I tailor my coaching style to the specific emotional, physical, spiritual and financial needs of each individual client, and strive to provide positive encouragement, compassion, empathy, and understanding. My goal is to teach others in the application of tools and life skills that can be used to facilitate each woman’s personal growth and well-being. I also desire to provide a healthy, interpersonal relationship that conscientiously awakens unlimited possibilities within each woman’s reach with her acceptance to take responsibility and incorporate the joy coaching® methodologies recommended.

**Carol:** Who would be your best client?

**Christina:** My best client is any woman desiring to heal from past emotional wounds of grief, loss, and sadness, as well as any woman who has an internal calling to change the direction of her life by seeking outside counsel by way of a mentor. These clients may include women who do not want the present limitations of their life any longer. They know that the unbearable pain that they are suffering is toxic and requires a whole new pathway to healing, recovery, and the hope of a more promising tomorrow. Having experienced suffering myself, I have great aptitude in supporting, guiding, inspiring, challenging, and educating others so that they, too, can rise positively above the storms of life as have I.

**Carol:** Why does the world need Joy Coaching® now?

**Christina:** The world needs Joy Coaching® now more than at any other time in history: The world is in a crisis with the COVID-19 pandemic. Millions of people are experiencing despair in all areas of their life, which has resulted from fear, confusion, illness, isolation, death, and hopelessness. Joy Coaching® America offers a trustworthy solution for individuals to effectively, mindfully and collectively confront the immense challenges plaguing them emotionally, physically, and financially. Joy Coaching® America offers a Light in the darkness that exists in the world today. Our mission is to make the world a better place and improve the quality of the lives of Earth's citizens. The dedicated and trained coaches within Joy Coaching® America are committed to mend broken hearts and raise the world's vibration to more love, joy and peace.

**Carol:** Thank you so very much for our conversation today. It's been most inspiring and full of many helpful tips and heartfelt sharing. I wish you continued success in all you do.

How would our readers best reach you?

**Christina:** Readers can contact me as follows:

**Facebook:** Christina Arnold “Living Essentially Strong”

**E-mail at** [christina@christinaarnold.com](mailto:christina@christinaarnold.com)

**Website:** <http://www.ChristinaArnold.com>



**Tammy Dickeson Oklahoma  
Pain? Stress? Inflammation?  
Options to Help Your Body Heal Naturally**

I had the pleasure of talking with Tammy Dickeson, owner of the multidisciplined Lymphatic Health & Massage Clinic located in Oklahoma. Part of her valuable work includes Joy Coaching®. Join us now as we discuss “options that help your body heal naturally from pain, stress and inflammation” among others.

**Carol:** Welcome, Tammy.

**Tammy:** Thank you so much Carol. I’m excited to meet with you today.

**Carol:** There are so many hurting in many areas of life today. It sounds you do such needed work. Will you share with our readers how the Lymphatic Health and Massage Clinic came to be and how Joy Coaching® became a part of the work you do?

**Tammy:** I became a massage therapist purely because I am addicted to learning. I just can't get enough. I actually had no intention of ever doing this as a career. I just wanted to learn it. I thought I might use it to help out my own family, but I never thought I would work on anyone else.

While at massage school, a longtime friend who was a chiropractor, kept trying to convince me to work on her clients. After several months of asking, she finally convinced me to work on "one" client as a favor to her.

One client eventually turned into 6 years of working with her before I separated and created Lymphatic, Health, and Massage Clinic. Another friend of mine developed breast cancer toward the end of my time at massage school. She requested I look into lymphatic massage because her doctors were telling her it was the only safe type of massage for her to get since she had lymph nodes removed during surgery. She could not find any therapists in our area that had the necessary training though, so she was having to travel out of state for it. After learning more about this modality, I fell in love with this powerful technique. At this point, 90% of my clients come for lymphatic drainage.

The newest addition to my menu of services is Joy Coaching®. I love this modality as well. It has made an amazing difference in my life and for my youngest son. I really feel it was something I was led to by God. I am excited to see the difference it can make in the lives of those who God chooses to send my way.

**Carol:** I understand Joy Coaching® is a faith-based program. Is that why you chose it?

**Tammy:** I chose to do this program because I felt God direct me to it. It has greatly improved my life and that of my family and my business by helping me improve my relationship with God in ways I didn't know to.

**Carol:** What is your driving force or your “why” for the work you do?

**Tammy:** I love helping people. I always have. Honestly, it helps me keep my sanity. I love hearing people's stories and how what I do helps them and their families live happier, fuller lives.

**Carol:** What is your purpose in doing /offering this work?

**Tammy:** My purpose is to help people get their lives back so they can get back to becoming the people they were meant to be; to fulfill their own life's mission.

**Carol:** More specifically, who is that you help and how do you help them?

**Tammy:** A large majority of my lymphatic clients fall into 4 main categories:

- 1) People with lymphedema, usually Cancer survivors
- 2) People with autoimmune diseases
- 3) Pre and Postsurgical clients
- 4) People who are looking to improve their overall health.

Lymphatic does 5 basic things:

- 1) Reduces Pain
- 2) Reduces Inflammation
- 3) Boosts the Immune System, helping it function properly
- 4) Boosts the Metabolism
- 5) Flushes Toxins

**Carol:** So, your ideal client, may be?

**Tammy:** I generally work mostly with people who are health conscious or wanting to improve their lives in some way. Someone who wants a better life and is willing to put a little time and effort into the process and believes that with God, anything is possible.

Many of these people deal with chronic pain or inflammation or high amounts of stress. Often my clients are discouraged or overwhelmed with what life has presented them and are looking for a solution that does not involve more medications.

**Carol:** I mentioned that the clinic and your work is multidisciplined. Would you like to expand upon this?

**Tammy:** I also see clients in a wide variety of other modalities including craniosacral therapy, deep tissue, hot stone, foot zoning, visceral manipulation, precision neuromuscular therapy, cupping, and, my newest edition, Joy Coaching®.

Anyone can benefit from Joy Coaching® because it is relaxation therapy. Who wouldn't benefit from time to rejuvenate while enjoying peaceful, Christ-centered music, a soft gentle and kind touch, and beautiful aromatherapy. A Joy Coaching® session is very soothing to the soul.

**Carol:** How did you learn of Joy Coaching® America?

**Tammy:** I met Karyn Lynn Grant, LMT at a doTerra convention. I felt drawn to talk to her the first day I saw her, but she was busy with other people. I went home and prayed about why it was important for me to be at convention that year and really felt it was because I needed to meet her and that I needed to do her entire program. At that time, I had no idea what that meant. I just knew I needed to do everything she had to offer. I went back the next day planning to wait until she had time to talk. We talked for a long time and I really felt like we had known each other for a long time and were great friends. I knew I had a lot I could learn from her.

**Carol:** How did you decide to become certified as a “Joy Coach”? I knew I would be getting certified from the very beginning, before I even knew what that meant. I just knew God wanted me to do the whole thing, whatever that entailed.

**Carol:** How has Joy Coaching® America benefitted your life personally and/or professionally?

**Tammy:** I just started offering Joy Coaching® in my practice, so it has not really had time to affect me much professionally, but it has affected me personally in so many ways. My favorite person to share about the effect this has had though is my own son. We adopted a little boy a few years ago. He had been through a lot in the short time before we got him; a lot of hurt and anger. Even as an infant he hated to hear any type of peaceful music. He would start screaming and crying if I tried to sing to him or play a lullaby. He seemed to think the music at church was all torture.

As he got older, he would always run out of the children’s program at church if he could, and if he couldn’t, he would create as many problems as possible so he could get taken to a parent as soon as the music portion of the class started. I had tried everything I could think of and things were not improving at all. Then I met Karyn and felt inspired to become a “Joy Coach”.

I used the Lullaby Connection with my son. I fully expected him to react the same way as he had to everything else I had tried, but instead he loved her music. He asked for his own copy and CD player to listen to while he went to sleep at night. He asked me to play the CDs in the car while we drove to school in the mornings. Over the course of a few weeks, he started having less problems in the church children’s program. He even started asking me to sing him some of the songs he learned there. It has been an amazing impact on him and on our family.

Joy Coaching® has also had a positive impact on a couple of my daughters who suffer from chronic mood issues and chronic pain.

The biggest impact though has been in my life. During the last 6 months of 2019 and the first week of 2020, I experienced some significant neurological symptoms that were degenerating rapidly. The neurologist told me, at one point, that she suspected I had an aggressive form of multiple sclerosis. There were days I could not even brush my own hair because I did not have the motor control necessary. There were times I fell in stores or had to have assistance walking or driving. I was in a lot of pain on a daily basis. By the last couple months of the year, we strongly suspected I would not be able to work much longer. Thankfully, the tests came back that I did not have multiple sclerosis and no one ever did figure out what caused the symptoms I was having.

The 8<sup>th</sup> of January was the last day I had any symptoms. They just simply disappeared and I have been fully functional since. During those 6 months, most people were surprised by my positive attitude. For someone who has struggled with clinical levels of mood issues for most of my life, it was really surprising, to most people who know me, how well I was able to handle what was going on.

I credit the Joy Coaching® that I was doing daily as to why it was so easy for me to handle most of the time. My resiliency has improved significantly. I have a wonderful team of other “Joy Coaches” who are great friends I can turn to when things get hard to deal with.

Also, my relationship with my Savior has improved dramatically and is what helped me through. I had complete trust in Him and in His plan for me. Occasionally, I would feel sad or scared, as anyone would, but in general I really was ok. Most important, I am happier with who I am and have confidence in my relationship with and value to my Savior.

**Carol:** As the Joy Coaching® America Program focuses on reducing stress, through deep relaxation, accessing the 5 senses, aromatherapy, music and more, I can see how it would be beneficial in anyone’s life.

**Tammy:** I don’t know anyone who doesn’t deal with more stress than they would choose in their life. We live in a fast-paced world and are exposed to all kinds of environmental stresses and toxins. Joy Coaching® is a great way to take a little time for yourself and offset some of that damage. Instead of just coping by watching a show or playing a game, take the time to actually rejuvenate your body and mind so you can get the most out of your life.

**Carol:** Describe the outcome you help your clients achieve?

**Tammy:** While lymphatic work is not a cure and there are no guarantees, generally my clients enjoy either a delay in the progress of the difficult symptoms they are experiencing or a reversal of those symptoms. For example, I have had several clients with lymphedema who came to me after their doctors and physical therapist had told them that their condition was as good as it was going to get. They were very discouraged. Over time, most have seen an additional decrease in size and improved function of their affected limb. Another example, I have seen clients with an autoimmune disease whose symptoms slowly began to reverse and others who the degenerative nature of their autoimmune disease slowed significantly.

I have one client who has had plaque psoriasis and psoriatic arthritis for nearly 50 years. Doctors said she had 90% coverage of her skin for the first 45 years or so. They also told her to expect to be in a wheelchair by the time she was 47.

She was 47 when she first started getting lymphatic work. She could walk with great difficulty and was in so much pain she could not even hold her infant grandson. She is now 52 and her entire family will work whatever they need to around making certain she is able to get her lymphatic drainage sessions because it has made such an obvious difference. She is now able to babysit her grandkids at least 70 hours a week. She walks better and has been able to significantly reduce her reliance on pain medication. Her doctor also told her that her psoriasis has been reduced to around 40% coverage. I also see a lot of clients before they go into surgery because getting lymphatic work prior to a surgery helps improve the effectiveness of the lymphatic system, reduce the amount of inflammation and pain, and helps to speed the recovery process. Clients who come in after a surgery can also get similar benefits.

Most of my post-surgical clients have either had cosmetic surgery or some unexpected complications from another surgery causing significant issues with swelling. The doctors that I have worked with have stated that following cosmetic surgery, it is expected that their patient will have swelling for 8-12 months. By receiving regular lymphatic care, most of my clients find they feel they are back to normal levels of inflammation at around 6 months. Additionally, I have many clients who come in to help flush toxins, lose weight, reduce both chronic and acute pain, and many other health benefits. I believe getting lymphatic work is beneficial for everyone.

I have had a variety of Joy Coaching® clients who have come in with varying degrees of emotional pain who have expressed that the session gave them just what they needed at that moment. Sometimes, they feel it has given them new hope, others it has renewed their energy level, and for some it has been life changing.

**Carol:** Such great case study shares. Thank you. Very helpful and informative Tammy.

Are there any perceived obstacles that might prevent those suffering from pain, inflammation, stress or many other conditions from seeking this type of help?

**Tammy:** Besides never having heard of the modalities I do, and therefore not having any idea that I could help them, time and money are the other two main obstacles people tend to state are their main concerns.

I work by appointment only, and at this point only schedule people with a direct conversation. My reason for this is first to determine before scheduling them what an appropriate time for their session would be and if my clinic is the best location for them to go for the results they are looking for. If another modality or therapist would be a better fit, I will recommend they go there. Secondly, this allows me to work with my client's schedules without burning out myself. I see clients as early as 6:30 in the morning before they go into work and as late as 9 at night depending on their schedule and situation. Talking with them directly allows me to coordinate my schedule with various clients and still allows me time with my family and for myself. As far as cost, currently, I actually charge about 1/3 of the going rate nationwide for my services in some modalities and am below the going rate for what I do in most modalities. I love helping people and never want cost to be a reason that people do not come to see me and get the help they need.

**Carol:** What are some of the most common fears a client may have not only in a session, but prior to scheduling or contacting you about your services/therapy?

**Tammy:** Because most people have never heard of lymphatic, a common fear is the fear of the unknown. Lymphatic is a very light touch technique and in general is painless and relaxing. Some people will experience some discomfort or even pain if the area of inflammation is very swollen, but usually it is already painful before they ever come in and feels much better by the

time they leave. Drinking lots of water both before and after the session helps reduce any possible experience of pain as well and improves the effectiveness of the entire session.

Another common fear is having to undress. While lymphatic is more efficient if done directly on the skin, in most cases I can work through clothing if the client is more comfortable. Of course, as with all types of massage, draping is used if the client does undress, keeping all private areas always covered.

Joy Coaching® is a great option for someone who wants to rejuvenate without needing to undress, as it is always done fully clothed and can even be done via zoom if the need arises to self-isolate again.

**Carol:** How can they get past these fears?

**Tammy:** If you are experiencing any fear, call and discuss your fears and concerns before your appointment. Most people enjoy the difference coming in really makes in their lives. I would hate to have someone miss out on the time they could be enjoying because they were afraid of some concern I could have addressed with a short conversation.

**Carol:** Any common misconceptions a person might have about any of the options you offer?

**Tammy:** The most common misconception that people have is that they should be able to come once and be done. The body has taken years to start showing the problems that it is having and I make no claims of being able to work miracles. I cannot undo years of damage and stress in one single one-hour session. Most people will see some benefit after one session, but the real benefit comes from a series of sessions. The body is a creature of habit, just like we are, and it takes time and consistent effort to form new healthy habits.

**Carol:** What's the most important question those who aren't living their best lives should ask themselves as they consider your services/options?

**Tammy:** Where will I be if I keep going the way I am going right now? Is that what I want or do I want a chance at a better future?

**Carol:** Any sessions that can be done long distance or hands on only?

**Tammy:** The only modality that I offer that can be done long distance is Joy Coaching®. All the other modalities I offer can only be done hands on.

**Carol:** Can you share 1 or 2 tips/techniques the readers can take with them today, i.e. to begin healing naturally?

**Tammy:**

- Take the time to take care of yourself both physically and mentally. It is essential. As the saying goes, you can't pour from an empty cup.
- Do things for yourself, like drinking enough water
- Get enough sleep
- Take care of your health
- Do things to allow your body to rejuvenate and not just cope
- All make it so your body can heal naturally so you can live a happier, healthier life and be the person God intended you to be.

**Carol:** Any final thoughts Tammy? Anything you'd like to share that we have not covered about Joy Coaching®, your Regional Certification as a Joy Coach® or your services?

**Tammy:**

I enjoy teaching about as much as helping people feel better, so another thing I offer at my clinic is education. There are not enough therapists in my area to handle the demand for these kinds of services, so I am working at changing that. On the lymphatic side, I help other therapists who are interested in learning lymphatic get the training they need and help mentor them as they develop their skills. I also teach classes for my clients at my office on a variety of topics from essential oils to financial fitness. My Regional Certification as a "Joy Coach" allows me to also offer classes which include the "Joyful Living Series", which is Joy Coaching® Level I for nurturing yourself, and Joy Coaching® Level II, teaching people to Joy Coach® their loved ones.

Finally,

- the state our body is in determines what we can do physically
- the state of our mind determines what we are able to process
- the state of our emotions determines how effectively our minds and bodies work.

All three things work together for our benefit or to our detriment. Many people are constantly looking for someone to fix them because they don't know where to start and think someone else will. But the body knows what it needs to heal itself naturally, whether that is help to overcome emotional problems manifesting as physical issues, or when it's time to focus on a physical issue with a little help from someone with a specialized training. Joy Coaching®, Lymphatic Therapy or other massage modalities can provide you with the extra assistance your body needs to get on the path to feeling better.

My vision is to help people get their lives back so they can become the people they were meant to be.

**Carol:** Tammy, this has been such an enjoyable, educational conversation. Thank you so very much. How can readers find out more about you and your work and services?

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## **Ramona Okkema Michigan Turning Hearts Toward Hope**

With this Special Edition of Business Innovators Magazine, focusing on Relaxation Therapists for Peace and 5 featured Regionally Certified “Joy Coaches” of Joy Coaching® America founded by Karyn Lynn Grant, LMT of Utah, I met Ramona Okkema of Michigan.

Below please take a listen into our conversation about her business Turning Hearts Towards Hope and how “Joy Coaching® America and her studies with “Joy Coaching® Academy and Karyn Lynn Grant, founder, helped create the work Ramona successfully does today.

**Carol:** What a wonderful topic and a service I am anxious to learn more about. There are so many hurting in many areas of life today. Will you delve a bit into how you came to designing: Turning Hurting Hearts Toward Hope as a business? It is such a wonderful, very potent and emotionally attracting name for your work!

**Ramona:** It evolved as I went through the Joy Coaching® program. I had essential oils and wanted to utilize them, but was just not finding something that fit with my lifestyle until I discovered the Healer’s Touch Method by Karyn Lynn Grant of Joy Coaching® America. It tapped into my own strengths and unearthed my own desire to do this work in my own unique way with my own experiences. I had this in my heart. I had it in my mind and when I found Joy Coaching® America it was a natural fit.

**Carol:** Since your studies with Joy Coaching® played such a key part, will you share how you learned of Joy Coaching® America?

**Ramona:** I first discovered Joy Coaching® America during the 2018 International doTERRA convention in Salt Lake City, Utah. Two of my travel mates wanted to check out some vendors set up in the area hotels. I did not have a shopping list, so I decided to wait in one of the less crowded areas. My eye caught a woman being tucked in the comforting looking blanket and a headset being placed on her head. The woman in the chair looked guarded and unsure. As time passed, I noticed Karyn Lynn Grant (I did not know her yet) gently applying essential oils, in specific areas, including under the woman's nose and forehead. Several different oils were applied and over the blanketed area as well. I noticed tears sliding down the woman's face, but she seemed okay and in a more relaxed state, actually, than when the session started. Now, I was starting to wonder just what was being said and what it was she was hearing coming through those headsets.

**Carol:** Intriguing. Please continue.

**Ramona:** I decided to be brave, take a chance and experience, what I just witnessed, for myself, especially, after seeing the woman in the chair standing up with a smile and look of hope that was not with her when she first was tucked in.

Karyn introduced herself and asked if I would like a mini “Healer's Touch” Session. She took the time to explain a bit about the process and it was not long before I was being tucked in, still unsure of what was going to take place. She muscle tested me for a specific song...one of the more than a 1000 she has written herself. At this point, I was totally trusting my gut and her, still not knowing what good would come from this unknown type of use of essential oils.

I was tucked in and as the headsets were placed over my ears it was **not** long before I heard a most comforting voice in a song. While I was hearing this song, the scents of essential oils were working in harmony with the gentle, soothing touch of Karyn's hands and fingers. My mind went to a place and time I knew as a little girl. A place where I did not experience much in the way of nurturing. What I saw and felt at that moment was different. I felt safe, I felt happy and I felt cared for. It did not make sense to me at the time, but as I listened to the lyrics in the song and allowed myself to enjoy the scents of various oils, I could not help the hope welling up in my heart..not only as that little girl from a long time ago, but also in that moment as an adult.

When the music stopped, I was a bit let down. I wanted to stay in that chair and experience more of that safe, relaxing place. When I opened my tear-filled eyes, I was met with some of the sweetest comfort experienced in my lifetime. I was wowed!!! Who would have thought a few essential oils, one song and some gentle whisper touches could so quickly change someone's mindset and place comforting hope in a wounded heart? What took place in those 10 minutes would forever change my life. I wanted more of what just happened and I was not going to leave that building until I found out more information.

After the convention was over it was time to pack up the vehicle and travel back some 1700 miles to home. All those miles gave me plenty of time to contemplate some of the convention highlights. One of those highlights included meeting Karyn Lynn Grant and being introduced to Joy Coaching®. Somewhere in between those miles I decided to REALLY check out “Joy Coaching® and Karyn Lynn Grant when I returned home to the farm. Several times the thought came to mind that just maybe I had found my answer to how could I use essential oils to the best benefit to myself and others. I was liking the idea more and more, but I still did not know how it all worked or what it was even called.

**Carol:** and so that is why and how you chose to become a “Joy Coach”?

**Ramona:** I chose to become a “Joy Coach” after personally experiencing the session myself. For several years, I had been purchasing oils. For most of that time, they basically sat on a shelf being used for an occasional insect bite, bruise or use in a diffuser. I wanted to make better use of my investment in the oils, but nothing seemed to compel me to do so.

After I experienced a mini “Healer's Touch” Session, I knew I had found the answer to my quest to find a more useful way to utilize oils. I purchased a recipe book from Karyn Lynn Grant. This book contained many essential oil blends and several recipes for smoothies. The startling fact for me was that Karyn had an accompanying song for each of those blends. I thought to myself: this could be fun. Who does not like to experiment with scents and beneficial oils while listening to uplifting and encouraging songs?

After further researching and checking out the “Song and Scent Method” by Karyn Lynn Grant, my interest led me to taking classes via Zoom calls. After taking “The Healer's Touch Certification” program, I was more determined than ever to make good use of the stash of essentials I had that barely had been used for anything else. I was excited to learn as much as I could about this type of relaxation therapy. With 3 levels of certification for “The Healer's Touch Method,” I knew I needed to stay committed to learning as much as possible.

**Carol:** Availability of taking the classes via Zoom must have been very beneficial.

**Ramona:** One of the highlights of taking these classes on zoom is the opportunity each student has to experience a Healer's Touch session with the instructor. Lots of practice opportunities. Even though I live in Michigan and the Instructor lives in Utah, I was still able to learn online, using the oils, songs and music. Classes via zoom allowed each of the Joy Coaching® students to witness each of our own personal coaching styles, as well as, overtime, bond with each other. We are a band of “Joy Coaches” across America and even in Australia. Even though we all come from different family and career dynamics Joy Coaching® fits into each of our lives like a glove.

As I practiced these protocols on myself, at first as homework, I began to realize just how soothing and comforting self-nurturing could be. Not only was I learning “The Healer's Touch Method™” to bless others, but I was blessing myself with practice sessions at home. The end result of these practice sessions always included a sense of peace and hope in my mind and heart. Who does not want more of that in their life?

I knew I was onto to something very unique and special. How could I keep this to myself? I wanted to share this technique with others, hoping to see them encouraged and uplifted as I was. This was how I came to be passionate about being a “Joy Coach”.

**Carol:** There have been obvious benefits to your life personally and professionally. Care to expound?

**Ramona:** There is not a single person that does not live with some type of stress. Most of our lives have commitments on varying levels simultaneously. Most of us have a way of convincing ourselves we have just enough time to do a bit more. In doing that, we squeeze out the person we knew best first: our self as a child.

Life is challenging from the get go. As children, we live, grow up in a world experiencing a magnificent

proportion of things for the very first time. These first years are also our most impressionable years. Some impressions are nurturing and cultivate a sense of confidence and courage. Other impressions leave hurts and wounds. We are creatures of habit.

As time goes and we get older, there is less time and acceptance by others to think and discover as a child. Yet, hurts and wounds get buried in the “grow up and act like an adult” years. Speaking for myself, one can even be unaware of emotional wounds buried in the race to be a successful adult. Whether I do a self-nurturing Joy Coaching® session or receive a session by another “Joy Coach”, there is some type of emotional release. A release of emotions that is replaced with a sense of calm and peace of mind.

Each time I walk away from receiving a session, my mind is less cluttered; my sense of being is more relaxed, knowing a bit more about my purpose, calling and mission in life. It is a wonderful trade off. I smell good; I feel good from the oils used and even discover a new song to hum or sing along to - all uplifting benefits of a typical session.

With these results, I return to my role as a mother, wife, dairy farm owner, shepherdess, friend refreshed and encouraged.

**Carol:** and your clients – care to share some outcomes you’ve helped clients achieve?

**Ramona:** I recently had a client, that after several sessions, revealed to me she was no longer considering suicide. I was unaware of this struggle in her life. She shared with me how powerfully encouraging the lyrics were in several songs she had heard during her sessions. The faith filled message in the songs brought her to the realization that she was important; that her life mattered to others and that she had a unique calling upon her life to help make a positive difference in the world around her.

**Carol:** that is so uplifting and indicative of the work you are sharing and doing. That seems a wonderful experience and result, as well, for you both and others in her life residually.

**Ramona:** In addition, Joy Coaching® sessions offer help in many situations, such as: a combination of bad weather, commodity prices dropping and exports to China dropping up to 75% are just some of the reasons farmers are under more pressure than ever. American Agricultural families make up for only 5% of the population despite the fact they feed themselves and the other 95% of the population. Although, small in numbers, they carry a heavy load, providing food across the nation.

Due to these financial burdens, it is harder than ever to make ends meet financially. Many farm family households have had find employment outside the farmstead. This makes for a disconnect in family farm communications and less time working and living together. Joy Coaching® sessions can usher in some reprieve from such hardships as well.

**Carol:** Your unique gifts, Ramona (of which I see many) that separate you from other coaches?

**Ramona:** I am a very compassionate emphatic person. Usually, I can enter any room or gathering and sense the moods of people without them ever saying a word. Some of those moods are not healthy for themselves or others. I am drawn to helping usher a client from place where they are willing to release fears that have haunted them to one of peace in their hearts and a desire to seek out the Joy in life for themselves.

Life is a gift from our Heavenly Father. Until we start using that gift, we will never know our own potential. Joy Coaching® sessions are like helping someone unwrap that gift. Instead of ripping open the package, time and careful unraveling of the gift help to appreciate the Giver of the gift, as well as, the gift itself.

**Carol:** What are some common misconceptions that a person might have about Joy Coaching® and your work?

**Ramona:** I am not a Psychiatrist. I am not a massage therapist(yet)...this is one of my goals in the next two years and do not give massages. What I am is a relaxation therapist, a grief coach and someone people can hear a message of hope from.

**Carol:** What are some of the pitfalls that a potential client may have about your services?

**Ramona:** Expecting Joy to show up in one session on a silver platter. Joy Coaching® sessions are a time of introspection. As a client relaxes on a massage table or hospital bed or in a wheelchair, my goal is to help create a time where mending of broken hearts and emotional wounds can take place. Very rarely does that take place in just one session.

As one client stated: A Joy Coaching® session is so personal. Healing is needed throughout life for different reasons. We all need healing." With turning hearts towards hope or as it has been now dubbed: h2h or "heart to heart" Joy Coaching® sessions, finding hope and joy takes place as the layers of our wounds are exposed and cared for; gently and at the pace of the client. Relaxation takes place as clients experience the calming that comes with sessions.

**Carol:** What other perceived obstacles do you see that might be preventing those suffering from hurting hearts from seeking this type of help?

**Ramona:** Some people prefer to be private. Each Joy Coaching® session is different as with each person/client. One does not have to talk. Some people cry, some lay silent, some just smile and some share what comes to mind in bits and pieces over the course of several sessions and some experience a whole range of emotions during one session. That later is most normal.

With Joy Coaching® sessions, nurturing comes from the combination of the 5 senses being utilized, using the scents from the oils, the natural benefits of the oils on the body, the imagery of the songs being played and the light whisper touches received by the "Joy Coach". You may ask...what about the sense of taste. Now and then my clients enjoy a smoothie that contains some essential oil drops...like citrus flavors; lemon, lime, orange, tangerine or even mint flavors. Other times it could be a piece of real chocolate. There is plenty of information on the web explaining the many health benefits of eating dark chocolate.

**Carol:** Do you have a specific niche, Ramona?

**Ramona:** As part of the Joy Coaching® Program, as students, we are asked to recognize our Niche's within the program. This took considerable thought. I knew I could share the benefits with my immediate family and teach others to do the same, but as far as a specific niche, I had never considered that much. After giving a session to a psychologist for a local Veteran's Hospital, she inquired if I did any

volunteer Joy Coaching® Sessions for the Veteran Community. She had expressed a great need for these faith-based relaxation experiences. In her opinion, many would benefit from such.

I then considered this as one of my top niches. However, I am a dairy farmer and understand the farming life firsthand. With hundreds of farms closing doors last year, in Michigan alone, I knew many farm families were experiencing grief and stress in portions like never seen before.

Most people do not realize the suicide rate amongst farming families is 5x that of the military veterans. Both sets of numbers are staggering. Having grown up on a dairy farm, married into a dairy farm family overseas; The Netherlands and operating a 3rd dairy farm in Michigan I know firsthand the need for farm women to receive Joy Coaching® Sessions. There is always hope. Sometimes it just takes a listening ear and heart from a fellow farm owner to share tried and true words of encouragement.

**Carol:** How very sad. Our world is certainly much different than it has ever been. Hopefully, can the sessions be done remotely?

**Ramona:** Despite the challenges of rural living Joy Coaching® is made possible with the internet and apps like Zoom. Sessions can be done online or even on the phone. The ideal session would be done in person, but with the current environmental challenges many are taking advantage of ZOOM.... Normally, a client would come to me for a session. When someone may be confined to a living situation or bed ridden there is the possibility I could come to their location.

**Carol:** Joy Coaching® is a faith-based program. Why did you choose a faith-based program of study?

**Ramona:** I rely on God for everything. I am a faith-based person. I was not always so. As a farmer and Shepherdess, I have seen miracles happen in the barn and in the pasture that left no explanation except by the hand of a Compassionate Creator. To find a program that is faith-based, also enhances the compassion of God. Through the music and oils, I can help point people towards the Healer in the Healer's Touch Method. Deep Consolation and lasting comfort comes through Christ. I consider it an honor to be a conduit for such work. Mending broken hearts is tender work. My heart is so congruent to this kind of work. I cannot think of any greater Joy in my life than to see someone transition from tears and deep grief towards looking forward to their next day, their next discovery in the gift of life. It is my belief and experience firsthand A compassionate God is, waiting like a Gentleman to lavish His gentle mercies on those willing to receive Him. He is never rude and does not force us to do anything we are not comfortable with. Joy Coaching® is very much like that. Every client has walked away feeling loved and cared about.

Not all clients understand or know of the Love of God (higher power), but that should not stop someone from discovering the true blessing of a Heavenly Father wanting to bestow the gift of peace, love and Joy upon His greatest creations.

Many of the songs used in the sessions help clients visualize the opportunity to experience such a love for themselves.

There are also such songs for children. There are many children's songs that are delightful. Some of my most memorable sessions are those with children. They love the scents of the oils, especially the citrus

oils. One of the beautiful things about doing sessions with children is seeing the Joy in their mom's eyes as she sees the children become calm, sometimes hear her children express their inner thoughts and seeing their children doze off to sleep with a face that shows peace written all over it. Sessions with children are always done with their caretaker; parent...usually their mother.

**Carol:** That is special and touching. SO happy to hear of this type of work and services available. Your regional certification also separates you from certified "Joy Coaches" because?

**Ramona:** As a Regional Certified "Joy Coach", I am able to teach parents the "Healer's Touch" Technique. This allows parents to bless their children at home. Getting kids to bed is usually a challenge with mom being tired already. Joy Coaching® sessions for children utilize the Lullaby Connection series of CDs combined with the Song & Scent method by Karyn Lynn Grant, LMT. Some of the CDs include titles like: "Magic Kisses", "Sense of Peace" "Angel Dreams", "The Morning Star", "Just Beyond the Rainbow", "Where Does Love Go?". There is even a coloring book to accompany the Lullaby Connection Series. What better way to spend time with your children while getting them to bed than with these ministering songs playing as children receive light whispers touches while smelling the wonderful scents of the oils like Lavender, Frankincense, Siberian Fir, Wild Orange and more.

**Carol:** I'd like to delve more now into your Turning Hearts Towards Hope, more specifically as well, as it is how and where your Joy Coaching® studies and life has led you.

Will you share 3 points that you absolutely want the readers to know about Turning Hurting Hearts Towards Hope?

**Ramona:** I'd be happy to.

1: Finding someone to talk to you can trust. My own experience in having someone to talk to, to have someone to really understand what I was feeling; when you feel like no one on earth could possibly understand what you are going through; to find someone I could trust was in my case, my "Joy Coach". What gives me hope is when I talk to someone who understands so I share: find someone to talk to.

2: Express your feelings on paper. As you express your feelings, they make more sense. Being very honest with our emotions; emotional honesty...telling where we really are by opening up our hearts and sharing how deeply it hurts. Opening up and being honest. As a "Joy Coach", I am a compassionate witness and emotional confidant. As a "Joy Coach", I suggest some very creative ways to script or journal.

It is like opening a blind in a dark room and letting the light in. It is like being in a dark room emotionally and isolating oneself and holding sorrowful feelings inside.

3: I find hope when I find someone who will guard my feelings and will be there to help me work through a hard time in my life. Even "Joy Coaches" need "Joy Coaching® sessions. We do not have to tell our private heartaches during a session. Someone can just come and have deep relaxation. It is wonderful knowing there is still love in this world and that love can be expressed through a "Joy Coach" using the Song and Scent method.

**Carol:** Who is that you specifically help with Turning Hurting Hearts Towards Hope?

**Ramona:** Anyone that comes to me. Anyone that is willing to let their grief be known. Anyone with a hurting heart. This could be someone who is grieving the death of a loved one or colleague, the loss of a pet, who was recently let go by their employer and does not have much hope for the future. It could be someone who has a child or children that do not want to go to bed at night and is looking for a way to help settle them for sleep time. It could be someone who has a broken heart from a previous relationship(s). It could be someone that is struggling with not so pleasant childhood memories. Someone that needs an understanding heart, a bit of comfort and a rest stop along the way in their journey in life.

**Carol:** What is the most important question those with hurting hearts should ask themselves as they consider Turning Hearts Toward Hope?

**Ramona:** "Do I want to heal or stay hurting? Do I want to experience real Joy in my life? Am I willing to rest for an hour or so with someone whom I can trust and who is willing to help me discover my calling, my purpose and my mission in life?"

**Carol:** 3 tips for Turning Hurting Hearts Toward Hope?

**Ramona:**

1: Come in for a session; receive a sweet, beautiful, compassionate, consoling and relaxing session from me that could include soothing oils, comforting music, a prayer of encouragement-there is not quite like the power of prayer.

2: Take a walk in nature. Take a camera and take photos of the beauty in nature. All the way be willing to open your heart to God (Divine Creator) and express your hurts and sorrow and whatever you are afraid about.

3: Turn to a journal or write a letter to God and script out(write) what you are feeling. Be totally honest and putting it out there as you see and feel. There is nothing too emotional for the Divine Creator to not understand.

**Carol:** Ramona, is there anything you'd like to add that perhaps we have not covered so far?

**Ramona:** "Joy Coaches" are non-judgmental and innately compassionate. I want to help others find joy, peace and love in their hearts so the world can be a sweeter place for others now and in generations to come. There is a passion flowing in me like a life line to help others experience true Hope and Joy; to discover these gifts for themselves and in doing so they will discover more buried treasures within themselves worth living for.

**Carol:** Ramona, this has certainly been very informative and enlightening. I wish you continued success with your work and further establishment of Turning Hearts Toward Hope.

**What is the best way for readers to learn more about your work or contact you?**

**Ramona:** H2Hjoycoaching@gmail.com



## About Carol A Santella

Carol A Santella is a Right Hand Advisor and Consultant to Business Professionals; is a Best Selling Author, Health Consultant, Strategist and Publicist. Carol is also a Radio Show Host for Business Innovators Radio, Host and Founder of Inside with Carol™ covering Innovators and Trendsetting Influencers in the Fields of Business, Health and Wellness, Medicine, Leadership and Animal Related Industries. Carol is also a Contributing Writer for Business Innovators Magazine, Small Business Trendsetters and the Founder of the Health and Wellness Leaders and Influencers Group; is world renowned for her Acknowledgment and Recognition Model of those who stand out above the rest and assisting them with The Power of Positioning™. Carol is the founder and operator of The Listener Network® which now encompasses her health, communications, publishing and business consulting work.