

SoulWork

for individuals and for couples



Personal and spiritual development
Counselling and coaching
Energywork - supply and inner connection
Relationship Work, Couples therapy

With Michael Matthis

This coaching and therapy form is simple and very effective. We journey together through your requirements and see where you are, what you want and what stops you from living as you want. We start from the meeting and the process that occurs in the present.

Your inner core is the foundation. Soul Work is a method that combines both the internal and external, your personal development and your spiritual journey through life in a larger perspective. In a practical manner. We reconnect with your inner center, a core of energy that we all have within us, our true self. But often we have lost this contact or don't know about it. Our power has been hidden or distorted by personal obstacles, family patterns, undelivered bands.

My job is to support your inner connection and larger wholeness within yourself. You can transform your limitations and difficulties, and expand your consciousness and your energy. I often work with combinations of soulcontact, your internal and external realization and insight, with relational and family issues (using Family Constellations, etc.).

These tools provide effective and often direct transformative possibilities for your growth. You can fill up with new energy (some come just for this!) And

learn how to use the energy of healing and renewing power. Many other tools are used, such as reflectivity, internal and external focus, your choice and will. Body Awareness, internal contact, stillness and presence, meditation, energy connection, etc.

You can choose different support

One or more of these starting points may fit your needs:

- During crises, sweeping changes or big choices in life.
- If you're stuck and need assistance to orient yourself and find new angles.
- Emphasis on spiritual guidance, existential questions.
- Support for your energy processes. Or relaxation, meditation, "the way inwards".
- Support for your relationships and family issues.
- Or maybe you just know that you "should" come without knowing quite why. To take a new step, because it is the right time.

Practical issues

Respect for integrity: I work with great respect for the individual's space, needs and individual choices. While I have respect for the inner, spiritual impetus to arrive in you. I work based experience with an active process. This means that I participate actively in this process and clearly convey what I see and perceive as important.

My experience: I've worked with people since 1984 in various forms of development. Since 1994 I have used and developed a therapy that combines therapeutic tools, spiritual connection and energy work. This has over the years led to forming the Soul Work method. To learn more about my background, you can do so [here](#) (only Swedish so far).

Booking rules: When we have booked a time, you have agreed to the reservation rules apply. If you need to cancel your appointment, you need to do it at least three weekend days before time, or else the full fee must be charged.

Where: For several years I have been receiving people at Mötesrum ("The Meeting Room"), at the heart of Stockholm. Adr: Luntmakarg. 52, 1 tr (parallel street with Sveavägen). Port codes are provided when booking. Subway: Rådmansgatan, upgraded. Tegnérgatan. You can sit in the waiting room, until I will get you.

I speak and understand English very well.

• **For contact and more information:**

Mail: info@herkules.nu Phone: 46 70 749 60 88

For more info about Soul Work, look [here](#) (only Swedish so far)

- Article in the Swedish magazine Leva on Soul Coaching (Feb 09)
- Article in the Swedish magazine Amelia, Part 1 and Part 2 (Feb 08)