

THE
BUSY WOMAN'S
MEDITATION

By

P. Lynn Ahearn



Your Strategy Session/Initial Consultation

Hi There Sweet Soul!

Thank you for your interest in knowing more about meditation and coaching with me by requesting a complimentary [Strategy Session](#). I'd love to meet with you and I am happy to set aside about **30 minutes** to have an opportunity for us to get better acquainted with each other.

We'll go over your [Meditation Questionnaire](#), I'll answer your questions about meditation or about any challenges you're having with meditation. I'll also tell you about my meditation coaching course, the "[Busy Woman's Meditation Program](#)." We'll also see if coaching with me will best meet your needs and if we're a good match for each other.

Read about who I work best with [HERE](#).

If you haven't done so already, please [contact me](#) or [email me](#) directly to schedule your 30-Minute Strategy Session. An appointment is **NOT confirmed** until I receive your completed [Meditation Questionnaire](#) and you receive an email confirmation back from me.

My regular days and hours are Monday - Friday, 10 am to 6 pm, Eastern Time. **It's helpful if you can suggest 2 different times to meet on the phone.** If you're an international client or even a domestic client and my time frame isn't going to work for you, no worries, please advise me and we'll find another one that's mutually beneficial.

How It's Done

We do this session over the phone and you will be calling me at [1.772.333.9555](tel:17723339555).

Please email your time zone info to me.

I am in Florida in the US Eastern Time Zone.

You can adjust the time for YOUR TIME ZONE [HERE](#) .

If you live outside the US, we can do this via Skype if you prefer, so please provide me with your Skype contact info and you will be Skyping me for our session.

My Skype name is Lynn Ahearn, Soulful Living Coaching.

Prior to our session please [email me](#) your Skype name if we'll be using Skype.

Click this link to learn more about [Using Skype for Your Coaching Session](#).

So that you're more familiar with my work, please take a look at my [Program](#) and my [Frequently Asked Questions](#), then come to this session with an open mind and heart.

Thanks so much for connecting with me, I'm really looking forward to “meeting” you!

Warmly,



P. Lynn Ahearn

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[Have we connected on FaceBook yet?](#)



P. Lynn Ahearn

Life Coach, Meditation Teacher, Author, Reiki Master, former Director of the Law of Attraction Training Center, Certified Career Intuitive Coach®, Higher Consciousness Coach and Law of Attraction Coach Trainer.

As a life coach working with women for the past 17 years, it's Lynn's intention to make meditation simple, practical and accessible *for all women*. It's her great honor to help busy women to easily incorporate meditation into their lives as part of their daily self-care and create their own solid meditation practice that supports them and helps them to have a better life.

Lynn is also the author of the book, *Awakening To The Wisdom Of Your Soul*, a memoir about her own journey of spiritually Awakening. Read an excerpt [HERE](#).

Visit [Busy Woman's Meditation](#) for a variety of resources to move you forward on your life's journey.

Discover More

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