



PARALLEL ◊ REALITIES ◊ PRACTICE

an exploration that shifts your perspective and transforms your life

Parallel Realities Practice is not a philosophy. It is a potent psycho-spiritual tool that is quickly learned and deeply experienced as a tangible and physical truth that shifts your perspective and in doing so, transforms your life in powerful yet gentle ways.

Shifting perspectives changes your reality and it is possible for an expansive change to happen almost effortlessly as you use the tools and techniques provided in individual sessions to consciously choose your new direction in life.

*The outcome of our work together is to help you bring peace to your inner conflicts and reveal the beauty and strength that is already alive within you. – Coly Vulpiani*

### **Individual Sessions: A Powerful Catalyst for Personal Growth and Professional Development**

Individual sessions are the most direct and effective way to explore the totality of who you are and connect with your most authentic self. The work done in individual sessions is subtle, powerful, and is also self empowering. As you practice using the tools you become more able to experience a wider range of accomplishment and conscious choice in your personal and professional life.

*The true spirit of this work is to create a cauldron of safety for you so you can ignite the flame of consciousness and use it to burn through unhelpful beliefs and behaviors. I help you do this by using the following steps. – Coly Vulpiani*

#### **THE STEPS**

- Creating a Safe Space
- Understanding the Cause of Conflict
- Embracing Opposites
- Practicing Peace

#### **Creating a Safe Space**

The foundation of our work together is built on trust.

We will spend time getting to know each other, discussing the issues you would like to address, goals you would like to achieve, and questions you may have. This will allow you the opportunity to see if we have a connection and at the same time give you the space to sink into yourself and have a chance to get more comfortable before you begin this work. In this time you will start to develop the trust required for the work you will be doing. You will be working in the container of trust created by our relationship.

## Understanding the Cause of Conflict

As human beings we suffer when parts of us are in conflict.

Often you are not even aware of this struggle and when you embark on the journey into unknown areas of yourself and explore the landscape of your inner world, you will not only encounter excitement, but also resistance because of this conflict. In this stage of the work you will take the time to look at the source of conflict and start to create a road map for your inner travels. You do this by exploring the theories, philosophies, and techniques you will be using to demystify how your personality was developed, identify unhelpful and helpful beliefs and behaviors, and begin to value and understand the gift of vulnerability. As a result you will prepare yourself with the tools and resources that will provide you support on your journey to wholeness.

## Embracing Opposites

Resolving the conflict inside of you requires embracing your opposing parts.

You will start with what I call the peace process, which helps reveal those opposing parts. It starts with the work itself; it is the vehicle that carries you on your journey into the unknown. The work begins by putting the tools we have talked about into action. You will further explore the cause of conflict as you look at the rules that created the behaviors which allowed some parts of you to be in power while others were banished and hidden in the shadows. This process increases the awareness of how you function and ignites and strengthens the part of you I call the 'Conscious Choice Maker' which has the ability to stand between your opposing parts, use what is of value from each, and consciously choose what actions to take. It is the *empowered presence* of the Conscious Choice Maker that brings peace to inner conflict.

## Practicing Peace

Without practice there can be no mastery.

As you go through your day, every time you observe the various selves as they are functioning you are brought into the present moment, the place life is lived, the only place change can occur. Using the tools each day cultivates your conscious awareness and self-compassion, revealing the beauty and strength that is already alive within you. These are the qualities that will allow you to embrace the totality of who you are including the vulnerability that is at the core of what it means to be human. By integrating your personality and your unique spirituality you will harmonize and bring peace to the parallel realities in which you live.

So if you want to free yourself from old patterns of behavior that are keeping you stuck, and bring clarity to your decisions so you can move forward with confidence, you need to become aware of the cause of your confusion, identify the parts of you that are in conflict and shift your attention from searching for an answer and focus it on embracing your opposing parts.

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Coly welcomes your call to discuss what you would like to transform in your life and explore ideas about how sessions can be personalized to meet your needs and goals. Coly also conducts retreats, workshops and on-going groups throughout the year. Visit [Parallel Realities Practice](http://ParallelRealitiesPractice.com) web site for details.

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