



Spiritual Coaching

with Natalia Kuna

List of Spiritual Topics

[NATALIAKUNA.COM](https://nataliakuna.com)

LIST OF SPIRITUAL TOPICS

This is a general guideline / list, organised into categories, There are other topics / tools / techniques I can teach you on a personal level or train you for your work/business. We can discuss further in person.

ENERGY HYGIENE and AWARENESS

Core Foundations for Empaths, Sensitives and Awakening Souls

Energy Hygiene

This focuses on establishing a sacred, daily energetic care practice to stay grounded, clear, and aligned as a sensitive being. Includes:

- Daily energetic, sacred, spiritual care and practice
- Clearing your energy field
- Clearing energy fears, triggers and blockages
- Chakra awareness, clearing and balancing
- Grounding yourself physically and energetically
- Clearing your home's energy
- Saging self and home
- Tools for managing sensitivity to energy (people, places, cosmic shifts)
- Developing energy awareness, understanding and navigating energetic overwhelm
- Dealing with collective energy / energetically support yourself during intense world events or life stress

Raising Your Vibration

This is about consciously raising your frequency so you feel lighter, brighter, and more connected. Includes:

- Techniques to raise your vibration fast
- How to raise the vibration of your home
- Fill up your energy and feel more rejuvenated

Spiritual/Energetic Protection

This teaches how to protect your energy field, space and well-being from external influences, and not to feel so affected by people's energy, with tools and boundaries that feel empowering. Includes:

- How to protect your energy from negative influences
- Psychic attack and how to deal with energy vampires
- Emergency protection tools

- Protecting your home and family spiritually
- Setting boundaries and energetic shielding

INNER GROWTH and EMOTIONAL HEALING

Calming, Centering and Inner Peace

This focuses on creating inner stillness, calming the mind, and anchoring peace within so you can stay centered amid daily life. Includes:

- Tools to calm and clear the mind
- Reduce stress or anxiety
- Overcoming overthinking and distraction
- Inner sanctum and sacred space (internal and external)
- Visualization, breathwork and meditation practices

Personal Power and Self Healing

This area supports deep healing and emotional empowerment, helping you reclaim your power, release old wounds, and step into wholeness. Includes:

- Healing trauma, inner child and ancestral patterns
- Clearing core wounds, childhood imprints, and parental issues
- Self love, self worth, and emotional empowerment
- Learning to own and embody your personal power
- Forgiveness and inner liberation practices

Toxic Relationships and Boundary Mastery

This guides you through identifying and healing from toxic dynamics while developing strong, soul-aligned boundaries. Includes:

- Identifying toxic dynamics and energy drains
- Cord cutting and energetic detachment
- Healing codependency and relationship karma
- Creating healthy boundaries in all areas of life
- Shadow work, letting go and soul contracts

INTUITION, ANGELS AND SPIRITUAL SKILLS

Intuition and Psychic Development

This focuses on safely developing and trusting your intuitive and psychic abilities with clarity and confidence. Includes:

- Strengthening intuitive connection
- Developing psychic abilities and the '*Clairs*', eg: clairvoyance (seeing), clairsaudience (hearing)
- Third eye activation and safe psychic opening
- Connecting to your heart, body, soul, higher self
- Protected intuitive reading practices for self or business
- Safe channeling and automatic writing

God (Source), Angels and Divine Communication

This area supports building a relationship with angels and the Higher Power so you can receive guidance and feel their presence. Includes:

- How to work with angels and archangels
- Angel specialties and roles
- Receiving signs and messages
- Feeling angelic energy and building a connection
- Asking for help and receiving divine support
- Connecting with God / Source, Jesus, angels for guidance and healing

Oracle Card Reading

This covers how to use oracle and angel cards with spiritual integrity, deepening intuitive messages for self or others. Includes:

- How to use oracle / angel cards
- Reading for self or others (privately or professionally)
- Advancing your reading accuracy and intuition
- Working with angels and guides in your readings

Spiritual Practitioner and Psychic / Energy Skills Training

This is for you if you would like to deepen or add to your spiritual skillset – learn or advance in spiritual procedures, gain useful tools for personal practice or add services for professional use. It's also a great way to add techniques to your repertoire, no matter what holistic work you do. Includes:

- How to do psychic / intuitive readings and / or energy healing / conduct energy or intuitive sessions, from start to finish (all levels, and if advanced)
- Learn specific techniques such as cord cutting, removing soul contracts, soul retrieval
- Delve into speciality areas such as angel healing, psychic surgery etc
- Train to do professional house clearings or spirit release

SOUL PURPOSE, SPIRITUAL BUSINESS and ENTREPRENEURSHIP

Life Purpose, Authenticity and Soul Work / Business

- Bringing authenticity and soul into your business
- Understanding your path, calling and mission
- How to live intentionally and on purpose
- Fulfilment through meaning-based work
- How to speak from soul, not fear or persona

High Frequency Alignment

- Building alignment between you, your work and your audience
- Aligning with your goals and vision in a higher way
- Call in soul-aligned clients in pure, way
- Adding frequency to your goals, projects, products, service, suit, website etc
- Creating high frequency spiritual vision boards
- Turning down all the noise in your environment and the entrepreneurial space

Moving Through Fear and Turning on Your Light

- Overcoming fear, imposter syndrome and visibility blocks
- Shining your light, claiming your voice, niche and worth

Intuition in Business

- Developing and trusting your intuition in self and business
- Working with angels and guides in business decisions
- Making business decisions that align with your intuition
- Dealing with multiple inspiration / interests / projects so you can hone in
- How to know what to focus on next, and what to toss or save for later

- How to incubate ideas and allow guidance to come through

Business Structure and Management (with Soul)

- Setting up your spiritual practice with sacred systems
- Organizing your services and setting strong boundaries
- Spiritual ethics and client care
- Time management, planning and systems
- Public presence, online protection and energy management
- Social media with soul and mission-driven content

Setting up your spiritual practice with sacred systems

The *foundational structure* of your business, intentionality, energetic alignment and organizing your business in a way that respects your spiritual values — such as:

- Creating clear offers and processes (how clients book, how you deliver services)
- Setting up energetic or sacred rituals around your work (e.g., grounding before client sessions, blessing your workspace, clearing after sessions)
- Having spiritual or soul-based systems for decision-making, planning, and expansion.

This is for those who want a business that feels sacred, not just strategic.

Organizing your services & creating clear boundaries

This focuses on how you *structure, communicate, and deliver* your offerings — with clarity and spiritual integrity, so you don't feel scattered, bitter or drained. Includes:

- Packaging your services clearly (what's included, what's not)
- Being energetically clear about your availability and limits
- Establishing healthy client boundaries (e.g., not overgiving, having clear cancellation/rescheduling terms)
- Feeling safe and empowered in your role as a facilitator, guide, or healer

Spiritual ethics and intentional client care

This covers the *moral and energetic responsibility* of working with others spiritually or energetically, an essential piece for healers, coaches, readers, or anyone doing spiritual work with others. . It includes:

- Staying in integrity with your gifts and how you use them
- Being discerning with what and how you share intuitive/spiritual information
- Respecting client sovereignty and not creating dependence
- Knowing when to refer out, if something is beyond your scope
- Being clear on confidentiality, consent, and ethical presence

Aligned time and energy management for business flow

This one's about managing your time and workflow in a way that honors your energy rhythms and spiritual needs, especially supportive for sensitives and soul-driven entrepreneurs:

- Not over-scheduling or pushing through burnout
- Designing routines or schedules that allow space for energy clearing, soul connection, or downloads
- Using planning tools in a heart-led way (e.g., batching content around moon cycles or intuitive flow)
- Creating sustainable rhythms for client work, creation, and rest

Public presence, online protection & energy management

This expands on what's needed to *show up in the online world* while staying energetically protected and soul-aligned, key for anyone who struggles with online exposure or empath overload:

- Managing your visibility in a way that feels safe (no forced hustle or false persona)
- Protecting your energy when sharing content, going live, or responding to clients/messages
- Creating energetic boundaries around your social media, website, inbox, and online offers
- Being discerning with what you share publicly vs. privately

Soul-aligned content and online expression

This touches on creating content — blogs, social media, emails, offers — from a place of truth and authenticity, ideal for those who feel blocked, inconsistent, or unsure how to “market” spiritually:

- Expressing your message in a way that reflects your soul, not trends
- Letting your content become a channel for your light, not just marketing
- Finding your voice and trusting your words, even when vulnerable
- Balancing strategy and soul when creating offerings or launching something

READY FOR COACHING OR MORE ENQUIRIES?

CONTACT NATALIA:

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MORE INFORMATION:

About Spiritual Coaching: www.nataliakuna.com/coaching

Book a 15 Minute Zoom Free Chat (to discuss further / meet approval for coaching): [Click Here](#)

Book a Coaching or Intuitive Reading / Energy Session: www.nataliakuna.com/services

Reminder: Coaching clients need to be met and approved first to ensure we are the right match.

Thank you kindly
