



# Relationship as a Spiritual Path

# Inner Peace for Couples

A 4-Month Coaching Program for  
Deeper Connection and Transformation

*Do you long for something more in your relationship?  
More joy, more peace, more connection?*

*Do you long to be 'met' by your partner in a truly amazing and meaningful way?*

*Do you want to feel heard and held?*

*Do you wish to heal a hurt or a betrayal that's caused a lack of trust in your  
relationship?*

*Are you on a spiritual path and want to bring your vision of  
a spiritual life into your relationship?*

*Do you want to wake up, spiritually, together,  
and would you love a program to support that?*

If you answered yes to any of these questions, this program for deepening your relationship through connection could be the answer to your prayers.

We are all spiritual beings as well as human beings. ***Relationship as a Spiritual Path*** expands a couples' vision of what their relationship can be and brings it into a lived experience.

Join me, Cynthia Luma, Holistic Counselor and Relationship Coach in ***Inner Peace for Couples***. Through my Conscious Relationship Skills System, I'll show you how you can discover a fuller, stronger, more loving version of you as a couple!

[Schedule Free Consultation](#)

**In this Groundbreaking Relationship Experience  
you'll have an opportunity to:**

- Acknowledge your unique journey as a couple, embrace your relationship gifts and challenges

- Develop Conscious Relationship Skills for more ease in living and relating
- Discover the 'Inner Peace Process', a resource for shifting into greater awareness
- Release pain and trauma that gets in the way of intimacy, trust and safety
- Increase forgiveness and compassion for yourself and your partner
- Develop awareness of the Conditioned Self and the Authentic Self, and recognize that you have a choice to shift in a new direction
- Step into the Power of Surrender, a spiritual process to allow grace and ease (so important, so challenging, so worthwhile!)
- Reframe your experience to open up the power of new possibilities to allow for transformation
- Increase your Inner Peace and joy!
- Awaken to who you are at the deepest level — as individuals and as a couple

And more...focused on your dynamic needs!



## **Inner Peace for Couples Curriculum**

*A 2-Week Kick Start:*

### **Week One — A rich and intimate start**

Together you will meet with Founder and Program Developer, Cynthia Luma, Holistic Counselor and Relationship Coach. We will determine your strengths and challenges as a couple and explore your most important goals for spiritual development and transformation. A look at each partner's individual spiritual belief system is part of this session.

### **Week Two — Individual sessions**

To better understand the culture and patterns each of you brings to your relationship, you will meet individually with Cynthia. We'll delve into your growing-up experiences and your history of relationships as they relate to how you are experiencing your partner in relationship.

*Followed by:*

### **An Additional 7 Sessions — Coaching for you as a couple**

Here you will get specialized attention and develop the skills you need to overcome your challenges and achieve your goals. We will explore what it means to be in a conscious relationship. Together we will create a sacred environment, and from this sacred and safe arena you will solidify your connection by putting your newfound communication skills into action.

### **And 8 Wisdom Lessons — To assist you in your growth and transformation**

To enrich your journey and increase your possibilities for change, healing and growth, Cynthia will provide Wisdom Teaching materials and recordings from a variety of traditions in

psychology and spirituality. Contemplate together and receive insights from within your shared experience.

*PLUS:*

### **Meditations and Visualizations — For quieting the nervous system and deep healing**

Discovering your Inner Peace is foundational to this work. Guided meditations and visualizations will be incorporated into your coaching sessions. In addition, you'll gain access to recorded meditations you can use in your own time. From states of deep inner peace, healing takes place on a cellular level. From Inner Peace you will connect in positive ways.

*“Inner peace is a resource, that once developed is always there for you, even in times of challenge” — Cynthia Luma*

Inner Peace for Couples offers a structured system to create a new paradigm in your relationship. By practicing being your highest self with your beloved partner and best friend, day after day, and with your partner doing the same, you each have an incredible opportunity to become a more aware, more loving version of yourself.

### **Schedule Free Consultation**

*“There’s something Cynthia brings which goes beyond her credentials, wisdom, and experience. Cynthia is a healing presence. She models how a person can be in relationship, and because of that something happens on a deeper level.” — Mary S, Fiancé*



## **My Work with Couples — A Holistic Approach for bringing out the best in you as a couple**



### **Cynthia Luma**

*Founder and Program Developer,  
Holistic Counselor and Relationship Coach*

I feel a special connection to working with couples. There's a palpable energy in a room that's felt when both partners are able to be truly Present with each other. When partners are willing to share their challenges, strengths and dreams and are willing to receive feedback from each other, as well as from a caring and trained facilitator, wonderful things can happen.

When our Awareness goes beyond the awareness of the small self (my personal needs) — to include the awareness of the big

Self (connectedness to the whole and the well-being of the relationship) — amazing things happen. When we can tap into this expanded awareness, and put it in into practice, not only does it support great change and transformation it is very uplifting and enjoyable!

I'm highly trained in traditional psychology — as well as spiritual and holistic concepts of healing and wellness. Not only does this bring in an additional variety of tools to support your growth, it brings a deeper dimension to relationship coaching. What this means for you is I'm going to help you shine a light on many aspects of your lives and relationship to gain a bigger picture. In addition, I will help you tap into the part of you that goes beyond your limited, human perspective. This is to facilitate you to establish wellbeing in the heart and soul of your relationship.

## **My Conscious Relationship Skills Process will help you evolve to a higher level**

I know what it's like to want to make changes in your relationship and not know how to make it happen. There's no need for things to stay that way any longer, because with this comprehensive and very affordable program you can:

- Tap into my personal experience in relationships
- Take advantage of my more than four decades of working with couples like you
- Experience my capacity to listen
- Benefit from my ability to identify what can help the most in a couple's journey
- And, having explored many systems of psychology and spirituality in the last 45 years, I am able to work with you using the spiritual framework that aligns with your needs

All this comes together to support both of you to achieve your vision of what your relationship can be.

**My Conscious Relationship Skills Process — available only in the Inner Peace for Couples program — helps you become more aware of your conscious and unconscious beliefs and behaviors and provides a sacred and safe arena in which to adjust so you can experience the kind of relationship you want.**

A strong, committed relationship is a wonderful thing to experience. While it can be hard work at times, I believe the rewards are certainly worth the effort. When a couple comes together, increases their alignment, and works together for a common vision they can access an exponential power. When we add a spiritual focus to the mix, the work ascends to a higher level, and so do the rewards.

*“When a couple comes together, increases their alignment, and works together for a common vision they can access an exponential power.” — Cynthia Luma*



## **My Formal Training and Credentials for Working with Couples:**

- Clinical Member of the American Association for Marriage and Family Therapy
- Training with Drs. John and Julie Gottman at the Gottman Institute
- Training with Ellen Bader and Dr Pete Pearson at the Couples Institute
- Relationship Coach Training at the Relationship Coaching Institute
- Training in Neuro Linguistic Programming and Ericksonian Hypnosis at American Hypnosis Training Academy
- National Board Certified Clinical Hypnotherapist

### **Step Into Your Vision for Relationship**

If you want to experience your highest good in relationship, and are seeking spirituality at the core of your vision, Inner Peace for Couples offers an adventure unlike any other. More than the sum of its parts, this systematic healing program offers a vast opportunity and a container for your transformation. As you work on a grounded and practical level and learn how to shift conflict or frustration into authentic connection you will discover Inner Peace, happiness, and fulfillment.

This program is a deep dive journey. It requires your dedication, commitment, participation, open mind and vulnerability. Plus, your enthusiasm and excitement for what's to come!

**YES! I'm ready for greater Inner Peace,  
in me and within my relationship!**

There's no better time to get started!

**[Schedule Free Consultation](#)**

You've come this far for a reason. Your happiness is of the utmost importance and the support your heart has been longing for is available.



## **What others say about Cynthia...**

**Testimonial** *“We were struggling as a couple and decided to try couples counseling with Cynthia. Over a period of time, we realized how much we really loved each other and decided to experiment with the strategies she offered to turn things around. We are both glad we did! Our relationship is very satisfying and currently when we get stuck, we have confidence that we can work it out.”* — **Michelle and Peter, Life Partners**

**Testimonial** *“We were fighting over so many things when we went to see Cynthia that we had almost forgotten why we got together in the first place. With Cynthia’s help we both looked at our early training in our families, learned to identify our triggers and together found a way to slow down and appreciate each other again. It’s hard work to change. Each of us expected the other one to make the changes. However, over time, we began to understand the process and something wonderful did indeed happen!”*  
— **Carole and Maura, Life Partners**

**Testimonial** *“My husband and I made an appointment to see Cynthia for couples counseling with great ambivalence. Part of the work was easy because Cynthia has a gentle non-judgmental way. Part of it was hard as we faced the part that each of us was playing in keeping the conflict going. I can tell you, in retrospect, that all of it was worth it!”* — **Katherine, Wife**

**Testimonial** *“We both come from a family with so much trauma... We love each other and our goal is for us to be the generation where the trauma stops. We have found an ally and mentor/coach with Cynthia. We know the behaviors we want to stop. Cynthia has tools and suggestions to help us shift to healthier ways. We appreciate the way she frames things so we can dare to talk about the hardest things.”* — **Beau and Connie, Committed Partners**

**Testimonial** *“When I began working with Cynthia, my life was seriously out of balance. I was so busy climbing the ladder of success that I was neglecting my relationship with my wife and my marriage was in trouble. As part of the coaching, I looked at my satisfaction level of different areas of my life. I realized just how much I was sacrificing for my career. Cynthia’s thought-provoking questions and ongoing support allowed me to create a bigger, better and more balanced life for myself. My relationship with my wife became so much stronger and I am a happy man!”* — **Tom, Husband**

*“Working with Cynthia has been wonderful. My partner, Joanie, and I have grown so much as individuals and as a couple during our time working with her”* — **James, Partner**

*‘Cynthia is a great coach - nonjudgmental, caring and accepting of you as a person. I love that she has knowledge of so many teachings and spiritual wisdom from so many parts of the world. She feels like a citizen of the world and that really enriches our relationship.’*

– **Renay, Social Worker and Coach**

*“Cynthia is a great teacher. One cannot help but grow in wisdom and spirit when working with her.”* – **Mary, Psychotherapist and Coach**

*“Cynthia is a very generous and respectful person. Working with her has increased my generosity and respect for self and others.”* – **Barry, Photographer**

*“The experience of working with Cynthia brought clarity and meaning to my life as a whole.”*  
– **Jonas, Artist and Designer**

*“Being with Cynthia is like hanging out with Mother Earth. In my work with her, I felt grounded and nurtured. She provided an unconditionally nurturing space in which I was able to find greater balance and to make better choices.”* – **Karyn, Entrepreneur**



## Schedule Free Consultation



*Thank you*

CENTER FOR  INNER PEACE

©2022 Center For Inner Peace. All rights reserved.

Inner Peace for Couples Program Info 04.2022