



Hey there, I'm Diana

Your Crossing Guard
and Guide for the
Holistic Healing of Mind,
Body, Spirit and
Environment



This is Diana (TID) Spiritual Crossing Guard (Specializing in Navigating Spiritual Experiences)

I am a **Spiritual Crossing Guard**. I practice holistic living, coaching, and design. I guide individuals toward spiritual growth, spiritual emergencies, mind-body-soul balance, personal transformation, sleep and dreamwork, and creating harmonious living spaces. As the *Spiritual Crossing Guard*, I combine my experience and expertise in various fields to support clients on their life and spiritual journeys and provide guidance in navigating the complexities of life.

I believe we have the sovereign and inherent power to make decisions for ourselves to heal and expand in the highest way, whether it's recovering from trauma or engaging consciously with life and embarking on the journey of awakening. Awakening makes us aware that we, other people, our environment, animals, space, all are interconnected in ways we barely understand but are beginning to comprehend.

Programs:

Services are offered in 3 main formats.

- 1. Fully Self-Directed Programs:** With fully self-directed coaching programs you run your own program and assess your coach using the [ThisIsDiana](http://ThisIsDiana.com) website online programs. This differs from Coach Guided and Laser Coaching in that you direct yourself in every way and go at your own pace using the online program activities. The program

www.ThisIsDiana.com
[@thisisdiananavarro](https://www.instagram.com/thisisdiananavarro)

itself is course-like, but with many more resources available. You can choose the self-directed program by visiting the [Programs Page](#)

- 2. Laser Semi Self-Directed Programs and Coaching:** With Laser Coaching you run your own program and assess your coach via laser coaching. This differs from coach guided in that you direct more of the program activities with shorter, succinct precise, cost-conscious sessions. Both forms fully empower you, it is simply a matter of preference for the laser coaching you may wish to choose, due to time, constraints, preferences or pricing issues. *Coach directed and Laser Coaching can be found on the [This is Diana Booking](#) page.* The program elements are essentially the same and at the end of this form but made into an abbreviated laser format.
- 3. Personalized Coach Guided Sessions:** These are in high demand, but every attempt is made to accommodate sessions whenever possible. I provide a comprehensive range of guidance, services, and referrals to help you on your everyday life and spiritual journey, integrating various modalities to create a holistic approach to personal growth, transformation, and harmonious living. These sessions are longer and deeper more specifically guided and reviewed. *Coach directed and Laser Coaching can be found on the [This is Diana Booking](#) page*

A Tour of Main Programs, Resources, and Support

Areas of Inquiry

As a Spiritual Crossing Guard and Certified Coach in various healing specialties and a trained researcher, my path is to customize programs and assistance according to your needs. This includes support, information, resources, strategy, plans, and guidance based on those specific needs, goals, and challenges.

You Can't Skip the Dark (in a Spiritual Awakening): My specialty is providing guidance and support to you in seeking to understand the phenomenon of spiritual awakening, emergencies and experiences. It is under the program titled *You Can't Skip the Dark*. The goal is to guide, explore and deepen your spiritual beliefs, practices, and connection to something greater than yourself.

The goal is always the same: *to regain and maintain balance of your mind, body, spirit, and your environment*. Being in a state of balance is the ultimate how and when anything is possible in your life especially when facing the unknown. Navigating spiritual experiences is an ongoing process, and that's where I come in as a spiritual crossing guard. Specific areas of exploration and guidance include:

- What is Spirituality
- What is a Spiritual Awakening
- What is Darkness in our World and Lives
- What is the Nature of Reality
- You Can't Skip the Dark

- What Are We From Body to Soul
- What is a Psychic Opening
- Types of People, Types of Spirits
- Tools for Spiritual Inquiry
- Spiritual Protection and Spiritual Release
- Design Your Life with Beauty

I can guide you to the resources where you can find information in:

Spiritual and Paranormal Experiences Support, Information, Insights, and Coaching: Drawing deep understanding of spirituality and the paranormal, I offer guidance and support for you to explore and deepen your connection with the spiritual realm. You can actively tap into your intuition, expand your consciousness, and navigate mystical experiences with tools and techniques to enhance your spiritual growth and embrace your unique spiritual path.

Holistic Life Insights and Coaching: Holistic living and coaching can play a transformative role in everyday life, in spiritual awakening and experiences by recognizing and addressing the interconnectedness of our body, mind, emotions, and spirituality.

Understanding the Whole: Holistic living recognizes that we are more than just physical beings. It acknowledges that we have mental, emotional, and spiritual aspects that are interconnected and influence each other. By considering the whole person, holistic approaches aim to create harmony and balance among these different aspects of our being. I offer guidance on holistic practices such as nutrition, exercise, sleep and dreamwork, and self-care routines to promote overall well-being.

I guide you in developing and trusting your intuition to make empowered decisions and navigate life's challenges with greater clarity and empowerment. This is guidance for achieving balance and fulfillment in all areas of life. In personalized coaching sessions, I guide you in setting meaningful goals, identifying obstacles, and developing practical strategies to overcome challenges. By addressing the physical, mental, emotional, and spiritual aspects of well-being, you are empowered to live authentically and in alignment with your true self.

Science Sleep and Dream Insights and Coaching: I participate in bridging the gap between science and spirituality by offering Science Sleep Coaching. Through this approach, I integrate scientific principles and evidence-based practices with spiritual teachings to provide a comprehensive understanding of the mind, body, and spirit connection. I guide and encourage you to explore the intersection of science and spirituality, considering more perspectives for holistic personal development.

Mind-Body Insights and Coaching: Recognizing the inseparable connection between the mind and body, I offer mind-body guidance to support you in achieving optimal well-being. I guide you in developing mindfulness practices, incorporating meditation,

bodywork techniques, and fostering a positive mindset. *Energy Work*: Discover modalities such as mind-body balance via bodywork/bodyways, energy healing, or other energetic practices to help you balance your energy centers and promote holistic well-being.

By addressing the mind-body connection, I simply remind you of your own inherent power to cultivate resilience, manage stress, and enhance overall health and vitality.

Holistic Interior Space Design Insights: Understanding the impact of our physical environment on our well-being, I offer holistic interior space design services. I combine my experience and expertise in interior design, cleansing and clearing spaces with my knowledge of energy flow and general Feng Shui principles to create harmonious and nurturing living spaces. I collaborate with you to create environments that promote balance, tranquility, a sense of sanctuary, and positive energy, ensuring that your living spaces reflect your inner harmony and support your personal growth and well-being.

Creating Sacred Spaces: Holistic living emphasizes the creation of sacred spaces, both external and internal. External sacred spaces can include dedicated areas in our homes or natural environments where we can connect with nature, practice meditation, or engage in rituals. Internal sacred spaces involve cultivating a sense of inner peace, love, and acceptance. These spaces provide a nurturing environment for spiritual exploration and growth.

Goal Setting and Action Planning: This helps clarify your intentions, set meaningful goals, and develop actionable plans to achieve them.

Life Purpose Discovery: Assist you in exploring your life purpose, passions, and values to align your actions with your authentic self.

Emotional Healing and Release: Support you in processing and releasing emotional blockages, traumas, and limiting beliefs that may be hindering your personal growth. This includes guiding you to find the proper professional services that are specifically for your needs, including medical care, mental support, physical therapy, bodywork, and spiritual guidance.

Mindfulness and Meditation Guidance: Introduce you to or develop mindfulness and meditation techniques that cultivate presence, reduce stress, and enhance your spiritual connection. Holistic living encourages the cultivation of awareness and mindfulness. Through practices like meditation, contemplation, journaling and/or breath-work, you can develop a heightened sense of presence and connection to your inner and outer self. This increased awareness allows for a deeper exploration of your spirituality and a greater understanding of the interconnectedness of all things.

Personal Growth Resources: Suggest books, articles, podcasts, workshops, or other resources that can support your personal and spiritual growth journey.

Accountability and Support: Empower you to be accountable for your actions and commitments while providing you with a safe and non-judgmental space for support and encouragement.

Addressing the Root Causes: Holistic coaching focuses on addressing the root causes of imbalances and challenges in our lives. It recognizes that spiritual awakening and growth can be hindered by unresolved emotional issues, limiting beliefs, and unhealthy lifestyle habits. By working with a holistic coach, individuals can explore these areas and develop strategies to heal and integrate them into their spiritual journey.

Integration and Balance: Holistic approaches aim to integrate spirituality into all aspects of life, fostering a sense of balance and alignment. By acknowledging that spirituality is not separate from our day-to-day experiences but rather an integral part of them, holistic living encourages individuals to bring their spiritual values and insights into their relationships, work, health, and overall lifestyle.

Ultimately, holistic living and coaching provide you with the tools, practices, and support you to embark on a transformative journey of spiritual awakening. By recognizing and nurturing the interconnectedness of our body, mind, emotions, spirituality, and space, these approaches create a foundation for profound personal growth, expanded consciousness, and a deeper sense of connection to ourselves, others, and the world around us.

A special message from me:

I believe we have the sovereign and inherent power to make decisions for ourselves to heal and expand in the highest way, whether from trauma or engaging consciously with life and entering the journey of awakening. Awakening makes us aware that we, other people, our environment, animals, and space, all are interconnected in ways we barely understand but are beginning to.

I know what it's like to have both every day and unusual circumstances and struggles that include health/disabilities, finances, trauma, adversity, and spiritual crises. These experiences have allowed me to become resourceful and resilient. My passion is to share and serve those who need it and are willing, ready, and able. There are both premium resources and no-cost options, all equally valuable (some invaluable), that I happily share should you need them, including:

- Referrals
- Podcasts
- Blog posts
- Select books
- Select worksheets and checklists
- Select digital products and more.

For information on my other credentials check my site www.thisisdiana.com or inquire directly. **Wishing You Wholeness**