

Paloma's Monthly Sessions FAQ

What are these sessions?

They are all the same thing: one hour of Soul-based Coaching with me.

Why are they differently priced?

I like this system which came to me one day late 2023 in a moment of revelation! I love that it's unique, fun and interesting.

How do I know which sessions are available for purchase?

You can always see the status of available vs. sold sessions on the [Google doc](#) (click on the first one or two links).

How can I claim one or more sessions?

Write me and let me know which you want.

Your options for doing this are:

- an email: palomalindawhite@gmail.com
- a Whatsapp message: +4368120918655
- an [Instagram](#) direct message @paloma_white_soul_support
- or a [Facebook](#) direct message

You can write me something along these lines:

Hi Paloma, I'd like to claim the following session: 170€

Or if you want a bundle...

*Hi Paloma, I'd like to claim the following sessions: 170, 175 and 180€**

(*Most people choose consecutive prices when purchasing more than one, but you don't have to)

How do I know which price to choose?

Simple! You want it!

Do I have to claim the next lowest-priced available session(s)?

No. You can claim sessions that are at a higher price than what is available.

Example: say 150€ is the lowest-priced session still available. You could claim that but you could also choose to claim something higher because that's the amount that feels good to you.

How many should I claim? How often should I have a session?

That's truly up to you. I recommend feeling into what feels *good*. I recommend using this as an opportunity to do something that feels like a gift to yourself, basing your decision of how many to buy and how often to have the sessions on nothing other than it feels aligned, abundant, exciting, relieving, self-loving...or anything else that's nice.

I've had clients have several sessions a week and others spread them out with months in between. About once a week or two is the average.

Feel into your internal guidance and have the session(s) when it feels good for you.

What happens on the 25th of each month at 3:00 pm CE(S)T?

That's the exact moment I make the next month's sessions available for purchase. From this moment onward, you can send me your request.

What times and dates are available for having the sessions?

April sessions can be had on April 1st onwards. May sessions can be had on May 1st onwards, so on and so forth.

So if you purchase a month's sessions in the last days of the previous month, you can schedule them right away but the date(s) you choose will have to be in or after the month the session(s) "belong to".

Example: On the 25th of May you claim and purchase 3 June sessions. You can, if you want to, already on that same day or any following day, use the Calendar to schedule all three sessions, but none of these 3 sessions can be had on any of the remaining days of May. They must be scheduled for any day on or after June 1st.

If you want to have a session on, say, the 28th of May, you'll have to purchase one of the remaining available May sessions.

Below are the times I generally make available (session start times) in Eastern European time zone.

Mo: 11:00 - 20:00
Tu: 11:00 - 20:00
We: 11:00 - 20:00
Th: 11:00 - 20:00
Fr: 11:00 - 16:00
Sa: 11:00 - 16:00
Su: 11:00 - 16:00

What is actually available in my calendar may vary. Actual up-to-date availability is shown in [this Calendly calendar](#) which is the same calendar you'll use to schedule your session(s).

The Calendly calendar will automatically convert the available times to your time zone (or you can manually choose a time zone).

This said, I'm always happy to accommodate my clients, so if your preferred dates and times are not showing in the calendar, **please write to me and let me know what they are, even if it's for the same day. Perhaps it's possible for me and we'll schedule it manually.**

They really never expire?

That's right. I once had a client use a session she bought over two years ago. And I was very happy she did! That said, the session can only help you if you actually have it. Soul-based Coaching is powerful change work. It's possible parts of you sense that and are acting as guardians of the status-quo, causing you to put it off. If you notice that happening, let them know their perspective is welcome in the session and nothing will be changed that they themselves don't feel really good about.

What are the payment options?

Bank transfer:

If you're in the Euro SEPA zone you can pay via bank transfer to my IBAN which I'll provide you after you've claimed your session(s).

PayPal:

To use this option, you'll have to add 6%.

Example: you are purchasing 2 sessions for 110€ and 115€ for a total of 225€. If you pay with PayPal you'd have to transfer me $225€ + 6\% = 238.50€$.

You can find me on PayPal with my email address palomalindawhite@gmail.com

Wise:

Two possibilities:

1)

If you're in a country with one of the following currencies, you can pay me in your currency without needing to set up a Wise account yourself. For you, it will be the same procedure you use for domestic transfers.

If you're sending from one of the following currencies this is the best option!



Australian dollar



Hong Kong dollar



Polish złoty



Bulgarian lev



Japanese yen



Singapore dollar



Canadian dollar



New Romanian leu



Swedish krona



Czech koruna



New Zealand dollar



Swiss franc



Danish krone



Norwegian krone



Turkish lira

Example: You're purchasing the 150€ session and you're in the US.

I'll provide you my USD bank details (which I get from Wise) and then I'll use the mid market exchange rate to determine the USD amount, rounded up to a round number (based on the

exchange rate when I'm writing this it would be 163 USD). You then use those bank details I provide to make a domestic transfer of \$163.

2)

If you're **not** in a country with one of the above currencies...

I highly recommend setting up a Wise account. This is how it works:

You create an account with them and then transfer money from your bank account into your Wise account and use that balance to pay me to my Wise account. This set-up process with Wise can take a few days but it will save you a lot of money since Wise uses the mid-market exchange rate (as opposed to most if not all other institutions, like banks and PayPal, which use much less advantageous exchange rates) AND they charge a VERY minimal fee for the transfer itself, especially compared to the extremely high fees of international swift transfers and PayPal.

Unrelated but hot tip: Wise offers a free debit card which is so useful and saves you a ton of money when you travel to countries with a different currency than your home currency.

If you want to set up a Wise account just let me know, I'm happy to wait a few days for your payment to arrive.

I'm not sponsored by Wise, just a fan :)

What happens in a Soul-based Coaching session?

If our session is online, I suggest getting settled in a space where you have privacy, have a stable internet connection and don't have to hold your device.

To start, I'll guide a short meditation to help you arrive in the present moment and connect with your senses. Then I'll ask you 'What would you like to have happen?'

Perhaps you already know and you tell me right away or perhaps you'd like to just talk about the topic or what's going on for you. I'll hold space as you do this as well as invite you to connect with and vocalize your desire for our session or your situation, as this is what sets the 'GPS destination' for your positive change process (which will get updated as the exploration progresses as I'll be periodically asking 'What would you like to have happen now?' throughout the session)

The rest of the session will be dedicated to me asking you Soul-based Coaching questions (the majority of which are 'What kind of ...', 'Is there anything else about...' 'Where is...' and 'Is there a relationship between...and?' (inserting words you've used in your answers) gradually creating a tangible, living, breathing model of your current situation, desire(s), dynamics at play, etc. These questions allow you to slip past the rational surface layer of your mind, very viscerally connect with your soul-knowing, and access and activate deep reservoirs of inner-wisdom and healing. As you become more and more aware of all the 'things' happening relative to your issue and desire, the more positive change takes place within you, very naturally. If this sounds

difficult or only for a 'certain kind of people', don't worry, it's really not. It's universally applicable to any person and any topic. I'm very good at facilitating this experience and have done so with hundreds of clients. I can and will adapt the approach to you.

What about the language?

My working language is English. It's completely okay if your English is not perfect. Most of my clients are non-native English speakers.

I speak Spanish, French and German fluently so if one of those is your native tongue you can also use words in these languages during the session.

Do you have a question I haven't answered? Get in touch
(palomalindawhite@gmail.com) or schedule your free discovery call [here](#).

Ready to dive in with a session?

Here's where you can see what sessions are available right now (first one or two links):

<https://linktr.ee/PalomaWhiteSoulSupport>