

Gretchen Marie Fox of Your Inspired Heart to be Featured on CUTV News Radio

CINCINNATI, OHIO, USA, April 13, 2015 /EINPresswire.com/ -- Do you find that you have challenges that are holding you back in your life? Are you stuck in a rut and don't know how to get out? Do you need to rediscover yourself after the loss of a loved one?

Gretchen Marie Fox is the founder of Your Inspired Heart, offering life coaching services to help people get from where they are to where they want to be.

"We live in a world in which we have choices. We can choose what helps us and what we want to do or who we want to be," says Gretchen. "That's what inspired Your Inspired Heart. I see the potential of how much happier we can be when we are who we want to be."

Gretchen's clients are mostly women struggling with some form of loss, such as the loss of a loved one or the loss of a job. "What they all share," says Gretchen, "is a willingness to

change their life and a willingness to do the necessary work to make the changes happen."

"The year 2009 was particularly difficult for me. I experienced a great deal of loss," recalls Gretchen. "After my husband died, I had to redefine life for myself. This led me to help people conquer their limiting beliefs to give them a fresh start."

Gretchen discovered she had a talent for teaching and healing and pursued her certification as a Life Coach in Law of Attraction. Later, she became a certified consultant and teacher in [Spiritual Response Therapy](#) or [SRT](#). SRT is a spiritual modality which clears the negative energy of our past lives that can cause us to feel unhappy and stuck.

"I struggled with a fear of abandonment my whole life, even though I had never been abandoned. It occurred to me one day that maybe this was something that happened to me in a past life," recalls Gretchen. "Using SRT, I found out that during the Middle Ages, when I was only five years old, my parents had taken me to a convent and left me there. I never saw them again. That's when this energy first started and it continued over into this lifetime. The energy was cleared from that past life and I never had that feeling of abandonment again."

Gretchen believes helping people change their way of thinking to follow a different path, is something



she's been doing for many lifetimes.

"Now is the time for me to get myself out there and take my skills and talents to a level where it can help even more people," says Gretchen. "The ultimate goal is to use my guidance and direction to teach them how to help themselves."

CUTV News Radio will feature Gretchen Marie Fox in an interview with Doug Llewelyn on April 14th at 11am EST.

Listen to the show
<http://www.blogtalkradio.com/closeuptalkradio>.
If you have a question for our guest, call (347) 996-3389.

For more information on Your Inspired Heart, visit <http://www.yourinspiredheart.net>



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