

Rashida Gaye of MindShift Life to be Featured on CUTV News Radio

SEATTLE, WASHINGTON, USA, October 7, 2016 /EINPresswire.com/ -- No amount of money, clothing or fancy cars can give you lasting happiness and joy alone. Until you begin to heal from the past, deeply love and accept yourself, and use your gifts, you are simply going through the motions of life. It's time to use your own personal power to create the life and business that you love.

"You have to listen to your heart without fear," says Rashida. "It's always guiding you to your purpose and your path to success, whatever that means to you."

Rashida Gaye is the founder of MindShift Life, a life and business coaching practice that incorporates hypnotherapy to help women heal and grow into the highest vision for themselves.

Raised in the inner city of Philadelphia, Rashida says as a child she felt like she had no control over her life. All around her were people living in poverty, misery and making dysfunctional life choices. She also struggled with the feelings of mother abandonment and experienced childhood sexual abuse. She internalized these experiences and

struggled with crushing insecurity and low self-esteem well into her adult life.

"I didn't see a way out. I didn't understand that the change that I wanted was within me and my insecurities stopped me from pursuing more," says Rashida. "There was always a part of me that said you can have more and be more. I believe we all have that part of us."

When Rashida turned 40, however, she literally woke up and felt profoundly changed.

"A voice told me, 'You're not happy because you're not living your purpose.' Even though I had all this doubt and fear I quit my job, I started to figure out what I want to do and I fell into hypnotherapy and coaching because I've always had a love of teaching, coaching and helping, serving others.

"When I discovered that most people were moving through the world based on limiting subconscious beliefs I was fired up to help them reprogram themselves for success. I want women to have freedom in all areas of their lives and this freedom starts with living their true desires."

As a coach and hypnotherapist, Rashida works with your subconscious mind and heart to release the limiting beliefs and emotional blocks that are holding you back. Rashida says the foundation of all her programs—life coaching, business coaching and an emotional eating weight loss program—is inner-



child work.

"If you don't feel worthy and powerful, you won't go out into the world and build your dreams. There's always going to be a part of you holding you back, bracing for disappointment," says Rashida. "My clients are just like me: they're dreamers. I find out what the root cause of their issues is and help them heal to create new realities in their lives and businesses. The more I share my natural gifts, the more the people I work with just seem to find me."

CUTV News Radio will feature Rashida Gaye in an interview with Doug Llewelyn on October 11th at 2pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on the MindShift Life, visit <http://www.mindshiftlife.com>

“

You have to listen to your heart without fear. It's always guiding you to your purpose and your path to success.

Rashida Gaye

Lou Ceparano
CUTV News
(631) 850-3314
email us here



HYPNOTHERAPY & LIFE COACHING



This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2016 IPD Group, Inc. All Right Reserved.