



Jonathan R. Wachtel

Inspirational Life Guidance

FOR IMMEDIATE RELEASE

Contact: CUTV News Radio, (631) 850-3314

CUTV News Welcomes Jonathan R. Wachtel of Inspirational Life Guidance

Branford, CT – CUTV News announced today that Jonathan R. Wachtel, founder of Inspirational Life Guidance, has been featured in an exclusive sit-down interview with host Jim Masters on the power of mindfulness and self-actualization.

Wachtel helps men and women transition toward living more fulfilling lives. Whether it's work, relationships, health, finances, or any other area of life, Wachtel helps his clients clarify what they want to *experience* and listen to their own internal guidance.

"We're not our feelings," says Wachtel. "We're the creators of our lives. Our feelings are simply responding to what we're creating through the focus of our attention. When you look at the world, you're seeing a mirror of what's going on inside you. The sooner you can absorb that idea, the faster you can address the root of why you're experiencing what you're experiencing and bring about change."

According to Wachtel, we all have our own internal GPS system. Wherever we focus our attention and energy determines where we will be guided by our thoughts, feelings and instincts.

"Ultimately my whole goal in this is to get people creating their own lives on purpose," says Wachtel. "Once you learn how to use your own internal GPS, you can learn to make decisions in accordance with what feels right."

Like many of his clients, Wachtel says for the longest time he believed he was just a passenger in life, until he realized he was the driver, with more control over his life than he thought. He recognized that we have complete power to change how the world treats us by the way we treat ourselves.

"At first I was on a mission to find purpose and find meaning in this life experience," says Wachtel. "Ultimately I realized what I really wanted was to learn how to live life in a way that it was fulfilling. I wanted to figure out how we can *create* our experience of life."

Today, Wachtel is the creator of the Life Guidance System, which he uses to teach others—life coaches, psychologists, social workers, therapists, and other mental and emotional health professionals—to guide their clients toward their ideal lives.

"We imagine the future as though it's the past, and live it in the present. That's intention."

To watch our in-studio interview with Jonathan, or to access more information on Inspirational Life Guidance, visit www.InspirationalLifeGuidance.com.