

# Chaos and life changing circumstances may be your greatest life opportunity;

an invitation to a new level of joy, wakefulness, service and celebration.

It is fantastic and brave when we face that whisper or roar of curiosity, yearning and discontent. A Life Doctor or Life Coach is someone who is committed to why you're here, what you want out of your life and how to accomplish it.

**Dr. Dean M. Nelson**

Free introductory  
30-minute session

OFFERED BY:



**THE NEXT**  
*Step*

**Dr. Dean M. Nelson**  
Author of Don't Waste Pain  
Founder of  
Windhorse HealthCare  
and Kailua Shambhala  
Meditation Center

Ph: (808) 388-9896 drdeanhawaii@mac.com

[www.thenextstepdrdean.com](http://www.thenextstepdrdean.com)

## Call for extremely reasonable initial 3-month session 1-808-388-9896

**What does a Doctor, 35-year  
meditation instructor and ex-dancer  
have to offer you as a life coach?**

If ever there was an example of a Holistic Being that walks his life as he talks, who carries deep real compassion for everyone he connects with and is a true example of the potential we can all grow towards; that being is Dr Dean Nelson.

Donna Taylor, RN  
Hospice Nurse, Minister and Energy Healer

I have had the joy of knowing conscious beings in many countries of the world – healers, teachers, and spiritually awake humans. For me, Dr. Dean is at the top of the heap; his immense love, compassion, commitment, integrity and his deep level of service.

Grace Sears  
Spiritual Teacher

His 30+ years experience as a Buddhist practitioner and teacher, and years of work as a healer, doctor, acupuncturist, chiropractor, and spiritual friend uniquely qualify him to be able to really help in the ways that mean it the most.

Maria Patton, DO  
Neurosciences Department - Kaiser Permanente

The combination of Dr. Dean's expertise in a wide number of Holistic and Alternative Healing modalities, along with his skills as a spiritual teacher and meditation instructor, more than amply provide him with the techniques and tools needed to help clients travel deep beneath the surface of negative behaviors and patterns which can limit their lives on many levels.

Gregory Rabold, M.D.  
Founder and Medical Director  
Himalayan Medical Foundation