

Gylian Solay, M.S.

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Out of my personal growth and searching, a process I coined "Your Emergent Self™", which makes a dynamic process more than the sum total of its components."

Working with you in a similar fashion to an archeologist, together we navigate the labyrinths of your soul's journey to reach a place I call the "Yes of Me".

Here you uncover your buried treasures of characteristics and qualities that appear unexpectedly, bringing to life fresh and innovative approaches for you to BE in your world. Exciting in newfound perspectives, your essence begins to take form, and express in new and creative ways. This evokes the term Spiritually Mindful Body denoting the inseparable oneness of being, "Your Emergent Self."

Counseling Testimonials



I believe it "got it!"

What came up was a VERY LOUD voice, which after 45 years of silence finally shouted "YES, I DO COUNT!!!!", and this was followed a few moments later by a knowing, huge and spontaneous smile.

A feeling of contentment, peace of reaching destination, of finally arriving has started to settle-in. I don't feel so tired and although I intend to take a little nap this afternoon, I am looking forward to it with a sense of a time to relax and sleep well, rather than a feeling of exhaustion and depression. Hope this makes sense!

I am feeling much more relaxed today than I can remember for years and years and years.

~Love Gillian xxx- Miami, Fl



"I received therapy from Gylian over twenty-five years ago. It was a pivotal time in my life; In my early twenties and trying to break free from a dysfunctional family. Therapy was a blessing.

Although I don't remember specifics, I do know it was a key relationship in my life which has served as an anchor throughout the years. I felt loved and accepted, with a safe space to work on healing early childhood trauma.

This has forever changed my life and gave me the solid footing I needed to heal and grow."

~M. Stone, Novato, CA



My experience with Gylian is unlike any traditional therapy sessions. I refer to her as my Spiritual Guidance Counselor. I have had the opportunity to work with her over several years and spanning over different phases of my life.

Each time we speak I feel rejuvenated with a sense of well-being, direction and grounding. Gylian is an amazing person who I feel extremely lucky to have met on my journey.

~Laurie H. San Francisco, CA



Sometimes we need major intervention to effect change and sometimes we need a gentle touch to get our personal boulders balanced and rolling down the mountain. I've never known anyone like Gylian, with so many talents, and the ability to analyze a situation and put change into motion.

Gylian Solay is highly perceptive and empathetic in her ability to counsel. Gylian drew from her extensive training and vast life experience to help me focus, gain clarity, and remove obstacles that kept me frozen in time. Gylian's energy is uplifting and her generosity of spirit provides a safe environment in which to heal and progress.

Gylian's impact has forever changed me and I am fortunate to have experienced her dynamic and selfless intervention.

~Carolyn - Maui



I found working with Gylian a real eye opener. Not only was it easy to speak to Gylian, but she also poses the right questions, and makes valid connections that provide deep insight, indeed discovery, into what may cause certain behaviors or points of view.

She is also effective at guiding couples on a path of discovery, and subsequently setting incremental goals that improve the couple dynamics and happiness with oneself. I was always skeptical of asking a "stranger" for help, but Gylian is a supportive partner on a journey that one learns from for as long as one wants.

Best of luck with your practice,
~ John – Switzerland



Gylian is a wonderful and supportive therapist. Her patience, understanding and skills have helped me through many transitions in my life.

~D - Miami, Florida



Hi Gylian,

What I noticed about the way you worked with me is your positive energy and focus when listening to me. You addressed what was happening for me in the moment-giving me exercises to do right there, in that moment.

I appreciated the tools you gave me and assignments written down on my own piece of paper to take away and apply in my daily life. I feel your intent and aim is to empower me, and I use the tools you suggested and understand them more now than I did.

Thank you Gylian.

Love, Robin Krieger- Maui

[Meet Gylian](#)