



Luminous Integration & Transformative Alchemy *28 Days to Transcending Your Pain*

Pain is **not** the norm.

It's not something you should simply "live with."

Pain is a force for improving your life. With the right one-on-one

guidance, you can heal and go beyond the limits of what you think is possible for yourself.

This guide outlines what you can expect over the course of your transformation.

Each week, we'll meet for a 60-minute session where we dive deep into the concepts outlined in the pages to follow, as well as reiki energy healing work.

You'll leave each session with a personalized summary of what we covered and action steps to help you advance along your path. To help you maintain your momentum, we'll also check in during a 15-minute call each week. *It's all about keeping the magic alive.*

1

Week One

Questions we'll work with:

- Where are your energy blockages?
- What's your body telling us (through pain, or otherwise)?
- Are there messages from the other side we can receive?

To answer that last question, we'll leverage meditation, oracle card readings, and visualization exercises to access the information you need.

Together, we'll determine what needs your time and attention. Should you require them, you'll also come away with an understanding of which healing stones and mantras to begin working with on a daily basis between our sessions.

2

Week Two

Ideas we'll explore:

- How can you recognize your worthiness?
- Where can you ask for help?
- In what ways can you connect to your intuition and healing capacity?

To deepen your dance with these concepts, we'll discuss setting up your own sacred space (your oasis!) and establishing the mediation practice you'll do within it.

We'll also explore third eye opening techniques and approaches for opening and activating your palm chakras, so that you can perform self-healing. You'll notice you have more mental clarity and feel more grounded. From here, we'll prepare to shift your emotional and spiritual bodies.

3

Week Three

During this step in your transformation, we'll ask:

- How can you recognize what's yours and what's not (energetically)?
- Where can you exercise more forgiveness for yourself and others?
- Which layers have you shed so far?

As part of this week, we'll explore the concept of genetic memory. You'll learn a meditation to help you clear your DNA and cellular memory that's holding you back.

We'll also discuss steps you can take to protect your energy and clear your aura, as well as the space you call home—it's all about helping you fully leverage and maintain the new power you've claimed.

4

Week Four

At this point on your path you'll be able to answer the following:

- What does it look and feel like when I'm moving closer to my higher self?
- How can I reinforce my emotional confidence?
- Where can I further hone my spiritual practice?

Through an exercise where we'll examine duality and use fire to release and cleanse your body, you'll learn how to harness the power of negative emotions and transform it to positive thought and action.

We'll also work with a meditation to help you bring all your fragments to heart center. This week is all about full realization of the fact that **you're not broken**.

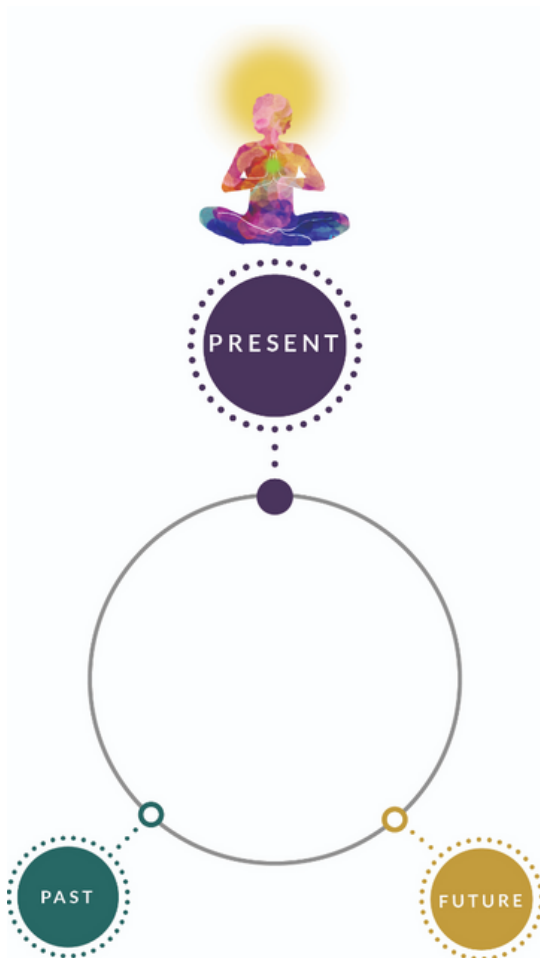


5

Week Five

Closing points that we'll work with:

- Now that you've learned how to heal, what do you want next?
- What "shoulds" have you operated by that no longer serve you?
- How can you continue to create the future that you want?



There is nothing more incredible than watching someone go from a place of darkness to embracing her inner light and blossoming as time goes on.

As you complete your transformation, you'll experience death of your "old self" and rebirth of the you that's closer to your higher self.

Through a snakeskin meditation, you'll shed your old self and step into a new body, releasing and emerging into the power of the present with an open heart.

We'll study the circular nature of time and ways you can work with the moon phases to enhance your creativity, productivity, and intuition.

You'll understand exactly how to embrace your sacred journey.

And yes, if you'd like continued support we can discuss what that looks like.

Everything you need is already within you.

Ready to transform it?

Schedule a free consultation with me to get started today!