

The four stages of consciousness:

Life is happening to me - by me - through me - as me.

My Process

"There has to be more to Life than this."

Acknowledging the struggling and yearning for more meaning, joy, freedom & peace.

Making the decision to create change and defining the vision for the new life.

Accepting the past and taking responsibility for how I use my energy.

Learning new ways of doing things and how the mind, energy and manifestation works.

Finding support to break through and stay course.

Forgiveness (Ho'oponopono)

Inner Alchemy - Turning triggers and shadows from the past into wisdom & strength.

Shifting limiting beliefs and behavioral patterns - unconditioning the mind and body.

Shift in perspective: Breakdown and chaos. Challenge, set-back or opportunity?

Self-love, discipline, integrity & sovereignty.

Surrendering into trust and Life.

Reclaiming our internal power.

I am Life. Being in the river and being the river.

Peace.

Rinse and repeat.

Bonus: Learning about the power and intelligence of our energy body and how to enliven, align and guide it.