
BECOMING
YOU
DAY ONE - LISTENING TO THE
BEGINNING



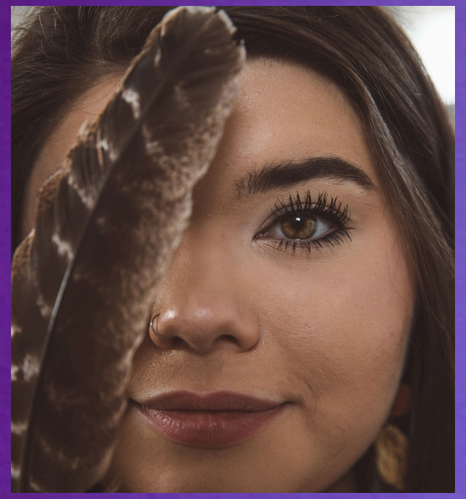
What to Expect

- Work the timeline
- Open conversation and dialogue plus Q&A with laser coaching
- Meditations to work with the subconscious
- Replays, meditations and journal prompts sent right to you
- You're encouraged to join live all three days!



SOUND FAMILIAR?

- “I don’t know what’s wrong with me”
- “I don’t know who tf I am”
- “I feel so lost and alone”
- “I can’t get past this thing”
- “I can’t believe I’m here again”







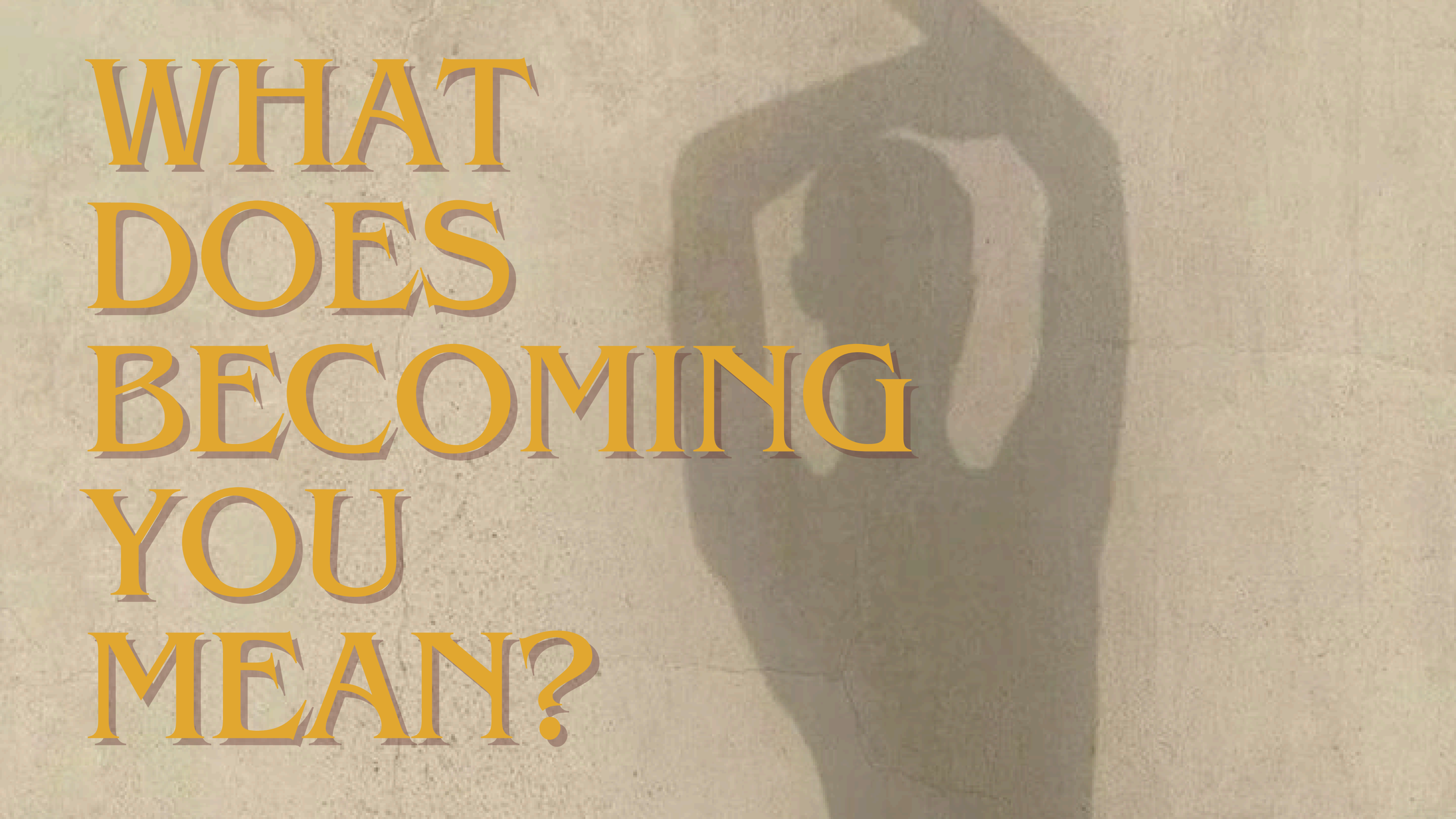
Hey Girl, it's me

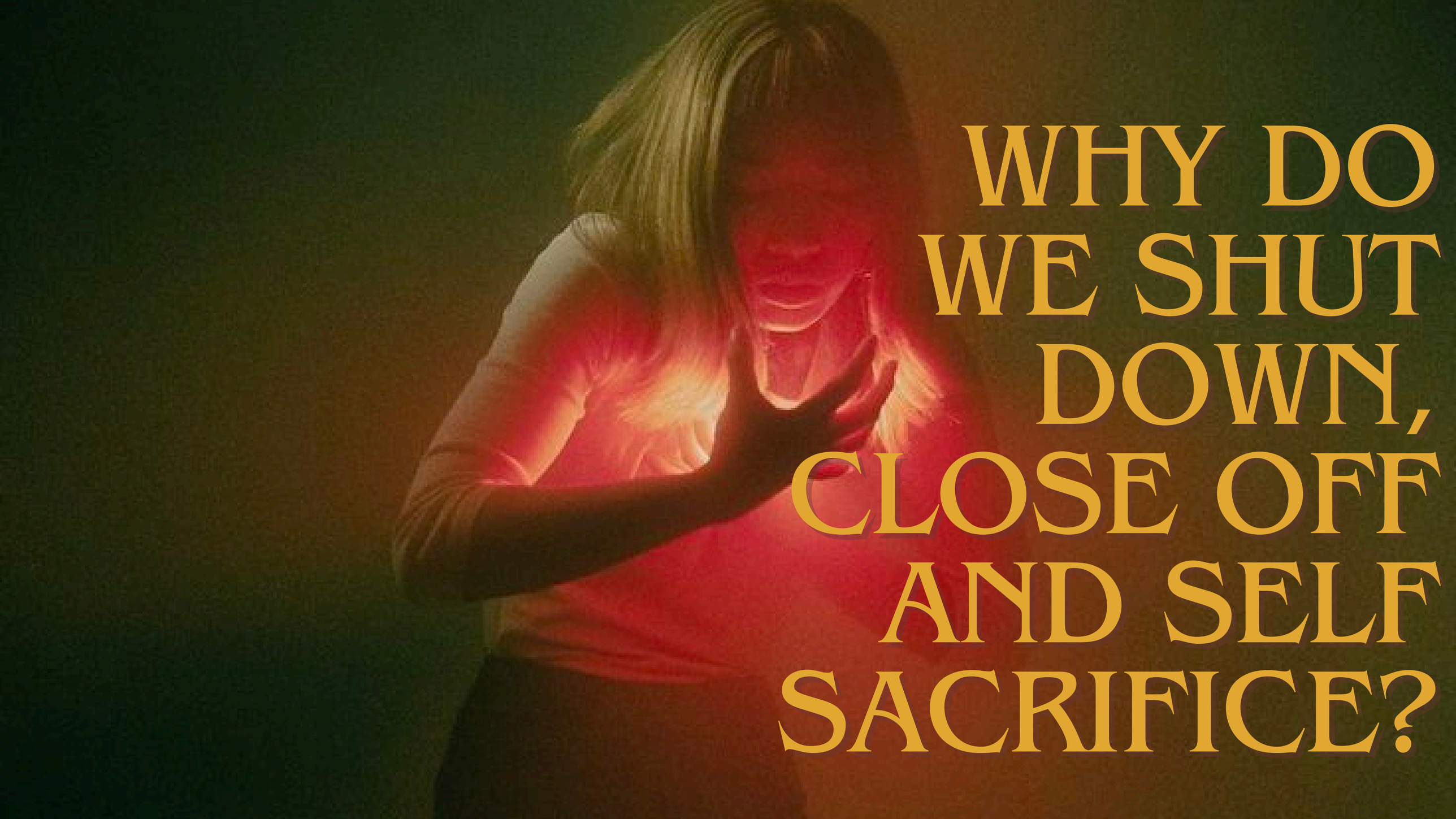
- Meditation Teacher
- Transformational Life Coach
- Ghost hunter
- Devotee of the Sacred Heart
- Intuitive Mystic
- Eternal student

Opening my heart and connecting to myself on the other side of my pain changed my life.



WHAT DOES BECOMING YOU MEAN?



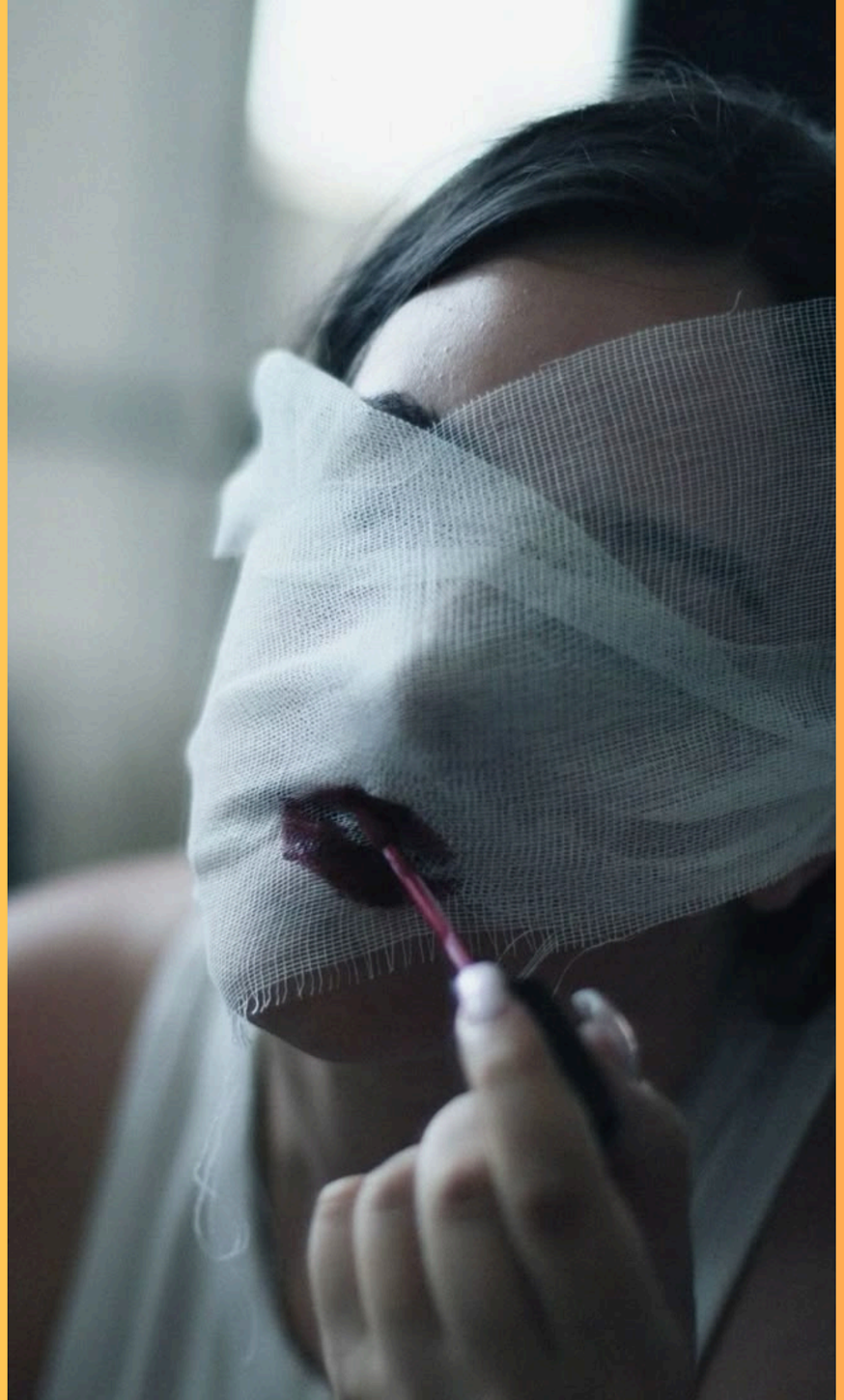


WHY DO WE SHUT DOWN, CLOSE OFF AND SELF SACRIFICE?



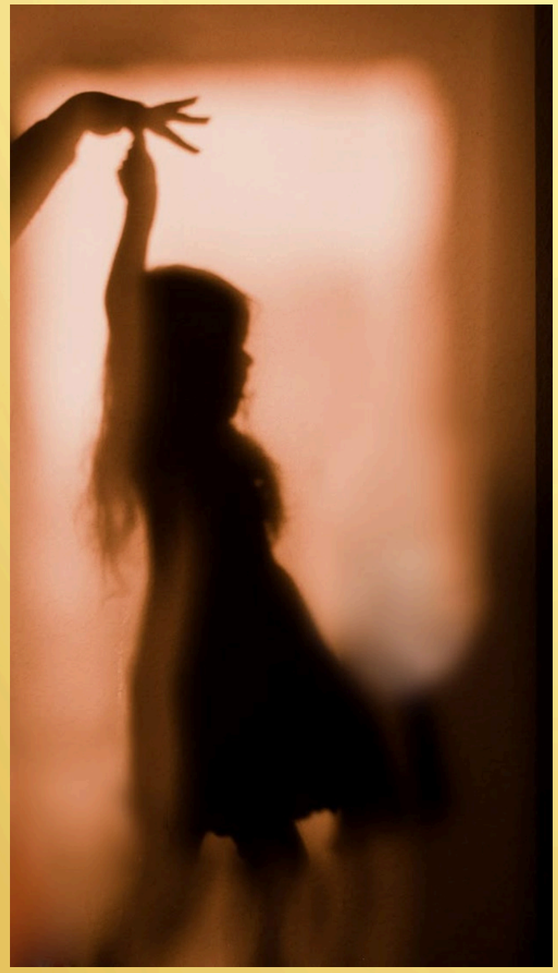
YOU HAVE A NEED TO FEEL SAFE.

- People Pleaser
- Good Girl
- Great listener
- So polite



This is when the masks start piling on and eventually become your identity.





The Inner Child

WHAT DID I LOVE TO DO AS A CHILD?

WHAT DO I REMEMBER FEELING AS A CHILD WHEN I EXPRESSED MYSELF?

WHAT DID I NEED THAT I DIDN'T GET?

WHAT DO I WISH SOMEONE SAID TO ME GROWING UP?


GRIEF
COMES IN
MANY
FORMS

WHAT IF IT WAS POSSIBLE TO FEEL AN EMBODIED SENSE OF SAFETY IN ANY MOMENT?

MEDITATION

REFLECTIONS?





Authentic self love is the key to freedom.



When you no longer need other people to validate who you are, and no longer look outside of yourself to feel safe, you take your power back. **Self sourced permission is the path to liberation.**


QUESTIONS?


THANK YOU!