

intuition upgrade

access your untapped powers



5 WEEK COURSE & COACHING PROGRAM



5 weeks & 5 steps!

- 01 DEFINE WHAT INTUITION IS
- 02 CLEANSE THE PHYSICAL BODY
- 03 DIVE INTO THE MENTAL/EMOTIONAL BODY
- 04 DIVE INTO THE SUBTLE ENERGETIC BODY
- 05 DIVE INTO THE SUBTLE SPIRITUAL BODY & BEGIN OPENING THE CHANNELS TO YOUR HIGHER SELF & SPIRIT GUIDES



What to Expect >

WEEK 1 - 90 MIN COACHING CALL + WEEKLY MATERIAL

- > What is Intuition?
- > Introduction video
- > Introduction to Ayurveda
- > Determine your Dosha constitution
- > Complementary videos and documents
- > Understand the intuitive language of your body through understanding Ayurveda & your body type
- > Get to know you, your needs, and answer any questions you might have from intro, documents, or journaling prompts.

WEEK 2 - 60 MIN COACHING CALL + WEEKLY MATERIAL

- > Introduce cleansing processes
- > Personal recommendations & herbs for your healing
- > Cleanse the body through Ayurvedic practices in order to dial in deeper and fine tune the body for downloading messages
- > Get in touch with our relationship towards food, our body, & others
- > Astanga Yoga - the 8 limbs
- > Developing a relationship with our breath & a pranayama practice

WEEK 3 - 60 MIN ASTROLOGY READING + WEEKLY MATERIAL

- > Astrology: Natal Chart Reading with recording
- > Awareness around hidden, unconscious patterns and characteristics that inhibit you from your Higher Self & what will guide you toward your intuition
- > Ayurvedic eBook
- > Recorded meditation
- > Self-love practice

WEEK 4 - 60 MIN COACHING CALL + WEEKLY MATERIAL

- > Introduction the Cakra System
- > Explore the cakram & their current state within you, where you're feeling imbalanced and how to come back to balance so kundalini energy and prana can flow effectively upward toward your 'antennae' for deeper intuition
- > Self-purifying practice
- > Intuiting - learning to describe what you're intuiting or feeling through the senses
- > Tapping into 'feeling' type language

WEEK 5 - 90 MIN ASTROLOGY READING/CALL + REFLECTION

- > Progressed Chart Reading with recording
- > A deep look at where you're at now in your evolutionary journey of the soul and how to triumph over what's been testing you
- > To understand that channeling with your Spirit Guides is the next step towards further messages coming through your radio
- > Understanding your Higher Self

Hello & Welcome!

I am beyond overjoyed you've taken this step & are here to dive deeper than most
would ever dare!

I want to take a moment & break down the next incredibly transforming 5 weeks
we're about to embark on together //



A little break down ...

WEEK BY WEEK!

WEEK 1 >

During week 1 we will cover a lot of information! But not to worry because I will be there throughout to help guide you on a 90 minute coaching call as we move through what intuition is, the ego, & journaling prompts to get your gears turning as we begin touching on manifesting and conscious creation.

This week we will also dive into your Ayurvedic constitution through an Ayurvedic consultation process & determine your dosha in order to help you get more in touch with your mind & body process using Ayurveda as a tool for intuitive language. This will aid you in diving into your body's needs and where 'tune ups' are in order in the weeks to come.

Getting into your Ayurvedic body type will really lay a foundation for the weeks to come on how we move forward. This is a very personalized journey & you will see that right out the gate in week one! This week we really get to know each other :)

WEEK 2 >

Now we jump into week 2 where things really start to kick off! During this week we will meet on our coaching call to discuss the suggested Ayurvedic cleansing process for your dosha & go through suggested herbs and routines best for you & your body type which help dial in your intuition even further. Remember, sensitivity is our greatest strength!

We will dive into the relationship we've cultivated with food, eating, & our surroundings and learn & feel into the power of our everyday language. This is also where I will introduce & delve into Astanga Yoga - the 8 Limbs as a guide to gain deeper awareness, strength, & sensitivity as we journey through the powerful weeks to come.

This is where we will work with the power of language, yoga, philosophy, meditation, and more to help rewire & reprogram the mind in order to gain deeper self-awareness to recognize your truest Self.

There will be a lot of information here & I am here to help you along this journey of awakening :)

WEEK 3 >

Week 3 is a little different than the first 2 weeks as we now explore your natal chart. This is my favorite part as I LOVE astrology & diving deep into people's charts where so much treasure is waiting to be discovered!

So now we've taken the last couple weeks to know your body type well and begin its cleansing process as we fine tune the radio to be ready for a clean antenna! So as we take the intuitive wisdom of our body & the awareness of our mind, we use Astrology as our tool to tap further into our soul's journey & subconscious self.

This helps you to see further into where there are blockages & opportunities to remove old, limiting beliefs and understand underlying motives for further self-awareness. Understanding our natal chart brings awareness around hidden, unconscious patterns and characteristics that inhibit us from our higher Self and what will guide us toward our intuition.

Hang on tight because there's gonna be more astrology to come ;)

WEEK 5 >

And we made it!! Week 5! With much less video & document content on this last week, we take a little more time together to now dive into your Progressed Chart which is quite different than your natal chart.

Your progressed chart will show us how things have changed over time where as your natal chart is your chart at birth. Just like you don't look the same as you did when you were a baby, neither does your chart. Your characteristics, your circumstances, and how you've been evolving through this life have all been moving through the cosmic web of your soul's journey and seeing where you're at now will give deeper insight & self-awareness for intuiting messages from your Higher Self.

Though this last week will mostly be on your Progressed Chart, the last 20 minutes of our call will be dedicated to talking about the next step beyond this course journey you've so bravely embarked on! Now that your foundation is growing strong & your channel to intuit your Higher Self has been awakened, we will talk about how to open & access another channel. This channel will give you access to your Spirit Guides which are much different than your Higher Self. This really is the cherry on top to all of this & though I'll enjoy every second of the weeks we evolve through, getting to this point excites me almost more than anything else!

~ I am so honored to take this journey with you ~ Om

WEEK 4 >

Wow - already on week 4! We've covered so much already and it doesn't really slow down here. This week we get REALLY deep down into the Cakra System. I will be using different spelling than you're maybe used to seeing with the word 'chakra' as that is how I've been taught it's original Sanskrit to be. No matter, you will catch on fast & it will be about the content and how you use it more than ANYTHING else! This is all about YOU :)

Tuning into the cakra system and applying it to you will help you feel further into where you have energetic blockages within your mind-body-spirit field and how we can move through & bring balance to each of these very important centers.

We will also be diving into your top 2 ESP senses out of the 4 psychic senses. This is a very exciting area where we explore more tangibly how we each uniquely receive & intuit messages!

Using the previous foundations we've laid out to understand your Ayurvedic body type, your mind mechanics, & your soul's journey - the cakra system will attune you even deeper into your current energetics & give you yet another tool to gain self-awareness, self-trust, & really begin intuiting more profound messages in your life!

