

A Journey Through the Chakras: Your Path to Transformation and Rebirth

Module 1: Shadow Work & The Root of Transformation

Unveil the Hidden Forces That Shape Your Reality

Dive deep into the mysterious realm of your shadow self—those disowned, repressed aspects of your psyche that silently control your life from the unconscious. Through profound practices drawn from Carl Jung's active imagination, Debbie Ford's shadow process work, and Eva Pierrakos's spiritual pathwork, you'll embark on a journey to reclaim your wholeness.

In this foundation-setting module, you'll:

- **Distinguish between light shadow and dark shadow** — understanding how your greatest gifts often hide within what you've rejected about yourself
- **Identify and transform shadow feelings, thoughts, actions, and impulses** that have been controlling your life decisions from behind the scenes
- **Meet and dialogue with powerful shadow archetypes** residing in your psyche, turning these inner saboteurs into allies for your growth
- **Heal wounded inner child aspects** through compassionate re-parenting techniques that address the root of adult patterns
- **Establish a dream journaling practice** with specific shadow integration techniques to access unconscious wisdom while you sleep
- **Create personalized self-discovery rituals** aligned with lunar cycles to systematically illuminate and integrate shadow material

This isn't just psychological theory—it's a profound initiation into self-knowledge that will create the foundation for everything that follows. By the end of this module, you'll possess a practical toolkit for shadow recognition and integration that you'll use throughout the entire Year 2 journey.

Module 2: First Chakra - Death and Life

Transmute Your Relationship with Mortality into Radical Aliveness

At the root chakra, we face our most primal fear—death itself—and discover how this confrontation can become the greatest catalyst for transformation. This module guides you through a profound meditation on mortality that will fundamentally alter your relationship with being alive.

In this soul-stirring exploration, you'll:

- **Confront your deepest orientation** — discover whether you're fundamentally oriented toward life or death energy, and how this unconscious choice shapes everything in your experience
- **Engage with the question of mortality** through guided meditations that ask: "Would you be happy if you died right now?" — leading to profound insights about what truly matters
- **Excavate and examine your beliefs about death** — how these hidden assumptions affect your daily choices and your capacity to fully embrace life
- **Study near-death experiences (NDEs)** and their implications for consciousness beyond the physical
- **Explore cross-cultural death rituals** and how different spiritual traditions use death awareness as a pathway to awakening

- **Death as a Quantum Collapse of an Old Identity**

This module creates a profound reset of your relationship with mortality. By facing what most people spend their lives avoiding, you'll access a level of presence and appreciation that fundamentally transforms how you experience every moment. The first chakra work creates the solid foundation upon which all other energy centers can flourish.

Module 3: Second Chakra - Sexual Energy, Creativity, and Ritual

Liberate Your Creative Life Force Through Sacred Sexuality

The second chakra houses our most potent creative energy—the sacred sexual force that, when freed from repression and shame, becomes the fuel for manifestation, pleasure, and spiritual awakening. This module guides you through a compassionate yet powerful liberation of this essential life energy.

In this transformative exploration, you'll:

- **Release sexual guilt, shame, and repression** through carefully guided somatic practices that safely discharge stored trauma
- **Explore and embody powerful sexual archetypes** including the Lover, the Seductress, and the Sacred Prostitute—understanding their wisdom and gifts
- **Assess your current sexual expression** through reflection exercises that reveal where you might be holding back your full vitality
- **Learn the ancient art of sex magic** — ritual practices that channel sexual energy toward manifestation and spiritual awakening
- **Master sacred self-pleasure rituals** that connect you with your body as a temple of divine experience
- **Heal sexual trauma** through gentle somatic experiencing techniques guided by trauma-informed approaches

- **Quantum Sexual Energy and Frequency Amplification**

- **Manifestation Through Orgasmic States**

This work transcends conventional approaches to sexuality, moving beyond both repressive and purely hedonistic paradigms to reveal the sacred dimension of eros. As your sexual energy becomes liberated, you'll discover a wellspring of creativity, magnetism, and manifestation power that transforms all areas of your life.

Module 4: Third Chakra - Power and the Shadow Self

Reclaim Your Authentic Power Beyond Control and Manipulation

The solar plexus chakra governs our relationship with power—both our capacity to embrace our own sovereignty and our tendency to control others. This module illuminates the shadow aspects of power, revealing how to release manipulation and step into authentic empowerment.

In this revealing exploration, you'll:

- **Identify where you feel underpowered** in your life and the unconscious choices that have led to giving your power away
- **Recognize your specific "power trips"** — the subtle and not-so-subtle ways you attempt to control others and circumstances
- **Unmask covert power dynamics** in your relationships, career, and spiritual practice—even the "spiritual" ways you manipulate reality
- **Distinguish between authentic power** and the illusion of control that actually creates powerlessness
- **Embody personal sovereignty** through practices that help you reclaim full responsibility for your experience
- **Study archetypal power dynamics throughout history** to recognize these patterns in yourself and transcend them
- **Create a personal power ritual** to ceremonially release manipulation tactics and embody genuine empowerment

This module transforms your entire relationship with power, moving from the egoic struggle for control to the authentic power that comes from alignment with your highest truth. As the solar plexus awakens properly, you'll experience a natural confidence and capacity to manifest that doesn't depend on controlling others or circumstances.

Module 5: Fourth Chakra - Relationships and Emotional Resonance

Heal the Heart and Transform Every Relationship in Your Life

The heart chakra is where we experience connection, love, and our emotional landscape. This module delves into the unconscious patterns that block authentic heart connection and guides you toward emotional liberation and genuine intimacy.

In this heart-opening journey, you'll:

- **Map your unconscious relationship patterns** to see how early imprinting continues to affect your connections today
- **Identify and heal your specific attachment style** — whether anxious, avoidant, disorganized, or secure — to create healthier bonds
- **Address family legacy wounds** that have been passed down through generations, freeing yourself from inherited emotional patterns
- **Heal the relationship between your inner child and inner critic** through compassionate dialogue techniques
- **Practice genuine forgiveness** — not as spiritual bypassing, but as authentic emotional release
- **Master heart coherence techniques** backed by HeartMath research to create emotional balance and heart-brain integration
- **Experience a profound heart chakra ritual** designed to open the energetic center of compassion and universal love

This module creates a foundation for authentic connection in all relationships—with yourself, intimate partners, family members, friends, and ultimately with all of life. As the heart chakra heals and opens, you'll experience a profound shift in your capacity for empathy, compassion, and unconditional love.

Module 6: Fifth Chakra - Truth, Self-Hypnosis, and Resonance

Speak Your Truth and Create Your Reality Through Conscious Communication

The throat chakra governs our ability to communicate authentically and create through the power of sound and vibration. This module reveals how to align your speech with your deepest truth and harness the creative power of your voice.

In this transformative exploration, you'll:

- **Identify the shadow archetypes** that influence your communication—from the People Pleaser to the Silent Witness to the Harsh Judge
- **Break through false narratives** that have been running on autopilot in your mental and verbal patterns
- **Explore powerful NLP (Neuro-Linguistic Programming) techniques** to reprogram limiting beliefs at the subconscious level
- **Learn the art of self-hypnosis** to speak directly to your subconscious mind and install new empowering patterns
- **Practice voice dialogue** to engage directly with suppressed aspects of yourself that need expression
- **Channel your creativity through writing, painting, or music** as forms of authentic self-expression
- **Study mythological trickster figures** across cultures to understand how chaos and disruption serve the evolution of consciousness
- **Create a personal throat chakra activation ritual** to align your speech with your highest truth

This module transforms your relationship with communication, truth-telling, and creative expression. As your throat chakra aligns with your authentic essence, you'll discover a new level of integrity in your speech and thought patterns that naturally manifests what you truly desire.

Module 7: Sixth Chakra - Dreams, Altered States, and the Subconscious

Access the Wisdom of Your Subconscious Through the Gateway of Dreams

The third eye chakra is our center of intuition, vision, and access to non-ordinary states of consciousness. This module teaches you to navigate the rich landscape of your dreams and altered states as pathways to subconscious wisdom and spiritual insight.

In this visionary exploration, you'll:

- **Establish a comprehensive dream practice** with advanced techniques for recall, recording, and interpretation
- **Master dream incubation** — the ancient art of asking specific questions of your dreams and receiving guidance
- **Learn lucid dreaming techniques** that allow you to become conscious within your dreams and actively engage with dream content
- **Study universal dream archetypes** across cultures and how they manifest in your personal dreamscape
- **Practice techniques for entering hypnagogic states** — the twilight consciousness between waking and sleeping
- **Create a personal dream ritual** designed to open the channels between your conscious and unconscious mind
- **Develop practices to identify and release limiting beliefs** that no longer serve your evolution
- **Build a personal "dream dictionary"** that maps your unique dream symbols and their meanings in your life

This module opens the gateway between your conscious and unconscious mind, allowing you to access the vast wisdom that lies beyond ordinary awareness. As your third eye chakra activates, you'll develop heightened intuition, clearer vision, and access to expanded states of consciousness that inform and enrich your waking life.

Module 8: Seventh Chakra - Transcendence and the Quantum Field

Integration of Shadow and Light in Non-Dual Awareness

The crown chakra connects us with universal consciousness, transcendence, and the quantum field of infinite possibility. This culminating module guides you to integrate all previous chakra work while opening to mystical states of awareness and unitive consciousness.

In this transcendent exploration, you'll:

- **Explore polarity dynamics** in consciousness and move beyond the limitations of dualistic thinking
- **Identify and release spiritual bypassing tendencies** that use transcendent concepts to avoid necessary shadow work
- **Experience non-dual awareness practices** from contemplative traditions across cultures
- **Learn techniques for light body activation** — consciously engaging with your subtle energy anatomy
- **Integrate shadow work with higher consciousness** — bringing the depths and the heights into harmony
- **Create a personal synthesis** of the year's teachings into a comprehensive blueprint for authentic living
- **Participate in a transcendent crown chakra ritual** designed to open your connection to universal consciousness
- **Prepare for the Death and Rebirth Retreat** — the ceremonial culmination of your Year 2 journey

This final module brings all previous work into coherent integration, showing how the shadows you've embraced and the life force you've liberated create the foundation for authentic spiritual awakening. As your crown chakra activates in harmony with all other centers, you'll experience a profound rebirth into your most authentic, empowered, and spiritually connected self.

The Culmination: The Death and Rebirth Ritual Retreat

Your Year 2 journey culminates in our exclusive **Death and Rebirth Ritual Retreat**—a profound, immersive experience where you will:

- Participate in an ancient rite of passage adapted for contemporary spiritual seekers

- Symbolically die to your old self through carefully guided ceremonial processes
- Experience a period of sacred liminal space—the threshold between old and new
- Emerge renewed through rebirth rituals that anchor your transformed consciousness
- Connect with fellow initiates in a container of extraordinary depth and authenticity
- Receive personal guidance from Lisa and Jane throughout this transformative experience

This retreat isn't just the end of Year 2—it's the beginning of your life as an initiated Adept, empowered with the wisdom, practices, and community to continue your evolution and serve as a wayshower for others on the path of awakening.