



TRANSFORM AND HEAL YOUR LIFE

An interactive course of action and empowerment

“When we take action and follow our dreams life wakes up and has purpose and meaning”

We are born into this world without a manual to guide us on this journey of life. This program is designed to help you have a greater understanding of the human design, it's physical, mental, emotional and metaphysical bodies and how they interface. You will discover what happens when things go wrong and how to bring them wholistically back into balance. This course will help you to begin to take action and transform your life and health, right now!

In this program you will:

- Start right now to make simple changes that will have a huge impact in your life.
- Change your life by creating a customised action plan. This is your personalised guide to a new life of optimum health, wellbeing and happiness.
- Use food, fasting and healthy eating as medicine to support you on your healing journey.
- Learn how to release weight in a healthy and sustainable way to make long lasting changes.
- Explore different wholistic modalities that will support you to begin healing of traumatised, suppressed, pain-filled aspects of yourself.
- Discover different, healthier ways of conscious living. Transition to a more abundant and healthier lifestyle, giving you more purpose and meaning.
- Learn how to make deep interpersonal connections with yourself and others and what being in true relationship means.
- Learn how your thoughts, personality and beliefs are formed and how to identify and clear any mental blocks/counter intentions that stop you from achieving your goals, dreams and visions.
- Begin your journey of change. Transform and change your current life by learning how to reach your highest potential.
- Take action right now and change your life into the greatest expression of the real extraordinary you!
- Explore you physical, mental, emotional and metaphysical selves. You are this amazing being inside an incredible human form designed to go beyond your current limitations of who you think you are.
- Transform and heal yourself through knowledge combined with action to ensure a lasting and sustainable difference is made in your life.



This Transform and Heal Your Life Course is made up of five modules. These modules include supporting videos, workshops, manuals, worksheets and exercises.

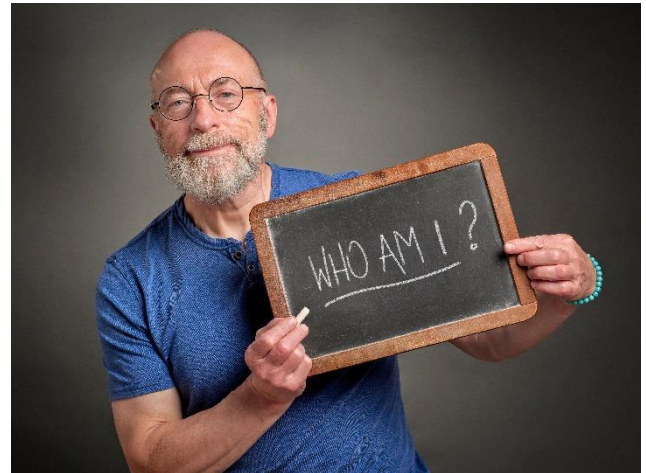
This interactive program is a great way to ensure that you have understood the teachings and are able to express them with your own thoughts and words. **The worksheet and exercise section is a wonderful way to do this. There is much power in the written word especially when it comes from the depths of your heart. We recommend that you invest in a nice journal or diary to write down your intimate thoughts, musings and feelings. This is a journey of transformation of change, so let's make it powerful and sacred. You may choose to create an online journal. There are many apps and platforms to do this where you can also add photos and videos.** Knowledge does not become wisdom until you incorporate and infuse it into your life. Become a living example of transformation.

The course is designed for you to go at your own pace of learning and integration. There may be areas where you need to spend more time on deeper enquiry and healing certain aspects of yourself – take that time. This course is not designed for someone looking for a quick fix, crash course, or a magic pill so please do not be in a hurry to get through it. It is not a race. Remember *the journey is more important than the destination*. We suggest that you complete a workshop, worksheet and exercises, then spend a little time reflecting, absorbing and integrating the teachings into your life. **Even if you are a fast learner our recommendation is that each module, when properly integrated step by step, workshop by workshop, should take no less than four weeks nor more than eight weeks at a pace of one workshop per week. Please take more time as required. Life can get busy. Major events happen. Keep the momentum moving forward consistently, one step at a time, to achieve the desired results.**

*“Yesterday I was clever and wanted to change the world,
Today I am wise and changing myself”* Rumi

Module One- Who And What Am I?

The journey of life begins as you The Divine Seed enters the world into human form. There has never been born, in the whole Universe, one as unique as you. You are the one and only original version of you – wow – think on that for a moment! . We next explore the physical, mental, emotional and metaphysical aspects of yourselves and discover how the personality and the shadow self is formed. You will learn the stages of human development and how they affect you on your journey. **Know Thyself – Heal Thyself.**



Workshop One: From Soul To Form

In this lesson you will explore the journey of soul into human form. Gain a greater understanding of your uniqueness and how you got to the current version of you.



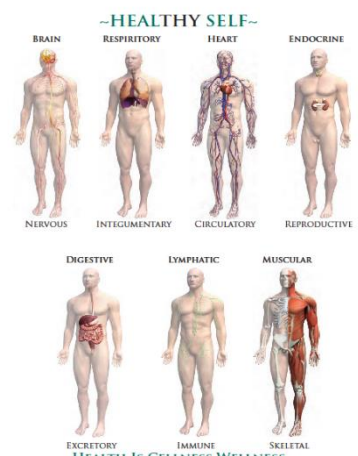
- What hereditary influences do we bring?
- What is pre-determined?
- What universal influences can occur?
- What can change outcomes pre-birth?
- How can my birth experience influence my life?
- How does my environment influence me?
- How do my experiences impact me?
- How is my personality formed?
- How do I experience life?
- What essential part gets disconnected and how does this impact me?

Workshop Two: The Seven Body Systems

In this lesson you will explore the physical human form in all it's wonder. Discover what each of the seven systems are and how they work. Gain a greater appreciation and understanding of this vehicle, this home, this temple that you reside in.

“What a piece of work is man, how infinite in faculties, in form and moving how express and admirable, in action how like an Angel, in apprehension how like a God”

William Shakespeare



Workshop Three: Chakras/Energy Centres And The Endocrine System

In this lesson you will learn beyond just your physical, mental and emotional selves. You will discover that you have a metaphysical self too. You will learn about it's purpose and how it functions in relationship to the endocrine system.

- Learn what chakras/energy centres are and where they are located.
- What are their purpose?
- What area of my body and my life are each chakra responsible for and what do they represent?
- How do they interact with and influence the human form and our lives through the endocrine system?
- What happens when they get blocked and how do we clear/balance them?
- What affirmations can you use to support each Chakra?
- Explore a chakra chart that is a useful summary and reference guide



Workshop Four: Emotional Wellbeing

In this lesson you will explore your emotional self, how it is formed and how this impacts your life.



- Learn how emotions are formed
- What are their purpose?
- How are emotions stored?
- What impact do they have in our lives?
- Learn how we are controlled by the two main motivators of humanity – Fear and Pleasure
- Discover the impact of how our physical body responds and reacts
- Explore ways to support your emotional self and the different healing modalities that are available

Workshop Five: Thoughts Are Real Forces

In this lesson you will explore your mental self, how it is formed and how it impacts your life.

- Learn what thoughts really are.
- How are they formed?
- Discover how our thoughts and emotions are interconnected and how they impact each other.
- Explore the wonders of the human brain.
- Learn what stress and anxiety really is and how these impact us.
- Learn how phobias and syndromes like PTSD are formed.
- Explore the logical/analytical and the intuitive/creative aspects of our psyche.



Workshop Six: The Persona And The Shadow Self

In this lesson we explore deeper into yourself on a journey of self-discovery. You will find that who you think you are may not be who you truly are.

- Learn what a persona is and how this forms a personality.
- How do our life experiences influence and shape us?
- How can our mental and emotional selves impact our personalities?
- Explore what your shadow self is and how it can control your life.
- Discover your true authentic self and bring it in to your life
- Explore different healing modalities and therapies that can support your journey of self- discovery.



Workshop Seven: The Stages Of Human Development

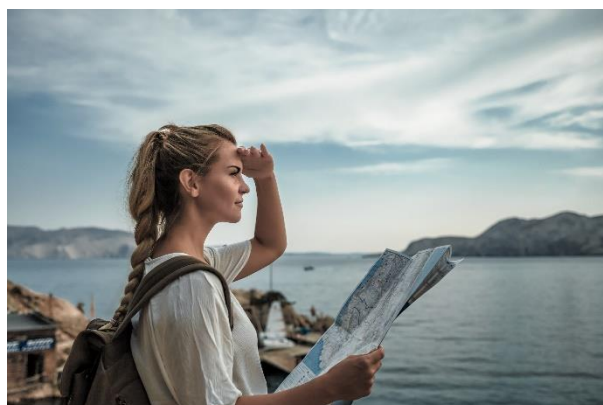
Explore all the different stages of human development. Gain a greater understanding of yourself in relation to your life's journey. This lesson is also useful to assist with understanding of where others are at on their own journey. When we have a broad understanding of human development we know where we are in life. We know which goals are appropriate for which stage of development and which needs to satisfy. We also understand what not to worry about. *Wisdom is knowledge in action*



- Learn what the stages of human development are.
- Explore how these stages impact our lives.
- Discover how to use this knowledge not only in your own life but in your interaction with others.
- Learn to establishing yourself in life, how to fit in, what is important, your purpose and self-acceptance, all stages of human development.

Module Two: Where Are You In This Present Moment?

In this module you will take a good look at your life and explore through a self-observation technique how this current version of you arrived here in this moment of time. Learn about the internal program that is running in the background of your mind. Discover what are your personal blocks/counter intentions and how to remove them. Learn how to make the changes in your life. You will also carry out your own life check assessment.



Workshop One: [The Line of Life](#)

In module one you learned how the personality is formed from inherited influences, life experiences and parental/ societal conditioning. In this workshop you will learn how this can influence you in life. You may find yourself at different times of your life flowing between achiever and victim modes as you try to cope with challenging situations. Once you learn this lesson, you can observe and recognise when you have gone into victimhood and change into achiever mode.



Workshop Two: [Victim or Achiever?](#)



This workshop builds on the first one but goes deeper into how each of the victim or achiever modes are created in the mind. We will explore the psychological profile of each mode and how it influences your life. We will look at the forming of blocks and auto-responses as a result of life experiences.

Workshop Three: [Self Observation](#)

You will learn an amazing technique on how to become an observer of your life. In this state of observation you are in a better position to view your life from a different perspective. This is useful when you are so mentally and emotionally caught up in a life situation that you are unable to see a way out or how to change the outcome. We can go into victim mode and remain stuck in our story. Being an observer helps you to look at life from a different perspective and come up with solutions and opportunities for change.



Workshop Four: [The Journey of Change](#)



Making life changes is not always easy and in this workshop you will learn the three wisdoms of the ancients Gnosis, Praxis and Entelechis. These wisdoms will help you to realise your dreams, your visions and your goals. You will also look at the journey of change and the steps that are required to initiate the change into your life. We will also have another look at the forming of the personality and how it influences your ability/desire for change. You will sign a life path agreement to yourself and the world as a statement of change, determination and purpose.

Workshop Five: Counter Intentions.

Go on a deeper exploration of how your mind creates blocks and counter intention as a result of having pain or fear fuelled life experiences. You will look at not only how they are formed, but how to remove them. You will explore different modalities that can help you to remove/release or minimise these influences in your life.



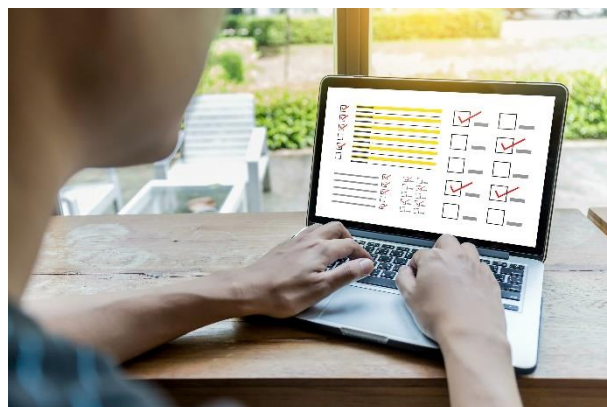
Workshop Six: Behavioural Barometer



This behavioural chart is a good way to learn how behaviours can escalate when not addressed or reigned in. Emotional and mental responses are quite often a result of past experience memories that are not only locked into your psyche, but somatically in your body as well. Discover how this influences your behaviour. You will learn a switching technique that can help you, when triggered, to reign in the behaviour and respond in a healthier manner.

Workshop Seven: Current Life Check Assessment

Now that you are a little more aware of the many aspects of you and how they operate we will do a life check assessment to see where you are in this moment of your life. It is not a test or evaluation process, but more a way of checking in with each aspect of your selves, mentally, emotionally, physically and metaphysically. This will assist in understanding which areas of your life need attention and will help to form the basis of an action plan of change that you will customise in a later workshop.



Module Three: Living A Life Of Optimum Human Potential



Learn ways to begin making the changes in your life. These are not complex techniques or programs but simple things you can do on a daily basis. When combined into a daily/weekly routine these have an immediate benefit to your health and wellbeing. KISS – keeping it so simple.

Workshop One: [We Are Water Beings](#)

In this workshop you will explore the nature of water and how much it influences your life, health, emotions and thoughts. Discover how you are literally a being made of water! Learn how to maintain good health through drinking water. Learn from masters of different cultures the reverence and importance of water in not only your personal life, but in the wellbeing of humanity and our environment.



Workshop Two: [Breathing With Ease](#)



You will learn the importance of breath in our life. How it impacts your health and vitality, your moods and state of mind. Discover the type of air that is best for you and the impact on dead air in your health and wellbeing. Explore different breathing techniques that will be offered, including various breathwork exercises for you to practice.

Workshop Three: [You Are My Sunshine](#)

Learn the importance of sunshine in your life, when best to use it and how to build up a healthy relationship with the sun. Discover the many health benefits of sunshine and how it can influence your sleep patterns, weight release, eyesight and even emotional health. Explore the ancient art of sungazing and the benefits this promotes.



Workshop Four: [Move To Your Groove](#)



Learn the importance of regular movement, exercise and the effects/benefits this has on your health and wellbeing. You do not need to join a gym to become fit. Learn the ten benefits to be gained by regular daily exercise or some form of movement.

Workshop Five: You Are What You Eat



In this workshop you will explore the impact that food has on your health and wellbeing. You will discover the importance of using natural wholefoods rather than foods that are highly processed, synthetic, full of preservatives and additives. You will learn the impact that your choices have on your life and how we can use food to feed our emotions or as a coping mechanism.

Workshop Six: Who Are You Relating To?

Learn what relationship really is and its importance in everyday life. Explore your relationship with yourself and how to develop and improve it. Use self-relationship to develop meaningful, beneficial and lasting relationship with others. Explore how to improve your communication skills. Build a better rapport with others. What is conflict resolution? How does this impact our lives? Practice the most important skill of deep listening and reflective feedback. Learn how to use all of these tools to improve your personal, business or organisational relationship. Discover how important this is to your success and wellbeing in life



Workshop Seven: Ignite Your Passion



Explore how passion is the driving force in our lives and how it gives us more purpose and meaning to what we do. You will learn how to find and develop your passion from some of the great masters in the world today. Learn ways to re-ignite your passion for life, for love and how to find it in all you do.

Workshop Eight: Being Mindful

Discover what being mindful means and how you can use it in your everyday life to create more harmony, understanding and compassion. Learn about all the different meditation techniques and discover which one will best suit you and your lifestyle. Learn the health and wellbeing benefits of regular meditation.



Workshop Nine: Other Beneficial Practices



Explore other beneficial practices that will enhance your health and wellbeing. These include Yoga, Qi Gong, Tai chi, massage, good sleep practices, education and laughter as medicine. The addition of some of these practices will have an immense impact on your life.

Module Four: Using Food For Transformation And Health

Learn how to transition yourself with ease into a healthier way of eating. This is not about dieting but personalising your food choices in a way that suits your unique lifestyle whilst supporting your health and wellbeing. Learn why 95% of most diets do not succeed.

Discover what Hippocrates meant by “Let food be thy medicine and medicine be thy food.”



Workshop One: Healthier Ways Of Eating



In this workshop you will look at different ways of eating. You will learn about different diets and what they offer. These include exploring vegetarian, vegan, raw food, Ra food , religious diets as well as modern diets such as Aitkens, Mediterranean, Keto and more. You may choose to further educate yourself and try some of these ways of eating. In workshop ten you we learn the difference between dieting versus transitioning to a healthier lifestyle and way of eating.

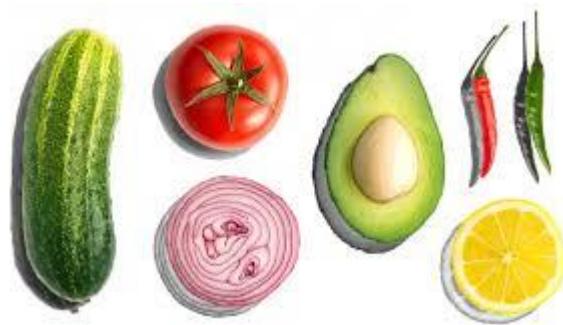
Workshop Two: Natural Food Medicine

Discover how to use food as medicine the foods that relate to each of your seven body systems. By using them in your diet you can help to heal and support any health issues in that arise within each system. Become aware of the harmful effect of using highly processed, synthetic foods that are full of preservatives, artificial colouring and flavourings.



Workshop Three: Nature's Food Signatures

Explore the wonder of nature and its intelligence as it identifies the foods that are good for particular physical aspects. Be amazed at how everyday foods have a clearly defined signature as to its beneficial usage. By looking with different eyes at the colour and shape of nuts, fruits and vegetables we can better determine not only their nutritional, but their medicinal use.



Workshop Four: Symptoms Are The Cure



Learn how treating symptoms may not be the way to go when trying to cure, heal or support recovery from a health challenge. Symptoms may be the process that creates the cure. With this new knowledge you may choose to allow the symptoms to run their course, so that the body's immune system achieves its intended purpose.

Workshop Five: Foods That Support Your Seven Body Systems

Discover what foods are best to support each of your seven body systems. You will learn the unique properties of food and how this helps in maintaining and healing your body. Once again, begin to understand what Hipocrates was meaning when he said "Let food be thy medicine and medicine be thy food" Your fridge will virtually become your medicine cabinet.



Workshop Six: Fasting And Detoxing



Learn the health benefits of adding fasting to your health program especially when you have an illness, are feeling low in energy or are overweight. You will discover what happens during the detoxing process and the side effects you may feel as the body releases stored toxins. Explore the different ways to detox. You will have a chance to consider whether this is something you may choose to do.

Workshop Seven: Salt Sense



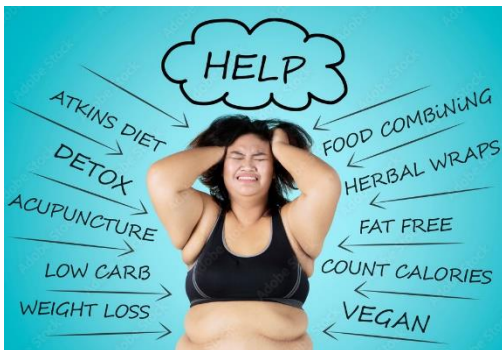
Discover the health benefits of using good healthy salts in your diet rather than processed and refined salts. Learn the importance of using salts that still have the more than eighty natural mineral trace elements. These are an essential part of the body's needs to maintain good health and wellbeing. You will be amazed to learn that yes we are salty water beings – that is why tears are salty!

Workshop Eight: Sugar Fix

Explore the different types of sugars and what sugar is used for in the body. Learn the difference between free sugars and added sugars. Explore the effects of using too much refined sugar on the body or in using artificial sweeteners which can be highly toxic to your system.



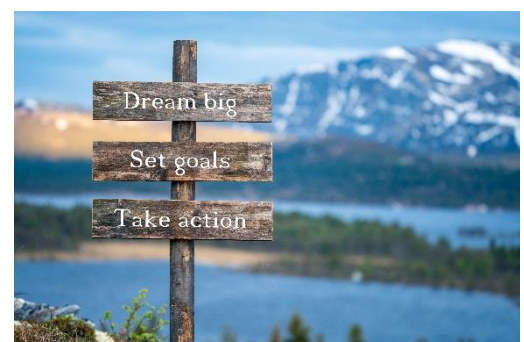
Workshop Nine: Dieting vs Transitioning To A Healthier Lifestyle



In this most important workshop, you will explore why most diets do not work. You will learn how to transition your current way of eating and drinking to a healthier more beneficial way of eating. Learn how to get off the diet merry go round. The aim is to minimise the adverse effects you may experience as you transition to a healthier way and sustain your new improved eating habits.

Module Five: Bringing It All Together – Taking Action

You have discovered more about yourself, your blocks and counter intentions and are now ready to take greater action towards life transformation, healing and empowerment. A personal awareness assessment forms the basis of action plans to help maintain and support you whilst you initiate these changes into the healthier, more authentic version of you.



Workshop One: Life Check Assessment

Happy Healthy Life

Simplify Your Life

Give Back

Eat a Healthy Diet

Nurture Your Creativity

Pursue Your Passion

Exercise Regularly

Strive for Balance

Set Daily Goals



You will complete a life check assessment to assist you to gauge progress since your first assessment. This is important as you start to build your action plan, highlighting areas that you have improved on and any areas you may choose to add more focus on when you compile your plan.

Workshop Two: Breaking The Guilt/Shame And Self-Judgement Cycle

In this very important workshop you explore the reasons why most people fail in dieting and self-improvement programs. This is designed to help you manage your inner critic, the one created as a result of your unresolved mental and emotional challenges. It's time to get the monkey off your back!



Workshop Three: : Personal Values, Affirmations, Mission Statements



Now you have created your action plan it is time to create a mission statement that aligns with the new path you have chosen to take. This is a statement to yourself and to the world of who you truly are. You will learn in this workshop about your underlying personal core values and how to bring them into everything you do in life. Upholding these values are so important in becoming your true authentic self. You will create powerful affirmations and statements that will help you to Transform and Heal your Life!

Workshop Four: Commitment And Motivation



Now that you have silenced that chattering monkey it is time to learn how to increase your level of commitment to transforming and healing your life. Explore how to create more determination in what you do. Discover how to tap into your motivational power and use it to achieve and maintain your goals.

Workshop Five: [Creating an action plan](#)

Yay ! This is where you bring together all that you have learned in this Transform and Heal Your Life Program and create a plan of action. You have already integrated some of the suggested changes into your life. In this action plan you will create a master overview of the mental, emotional, physical and metaphysical aspects of your life - creating a personal profile. Upon reviewing that profile you will look at the aspects of yourself where you would like to create change. You then prioritise the most important changes you wish to happen. This forms the basis of creating a daily and weekly action plan for you to follow.



Workshop Six: [Going With The Natural Flow Of Life](#)

In this last workshop of this program you explore the natural order and flow of life in the world we live in. Learn the importance of connecting with your own natural rhythms and cycles and how to connect yourself into the collective flow of life. Discover what happens when you push against this flow and how to weather the storms that life can sometimes throw at you. You will learn how to be like water flowing along the path of least resistance.



Workshop Seven: [Exploring into The Great Mystery](#)

In this last workshop of this program you will explore deeper into the Great Mystery of Life that humans have been trying to understand for thousands of years. This is presented in such a way to respect your own religious, cultural, scientific, agnostic or atheist beliefs. This is your personal journey of healing and transformation and we strongly believe that inviting enquiry into the metaphysical aspects of creation, creating a deep relationship with consciousness, the collective intelligence that holds all of the Universe in it's warm embrace, will add a whole new level understanding, purpose and meaning into your life.



ADDITIONAL SUPPORT

You may find along your journey of transformation, that you could benefit from some one on one support. At an additional cost you can access one hour sessions of personal guidance and assistance through online video sessions or in person.

One on One Online Video or Audio Session



To support you on your transformational journey it is hugely beneficial to have someone to personally mentor and guide you along your path of self-discovery, healing, education and expanded awareness. Jonny will personally help and support you through online video sessions. Many people have found that more support at the beginning really helps to achieve better results.

One on One In Person (applicable)



At this level you are fully supported with personal one on one mentoring on your transformational journey. You will have direct access to Jonny who will be your personal Life Coach, guiding you along your path of self-discovery, healing, education and expanded awareness. You will journey together through customised sessions to meet your personal needs and requirements.