

THE ART OF PERSONAL REGENERATION

A Transformational *Wholistic* Healing
Approach for your Mind, Body,
Spirit, and Soul



A Prayer for Spirit's Quest



Toward the perfection of love, joy and beauty,
I embark upon the Quest to the eternal spaces of my soul.

Within my heart the lights of heaven shine.
In harmony with Spirit, I become one with what I truly believe I am.
My soul's longing is the panoramic arc by which I set my course.

Moving through the portal of attachment, I enter a clear, expansive world.
As vistas of new possibilities expand, I comfortably leave behind parts of my
old self which no longer serve me in this pilgrimage. I bravely move toward
the ever-vanishing horizons of my soul's awakening.

In this exploration to the most remote place of my consciousness, I
courageously face the darker recesses in my soul where renewal and
rebirth takes place. I experience forgiveness for the fallibility of my human
judgements; I allow a finer self to step free from my reclusive cell, which
once entombed me.

In this fresh light, I faithfully honor all others. Feeling the greatest joy to see
them prosper, and succeed in their hearts' desires, I lovingly give my full
support in cheering everyone to their fulfillment in life.

The universe, with its reciprocating energy, gloriously bathes me in
illuminating light. Yet I move beyond my senses as I watch the timeless,
spaceless moment enrapture me into a whole new state of knowingness.

Then, I am whisked beyond even this point to a higher level of awareness.
And here, at the fulcrum of my consciousness, where time and space
merge into one vast whole, I am in peace, at last, O God, I am at peace.



REVEREND CHRISTIAN SORENSEN



Are you someone who...

Feels ever busy, yet never really
full? Like something is just
missing?

Feels burnt out, lacking the energy
and vitality to get the most out of
life?

Often wonders, "Is this really all
there is to life?"





Wholistic and Integrative Healing

Healing is the return of the memory of wholeness
~Deepak Chopra

Shamanic and vibrational healing works to restore balance and vitality to the subtle energy field, which influences all wellness and disease patterns of the physical and mental body

This, combined with plant medicine, sound therapy, functional foods, herbal remedies, and somatic re-programming provide a transformational healing experience





Did you know...

80% of all disease occurs through patterns of chronic stress or unresolved trauma

Every atom, molecule, cell, gland and organ have a unique frequency. Disease happens when this unique frequency is altered

Optimum health occurs when we are vibrating in harmony at our natural, inherent resonant frequency



The Luminous Energy Field



THROUGH LIFE WE ACQUIRE IMPRINTS, OR BLOCKAGES IN OUR LUMINOUS ENERGY BODY

THESE IMPRINTS ARE CREATED FROM STRESS, ANXIETY, TRAUMA, ABUSE, DISAPPOINTMENTS, AND LIFESTYLE CHOICES

THE QUALITY OF OUR LUMINOUS ENERGY FIELD DETERMINES THE QUALITY OF OUR HEALTH, HOW WE AGE, AND OUR ABILITY TO HEAL

TO OPTIMIZE OUR HEALTH AND HEALING CAPACITY, WE MUST BE WILLING TO ADDRESS AND CLEAR BLOCKAGES AT ALL LEVELS OF OUR BEING





"The cornerstone of all healing is the ability to become whole, to reclaim our power by developing accountability for our choices, to have the capacity to access our body's wisdom and instinct, and to remember who we are when we are free: for within each of us remains the universal blueprint or memory of peace, joy, harmony, and balance – and it resides deep within the compass of our heart. It may be buried or masked by our suffering, but it is the destination and the reward of all good digging."

~Dr. Judy Gibson





The Art of Personal Regeneration

A program sure to shake you up, get you unstuck, re-aligned,
and reinvigorated to live life to your fullest capacity

A program designed to excavate trauma, habits, and choices
so that you may too be liberated and full of joy

**A program that will transform your life
and regenerate your being**





Healing at the Core

Sustainable change takes time.

Healing does not happen on a continuum.

Energy flows where attention goes.

Together, over a 6-month period, we will use the collective powers of cultivating presence, coming into prayer, and alchemizing our system with herbal and functional medicine to regenerate your being.

What follows is an overview of the arc of the 8-phased journey of personal regeneration.



THE EIGHT-PHASED PATH TO PERSONAL REGENERATION



UNLOCK YOUR TRUE HEALING CAPACITY

LEARN THE HEALING POWERS OF PRESENCE, PRAYER, AND PLANTS

REGENERATE YOU PHYSICAL, MENTAL, EMOTIONAL, AND SPIRITUAL BODY

BUILD RESILIENCE AND VITALITY

CREATE LASTING TRANSFORMATION

BECOME THE MASTER OF YOUR LIFE





Each of the 8 Phases Include

Energy Center Overview & Assessment Tool

Earth-based Wisdom

Medicine Wheel Technology

Somatic Body-Mind Techniques

Daily Affirmations

Prayer

Nutritional Focus & Recipes

Herbal Recommendations

Thoughtful Inquiry

Embodied Actions



How It Works



**DURING THIS PROGRAM YOU WILL UNLOCK
THE 8 KEYS TO PERSONAL REGENERATION**

PEACE THROUGH PRESENCE

- 1 Generate peace and content through healing affirmations & present moment awareness

THE SACRED POWER OF PRAYER

- 2 Tap into the divine gifts of the Universe through a daily prayer practice

PLANT HEALING INTELLIGENCE

- 3 Work with plant medicine and adaptogenic herbs to transmute stuck energy, increase focus, and promote overall well-being and relaxation

ENERGY CENTERS OF THE BODY

- 4 Understand their unique role in health and disease and how to balance them for optimal health and vitality

FOOD AND HERBS AS MEDICINE

- 5 Learn how to cleanse, nourish, and detox your body as you cycle through life's ups and downs

ENERGY TRANSMUTATION

- 6 Regulate your nervous system with meditation, yoga, and somatic re-programming

EARTH-BASED WISDOM

- 7 Reawaken your innate divine healing wisdom to manifest your most joyful life

THE MAGIC OF LOVE & FORGIVENESS

- 8 Learn how to turn inward with loving compassion to alchemize hurt, grief, and trauma imprints



Your Journey Includes



Personal Mentor Coaching

Bi-weekly sessions designed to help you dive deeper to explore patterns and ways of being that have kept you stuck

Plant Medicine Support

Trauma-informed plant and herbal medicine coaching and protocol(s), along with preparation, navigation, and integration for bigger journeys

Shamanic healing ceremonies

Two personal Shamanic drum journeys to connect with your Power Animal and Spirit Guides

Sound Healings & Meditations

On-demand access to personal sound healings and guided meditations for every Chakra

8 Transformational Workbooks

- A deep dive into each energy system and how to bring it into balance
- Shamanic guidance on navigating the subtle energy body for optimal health
- Daily mantras, affirmations, and prayers uniquely designed for each phase
- Journal prompts and action steps to re-wire your thoughts and pattern
- Specialized nutritional focus by phase complete with healing recipes and herbal recommendations
- Yoga and meditation recommendations





Key Program Themes

Compassion

The seed of love is always planted from within

Grace

Divine assistance given to humans for their regeneration

Forgiveness

To pardon yourself from what burdens you

Somatic Awareness

Presence to the felt-sense of the body

Earth-based Wisdom

Ability to connect intimately with the elements

Regenerate

To create anew

Re-member

To become whole

Reclamation

To bring back Spirit and Soul





Expected Results

By committing to this program, you will have transformed your life and regenerated your being

You will embody the knowledge of how to bring yourself back into balance and harmony with the Power of Presence, Prayer, and Plants

You will have a Transformational Toolkit to use whenever you find yourself stuck, lacking energy, or out of integrity with yourself or your relationships

You will be equipped with Ancient Ancestral Technology to connect you to Source and your unique medicine

You will be the master of your life





Client Testimonials

“There is no doubt that this work has increased my confidence to take better care of myself and others”

“When starting with Kim I was dealing with a tremendous amount of trauma physically and mentally. It became the norm and I treated the anxiety from it as an old friend.

Through the work with Kim I learned to let go. Become aware of nature and spirit You have to do the work, and to want to change. Continue to want peace, love and serenity in your life. I am looking forward to continuing my daily journey.”

“Kimberly was / is an incredibly insightful and thoughtful guide and teacher. She is astute, knowledgeable, compassionate, articulate and holds space for me in just the ways I need. The materials she provided to me are incredible resources that I can use forever and will only increase the depth of journey for the rest of my life and beyond.”

“Kimberly is seriously the best! Because she is not only knowledgeable at what she does she puts her whole heart and spirit into this work”





What to expect in working with a Coach

We are deeply passionate to be of service for those seeking change. Those who want a personalized medicine blueprint to use throughout their life. Those who have struggled and want more for their lives.

We understand the pain of living a life that is disconnected from soul and the loneliness that this can create.

Our work is to create a healing container where you can remember your inner compass, divine essence, and power. A deeply empathetic space to listen for the subtlety found in the space in-between, where we can be a mirror for your transformative work. We promise to show up in heart-centered presence and be a friend to walk you home.

"We are all just walking each other home"
~Ram Dass





This program is for you if...

YOU DEEPLY DESIRE LASTING TRANSFORMATION IN YOUR LIFE

YOU SEEK TO REALIZE YOUR POTENTIAL AND LIVE THE BEST LIFE POSSIBLE

YOU ARE UNAFRAID TO TRY NEW THINGS

YOU WANT TO CHALLENGE YOUR APPROACH TO LIFE

YOU DON'T BELIEVE YOU HAVE "FIGURED IT ALL OUT"

THE PAIN OF STAYING THE SAME IS GREATER THAN THE WORK REQUIRED TO CHANGE

YOU WILL PUT IN THE WORK NECESSARY TO MAKE LASTING CHANGE HAPPEN

YOU WORK WITH INTENTION, SACRED COMMITMENT AND AN OPEN HEART TO SURRENDER

YOU WILL GO THE EXTRA MILE TO PUSH THROUGH LIMITATIONS

YOU ARE WILLING TO FEARLESSLY DISRUPT YOUR LIFE

YOU WANT A PARTNER TO HELP BREAK THROUGH BARRIERS TO REALIZE YOUR DESIRES





This program is NOT for you if...

YOU ARE LOOKING FOR A QUICK FIX

YOU ARE FINE WITH THE WAY YOUR LIFE IS NOW

YOU DESIRE TO STAY THE SAME

YOU ARE UN-INTERESTED TO LEARN NEW, DIVERGENT APPROACHES TO LIFE

YOU'VE GOT IT ALL FIGURED OUT

YOU WANT TO KEEP YOUR LIFE JUST AS IT IS

YOU BELIEVE THAT LASTING CHANGE DOESN'T TAKE TIME OR EFFORT

YOU LACK COMMITMENT, FOLLOW THROUGH, AND DISCIPLINE

YOU DON'T WANT TO GO THE EXTRA MILE FOR LASTING RESULTS

YOU PREFER TO WORK TO WORK ALONE





Signature Program Investment Cost

Our approach to healing and transformation is unlike any other program you will find. It is based on 10 years of transformational coaching, best-in-class trainings, and the lived experience of using the Power of Prayer, Presence, and Plants to move from burn-out to break-through.

LET'S WORK TOGETHER

WHAT YOU'LL GET:

- ✓ 1:1 Transformational Coaching Sessions
- ✓ 8 Complete Transformational Guidebooks
- ✓ Somatic Trauma Therapy Techniques
- ✓ Two Shamanic Journey Sessions
- ✓ Personalized Nutrition, Plant Medicine, & Herbal Support
- ✓ Recorded Guided Meditations & Chakra Sound Healings

YOUR INVESTMENT

\$3,495

Payment plans available





Interested in Working Together

SCHEDULE A CALL

IF YOU ARE READY FOR DEEP, HOLISTIC HEALING AND LASTING TRANSFORMATION, I'D BE HONORED TO MEET WITH YOU.

BOOK A 30 MINUTE, WORRY-FREE CONSULTATIONS FOR US TO EXPLORE IF WE ARE THE RIGHT FIT FOR EACH OTHER. LEARN THE SKILLS OF SELF-MASTERY BY REACHING OUT TODAY.

"May the sun bring you new energy by day, may the moon softly restore you by night, may the rain wash away your worries, may the breeze blow new strength into your being, may you walk gently through the world and know it's beauty all the days of your life."

Apache Blessing



info@anandalodgecr.com

[@anandalodgecr](https://www.instagram.com/anandalodgecr)

