

Kashiopia Holistic Living

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Life & Self-Transformation Packages

Life is NOT about HOW you live.

Life is about WHY you live

Self-Transformation is a journey that takes time and dedication. It is unrealistic to expect one session of anything will change your life. Therefore Kashiopia offers all her skills, background and experience as a package in order for **YOU to TRANSFORM and Embrace Authentic-Self.**

“You don’t manifest what YOU WANT, you manifest what YOU BELIEVE”

Just imagine if your thoughts are always positive.

Just imagine if your core beliefs are aligned with what you want.

Just imagine if you are in a constant state of fulfillment, gratitude, abundance, love, peace, pure joy, confidence, success and freedom.

You will be happy RIGHT NOW even if your actual situation may not be the most ideal. Focusing on being happy *NOW* will dramatically accelerate your results to achieving the life of your dreams.

Self-Mastery is the real factor that determines a person’s success in life. Learn to control your habits, thoughts, emotions, impulses and worldview in a way *that serves you*, instead of sabotages you.

Learn to free your mind, increase your energy

“You become successful when you are happy”

General Flow:

1. Setting goals and intentions

- Exploration of your life's purpose.
- Thorough examining of the balance in life.
- Clarifying visions of "Authentic-Self".

2. Evaluation of your current situation and/or issues

- Frequent psychoanalysis via Tarot-reading.
- Exploration of intertwined issues between personalities, temper, emotions, interests, needs and wishes, self-perceptions and hidden expectations/fear.
- Revelation of mental blocks and unresolved past trauma.
- Dream interpretation by Tarot upon request.

3. Healing from negativity and past issues

- Frequent Reiki & Kwannon Bodhisattva Energy Healing.
- Chakra balancing.
- Inner Child Work via meditation.
- Perspective Shifting and miracle questions based on Solution Focused Brief Therapy.

4. Establishing new cognitive patterns

- Re-programming of the subconscious mind that cause miserable feelings via Neuro-Linguistic Programming.
- Techniques to focus on positive aspects via Positive Psychology.
- Guidance on how to practice the Law of Attraction.
- Relaxation and de-stressing techniques.
- How to forgive and let go of the past.

5. Transformation of self and life.

- Life of empowerment by embracing your Authentic-Self.

Package Options

1. "Inner-Child Work" Starter Package

Starts with a 30min **free** initial information session in which **Life Balance will be assessed**.

Upon commitment 3 x 90 min sessions, bonus gifts, self-work assignments and constant support with unlimited number of Tarot-assessments (during the first 3 weeks) will follow.

- Free oneself from negative past influences
- Gain mental techniques to establish new and positive belief system

R 2,500 (you have the option of upgrading)

Bonus Gifts :

- Written astrological analysis of personality/characters, life patterns, and life's purpose and challenges.
- Handcrafted Orgonite Charm.
- Daily Affirmation Set (choose two from: Law of Attraction, Wealth & Abundance, Self-Love & Self-Acceptance, De-stress & Unwind, Courage & Confidence, Inner-Peace, Attractiveness, Vibrant Health, Positive Social Life, Love & Relationships).
- 30-Day "High-Frequency" Nurturing Dairy.

2. "Ultimate Successful Life" Premium Package

Starts with a 30min **free** initial information session in which **Life Balance will be assessed**.

Upon commitment 10 x 90 min sessions, bonus gifts, self-work assignments and constant support with unlimited number of Tarot-assessments (during the first 10 weeks) will follow.

Fill your life with abundance for body, mind & soul by achieving:

- Freeing oneself from past negative influences
- Gaining mental techniques to establish new and positive belief system
- Realizing the Law of Attraction
- Identifying purposes and joy in life
- Experiencing fulfilling relationships
- Finding success in the work you enjoy
- Benefiting from better health and greater vitality
- Nurturing high self-esteem and dignity
- Embracing the Highest Version of yourself, full of positive feelings that will lead you to SUCCESS

R 7,000 (or two installments of R3600, once at the beginning, then at the 5th session)

***Follow up and/or maintenance sessions available after the package duration for a nominal cost.**

Bonus Gifts :

- Written astrological analysis of personality/characters, life patterns, and life's purpose and challenges.
- Handcrafted Orgonite Chakra-Colour Bangle.
- Subliminal Affirmation Videos for "Manifesting Abundance and Wealth" and "Chakra-Balancing".
- Daily Affirmation Sets (Law of Attraction, Wealth & Abundance, Self-Love & Self-Acceptance, De-stress & Unwind, Courage & Confidence, Inner-Peace, Attractiveness, Vibrant Health, Great Social Life, Love & Relationships).
- 90-Day Self-Transformation Dairy.