

Agenda: 11/6/2025 - Awakening: Mindfulness & Transformation



0:00 – 0:03 | Welcome

Introduction / Ice Breaker
Invitation to ground with a few deep breaths

0:03 – 0:13 | The Path of Awakening

Mindfulness: Presence, Awareness, Acceptance
Moving Through Layers of Illusion Into Alignment

0:13 – 0:20 | Energetic Alignment & the Chakras

Brief overview of the chakra system as energy centers
How blocked vs. balanced energy feels

0:20 – 0:28 | Practical Tools for Daily Mindfulness

Breathwork. Journaling. Micro-mindfulness moments
Integrating tools into personal healing

0:28 – 0:36 | Transformation in Action

Shifting from self-doubt into self-empowerment
Boundaries as spiritual protection (energetic & emotional)
Reframing challenges as invitations to grow

0:36 – 0:42 | Meditation

Recap / Invitation to join future bi-weekly live events

0:42 – 1:00 | Closing & Live Q&A

Reminder: Subscribe for new blog/webinar updates
Recommendation: Follow up with the 21 Day Self-Guided Programs
for Awakening and Chakras & Mindfulness
Please raise your hand or post your question/ comment into the chat

Affirmation: *"I embrace transformation, lightness, and clarity."*
Gratitude & Farewell