



THE AWAKENING FORMULA®

SIGNATURE PROGRAM BY JAGIROHA®

WHAT'S IS IT?

Take the next step...

The Awakening Formula® process:
Combines some of the most efficient and powerful
Self Development tools to create long lasting
changes with physiological excellence

Somatic Experiencing • Emotional Clearing • Human Design

9 -12 WEEKS:

1 x Chakra Clearing & Intention Setting session + The Spiral 7- Level
Journey + 1 x Integration & Manifestation Session
&
Your Certificate Of Completion

WEEK 1: Learn and experience the art of Emotional Clearing & define
your intention for this next level of you with clarity.

WEEK 2-9: The Spiral clears 22 of the most common emotions relevant
to the human experience. Muscle testing is used to access the
unconscious belief systems that we have accumulated over our
lifetime. Clearing these emotional and energetic blockages is
imperative as they can build up in the body and present as physical
illnesses, chronic conditions or as self-sabotaging behavioural
patterns.

WEEKS 10-12: Welcome to Living Your Design! Living your design covers
all the basic concepts of Human Design; it delves into the inner
workings of the nine Centers, the Authorities and the Four Types. It is an
accessible support resource for people interested in the practical
application of Human Design in their personal and professional life.

EMAIL ME!

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to talk about fees, payment plans, and inclusions



HOW DOES IT WORK?

THE AWAKENING FORMULA© COMBINES 10 YEARS OF PRACTICAL EXPERIENCE IN THE FIELDS OF:

5 ELEMENTS THEORY, SOMATIC EXPERIENCING®, SPIRAL DYNAMICS, EMOTIONAL CLEARING & HUMAN DESIGN

To offer a **comprehensive & self-sustaining** approach to **personal development** that equipS you with a set of **tools** applicable **for a lifetime!**

This approach will help you **understand** your timing & unfolding, trust your **intuition**, EMBRACE CHANGE WHILE TAKING CHARGE OF YOUR OWN **TRANSFORMATION**, And **integrate** the shifts made along the way INTO YOUR EVERYDAY LIFE.

The process works on neutralising polarities of our shared human experience, and includes the following themes:

DESERVING

RELEASING SHAME AND GUILT INCREASING SELF WORTH.

CREATIVITY

RELEASING FEAR AND GRIEF INCREASING PROACTIVITY.

POWER

RELEASING ANGER. INCREASING SELF CONFIDENCE.

OPENNESS

RELEASING WOUNDS OF THE HEART. INCREASING LOVE.

EXPRESSION

RELEASING LOW SELF ESTEEM AND ANXIETY.

VISION

RELEASING OLD VIEWS. INCREASING CLARITY.

PURPOSE

ALIGNING TO YOUR STILLNESS AND SPIRITUALITY.

*Dedicated to your growth
if you are!
Jess xx*



The Awakening Formula©
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