

# Introduction

WELCOME TO THE AkhuRa Practitioners Program!!! Thank you for answering the call to not only improve your personal and professional development, but also being a vessel for transformation. You are one of the first people to enter into an integrative culturally relevant life enhancement program geared towards empowering ourselves, families, and communities through the various modalities, education, and experience.

We will encounter people who need solutions and services to help them on the road to being the best version of themselves. While we know one size does not fit all, being trained in a program that offers integrative approaches allows us to provide a more holistic approach to the communities we serve. The key to being a practitioner/facilitator isn't to convince people that life should not or will not have ANY challenges. Without challenge there is no growth. The key to this work is to have the tools needed to navigate through life with as less resistance as possible and to provide and share these tools with your clients.

While there are many facets to this work, the AkhuRa program focuses on 4 main categories: **Healing, Empowerment, Intimacy, and Manifestation.**

Sesa Wo Suban, is a twi word that means “to change or transform ones life/character”. In addition to change/transformation/transmutation, it also represents personal reflection. Sometimes we as humans think we can rely on others to be our reason or catalyst for change. Ultimately it is up to each individual. While the services we provide are to help, the SELF work and PERSONAL reflections that your client must do, is just as important as the services we provide.

## **You will learn:**

- Energy Cultivation and Energy Projection for Healing and Activation
- Sacred Sexuality (Tantra), Sexual Science & Relationship Science

- How to identify and guide through energetic blockages and emotional triggers
- Solo and Partner “Tantric” healing practices for healing, empowerment, intimacy, and manifestation
- Behavioral Health and Emotional Intelligence
- Body Work for Awakening, Awareness, Activation, and Intimacy
- Shamanic & Indigenous Practices

Although the industries differ, I have been in the field of coaching for over 8 years. When I started on the journey of Alternative healing (really traditional healing), I found that identifying the issue is great but then you need solutions...all kinds of solutions. The solutions of one system or modality may not work, resonate, or be enough for the variety of clients you come in contact with. The importance of having integrative approaches to your work not only makes your approach unique, but you also are able to always evolve your practice due to being open to what YOU see is a benefit to add to your work. The journey of learning energy healing definitely contributes to emotional mental and spiritual clearing and empowerment. However, even in this process I found that I needed MORE tools to help clients process all of the memories and emotions that comes up as well as being able to offer practical methods to practice on a regular basis. I have worked with licensed and certified mental and behavioral health professionals to incorporate tools to help with integration and managing the new paradigm shifts that happen on this journey. To be honest, 80% of this work is mental, emotional , spiritual while 20% is physical. As a practitioner it's very important to know to not approach this work as systematic. It is spiritually guided, intuitively lead, and it's encouraged to continue to do more self work to tap more into the magic you have.

This program is bigger than just healing and empowering individuals. Understand that all of these individuals are apart of a family, and these families make up our communities. The community is a force that can be as powerful and productive as it can be with the right tools to remain healthy, focused, and balanced. This information will help you in providing solutions for generational

healing, transforming victims into victors, increasing self love, creating deeper connection and intimacy with self and your partner.

Talk about a story of generational trauma, sexual abuse, deviancy, shame, blockages, triggers, addictions, etc.. They have all been a part of my journey. My tools included reading the stars, Reiki Healing, Kundalini Energy Healing, Tantric Healing and Intimacy Practices, Shamanism, Plant Medicine etc. These tools have helped me transmute my sexual and helped me rewrite the stories of my traumas. I now have tools to identify triggers, and the emotional intelligence to be more centered. I've healed through a lot and to this day I STILL use these tools to keep an AWARENESS of when patterns may come back up or new ones are being created. I have shifted my belief systems that has contributed to my ability to manifest certain things I still to this day am coming to embrace has actually happened. My fears of love, relationships, the unknown, success, expectations etc have come to a place of peace and understanding so that I no longer allow those fears to stop me from experiencing the abundance that I deserve.

This path requires me to activate the parts of myself needed to conduct local and international business, become more clear and focused about my life path and purpose, diversify my gifts, and embrace the true meaning of wealth. I am truly my ancestor's wildest dreams. This work has allowed me to change the trajectory of my family pathology so that my future generations will have a new story for their future generations. The range of my clients have ranged from singles, couples, men, women, spiritual advisors, those in govt positions, business men/women, & more.

It's an honor and a privilege to have you here. I look forward to your work as a Practitioner and also you awakening to your power and purpose to accomplish whatever goals you desire.