

THE PILLARS OF SELF

All strong foundations begin with strong roots, the pillars of self are the core of which all my teachings, courses and coaching are structured around. The foundation includes 4 fundamental pillars.

PILLAR 1: PHYSICAL

Practice awareness and illuminate the criticism, the judgement and the false societal constructs that stop you from loving, honouring and radically accepting your physical vessel. This prepares you with the tools and knowledge to navigate your journey with confidence. This pillar empowers you to embrace, cherish and fuel all aspects of your physical self with various forms of self love.

PILLAR 2: EMOTIONAL

Pay attention to your emotions and learn to shift your vibration from fear, loneliness, regret, guilt and shame to love, joy, happiness, optimism and fulfillment. Embodying a conscious approach will help you to focus and recognize when your emotions are limiting you, casting self-doubt and blocking you from making your dreams a reality. This pillar prepares you to experience emotions with purpose, knowing that you are in control of how you choose to feel in any given moment

PILLAR 3: MENTAL

Awaken your mind to the limitless possibilities that are available to you. Uncover the origins of your limiting beliefs, self deprecating thoughts and everything else that holds you back tapping in and tuning into your power. Learn how to master your mindset and discover the endless opportunities to manifest whatever your desire. This pillar prepares you to embrace being the creator of your life.

PILLAR 4: SPIRITUAL

Implement rituals and routines that will support you in connecting with your higher self and source consciousness. Learn to experience life with increased clarity, intention, navigating the world and interactions tuned into your intuition. Lead with love, surrender to the unknown, trusting yourself to always make the right choice. This pillar prepares you to align your light body with your physical self and operate from the highest, truest, most authentic version of yourself.