

EVOLVE

# A 6-Month Transformational Journey

Lightbringer & Andrea of Gaia

*A 15-session path — 12 in-person healing containers and 3 live Zoom integrations — for the part of you that is ready to breathe deeper, soften, and come back to the love that has always lived within.*

## A Welcome From Our Hearts

We will meet you with presence, honesty, tenderness, and devotion. Together we hold a healing container where your body can soften, your spirit can remember, your voice can open, and the next version of you can begin to rise.

## What You Receive

- A deeply held container for transformation, healing, awakening, and personal evolution
- Support letting go of old patterns, old pain, and identities that no longer match your highest self
- Guidance toward feeling more whole, open-hearted, alive, joyful, courageous, and connected
- Embodied tools you can return to between sessions and after the journey is complete
- A stronger relationship with your body, voice, intuition, spirit, nature, and inner truth
- Integration support so your insights become lived change, not just beautiful moments

## What Is Included

- 15 total sessions over 6 months — 12 in-person + 3 live Zoom integrations
- 6 earth medicine sessions — 3 with Andrea of Gaia + 3 with Lightbringer
- 2 co-guided sessions with both of us together
- 2 individual sessions with Andrea of Gaia + 2 with Lightbringer
- 3 live 1-hour Zoom integration calls (one with each + one shared)
- Somatic practices, breathwork, sound, NLP, voice activation, energy work & integration

## The Journey Structure — Four Movements

### I. Opening — Intake, intention, alignment

We begin with your intake and an alignment conversation so we can personalize the first practices for grounding, devotion, and commitment.

### II. Descent — Meet what is ready to heal

Somatic inquiry, breath, mindfulness dialogue, spiritual activation, journaling, energy work, and supported earth-medicine preparation where appropriate.

### III. Transformation — Release, reconnect, remember

Earth medicines, sound, shamanic and indigenous-inspired practices, NLP, voice activation, surrender work, and guided integration.

### IV. Embodiment — Live the new pattern

Integration sessions, home practice, relational reflection, nervous-system care, and a clear path for continuing after the journey.

## Core Modalities

**Somatic Practices.** Body-based awareness, nervous-system support, grounding, release, and integration.

**Breathwork.** Intentional breath practices to open, regulate, move energy, and support emotional transformation.

**Sound Healing.** Vibrational support for relaxation, presence, release, and deeper connection.

**NLP + Mindfulness.** Conversational and reflective tools to shift patterns, beliefs, and inner orientation.

**Spiritual Activation.** Heart-led conversation, intuitive reflection, and spiritual activation to support remembrance and awakening.

**Earth Medicines.** Personalized medicine work held with preparation, care, intention, and integration.

**Voice + Throat Chakra.** Vocal expression, truth-speaking, prayer, and practices that free your voice.

**Energy Work.** Subtle-body practices, clearing, blessing, protection, and restoration.

**Shamanic + Indigenous-Inspired.** Ceremony, ritual, prayer, elemental connection, and ancestral reverence.

**Journaling + Commitment.** Reflection prompts and practices so the work continues in daily life.

## Container Details

**In-Person Container.** Every in-person session is a minimum 2-hour commitment. Earth medicine sessions are extended ceremonial containers held up to 8 hours. Sessions take place in our healing space or in your home (home sessions include a fixed travel add-on).

**Live Zoom Integration.** Three 1-hour Zoom calls support the 12 in-person sessions — one with Lightbringer, one with Andrea of Gaia, and one shared call together. Reflection, support, and integration between gatherings.

## This Journey Is For You If

- You feel called to deep transformation rather than surface-level change
- You are ready to let go, evolve, and meet the highest version of yourself
- You need loving guidance to release what is heavy, outdated, or no longer aligned
- You want to reconnect to love within — to nature, your body, your voice, and spirit
- You are ready to move from survival into wholeness, joy, devotion, and embodied self-trust
- You value ceremony, presence, honesty, accountability, and guided support

## Next Step

Your journey begins when you complete the intake. From there, we schedule an alignment conversation with both of us — and the path is shaped around your prayers and readiness.

*A spiritual, transformational, and holistic support container. Not a replacement for medical or psychological care.*