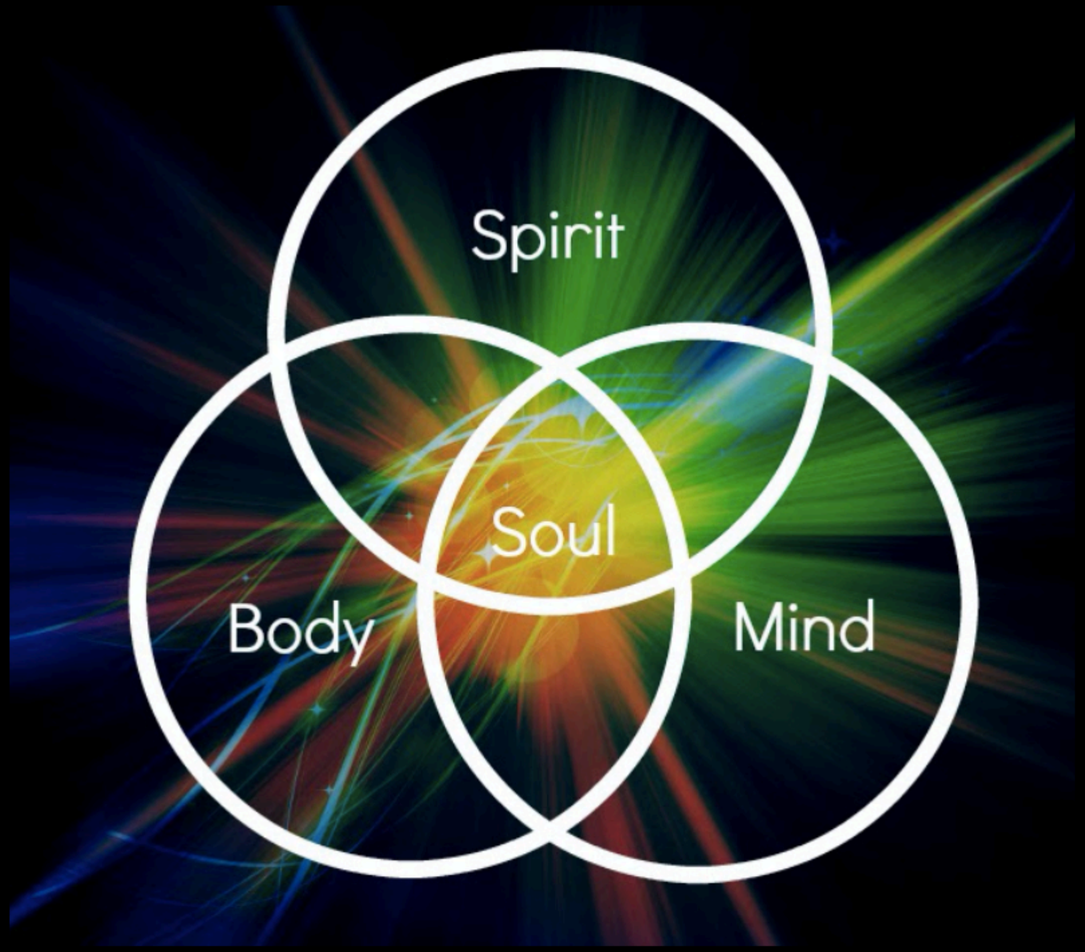


The Soul Root Reason (TM) is the recurring (and often subconscious) cause of most of your unfulfilled desires, goals and dreams
By looking deep within we can uncover and begin to understand how certain patterns are continuously creating your current reality.

YOUR SOUL PRESCRIPTION



Uniting the Physical and Mental with the Spiritual

WHERE ARE YOU?



AGES 0-7 THE ROOT

Ask + Receive Support
Experience Stability
and Financial Flow
Do well with sales
Experience healthy
relationships
Healthy + Pleasurable
Sex Life
Healthy Boundaries



Feel Grounded
Feel Safe
Feel Supported
Feel Connected
Feel Validated
Feel Worthy +
Deserving

Sex organs, Legs, Feet

BLOCKED ROOT

Low Libido
No Orgasm
Over giving
Not Receiving
Low or No sales
Underpricing
Over Delivering
Acting Out of Obligation
Lack Boundaries
Not having clarity over your finances



Anxiety
Fear
Resentment
Guilt + Shame
Disconnection
Depression
Lack of Pleasure
Judgement + Criticism

PRESCRIPTION

Connect with your Body
Breathe, Shake, Stretch, Dance
Self Pleasure
Osho: Kundalini Meditation
Eat Protein and Root Vegetables
Spend time in Nature
Look at your bank statements
Create Income and Expense Sheets
Write Forgiveness Letters
Practice Saying NO
Call in Your Ancestors

AGES 7-14 THE WOMB SACRAL

Easy to Start
Projects
Able Receive +
Deliver New Ideas
Create New
Content + Offers



Feel Alive +
Energized
Feel Inspired
Feel Motivated
Connected to your
Creativity

Uterus, Ovaries, Testicles, Urinary Tract,
Kidneys, Spleen, Blood Sugar

BLOCKED WOMB

Stale ideas
Uninspired by work
A lot of DOING
Not seeing progress
A lot of thinking
Putting in time +
physical work
Seeing little or
no return
Fertility issues
UTIs



Lack of inspiration
Lack of excitement
Feeling Bored
Feeling Tired
Feeling Frustrated
Feeling
Unappreciated

PRESCRIPTION

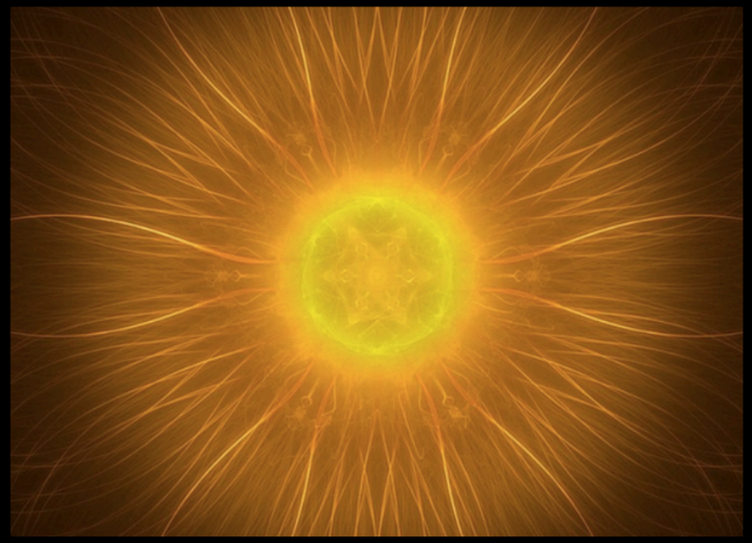
Take a DO nothing Day
Make Art
Drink more water
Get Alkaline Eat More Greens
Play with Children
Experience Catharsis
Osho: Dynamic Meditation
Gratitude Writing Practice

AGES 14-21

THE SUN

SOLAR PLEXUS

You are visible
Have Personal
Authority
You are Disciplined
Committed
Self control
You have a plan +
Clear strategy
(marketing, brand)

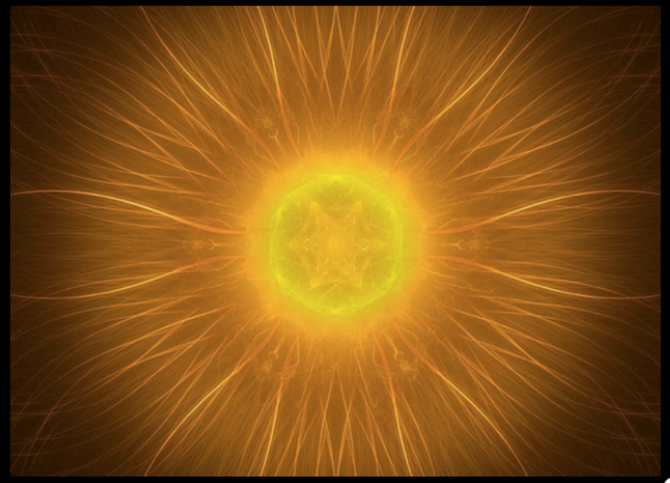


Feel confident
Feel Desire
Disciplined
Committed
Feel comfortable
being seen
Will Power
You acknowledge
You are the Creator
Connected to
your purpose

Stomach, Liver, Gall blader,Intestines, Digestion

BLOCKED SUN

You are Hiding
Overindulging
You lack discipline
commitment
Not taking action
Postponing
Procrastinating
No clear plan or
strategy
Digestive issues



Afraid to be Seen
Lacking confidence
Feeling Angry
Feeling Overwhelm
Feeling Frustrated
Analysis Paralysis
Striving for Perfection
Disconnected from
your Purpose

PRESCRIPTION

Practice Breath of Fire
Take an improv class or public speaking course
Eat Less Gluten More Healthy Grains
Intermittent Fasting
Cleanse and Detox
Book mark your day
Use calendars + activity management tools
Write your goals with dates
Set up personal accountability

AGES 21-28 HEART

You understand the meaning behind your work
You use your life experience as reference
You easily connect to your ideal client
Authentic Communication



Appreciate your life's journey
Feel Deep love for your work
Feel Trust
Love to share your wisdom
Relate to others

Heart, Lungs, Blood Pressure

BLOCKED HEART

You isolate
Don't easily
connect with others
You copy another's
content, language
etc.
Blood pressure
issues
Asthma + Bronchitis
Tight Chest
Shallow breathing



Closed Emotions
Past Regrets
Lack of Self Love
Feel like a fraud
Untrusting
Afraid to share
your wisdom +
knowledge
Feel like you are
not special or unique

PRESCRIPTION

Breathe into your Heart
Take yourself on dates
Eat more greens
Forgive yourself
Chanting the sound “AHHHHH”
Write out Your Hero’s Journey
Integrate your life experience into your work
Write Yourself a love letter
Invest in your Self Growth

AGES 28-35 THROAT

Express yourself
with clarity
compassion
authenticity
You are articulate
Consistent Copy +
Language



You feel fully
self expressed
Self acceptance
Not afraid to
speak up

Throat, Ears, Sinus, Neck

BLOCKED THROAT

You don’t speak up
You lash out
Unclear about what
to say, how to
introduce yourself
or speak about
your work
Thyroid Issues
Sinus Issues
Ear Infections
Acid Reflux



You are afraid
to upset others
or “get into trouble”
You feel frustrated
Anger

PRESCRIPTION

Chanting
Practice Affirmations Out Loud Daily
Practice Saying NO and Saying YES
Write letters of expression
Eat Blueberries + other fruit
Have a Karoke night
Practice your “Elevator Pitch”
Connect to your content and material
Authentic 1:1 Networking

AGES 35-42

VISION

THIRD EYE

You are a leader
You own your expertise
You innovate
You have a clear vision for your life and your work
Your schedule accommodates both personal + biz



You feel calm
At Peace
You love to teach
You are connected to your intuition
You have deep faith and belief in yourself
You are aware of +use your spiritual gifts
Use your imagination

Eyes, Nervous System

BLOCKED VISION

You are not
innovating
Stuck on repeat
Constantly looking
to see what others
are doing and how
You don't know
how you stand out
or what is unique
about you +
your work
Vision issues
Anxiety



You lack faith
and belief in yourself
You lack trust
You feel impatient
Feel Anxious,
Worry and Doubt

PRESCRIPTION

Spend time in Nature Alone
Practice Future Scripting
Use Written Affirmation Daily
Osho No Dimensions Meditation
Collaborate on Projects with others
Participate in Podcasts
Write articles/blogs
Speak at Events
Teach

AGES 42-49 CROWN

Opportunities +
Clients Find You
Creating Impact
Defining Legacy
Sales + Selling is
Fun and Easy
Perfect Health
Sustainable
Economic Growth



Experiencing Flow
Ease, Grace
Peace
Calm
Clarity
Connection to all
Feel
Profound Satisfaction

Head, Brain, Pineal Gland

BLOCKED CROWN

Chasing opportunity
Chasing clients
Bargaining
Settling
No biz Growth
No Personal Growth
Issues with brain,
cognitive thinking,
nervous system



Feeling like you don't
know what to do
Feeling confused
Feeling like everything
is a challenge
Feeling like giving up
Feeling alone
+unsupported

PRESCRIPTION

Biodynamic Breath
Osho Chakra Breathing Meditation
Sit silently
Pray+ Ask
Fast
Question and Answer Writing with Creator
Disconnect from Technology
Join an in Person Group
Make Brand NEW Choices
Take a Chance!