

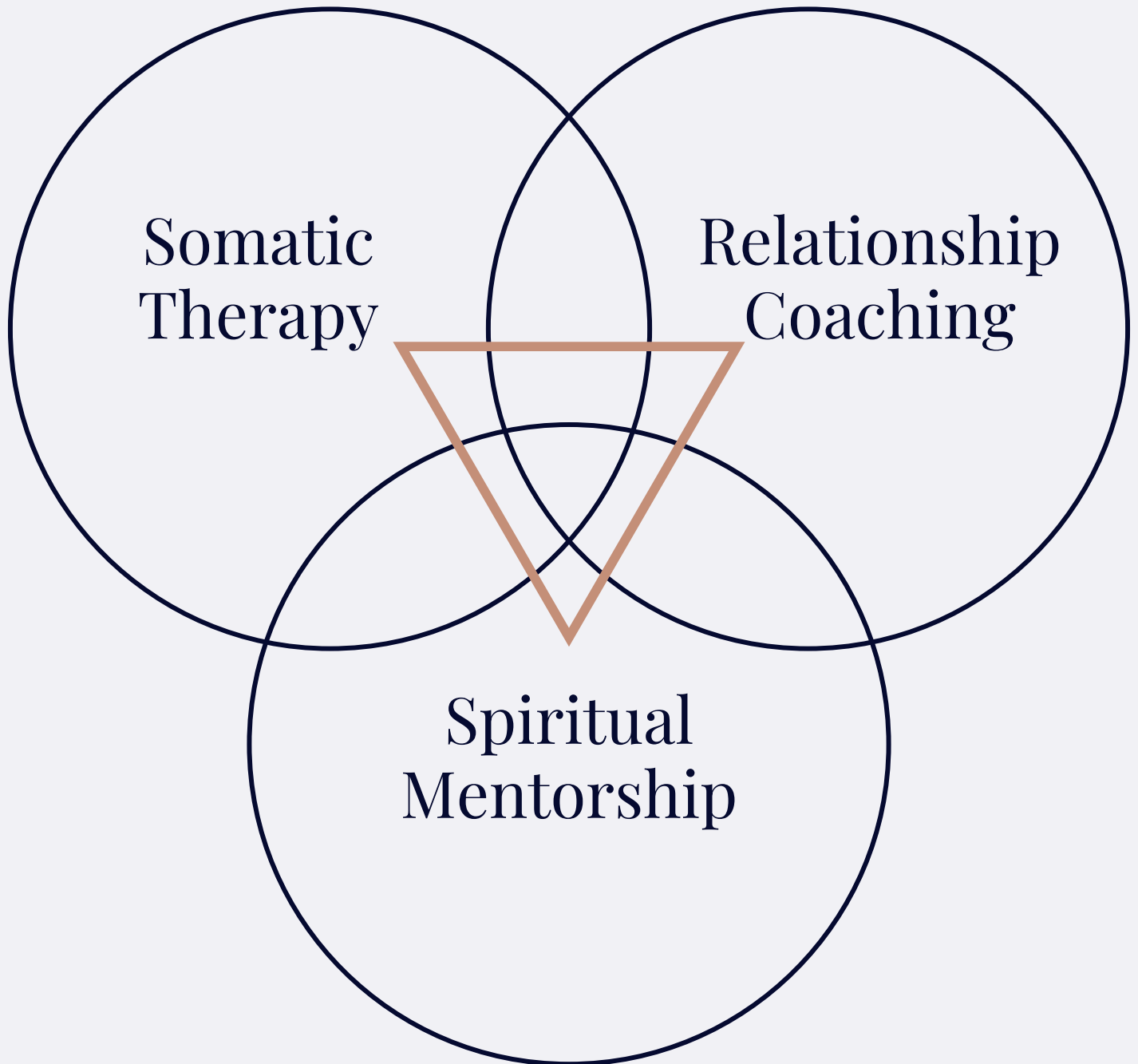
THE ESSENCE JOURNEY

*mentorship and consulting with
Luna Valin*



CODE CONVERGENCE

for the ultimate experience



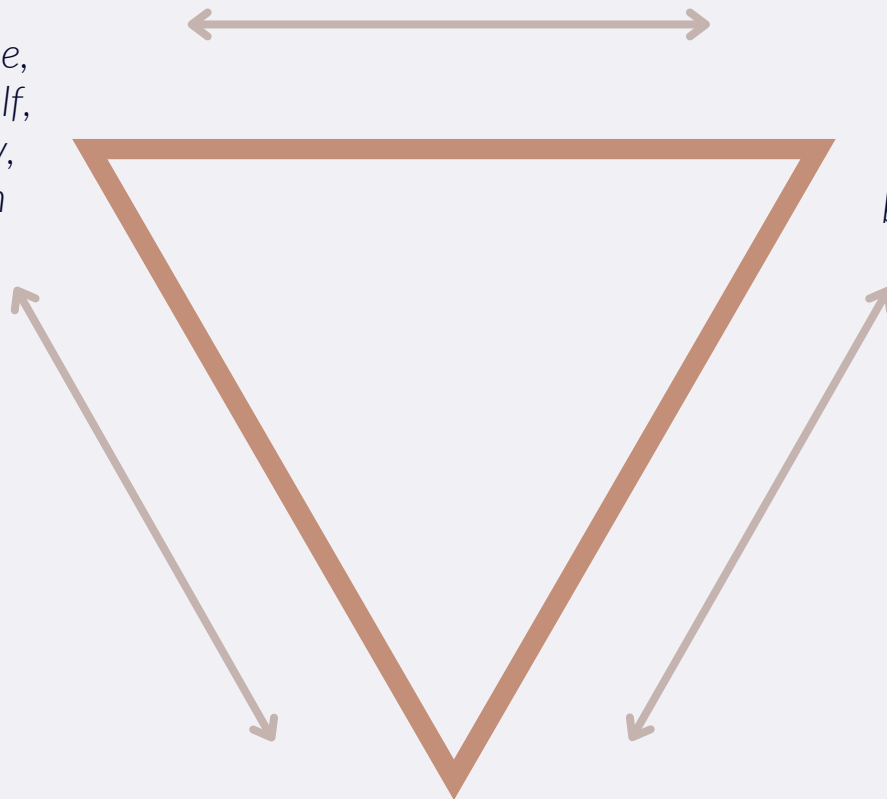
Every version of self is a lens through which we perceive life. Hence, each identity has a corresponding animated reality, circumstances, expression of relationships, and the divine.

Version of Self

*internal landscape,
perspective on self,
personal identity,
mind & emotion*

Version of Other

*external reality,
circumstances,
relationships,
business, money*



Version of God

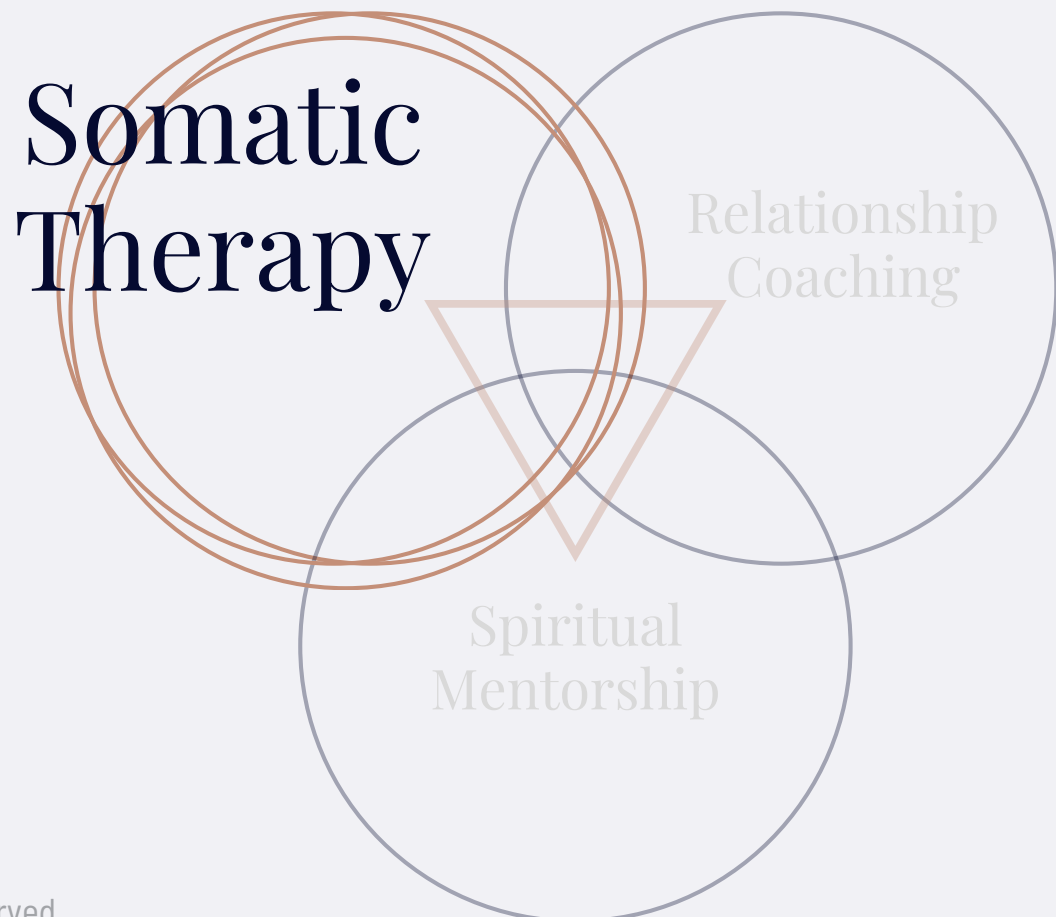
*the divine, love, Source,
creativity, purpose*

Because these are dynamic reflections of one another, when *truly present* with any component, we receive profound insight to the true nature of reality, organically heal, and embody the power of conscious creatorship.

Through Somatic Therapy, we transform outdated identity structures, perspectives, trauma patterns and nervous system dysregulation.

This liberates you from unconscious reactions to past events, self-censorship, limiting assumptions and disempowerment...

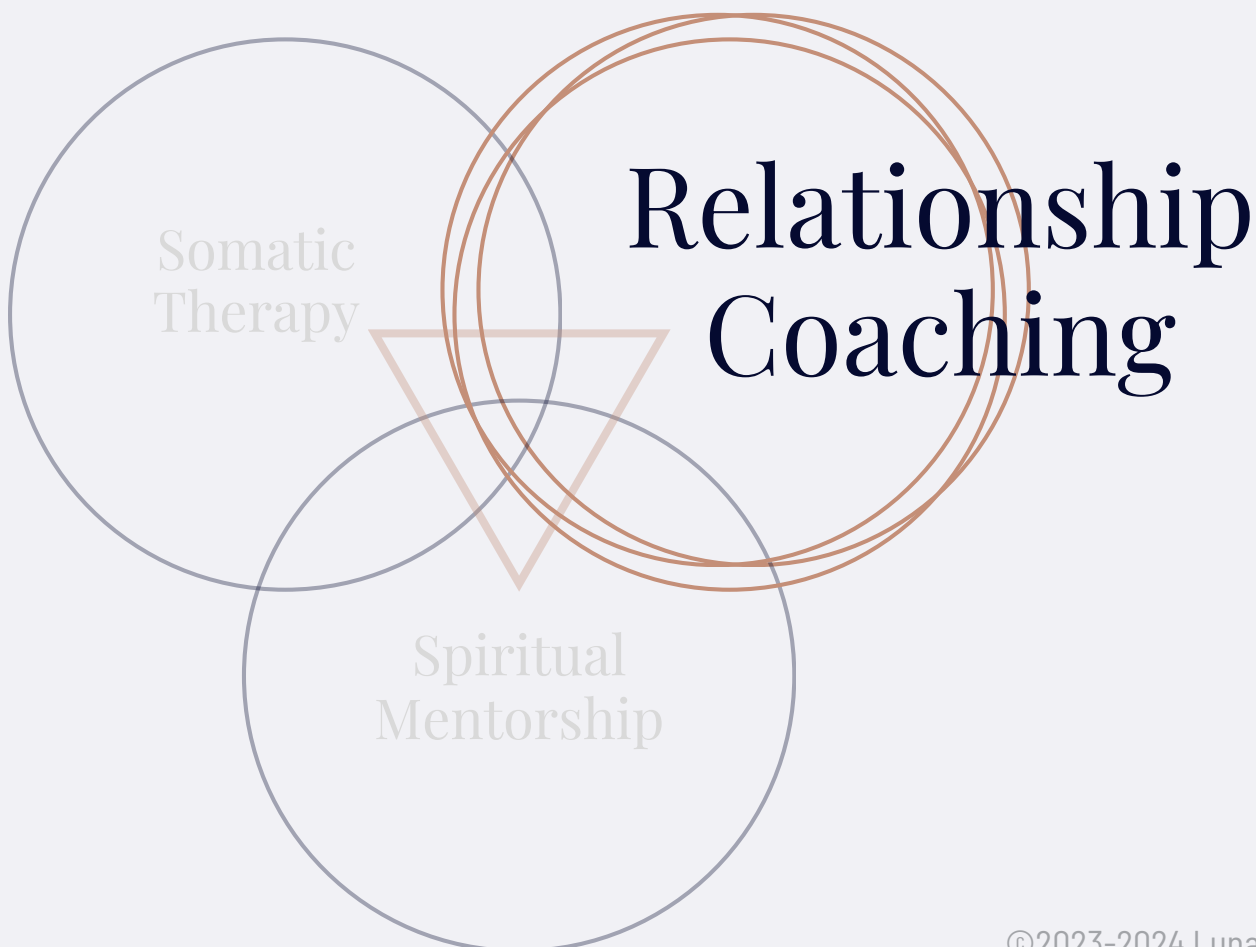
so you can truly *experience* the present moment in its entirety, love yourself wholly, know your body as a temple, and create from your essence.



Your intra-personal landscape translates to your inter-personal relationships, roles and circumstances.

Through Relationship Coaching, we transform ingrained communication patterns, projections of others, concept of self in relationship, judgment systems, relational trauma, attachment patterns, and more.

The core purpose is to awaken to unconditional love in relationship, trust in all circumstantial expressions, abundance with resource, and true congruence in leadership.





Through Spiritual Mentorship, you develop your capacity to shift states of consciousness effortlessly, and awaken to the nature of perception.

When no longer perceiving reality as inherently threatening, self as separate and powerless, and God as a judgmental parental figure... you become truly free to design the life that delights you most.

Develop an intimate relationship with (*and as*) the sacred in all elements of your life, the natural world, and humanity. See with the eyes of God, and love with the heart of God.

Transforming your version of God & Manifestation

YOUR JOURNEY:

This is not a one-dimensional map applied the same way for every person or team, nor is it a linear process. We often work with several stages simultaneously.

Somatic

ESTABLISH SAFETY & RECONCILE THE PAST: Transform outdated identities, perceived limitations & conditioned patterns. Emerge into a thriving relationship with self & personal expression.

INTEGRATE THE BODY: Attune to the innate wisdom of your needs, desires & instincts. Dissolve self-censorship & become immune to burnout.

HEAL &
RE-MEMBER

Relational

TRANSFORM INTER-RELATIONAL CULTURE: Become a masterful communicator that listens & responds consciously. Experience tangible abundance, magic & divinity in *all* of your circumstances, career, artistry & money.

CONSCIOUS LEADERSHIP & IMPACT: Become a global exemplar of the culture you most desire & value. Embody your authentic genius in a wholly congruent & magnetic way. Learn to embody peace *while* you pioneer.

CONNECT,
EXPRESS
& UNIFY

Spiritual

RESTORE AGENCY: Discover your unique Divine purpose & inhabit true fulfillment in the present moment. Learn to delight in the journey of life, & relax into the grace of your path.

CREATE & INNOVATE: Become the true architect of your reality & design a blissful experience of creatorship, evolution & awakening. Unlock your limitless imagination, pleasure & play to experience artistic freedom from the inside-out.

RELAX INTO
CREATORSHIP &
DESIGN YOUR
EXPERIENCE

AN INFINITE TOOLKIT...

Some examples of modalities & disciplines we work with:

Somatic Therapy

- Integrative Somatic Trauma Therapy
- Nervous System and Subconscious Reprogramming
- Internal Family Systems
- Somatic Experiencing Tools
- Hakomi Method Tools and Principles
- Sensorimotor Psychology Applications
- Somatic Stress Release™
- Sacred Sexuality Practices and Revolutionary Sexual Trauma Healing Tools
- Breathwork
- Polyvagal Theory Application
- Holistic Resistance and Self-Sabotage Transformation
- Archetypal Embodiment and Identity Reorientation
- Emotional Intelligence Practices
- Need and Desire Ownership and Fulfillment
- Birth Doula Work
- Womb-Centered Living
- Internalized Oppression Transformation
- Disordered Eating and Body Image Dysmorphia Recovery
- Menstrual Cycle Awareness
- Five Element Chinese Medicine

Relationship Coaching

- Integrative Leadership and Conscious Influence Tools
- Embodied Communication, Listening and Reflecting Skills
- Somatic Awareness and Body Language Skills
- Conflict Resolution and Rupture Repair
- Co-Regulation Exercises
- Emotional Maturity Practices
- Applied Attachment Theory
- “Know God in Your Partner” Relationship Transformation
- Habit Building, Goal Setting and Accountability
- Masculine-Feminine Energy Dynamics
- Dom/Sub Energy Dynamics
- Conscious Receptivity
- Tantric Intimacy and Communication Exercises
- Couple’s and Ethical Non-Monogamy Relationship Therapy
- Non-violent Communication
- Play Therapy
- Partnered Breathwork and Meditation Practices
- Ancestral and Communal Ritual Healing
- Team Culture Building and Vision Alignment

Spiritual Mentorship

- Quantum Essence Embodiment Method™
- Somatic Reality Animation
- VITA Method™: Vital and Integrated Tantric Approach
- State Shifting and Manifestation
- Quantum Physics “Nature of Reality” Knowledge and Application
- Purpose and Wealth Embodiment
- Shamanic Journeywork
- Queer-Informed Artistic Inquiry
- Traditional Tantric Wisdom and Philosophy
- Embodied Visualization
- Energy work
- Perceptual and Archetypal Alchemy
- Desire to Delight Alchemy
- Gene Keys
- The Art of Ritual
- Temple Building and Stewardship



YOU'RE INVITED

into the wilds, babe...

**Email Luna@essence.is
to take the leap.**

essence.is/mentorship-experience