

essence

MENTORSHIP

while you show up for the many...

we show up for you.

WE MAKE ONE GUARANTEE:
YOU ARE **LIMITLESS**.

What's possible for you, your
organization and career is boundless.

You are meant to thrive under the
spotlight, *not* be bullied by it.



We want to make this loud and clear: true success, prosperity, fulfillment and artistry do NOT require that you sacrifice any element of your wellbeing.

We work with industry-leading artists, creators and entrepreneurs to transform outdated identities and experience radical fulfillment in relationship with their work, self, purpose and potential.

The momentum doesn't have to stop. You're already *on* the journey you've been looking for.

THE SPACE WHERE YOU:

- **TRANSFORM** cycles of burnout and patterns of self-abandonment
- **MASTER** nervous system regulation to maximize efficiency and work in a way that regenerates you
- **REVOLUTIONIZE** your communication with all aspects of self, team and audience
- **LIBERATE** your perspective, art and expression
- **DESIGN** your reality from your essence
- **EXECUTE** the vision while embodying true harmony



WHY INVEST IN YOU

Most artists and organizations throw money at problems after catastrophe hits, rather than proactively investing to prevent the issues in the first place.

Time and time again, we've seen legendary artists rise to fame and attain all the accolades, only to be left disenchanted and yearning for more out of life.

We've seen whole organizations suffer because artists under the spotlight burn out, and don't have the support systems necessary to lead a sustainable career and fulfilling life.

The power to transform and transcend this paradigm lies *within you*. The Essence container is designed to awaken you more deeply to this power and choice.

A BESPOKE STRUCTURE

*We customize your journey
according to your desires, the stage
you're in, and the vision you hold.*

IN PERSON

For powerful & immediate transformation

We meet you in your world for a number of days or weeks: amidst the moments of peak pressure, on tour, set, in transit, in office, and even in the comfort of your home.

Whether we're with you backstage at the arena applying breakthroughs in real-time, or sharing deep-dive intimate moments in the retreat of your backyard...

We support you in all nuances and dimensions of your work and personal life.

ONGOING VIRTUAL

For an integrated evolution

While transformation can unfold instantly, what you learn in Essence ultimately becomes a fulfilling and expansive way of life.

We are with you at every edge of your growth, and stand beside you through all seasons of your impact: before, during and after major projects and life transitions.

Your custom package includes virtual sessions, as well as unlimited messaging support.

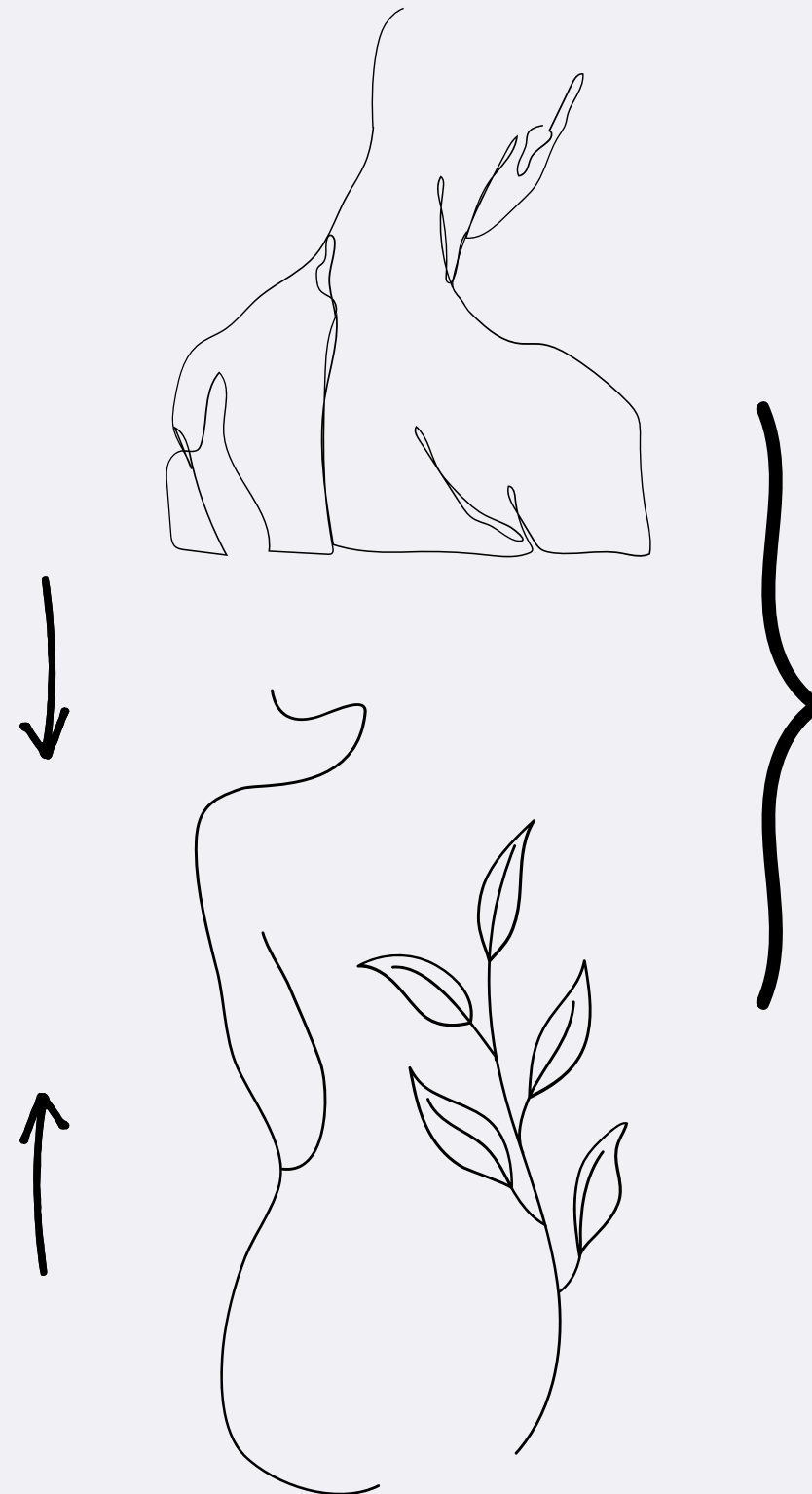
HOW THIS APPROACH WORKS

This is *the* most powerful, efficient and sustainable therapeutic journey possible.

The vast majority of therapeutic modalities work solely on mindset. At best, we become more self-aware, but most often we are left without *real & lasting* change, implementable tools & relational skills, greater happiness, or deeper peace.

More progressive therapeutic modalities have a “**top-down**” approach that refines our beliefs, thoughts & world view as a means to reshape how we feel & respond to life every day.

Trauma-informed & somatic modalities often work “**bottom-up**”: embracing the body as an intelligent authority to inform us of our needs, truth & instincts. This approach also views the nervous system as the key to transform perception. By shifting the body into a new state, we can shift *countless* mental beliefs.



The Essence approach is truly holistic and comprehensive: working both “top-down” and “bottom-up”.

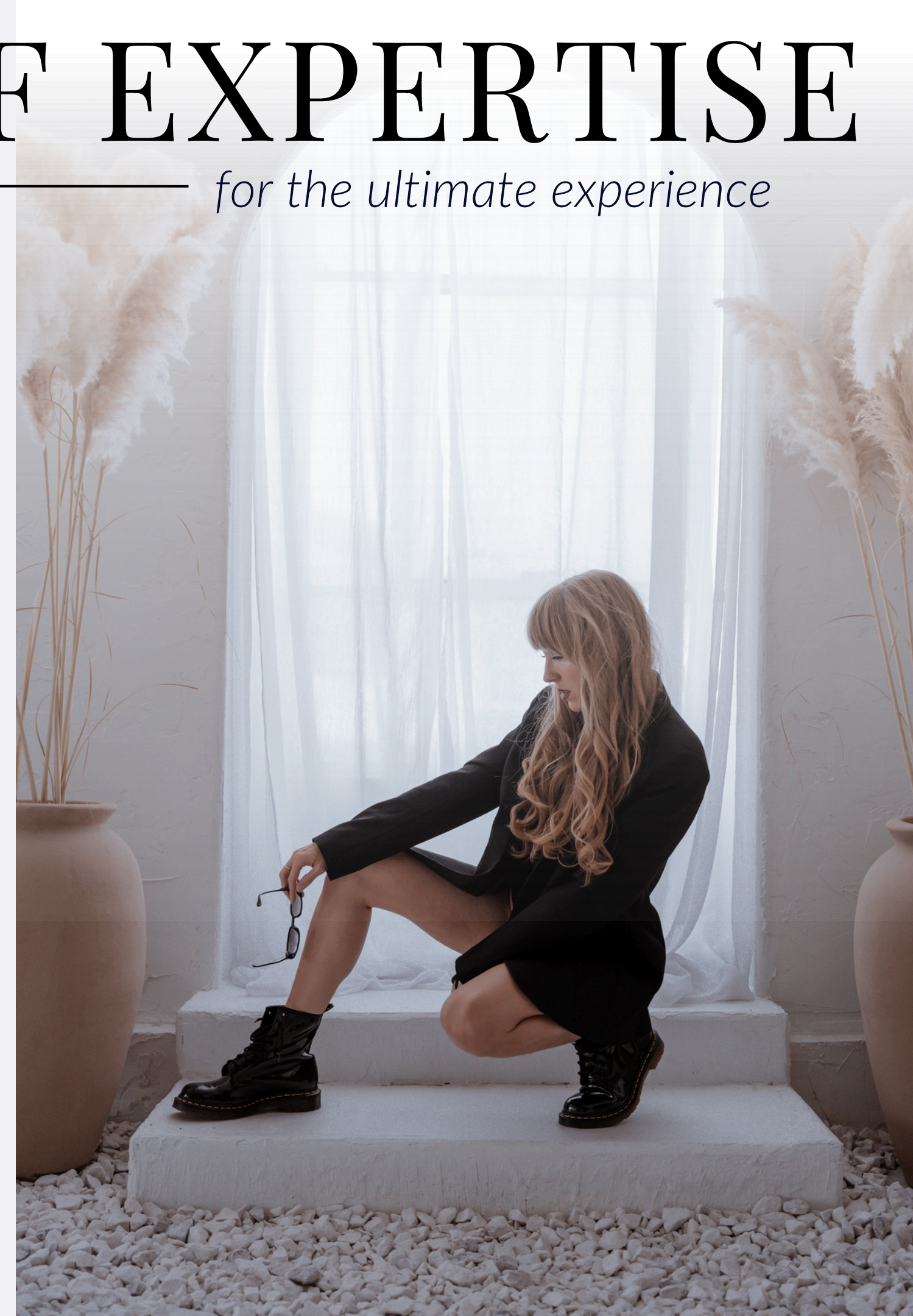
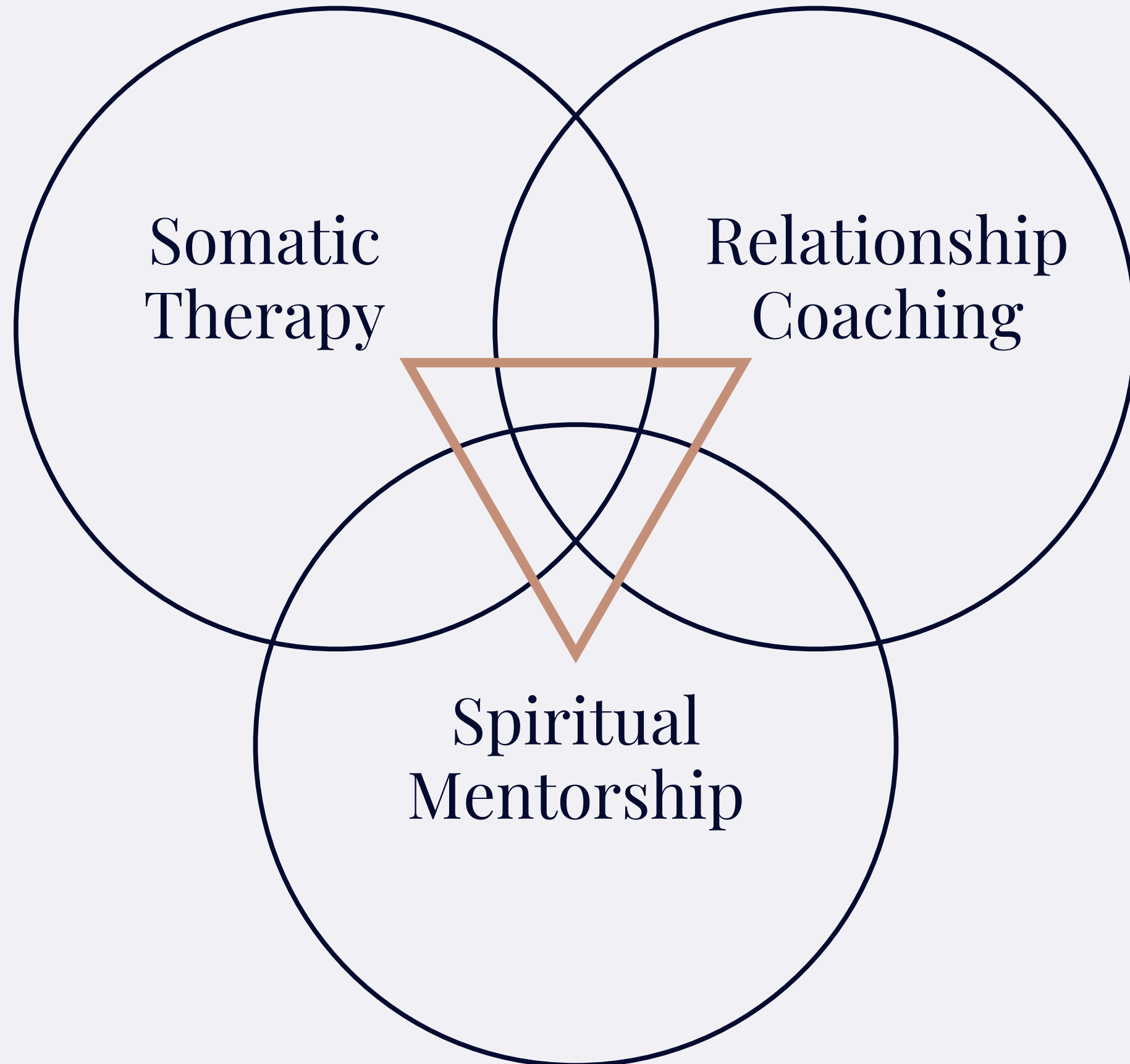
We know when to pull one “lever” in the nervous system to transform a whole identity: an intricate network of mindsets & beliefs. We collapse *years* of talk therapy to *minutes* of integratable transformation.

Likewise, we know when it’s most supportive to work with logic, strategy, habit-building, inter-personal communication & boundary setting.

We work with you as a *whole human*: body, mind & soul.

A CONVERGENCE OF EXPERTISE

for the ultimate experience



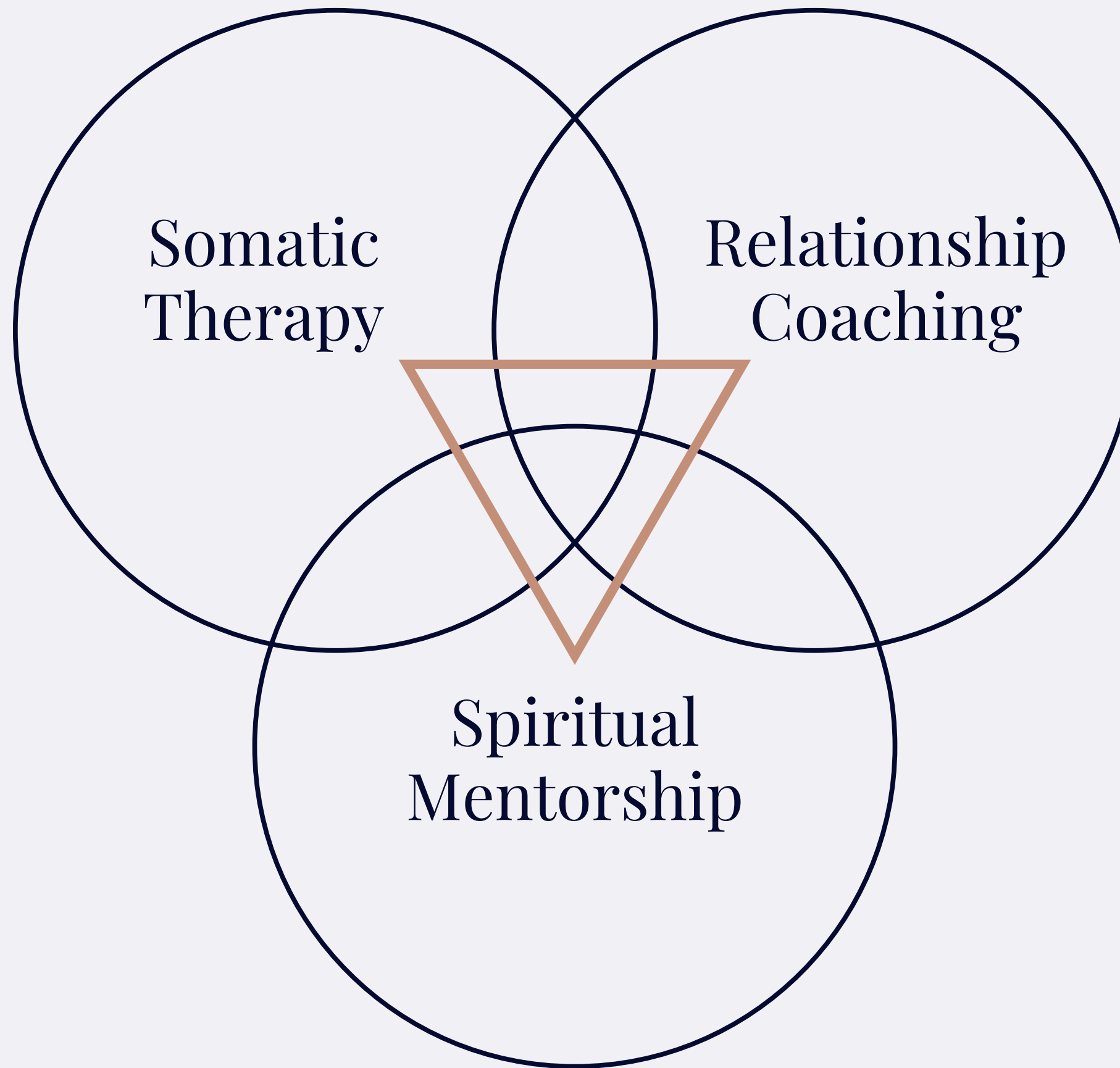
FROM

Stress, anxiety,
self-censorship, forced
perfectionism, and
past trauma



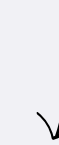
TO

True presence, personal
liberation, authenticity
and agency



FROM

Inconsistency, conflict,
and chronic relationship
patterns

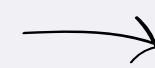


TO

Empowered creative
execution, skillful
communication, and
legacy leadership

FROM

Perceived limitation,
separation and
victimhood



TO

Purposeful living,
liberated love and
conscious reality design

THE 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 many stages simultaneously.

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

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

HEAL &
RE-MEMBER

Somatic

3) TRANSFORM RELATIONSHIPS: Become a masterful communicator that listens & responds consciously. Celebrate the wins, & embrace moments of friction & conflict as opportunities to evolve.

4) CONSCIOUS LEADERSHIP & IMPACT: Become a global exemplar of the culture you most desire & value. Learn to embody peace & fulfillment *while* you pioneer the way forward.

CONNECT,
EXPRESS
& UNIFY

Relational

5) RESTORE AGENCY: Discover your unique purpose & inhabit true fulfillment in the present moment. Source your energy in a sustainable way & direct it with laser-like precision.

6) CREATE & INNOVATE: Become the true architect of your reality. Unlock your limitless imagination, pleasure & play to experience artistic freedom from the inside-out.

RELAX INTO
CREATORSHIP &
DESIGN YOUR
EXPERIENCE

Spiritual

AN INFINITE TOOLKIT

We have extensive training and fluency working with the following modalities for the last decade:

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
- VITA Method™
- Polyvagal Theory Application
- Holistic Resistance and Self-Sabotage Transformation
- Archetypal Embodiment and Identity Reorientation
- Emotional Intelligence Practices
- Need and Desire Ownership and Fulfillment
- Postpartum and Birth Doula Work
- Internalized Oppression Transformation
- Disordered Eating and Body Image Dysmorphia Recovery
- Menstrual Cycle Awareness and Womb-Centered Living
- Five Element Chinese Medicine

Spiritual Mentorship

- Quantum Essence Embodiment Method™
- Somatic Reality Animation
- VITA Method™: Vital and Integrated Tantric Approach
- Ceremonial Retreat and Facilitation
- 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

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, Attachment Styles and Transformation
- “Know God in Your Partner” Relationship Transformation
- Habit Building, Goal Setting and Accountability
- Masculine-Feminine Energy Dynamics
- Dom/Sub Energy Dynamics
- Conscious Receivership
- 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



SCHEDULE YOUR CONSULTATION

We take thorough inventory of what *your* needs and desires are on a consultation, and design you a custom package and quote.