

Inner Revolution

Go from where you are, to where you are truly meant to be!



Caroline Watters

LIFE COACHING • ENERGY THERAPY

www.carolinewatters.ca

Welcome

What if I told you that YOU have incredibly unique gifts, attributes and characteristics (unlike anyone else) and when you fully realize, honour and express these aspects of your being, you are able to live a life beyond your wildest imagination.

It is time to start your Inner Revolution!

MODULE ONE: Who am I?

MODULE TWO: Introduction to energy & your energy body.

MODULE THREE: Uncovering limiting beliefs and creating a new narrative.

MODULE FOUR: Self-love and why YOU matter the most.

Let's Get Started: Module One

This module will help you to discover the gem that you truly are. Complete the exercises below over the course of the week and prepare some questions for your coaching call.

1.1 PREWORK

A fun set of questions to get you and I up-to-speed on where this journey begins!

1.2 YOUR ORIGINAL MEDICINE

'Your Original Medicine' concept - the truth of who you are (video + PDF)

1.3 WHO AM I?

Explore your identity, discover insights and map out who you truly are (video + PDF)

1.4 MEDITATION

Meditation 101 and Your Authentic Self Guided Meditation (PDF + Audio Mp3)

1.1 Prewrite

The prework for the program allows us to get to know a little bit about the REAL you and an opportunity for me to tailor the coaching sessions around some of the collective needs of the group. Be sure to click the link below and fill out your prework prior to the first coaching call.

Fill out and submit your [Program Prewrite!](#)

“Authenticity is the daily practice of letting go of who we think we’re supposed to be and embracing who we are.” - Brené Brown

1.2 Your Original Medicine

In Native cultures, the term 'original medicine' refers to the concept that we are each born with a unique set of gifts to share with the world. And I believe, it is the unfolding and infusing of these gifts that create our greatest and most magical life.

Watch the Original Medicine video in your learning site and map out your Original Medicine Timeline (PDF) to better identify and understand your gifts.

“Your spiritual gifts were not given for your own benefit, but for the benefit of others, just as other people are given gifts for your benefit.” - Rick Warren

1.3 Who the hell am I?

There are 3 aspects of the Self:

1. The Social Self (often referred to as the 'people pleaser')
2. The Essential or Authentic Self (who we truly are, what we value)
3. The Shadow Self (parts of ourselves that we abandoned, shame, shut-down)

In order to understand who you truly are, each of the aspects of Self need to be explored and integrated in healthy, balanced ways.

Watch the video and use the 'Who The Hell Am I' Exercise to explore the aspects of Self and begin to identify how you can integrate them into your life to create a balanced whole.

"Your life will be transformed when you make peace with your shadow" – Debbie Ford

1.4 Meditation

Meditation 101:

Meditation is an approach to training the mind, similar to the way that fitness is an approach to training the body. Find a Meditation 101 PDF in your learning site for some helpful hints on how to ease into the art of meditation.

Now that you have read Meditation 101 and know more about who you are as a WHOLE person, use the Authentic Self Meditation to reinforce who you truly are.

Listen to the Authentic Self Guided Meditation.

“The thing about meditation is: You become more and more you.” – David Lynch

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice.

And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is

secondary.” ~ Steve Jobs

Onwards & Upwards: Module Two

This module will help you to discover the gem that you truly are. Complete the exercises below over the course of the week and prepare some questions for your coaching call.

2.1 ENERGY 101 & MY ENERGY BODY

Learn more about the powerful healing focus of energy therapy, as it promotes personal empowerment, self-healing, balance and spiritual growth. (video + PDF)

2.2 THE CHAKRA'S 101 & THEIR MEANINGS

Chakra's are energy centers within the human body that help to regulate all its processes, from organ function to to the immune system and emotions (PDF)

2.3 USING THE ENERGY OF ORACLE CARDS & CRYSTALS

Explore energy tools that can assist with your spiritual journey (video + PDF)

2.4 GUIDED CHAKRA MEDITATIONS

Guided Meditations to Balance, Relax & Optimize Your Energy Body (audio Mp3's)

2.1 Energy 101 & My Energy Body

In Module Two, we dive into all things Energy (my favourite topic)! Everything you see is energy. Emotions are energy. Thoughts are energy. And we are most certainly energy beings. Having knowledge about energy and how to care for your own energy body will open up an entirely new connection between you and your fine self!

Watch the video and read through the PDFs, try out the exercises this week and be sure to listen to the Daily Grounding Meditation!

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” – Nikola Tesla

2.2 The Chakras 101 and Their Meanings

The Chakras System, Our Seven Life-Force Energy Centers

“Chakra” is a Sanskrit word literally meaning “wheel.” These centers were named as such because of the circular shape to the spinning energy centers. There are seven main chakras and they are located along the spine extending out the front and back of the body.

Listen to the Chakra video in your learning site, read the PDFs and begin to understand some new (and fun) ways to care for your energy body.

*“The crystals we are drawn to
are more often than not, the crystals
we need for our healing.” - Judy Hall*

2.3 Using the Energy of Oracle Cards & Crystals

Why Use Oracle Cards?

An Oracle card deck is useful for anyone looking for answers and meaning. This is a great tool to use on your journey through life. It is worth noting that increasingly, many therapists, coaches and healers are using these cards for 1:1 and group work to be conversational prompts for healing.

Why Use Crystals?

Crystals provide gentle, non-invasive form of healing that co-operates with your body's repair mechanisms that bring things back into balance. Crystals work through the transmission of energy and the adjustment of subtle vibrations in the Aura. Crystals absorb, focus, transmute and transmit electromagnetic energy.

Watch the video on How to Use Oracle Cards, along with reading the Oracle Card and Crystal PDFs to find some new (and fun) ways to care for your energy body.

“The crystals we are drawn to are more often than not, the crystals we need for our healing.” - Judy Hall

2.4 Chakra Meditations

Guided meditations to balance the chakras are a great way to get in touch with your body's wisdom. Here are two Chakra meditations that can be done in sequence, one after the other to first identify what Chakra may need your attention and then a follow up meditation to balance all Chakras.

Listen to the Chakra Body Wisdom Meditation and then the Chakra Balancing Meditation. Don't forget to use the Daily Grounding Meditation for good auric health!

“The goal of meditation is not to get rid of thoughts and emotions. The goal is to become more aware of your thoughts and emotions and learn how to move through them without getting stuck.” – Dr. P Goldin

“The whole universe appears as a dynamic web of inseparable energy patterns... Thus we are not separated parts of a whole. We are a whole.” ~ Barbara Brennan

Half Time: Module Three

A large part of personal growth is shedding beliefs that no longer serve you. This module is going to teach you how to examine and observe your thinking and belief systems for what is true and what isn't, while practicing positive thinking and law of attraction.

3.1 YOU ARE NOT YOUR STORY

Learn more about 'thought work' and why it is so important to examine your thinking and continually shift your mind-set from the negative to the positive. (video + PDF)

3.2 DEALING WITH FEAR

Learn how you can work with your fears to overcome sub-conscious obstacles that hold you back from moving forward. (video + PDF)

3.3 USING THE LAW OF ATTRACTION

The key with manifesting what you desire is to understand that you can spend all day trying to attract things but if you do not resonate with them (i.e. vibrate at the same frequency) then you can't attract them.(video + PDF)

3.4 ABUNDANCE MEDITATION

Guided Meditation to bring abundance into your life. (Audio Mp3)

3.1 You Are Not Your Story

In module three, we look at the natural experience of 'clean pain' such as shock, grief, sadness etc. in contrast with the experience of 'dirty pain' which results from the story that one creates about WHY the situation happened. For example, "I lost my job because I just wasn't smart enough, or, my marriage fell apart because I am unloveable." These untrue stories or limiting beliefs are often sources of deep pain, stuck points and the obstacles to our greatness.

Watch the video and do the You Are Not Your Story exercises to uncover the truth of what might be holding you back!

“A thought is harmless unless we believe it. It's not our thoughts, but our attachment to our thoughts, that causes suffering. Attaching to a thought means believing that it's true, without inquiring. A belief is a thought that we've been attaching to, often for years.” ~Byron Katie

3.2 Dealing with Fear

Getting to where you are truly meant to be can sometimes feel scary and you may want to run the other way instead of charging into the 'unknown', or learning how to trust in your heart's wisdom. This module is going to teach you how you can work with your fears to overcome sub-conscious obstacles that hold you back in life. Let's get ready to charge forward into the unknown!

Watch the video and try out the Dealing with Your Fears exercise to bust through the false fears that have been holding you hostage!

“Limits, like fears are often an illusion”

~ Michael Jordan

3.3 Using the Law of Attraction

The key with manifesting what you desire is to understand that you can spend all day trying to attract things but if you do not resonate with them (i.e. vibrate at the same frequency) then you can't attract them. It is not just about wanting and putting an intention out into the universe, it is about having such a strong desire for something that you actually shift your energy/focus to pulling that desire into being. This module is going to tie together the previous 3 modules and show you how you can take ALL of that work and use it to attract and create an extraordinary life.

Watch the video and do the Law of Attraction End Feeling State exercise to learn how you can manifest everything your heart desires.

*“We don't attract what we want,
we attract who we are.” ~ Wayne Dyer*

2.4 Manifestation Meditation

Using guided meditations to manifest abundance in your life is a great way to attract what you desire but also offer your physical body optimum vitality through positive thought and visualization. Meditation is proven to be helpful for the mental, emotional and physical aspects of the self.

Listen to the Manifestation Meditation to attract what your heart desires most!

“The goal of meditation is not to get rid of thoughts and emotions. The goal is to become more aware of your thoughts and emotions and learn how to move through them without getting stuck.” – Dr. P Goldin

In Closing: Module Four

This module will help you to love YOU. Complete the exercises below over the course of the week and prepare some questions for your coaching call.

4.1 THE ENERGY OF LOVE

Love is the most powerful energy in the Universe. It is the “purest” form of energy with the highest vibration and the greatest intensity. (PDF)

4.2 LOVING YOURSELF

Explore energy therapy and coaching tools that help you to love YOU (PDF).

4.3 THE HEART CHAKRA

The heart is the center of love. What you feel in your heart will be felt throughout the body, then projected in your own experiences, and then felt out in the world. When you open your heart you will experience life through your heart.

4.4 HEART CHAKRA MEDITATION

Guided Meditation to open the Heart Chakra (audio Mp3's)

4.1 The Energy of Love

The most powerful energy in the Universe is love. It is the “purest” form of energy with the highest vibration and the greatest intensity. Use the power of love every day to help rebalance, revitalize, restore, and reenergize your entire being...body, mind, and spirit.

Read the Energy of Love PDF and learn why those vibes are going to keep you happy and healthy!

“If grass can grow through cement, love can find you at every time in your life.” – Cher

4.2 Loving Yourself

Loving yourself is what keeps you healthy. So during this section you will explore different ways to make sure you are falling in love with yourself on the daily.

Watch the Loving Yourself video and read the Loving Yourself PDF and learn why YOU need to matter the most.

“Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.” ~ Louise Hay

4.3 The Heart Chakra

The Heart Chakra is associated with unconditional love, compassion, and joy. It is the source of deep and profound truths that cannot be expressed in words. The Heart Chakra is a bridge between the lower and upper chakras integrating the physical with the spiritual. The heart is where we find our true wisdom.

Read all about the Heart Chakra and try Connecting with Your Heart in the PDF before you move on to the Heart Chakra Meditation.

“When you touch the celestial in your heart, you will realize that the beauty of your soul is so pure, so vast and so devastating that you have no option but to merge with it. You have no option but to feel the rhythm of the universe in the rhythm of your heart.” ~ Amit Ray

4.4 Heart Chakra Meditation

As humans, connection and love are important to our health and well-being. Maintaining a balanced heart chakra that is open to life is such a beautiful thing.

Listen to the Heart Chakra Meditation.

“The heart is the place where we live our passions. It is frail and easily broken, but wonderfully resilient. There is no point in trying to deceive the heart. It depends upon our honesty for its survival.”

- Leo Buscaglia

It's Your Inner Revolution

Want more?

Try a free 45-minute 1-on-1 coaching call

www.carolinewatters.ca/freecall

Try another online program or class

www.carolinewatters.ca/classes

Subscribe to the Tribe Monthly Newsletter, for insider deals and first dibs on new programs:

www.carolinewatters.ca

Join me on

[Facebook](#), [Instagram](#), [Twitter](#) & [Soundcloud](#)