BOARDROOM & BREATHWORK™ · EIGHT SESSIONS

Pathway to Peace at work

Live an abundantly free life.



Every choice is either taxing or liberating, and every road leads back to you. Pathway to Peace teaches you to notice which one you are choosing, in the moment, and to choose again.

Eight sessions · one to one, online · ninety minutes for the first, seventy five for each after that

The Map 1

THE ROOT · GRATITUDE

Where you actually stand. The roadblock, what has already been tried, and the resolve it is blocking.

Stops paying · thinking you have to be further along before you are allowed to start

Unlocks · Gratitude as the first habit, a short list of what shifts your state, and one sentence worth the quarter.

Permission 2

THE SACRAL · ONE SMALL PLEASURE

Feeling what sits under the pattern instead of managing around it.

Stops paying · guilt for wanting what you want

Unlocks · Permission to feel it, which is what stops it running the week.

Decision 3

THE SOLAR PLEXUS · ONE PROMISE KEPT

Two choices sit inside every call. The right one arrives after the breath.

Stops paying · the smaller, safer version

Unlocks · Decisions that stay decided, and outcomes that stop reading as verdicts.

Regulation 4

THE HEART · ONE BREATH BEFORE YOU REPLY

Pressure meets practice. What you reach for at the end of a bad week.

Stops paying · the old reach, the one that sounds like rescue and lands somewhere old

Unlocks · Staying yourself in the meeting that used to take the rest of the day.

Influence 5

THE THROAT · ONE TRUE SENTENCE

Leading by living it rather than announcing it, and letting people back in.

Stops paying · carrying it alone

Unlocks · Help you can accept, and a team that knows how you actually are.

Awareness 6

THE THIRD EYE · ASK YOURSELF FIRST

Seeing the pattern you actually run, without making yourself the problem.

Stops paying · bracing

Unlocks · The thing in your way, named plainly rather than managed around again.

Excellence 7

THE CROWN · FIVE MINUTES OF STILLNESS

Making room for what is already yours. Money and worth included.

Stops paying · holding back what is ready

Unlocks · Letting the work be finished, rather than complicating what should land simply.

The Vow 8

THE SOUL STAR · YOUR VOW, AS ONE DAILY RHYTHM

One intention your mind and your body both sign, and the plan for the week it slips.

Stops paying · repairing a version of you that was never broken

Unlocks · Something that is still true on a bad Thursday.

Every tool in the eight does the same job first. It helps you out of fight or flight and leaves you settled enough to actually choose. Each session adds one centre of the body, one habit and one layer of the meditation, from the root to the soul star.