

Pathway to Peace for you

8 SESSIONS × 75 MINS EACH

Every choice is either taxing or liberating, and every road leads back to you. Pathway to Peace teaches you to stop paying the tax.



The Map 1

Where you stand. The roadblock, what has 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 to keep.

Awareness 2

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

Stops paying · bracing

Unlocks · The thing in your way, named in your words rather than borrowed ones.

Permission 3

Feeling what sits under the pattern instead of managing it. The guilt, and the grief.

Stops paying · guilt for wanting what you want

Unlocks · Permission to feel it, which is what stops it running you from underneath.

Regulation 4

Pressure meets practice. What you reach for when the feeling gets loud.

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

Unlocks · Catching yourself in it, and reaching for a tool instead of the old default.

Decision 5

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

Stops paying · the smaller, safer version

Unlocks · Outcomes that land as a lesson rather than a verdict.

Influence 6

Leading by living it, and letting back in the people you stopped letting close.

Stops paying · carrying it alone

Unlocks · Help you can actually accept, and people close enough to give it.

Excellence 7

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

Stops paying · holding back what is ready

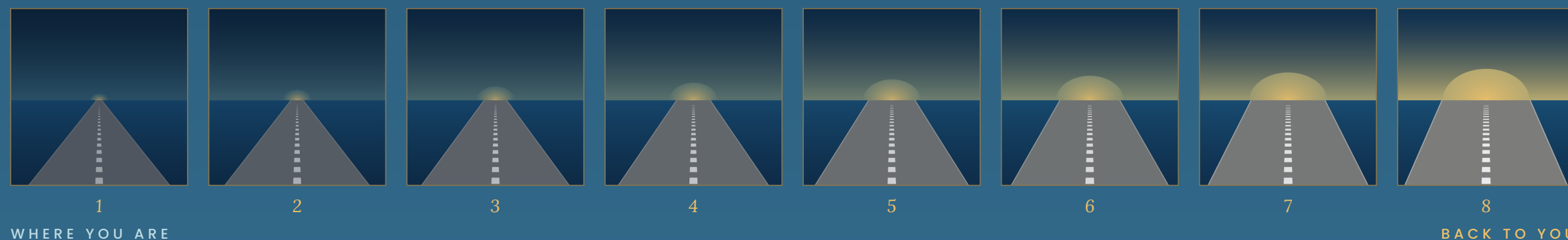
Unlocks · Planting the seeds, and trusting the harvest instead of gripping it.

The Vow 8

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.



A moment for you. Every road leads back to you.

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