PATHWAY TO PEACE · EIGHT SESSIONS

# Pathway to Peace

*Live an abundantly free life.*



Eight sessions, one to one, online. Ninety minutes for the first, seventy five for each after that. Taken in order, one centre of the body at a time, from the root to the soul star.

*Read this before session one. Keep it for after session eight.*

## The promise

*You are not here to become enough. You are here to stop paying the tax of believing you are not.*

Every choice is either taxing or liberating, and every road leads back to you. Each session adds one layer and keeps everything before it: one centre, one habit and one more step in the meditation. You start just as you are, and you finish with one intention your mind and your body both sign.

## How it builds

**1** **The Map** THE ROOT — *Where am I, really?*

Stops: The tax of thinking you have to be further along before you are allowed to start.

Starts: Starting from where you actually are, with what is already working.

Habit · Gratitude · *I can acknowledge where I am without judging myself.*

**2** **Permission** THE SACRAL — *What am I allowed to choose?*

Stops: The tax of guilt for wanting what you want.

Starts: Letting one feeling finish, instead of managing around it.

Habit · One small pleasure · *I'm allowed to have needs, wants and boundaries.*

**3** **Decision** THE SOLAR PLEXUS — *What would I choose from clarity?*

Stops: The tax of the smaller, safer version. Saying less than you mean.

Starts: The true version, said once, after the breath.

Habit · One promise kept · *I can make choices that honour my values.*

4 **Regulation** THE HEART

*Can I create space before I respond?*

Stops: The tax of the old reach, the one that sounds like rescue and lands somewhere old.

Starts: A circuit breaker you chose yourself, used at the hour it gets loud.

Habit · One breath before you reply · *I can feel something without immediately acting on it.*

5 **Influence** THE THROAT

*How do I lead without abandoning myself?*

Stops: The tax of carrying it alone.

Starts: Leading by how you live, and letting somebody give you something.

Habit · One true sentence · *I can express myself without abandoning myself.*

6 **Awareness** THE THIRD EYE

*What keeps repeating?*

Stops: The tax of bracing. Staying ready for the worst, all day, every day.

Starts: Seeing the pattern as protection that worked, not as a flaw.

Habit · Ask yourself first · *I don't have to believe every thought or repeat every pattern.*

7 **Excellence** THE CROWN

*How do I sustain the way I want to live and lead?*

Stops: The tax of holding back what is ready.

Starts: Making room for what is already yours, and resting instead of gripping.

Habit · Five minutes of stillness · *I can pursue success without making it my identity.*

8 **The Vow** THE SOUL STAR

*What am I choosing to honour going forward?*

Stops: The tax of repairing a version of you that was never broken.

Starts: One intention your mind and body both sign, just as you are.

Habit · Your vow, as one daily rhythm · *I can choose how I want to live, and keep practising that choice.*

# What runs through all eight

### JUST AS YOU ARE

Nothing has to be fixed before you start, and nothing is being fixed along the way. Every session begins from where you actually are that day.

### SELF-BELIEF, AS EVIDENCE

One habit a session, stacked, each one small enough to survive a bad week. Keep the two or three that help you most; the rest stay as tools to come back to. By the eighth session you are not talking yourself into believing in you. You have the receipts.

### A MEDITATION THAT BUILDS

Place your attention, notice without judging, come back gently. Each session adds one centre, so by the end you can move through the whole body on your own, and shorten it to one breath when that is all there is time for.

### LEADERSHIP, STARTING WITH YOU

Not the title kind. The kind where you can lead yourself through a hard afternoon, and the people around you feel the difference before you say a word.



The eight centres are a traditional contemplative map, used here to focus the practice on one part of your life at a time. Their links to the body and to emotions are symbolic, not diagnostic. This is coaching, not therapy, and it sits happily alongside any other support you have.

### THE ONE LINE TO KEEP

*Every road leads back to you. The pathway is just the order you walk it in.*

*with love, grace & gratitude · Aradhana x*