

The Long View

NINE SESSIONS · BOARDROOM & BREATHWORK™



Think about a house. Most people have a foundation and four walls, and what is missing is the windows and the doors, so there is never quite enough light to see which part needs the work.

Nine sessions · seventy five minutes · one to one, online · taken in order · a full year of the app included · a library of guided meditations · Aromatic Kinesiology® woven through where it serves the work

The Opening

THE SITE

Putting down what you have been carrying, then finding what you actually want underneath the sensible answer.

Unlocks · Room. You cannot want anything with both hands full.

1

Steady

THE FOUNDATION

Coming off the pace you set when things got hard, and never turned off.

Unlocks · Rest that does not have to be earned back first.

2

Appetite

THE FLOOR

Wanting things again. Properly, rather than politely.

Unlocks · The thing you say out loud instead of on the way home.

3

Authority

THE FRAME

Saying no without the apology afterwards. An explanation invites a negotiation.

Unlocks · A no that holds, and stops being reopened.

4

Connection

THE ROOMS

Receiving, and the people you stopped letting close while you were busy holding everyone up.

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

5

Candour

THE DOORS

The sentence you have been rehearsing for months and have not said.

Unlocks · The hard conversation now, rather than in six months.

6

Judgement

THE WINDOWS

Trusting what you already knew, before anybody agreed with you.

Unlocks · Deciding without needing one more opinion first.

7

Perspective

THE ROOF

Getting far enough back to see the size of the thing you are inside.

Unlocks · A hard month that is one month, rather than the whole horizon.

8

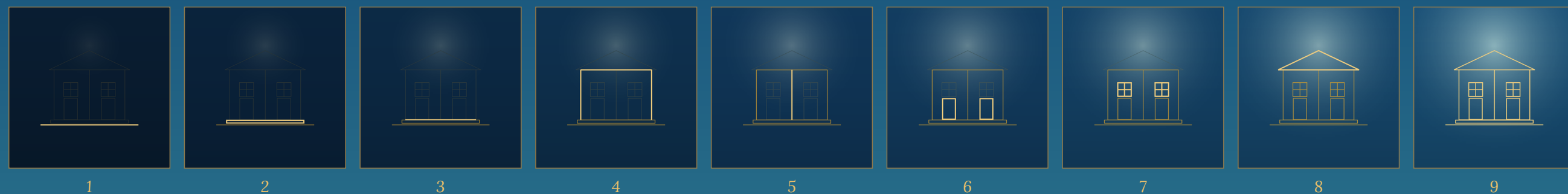
The Vow

THE KEYS

One intention your mind and your body both sign, in your own words.

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

9



Be the most regulated person in the room. And live abundantly.

Every one of them starts with a conversation. · aradhanaarya.com