



# INNER ALCHEMY

Only you hold the key to begin your own transformation. It's not about me giving you answers, it's about guiding you to ask yourself the best questions so you can discover the path forward tuned in with your inner wisdom.





# Welcome!

## The Key

This process I am about to describe resembles the metamorphosis of a butterfly. It starts as an egg, a possibility, and goes through a series of profound transformations to become a butterfly, the self is the same, it is simply peeling away layers and layers of conditioning and limiting beliefs to become this beautiful butterfly.

This program is for you if you feel that you trust yourself, but still fall into old patterns, that you have not yet been able to integrate all the practices and concepts of conscious living and parenting.

You are still on a relentless quest for more knowledge, more spiritual practices to get you out of that place of apparent blockage. You have many resources but sometimes you feel lost again. You feel that you are not enough, that you are missing something, that you are not ready yet.

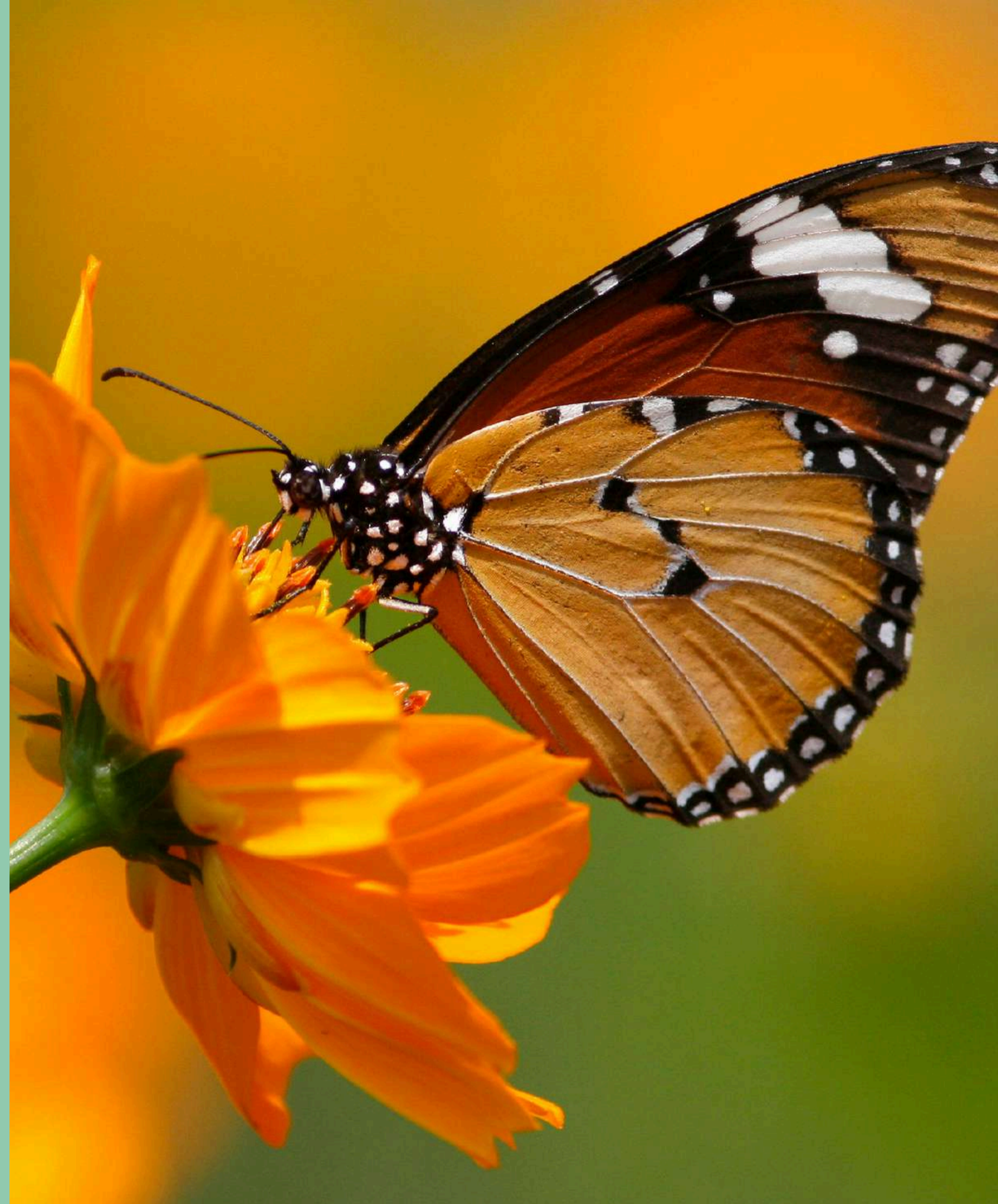
Only you can own your truth, no one else can tell you how to be. All mothers deserve to feel good about who they are.

*Sofi Sabina*

MENTORA DE CRIANZA



# Goals & Outcomes



## From

trusting yourself, but still returning to old patterns that lead you to the constant search for answers, courses, and lack-luster gurus.

## To

To feel empowered. To go beyond, to a much deeper place. I will help you to fully trust yourself and in the process, to feel connected to your inner resources, connected to the highest version of yourself and your children. Without losing your freedom to be. While you have time to rest and nurture yourself.



# TIMELINE of sessions

Below is an overall outline of what to expect from your sessions. Topics and content covered in each session will be tailored to your unique needs and goals.

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INVOQUE

1

Discovering your Purpose

Reflect on your current life, recognize and embrace your multifaceted role as a mother and visionary.

Outline a personal transformation map that aligns with your family and personal aspirations.

GROUND

2

Grounded

Learn grounding and breathing techniques that fit into a busy schedule, helping you stay centered in the middle of the day while being with your children.

EVOLVE

3

Reprogramming Limiting Beliefs.

Uncovering Old Beliefs that instead of expanding your life they limit you, and are in conflict with your dual aspirations of motherhood and personal goals.

4

Reprogramming Limiting Beliefs.

Work on the inner child. Work to heal and integrate your inner child, improving your empathy and understanding towards both your children and your inner self.

METAMORPHOSIS

5

Getting inside the cocoon.

Inner Awareness. Explore inner changes with deep introspection to understand how they can make you feel like a better mother and individual.

# TIMELINE *of sessions*

## METAMORPHOSIS

6

Getting inside the cocoon.

Integration of the Self. Integrate the different roles you play, with the guidance of your Higher Self, to achieve balance and fulfillment.

## EMERGE

7

Breaking the cocoon.

Rest and Reflection. Create self-care strategies that rejuvenate your mind, body and spirit, preparing you to enter fully into your new journey as a mother.

## FLIGHT

8

Embrace your being.

Baby Steps to Fly. Plan and take small, practical steps that reflect your new identity and aspirations, enhancing your sense of accomplishment and self-esteem.

9

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## BONUS: THRIVE

10

Reaffirm trust in your transformational journey, emphasizing its impact on both personal fulfillment and family well-being.

# SERVICES INCLUDED



**24/7 messaging during the time we work together. (You can text at any time I will only reply between 9am and 5pm)**



**Guided meditation to connect with your higher self.**



**Guide to create your ideal support structure.**



**Extra session with PDF material to work on the trust bonus.**



**Positive discipline, infant massage and infant sleep support materials.**



**Guided meditation being your own mother.**

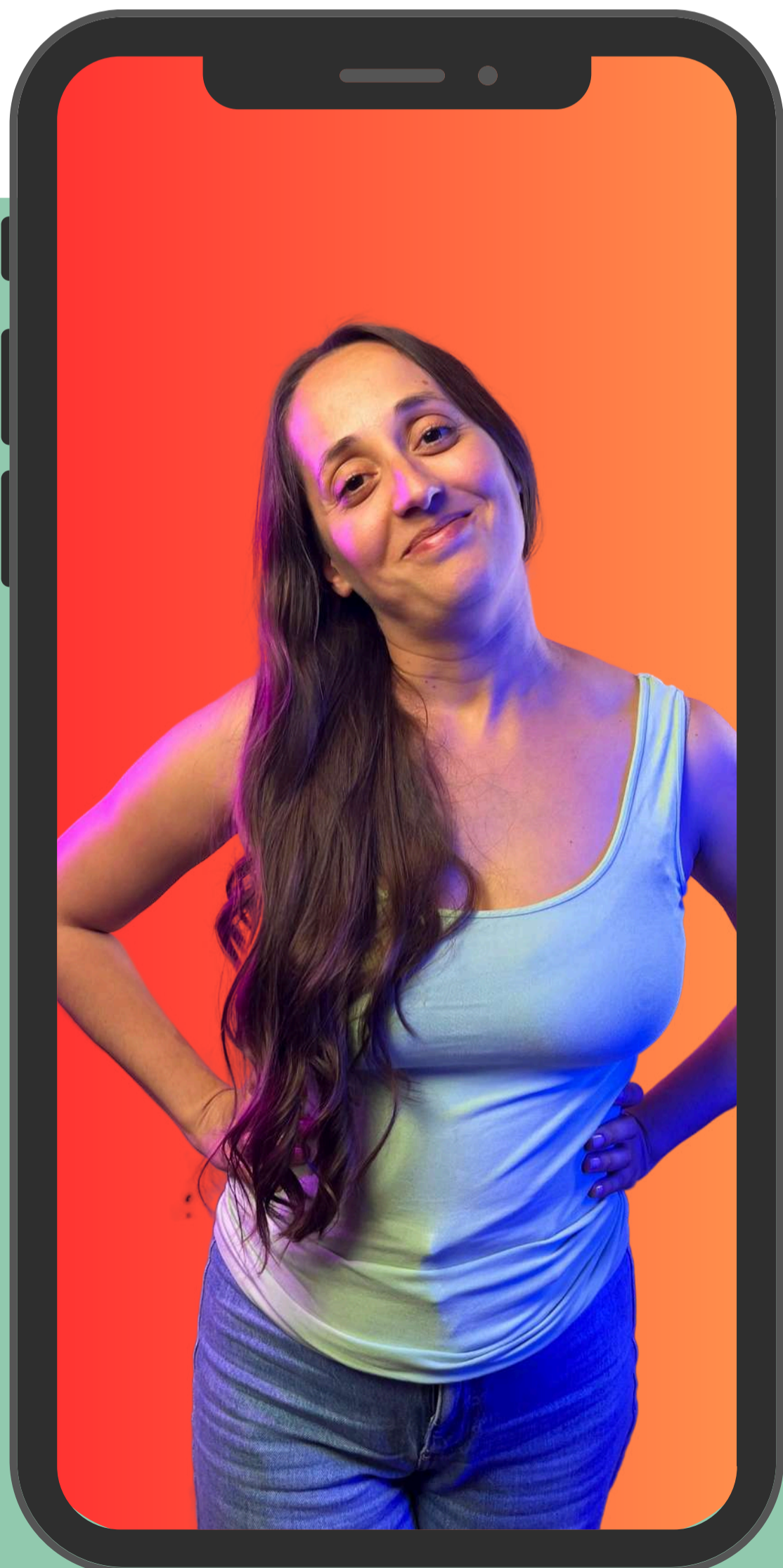




# ¿What is the investment and how can I start the process?

INVESTMENT \$1089 USD (option to pay in up to 3 installments)  
10% DISCOUNT IF PAID IN FULL

As it is a 1-1 process, I always start with a clarity session to confirm that you and I are aligned to begin your transformation process. After that, you agree to the session guidelines and we begin to outline your session map. You can start by booking your clarity session on my Calendly Link. There are 11 sessions plus an extra one 2 weeks after finishing the program to check how are you integrating your new version. So 12 sessions in total.



**Book Your Call!**



**[hola@sofisabina.com](mailto:hola@sofisabina.com)**

# Frequently Asked QUESTIONS

01

## ¿How much time do I have to use the sessions?

The program is designed for you to use all sessions within 3 months.

## Is it like doing therapy?

No, it is not therapy, and it is not a substitute for a therapeutic process. In fact, if you are in a therapeutic process you can take the program and it would be a great complement to your therapy. I am not a therapist or psychologist, it is a loving space, for those mothers who want to transcend, connect with their being and raise their children from that place of consciousness.

02

03

## ¿What are the sessions about?

It is a listening space, where I put at your service all my experience and personal development tools such as PSYCH-K, meditation, yoga proposals, relaxations, positive discipline tools, coaching so that you can connect with your intuition. I am in the words of E. Tolle a “frequency holder”, a space of support of a loving frequency, in which you will be the protagonist, you will find the answers that your being already knows.

## ¿Are the sessions costume made?

I suggest a roadmap and certain guidelines, in each phase (invoke, root, evolve, etc) there are a number of sessions with specific practices for each one. But the process is yours, and the sessions can be tailored to your needs.

04



# Frequently Asked QUESTIONS

05

**¿Can I still have sessions after I finished the program?**

Yes, in that case you would have to join my monthly membership service, in which you would choose the amount of sessions you would like to have per month.

**¿Do you record the sessions?**

No, unless you want to, and we will both will have to sign a confidentially agreement to do so.

06



**Book Your Call!**



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