



PHOENIX RISING

Female Empowerment Journey



WITH AILEEN KENNEDY

Who is she?

- She feels stuck in some ways
- She feels a disconnect from her intuition
- She is tired of living from her head
- She is tired of being tired
- She may be coming out of a burn out
- She is going through change or wants to create change
- She often wonders – is THIS it?

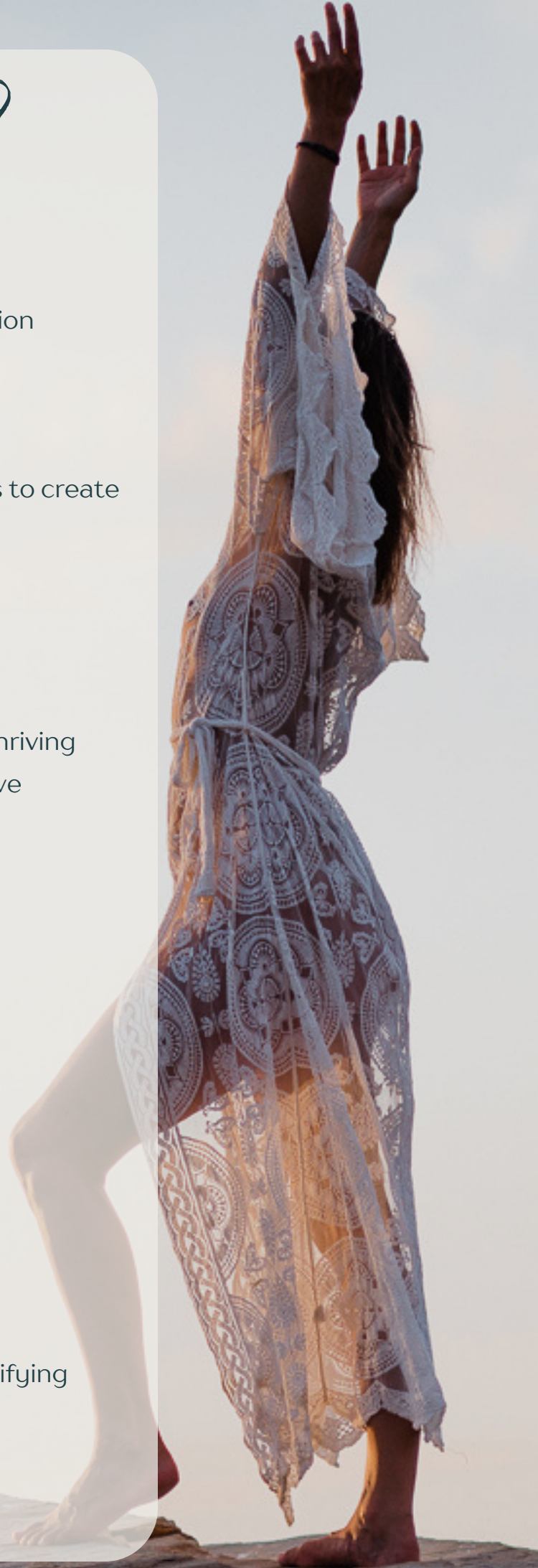
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- She is ready to go from surviving to Thriving
- She wants to fully enjoy Life & feel alive
- She is ready to step up her game
- She is ready to Dream Big
- She is ready to face her Shadows
- She is ready to take that Big Step
- She is ready to soften
- She is ready to ask & receive Support
- She is ready to heal past hurts

She wants to go ALL IN. But not alone.

**I'm here to support you in the
TRANSFORMATION you are in.**

- In allowing change to be like a fire purifying your inner gold
- To let this time become a time of RESURRECTION.



Ready to dive deep?



A State of the art mix of modern psychotherapy, ancient yogic breathwork, gentle earth medicines, healing music and a safe container.

This is my guidance I have to offer, powerful tools, clear intention and my gentle presence.

You will go deep... Probably weep.

Dig into your old parts &

Find your inner Gold.

Refine it – hold it against the bright sunlight

And find YOUR path – YOUR direction in life.

It starts with feeling and healing

and we end with practical hands on tools, goals

and a personal roadmap.

An accurate inner compass and a heart on fire!

Remember your true power!

The program includes 5 Live sessions within a 3 month timeframe.
All sessions are just you and me.

This is YOUR time!

The Live Sessions are 2,25 hours and take place on the edge of Amsterdam in a beautiful Yurt. And consist of coaching & breathwork.

The 5 steps to GROW and TRANSFORM and Rise as a Phoenix:

- **1. Exploration** –: Intake session & PSYCHEDELIC BREATH®
- **2. Feel the Pain** – Transformational Breath & Microdose
- **3. Remember & Redirect** – Breath technique of choice & Blue Lotus
- **4. Dare to Dream Big** – PSYCHEDELIC BREATH® & Cacao & Microdose
- **5. Clarity & Tools** – PSYCHEDELIC BREATH® & Microdose

Plus:

- 1 online session of 45 minutes during the program
- 1 online session 6 weeks after the last live session for integration, to check in how you are implementing what you learned and to support in you in your next steps.



*'You never cross the Ocean, unless
you dare to lose sight of the shore'*

Good to know

After every live session you will receive **home practices** you can integrate in your daily life, to cultivate the changes you are longing for on a deeper level.

This program is **really** for women who are fully dedicated to put in the work to make changes.

The whole Program includes the offered earth medicines during the sessions.

Microdosing with truffles (psilocybin) is fully optional.

It is recommended to microdose daily for the first and last month of the program. (How to do this? Don't worry: You will get clear instructions).

For the at home microdosing you will be guided to where you can purchase this yourself, if this is what you chose.

Invest in YOU

The investment is €1350,-, plus your dedication of time to the home practices and space for reflection during the three months of your journey.

By choosing this Program you are saying YES to yourself and YES to making changes.

Are you ready to invest in yourself?



Your Guide



I'm Aileen Kennedy, I have gone through my own process of transformation many times in this life. The challenges we go through allow us to start over. To create anew. To rediscover who we are. In the ashes, at rock bottom, that is where we really meet ourselves.

And then we start to REMEMBER.

Remember who we are, who we used to be, before we forgot our true authentic expression of our unique selves. Coming back to this has been my biggest gift in life. The Biggest joy.

I feel reborn. Like life offered me a second chance. Reborn to an EVEN better life I could not have imagined when I felt my old life crumbling. But an old part had to die. So I also know the pain that comes with Big change and transformation. The fear of the unknown.

I know what it feels like to be burnt out, lost, depressed, traumatized, depleted, disconnected from my intuition, disconnected from my own truth.

I know how much it takes to dare. But also how much trust we can have in ourselves, and in life.

I trust in you too. To find your way.

And it's my joy to support you in your journey.

I feel I'm best at sharing the tools that helped me along my way, which is how I created this program.

Please look at my website to read about my background, training and education.

With love,
Aileen Kennedy



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