**‘EmpowerMe’**

**An 8-Week Spiritual Bootcamp**

**Starts 1st March 2024**

**During this Spiritual Bootcamp Bernie will guide you and a small group of other like-minded souls Back Home to Self.**

**Along the intensive but gentle and personalised Journey, we will work on:**

**- Self-Enquiry & Self-Awareness**

**- Finding the lesson in your emotional wounds, processing and healing**

**- Becoming aware of your triggers, what they mean for you and ways to heal your triggers**

**- Creating a personalised Spiritual Self-Care Plan**

**- Expanding your Consciousness**

**- Raising your Vibration**

**- Deepening your connection to the spiritual realm**

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**EMPOWER YOU**

**- SO THAT YOU CAN BE THE CO-CREATOR OF YOUR LIFE.**

**This program is a loving, nurturing, supportive, insightful and empowering soul-food for the Heart, Mind & Spirit.**

**And is for a limited number of participants.**

**Free Access to my 4-Week ‘Journey Through the Magic of Mindfulness & Meditation Course’. – Self-paced.**



**INCLUDED IN THIS 8- WEEK**

**SPIRITUAL BOOTCAMP**

**A variety of tools, activities, healings will be offered to help support you on your journey …**

**1.**

**A 15-Minute Discovery Call with Bernie**

**where we connect to gain insight into what your goals are for this Spiritual Bootcamp.**

**And for you to learn what you can expect from Bernie, her methods and the journey of options she has for this program.**

**2.**

**A Questionnaire**

**prior to commencing, to gain clarity on what’s going on in your life, what you want to achieve and what’s holding you back.**

**3.**

**Weekly Group Zoom sessions**

**These sessions will be recorded for you to access at any time after the session as well, or in case you missed the Group session.**

**Session notes will be forwarded to the participants Zoom meeting, including the main focus covered, insights, homework, journal prompts and suggested next action steps.**

**4.**

**Two 1:1 Zoom Sessions with Bernie**

**Each Zoom session will be 45 minutes duration.**

**An email following your Zoom call with notes of your session.**

**5.**

**Weekly Worksheets**

**so that you are guided and encouraged to put your inner work and practices into action and make progress.**

**6.**

**Daily Journal Prompts**

**7.**

**An Art Therapy Online Group Session**



**8.**

**Support via email, messenger and WhatsApp between your sessions**

**to help keep you accountable to your goals and plan, and to talk through any challenges or obstacles that you are experiencing between your sessions.**

**9.**

**Resources**

**Free Access to my 4-Week ‘Journey Through the Magic of Mindfulness & Meditation Course’. – Self-paced.**

**10.**

**A Distant Healing Sessions**

**as a Group – 45 minutes duration**

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**The benefits of working with Bernie in this**

**8-Week Spiritual Bootcamp:**

**Raise Your Vibration**

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**Create Long-lasting Personalised & Empowering Life Changes**

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**Breathwork Sessions to Help You Acknowledge & Release Emotions & Stuck Energy.**

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**Increase Your Intuitive Abilities**

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**Heart Opening Practices.**

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**Gain Clarity surrounding what’s been Holding You Back & Release Limiting Beliefs.**

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**Be Able to Move Forward with Self-Acceptance, Love & Compassion for Yourself.**

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**Feel More Grounded & Confident to Manage the Challenges of Life & to Make Authentic Empowered Decisions.**

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**Deepen Your Connection to Self, Your Higher Self & Source.**

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**Create Personalised, Nurturing, Authentic & Empowering Rituals, Spiritual Routines & Practices for Yourself.**

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**Live with Intention, Align Your Core Values with Your Actions.**

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**Meet & Connect with Your Spirit Guides.**

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**Past Life Healing relevant to this lifetime.**

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***Depending on your personal experience and where you are at, this Spiritual Bootcamp can help you manage:***

***- Life’s challenges***

***- Feelings of uncertainty***

***- Feelings of disconnect or separation***

***- Assist in releasing limiting self-beliefs***

***- Heal emotional wounds***

***- Heal ancestral wounds***

***- Connect more deeply to yourself***

***- Connect more deeply to your intuition***

***- Gain Understanding of Past Lives***

***- Gain understanding of karma***

***- And so much more!!!***

***So that You could live a life connecting to, allowing and trusting Your intuition.***

***So that You have the tools to adjust, raise and maintain a higher vibration.***

***So that You live a more peaceful life in alignment with Your highest truth.***

***So that You connect to Your physical and non-physical consciousness so that Your Soul lead.***

***So that Love leads You!***

***Rather than your fears, insecurities, labels and outdated beliefs.***

**Some of the Spiritual Practices included in this 8-Week Journey:**

- Breathwork

- Mindfulness

- Meditation

- Energy Clearing

- Loving Kindness

- Creating Sacred Space

- Authenticity

- Intuitive Healing

- Crystal Work

- Past Lives

- Spirit Guides

- Understanding Karma

- Shifting Mindset

- Self-Care Practice for Physical, Mental & Emotional Bodies

- Creative Spiritual Practice

- Spirit Animals

- The 5 Elements - Air, Water, Fire, Earth, Spirit

- Accessing & Developing Your Intuition

**Spaces are limited for this 8-Week Journey**

**INVESTMENT:**

**PAID IN FULL   
$1,550**

**If you are wanting to join us, click on the Paypal ‘Paid in Full Option’ below**

<https://www.paypal.com/instantcommerce/checkout/3W7FEAZPDPB6J>

**OR ‘PAYMENT PLAN’**

**3 INSTALLMENTS OF $550 EACH**

**TOTAL $1,650**

**If you are wanting to join us, click on the Paypal link below for the**

**Payment Plan Option**

[**https://www.paypal.com/instantcommerce/checkout/FS682FTBD3QVA**](https://www.paypal.com/instantcommerce/checkout/FS682FTBD3QVA)

**PLEASE NOTE:**

**Refund Policy**

**Full Refund offered within 14 days of Course starting.**

**No refund after Course starts.**

***TESTIMONIALS***

***“Bernie … You helped me to come home to myself.***

***You helped me to learn to trust myself and my intuition when I have been stuck in my head for so long.***

***This shift has been a freedom like I’ve never felt before.***

***Your mother-energy is both grounding and liberating.***

***Your knowledge is profound in a non-intimidating way.”***

***“I trust Bernie.***

***My sign posts were always there for me, but I just didn’t see them, let alone know what I was to be looking for.***

***She gently pointed me in the right direction for me- for me to see the sign posts - without judgment and with lots of generous support.***

***She gently helped me, encouraged and motivated me to peel away the layers, the labels, that have kept me from my true authentic self- that kept me off my soul’s path.***

***She helped me to return home to myself. “***