



The Life Path Series

Is your life driven by others? Do you feel trapped in drama, or feel like people are always telling you what to do?

Would you like to create your own reality? Would you like to know you are using your abilities to the fullest? Do you want to open your life up and receive more abundance?

The Life Path Series is a set of individual personalized ThetaHealing-based coaching sessions that supports you in shifting what has kept you stuck and helps you to create a vision of what is possible. The program is adapted the ThetaHealing® Game of Life course, and my other training and experience.

Who is the Life Path Series for?

This program is not for career counseling, resume writing, or job search coaching. It is deep inner work that combines science and spirituality to help you move forward in your life, career, or business.

I work with people who are feeling stuck and frustrated in their current career. They know that is time to act on their professional goals and dreams. They want to be true to themselves — but may need more self-trust and confidence to make their dreams a reality. I use a step-by-step process to help them clear old patterns, and create a vision for their life that is free from old self-imposed limitations. They feel ready to create the career/business /lifestyle that they have always dreamed of.

To gain the most benefit from the Life Path Series, it is suggested that you do the pre-work for each stage ahead of the session. I will email each new module after our sessions complete. The work includes short journaling and exploration of the belief work ahead of time. Come prepared to dive right in!

Program outline

- There are **7 stages, which we explore in 1:1 sessions of 60 to 75 minutes each.**
 - Some stages are more intensive than others and may require two or more sessions to complete. You will receive some short journaling exercises ahead of each session.
 - Up to two 30-minute check in calls or two 30-minute add-ons to existing 60-minute sessions
- **Sessions take place in person** at either my office at my office space on Seabright Avenue on Monday mornings, or at my home healing space in Felton on other days. Some phone/videoconference support available.
- **It is recommended that the program be scheduled out weekly or biweekly.** The Series must be completed within 90 days. Taking too long between sessions results in lost momentum, forgetting what was covered, and having to spend more time reviewing past work. We can work up a schedule that is mutually beneficial.



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Stage 1: Free yourself from your parents' obligations

In this session, we will explore the beliefs and patterns you acquired as a child from your parents and or caretakers. What we learned from them set the stage for your relationship patterns throughout your life.

Stage 2: Release the Past

In this session, we will explore what energetic attachments you may have with past relationships, experiences, failures, jobs, that could be draining your energy and keeping you from manifesting what you want now.

Stage 3: Become Accepted by Society

In this session, we will explore your fears around what would happen if you made up your mind to change something in your life, or pursue your dreams. We will work to resolve beliefs that may hinder you, and negative beliefs that may be preventing you from being who you are.

Stage 4: Handle Peer Pressure

In this session, we will explore fears around your peers who may feel jealous of you as you work towards your goals. We will release negative emotions around blame, attack, being taken advantage of, etc.

Stage 5: Receive Infinite Abundance

In this session, we will explore challenges that may come up as you start achieving your goals. We will learn to break past your comfort zones around income or business growth.

Stage 6: Get Ready to Succeed

In this session, we explore your fears around using your true power, of becoming too successful, and the procrastination/perfectionism trap. We will explore your current “Money Ceiling” and how to expand it.

Stage 7: Vision and Manifest

In this session, we will focus on your vision. You will share your vision with me, and instill feelings of how to attract and share your vision with others.

For More information:

Visit my website at www.unlimitedlife.vision or contact me, Cathy Lemeschewsky, Certified Advanced ThetaHealing Practitioner and Instructor at cathy@unlimitedlife.vision. Phone: 408-335-4365