
A PERSONALIZED 1:1 MENTORSHIP FOR SUE



Your 90-Day Kundalini & Intuitive Mentorship Journey

A journey created for you, Sue

Sat Nam, Sue. After the Kundalini teachings, spiritual practices, and energy healing we have shared over the past couple of years, our next chapter is an opportunity to go deeper. We will focus on relationships and authentic connection, the cycles of life and change, and bringing Kundalini wisdom into your everyday experience.

Together we will continue strengthening your daily Sadhana, exploring intuition and conscious living, and making room for healing and reflection. This is the path we have outlined for our next 90 days, with space to follow what arises as we work together.

With kindness and love, Catherine

What we are exploring together

Our intention is to deepen the spiritual foundation you have already built, while bringing new awareness to your relationships, your life transitions, and the choices you make each day.

Authentic relationships

Understand the art of relating, the meaning of authentic love, and the qualities that create depth and connection.

Cycles and change

Study the three cycles of life and learn to recognize change as part of a larger rhythm.

Kundalini wisdom in daily life

Explore polarity, yogic ethics, conscious living, and the role of intuition in relationships and decisions.

A sustainable personal practice

Continue your Sadhana with meditation, breathwork, and guidance that responds to your evolving needs.

Our rhythm

Across these 90 days, we will alternate focused learning with personalized healing and integration. Sessions can include guided meditation, Kundalini Yoga, Usui/Holy Fire® III Reiki, and Akashic Records work as outlined in your mentorship. We will revisit our focus together as your experience unfolds.

Relationships, love & authentic connection

We begin by looking at how you relate to yourself and others. Through the Kundalini lens, we will explore what creates an effective relationship and how awareness, honesty, and intuition can support deeper connection.

In our sessions

- Explore the art of relay: how we listen, communicate, and build trust.
- Study love and the infinite game of life, including loneliness, technology, and the karmic web of relationships.
- Introduce the law of polarity and the tension between opposites in relationships.
- Use meditation, breathwork, and healing practices to create space for insight and integration.

Your practice between sessions

Continue your personalized Sadhana. After meditation, reflect on one interaction each day: where did you feel connection, resistance, or an opportunity to respond more consciously? Bring these observations into our next meeting.

Our focus by the end of month one

A more intentional way to observe your relationship patterns, with a daily practice that supports reflection and presence.

Life cycles, polarity & the art of change

With our foundation in relationships established, we turn toward the natural rhythms of life. We will examine how change shapes our experiences and how spiritual practice can help us meet transitions with awareness rather than resistance.

In our sessions

- Explore the three cycles of life and the transitions associated with each.
- Revisit polarity in the context of authentic love, sacred contracts, and everyday commitments.
- Examine how intuition and conscious choice can guide you during periods of uncertainty.
- Integrate Kundalini practices, guided meditation, Reiki, or Akashic Records exploration as part of our healing work.

Your practice between sessions

Continue Sadhana and journal about a current or past transition. What patterns repeat? What is changing? What might you be ready to approach differently? We will use your reflections to guide our conversations.

Our focus by the end of month two

A clearer understanding of the cycles and patterns in your life, with practical spiritual tools for moving through change.

Yogic ethics, integration & living your practice

Our final month brings the teachings together. The goal is not simply to understand spiritual concepts, but to recognize how they influence your relationships, your decisions, and the way you move through each day.

In our sessions

- Explore yogic ethics from a Kundalini perspective and what it means to live with integrity.
- Connect lessons about relationships, polarity, and life cycles to your own experiences.
- Refine your daily Sadhana to reflect the practices that feel most sustaining and meaningful.
- Make space for Reiki, meditation, and intuitive reflection as we integrate the work.

Your practice between sessions

Notice where the teachings are becoming lived experience. Keep a short reflection on moments when you chose presence, compassion, or clarity. Together, we will shape a rhythm you can carry forward.

Our focus by the end of month three

A grounded personal practice and a clearer sense of how to continue applying Kundalini wisdom in everyday life.

What our journey includes

A personal 90-day curriculum

Three connected stages of learning, with topics chosen for your next chapter of spiritual growth.

Private 1:1 mentoring

Focused conversations and teaching sessions that explore the spiritual principles and questions most relevant to you.

Personalized healing sessions

Guided meditation, Kundalini Yoga, Reiki, and Akashic Records work woven into our time together.

Ongoing daily Sadhana

A spiritual practice tailored to your evolving needs, with space to adjust and deepen it throughout our work.

Reflection and responsive guidance

Time to discuss your experiences, integrate insights, and adapt our direction as new understanding emerges.

The journey ahead

Sue, our journey will take us through love and relationships, the rhythms of change, and the wisdom of conscious living. We will bring these teachings into your daily practice, returning again and again to what feels true and meaningful for you. Together, we will work toward the intention we set at the beginning: a deeper, steadier connection to your intuition, your spiritual practice, and the way you move through life.

Sat Nam. With kindness and gratitude, Catherine