

OM School

# IMMERSIVE SELF CARE PROGRAM

12 Weeks of Inner & Outer Lifestyle Transformation



# YOUR WORKBOOK OF PRELIMINARY MATERIALS

To help guide you through this systematically we are providing you with a program outline, some background info and the list of all of the videos and audios for you to make a part of your life.

As we pointed out in the welcome video, to reach your star destination will require that you traded in some old habits for new ones.

The whole point of this program is to make that easy for you.

This preliminary period is the first point of take off and will last at least 1 week and at the most 2. "Well begun is half done," the saying goes.

We want you to check in with us regularly.

Whatever reactions you have, feelings that arise, concerns, anxieties or even elations and excitement, please let us know!

Everything you experience from here on out is important.  
So once again welcome aboard, strap in as we prepare for takeoff.



# WELCOME FROM LISA & GP



# OUTLINE OF THE JOURNEY

WEEK 0 – PRELIMINARY MATERIAL & EXERCISES

WEEK 1 – GETTING TO KNOW ME

WEEK 2 – INNER COHERENCE

WEEK 3 – EMBODIMENT & LIFE PRACTICE

WEEK 4 – NUTRITION

WEEK 5 – PERSONALIZED

WEEK 6 – PERSONALIZED

WEEK 7 – PERSONALIZED

WEEK 8 – HOW TO CONTINUE



# WELCOME EVERYONE

OK, you're not a newbie. You have been around the block more than once and are wanting to move to a wholly new block... **upleveling** I believe they call it.

Lisa & GP just don't like the word goal or the term goal setting. The word just has way too much overhead that has been laid on it. It even feels laborious just to say it.

"I DON'T HAVE GOALS. I HAVE FANTASIES. THEY'RE EXACTLY LIKE GOALS  
BUT WITHOUT THE HARD WORK." – EMILY LEVINE

## **So for now, forget goals!**

Take your fantasies, your wishes, your dreams, add a little bit of love, a good deal of understanding and that will automatically inspire a commitment. And that will almost guarantee you will reach the star of your aspirations. **It is our job to kindle in you that love and understanding, so relax.**

Forget about any attempts you have made in the past. None of that matters but right now.

# MEET YOUR NAVIGATORS

## GP WALSH

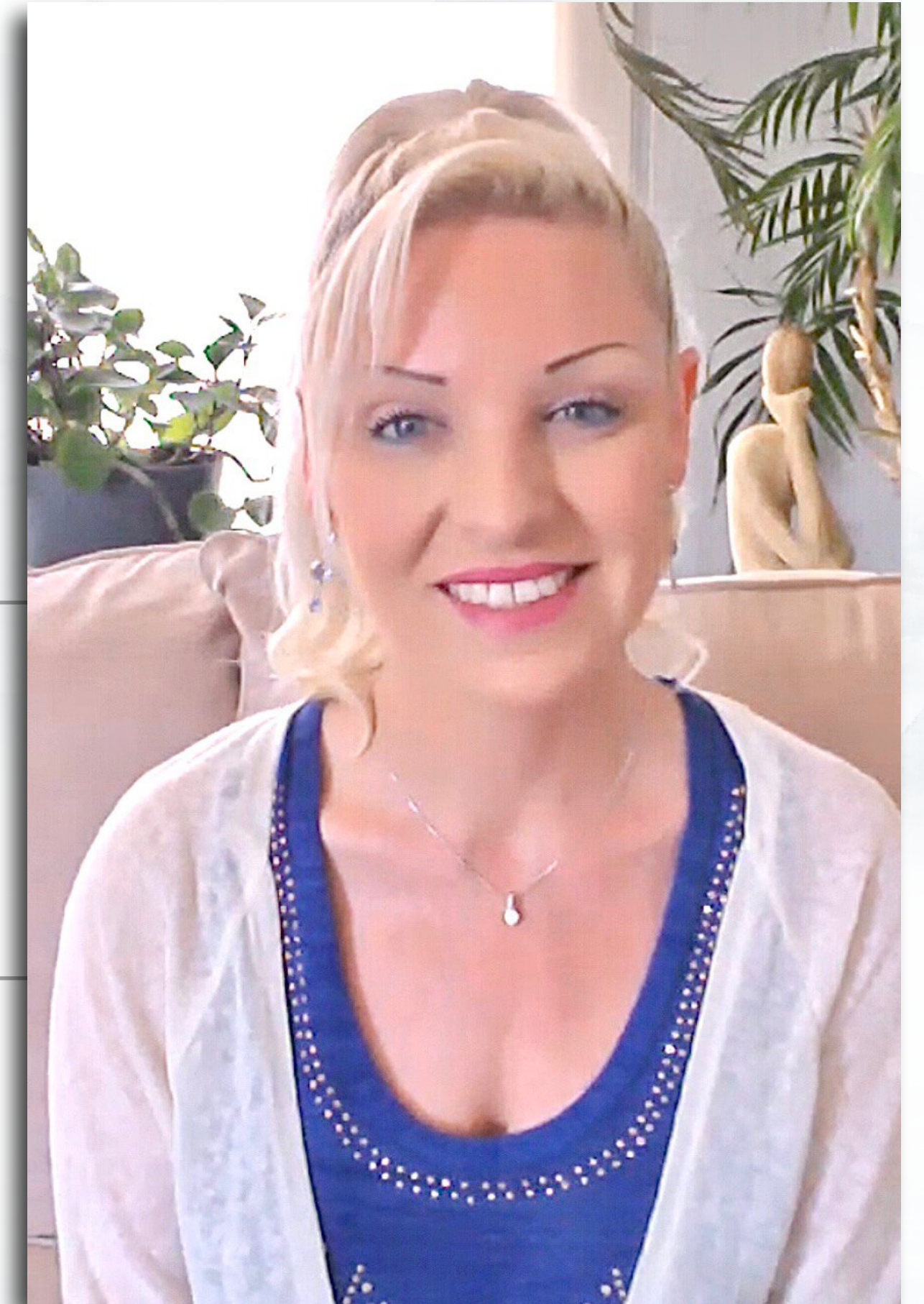


GP has spent over 40 years counseling, teaching, speaking and writing. He is a Master Teacher of life changing technologies (Meditation, Energy Healing, Inner Dialog) as well as the creator Inner Reconciliation™. Prior to devoting himself full time to transforming lives, he was a successful entrepreneur designing award winning computer systems for Fortune 500 companies.

LISA is a Registered Holistic Nutritionist and Certified Life Coach as well as an author, speaker, media producer and expert in podcast production and a published author.

TOGETHER they have helped people from all walks of life; artists, business people, athletes, stay at home moms, couples, entrepreneurs, anyone striving to live on a higher level that is as fulfilling as it is prosperous.

## LISA BERRY



# WEEKLY PLANNER

## MONDAY

### Study and Process Material Release

- Videos
- Audios
- Meditations
- Workbook

## TUESDAY

### Live Group Support Gathering

## FRIDAY

### Live Processing Gathering Weekly Material Due *(if any)*

## TIMES FOR BOTH GATHERINGS:

Standard Time @ 1:30pm (EsT) / 6:30pm (UTC)

Summer Time @ 1:30pm (EDT) / 5:30pm (UTC)

[Click here](#) for the **STAR Live Room**



# THE HOTLINE

WAYS TO GET HELP FROM LISA & GP

## Support Email

For normal questions and comments

[hhs@omschool.co](mailto:hhs@omschool.co)

## Support Text

For quick questions, freak outs or meltdowns

+1 (647) 449-4569

## Support Chat

On going conversations with GP, Lisa and other program members

Telegram







THE CATERPILLAR  
THE COCOON  
AND YOU

THE MIRACULOUS STORY OF YOUR NEW LIFE



# YOUR BASIC TOOLBOX



# THE TOOLBOX

There will be several different techniques we will be using to help move past the blocks and ceilings that have frustrated you in the past. Each of these bring about the shift in perception that is needed for star travel.

- THE COHERENCE PROCESS
- SELF INQUIRY
- MEDITATION / THE YOGA OF ALLOWING
- BODY AWARENESS / RELAXATION
- MERIDIAN TAPPING
- INNER RECONCILIATION / TRAUMA RELEASE



There is a brief overview in the opening video. You will be introduced to each as needed, but three of them we will give you now:

- Nervous System Calming Breath Exercise
- Body Awareness Exercise and
- Meridian Tapping

# NERVOUS SYSTEM CALMING BREATH EXERCISE



# BODY AWARENESS EXERCISE



# INTRODUCTION TO MERIDIAN TAPPING

