

EVOLVE BEYOND YOUR *Story*

A RADICAL 10 STEP APPROACH TO LETTING GO OF
RESENTMENTS, RE-FRAMING HURT, AND USING YOUR PAINFUL
VICTIM NARRATIVE TO STAND EMPOWERED AND FREE



TEACHER
KELI CARPENTER

YOU AREN'T WHAT HAPPENED TO YOU

Do you find yourself trapped or stuck in past painful stories that you'd like to become free from?

Are you aware that these old, unhealed situations are keeping you enslaved in patterns and behaviors that aren't serving you?

No matter what you have experienced in your life, your life's situations no longer need to define you.

But you do need to face, feel and integrate them.

By doing so, you will finally release old resentments, judgments, hurt, and blame that have been keeping you stuck in this never-ending narrative.



EMPOWERED OR ENSLAVED?

Life is filled with challenges and suffering. We can use these obstacles as doorways to awakening or they can use us, thereby keeping us stuck, afraid and repeating emotional and behavioural patterns that don't serve us.

We are here on this earth for our soul's evolution; to experience unity and connection with all that is. Finding freedom from our victim narrative and limited idea of the world is the most direct way to achieve personal awakening and spiritual growth.

A RADICAL SHIFT

When you release the grip of old resentments, self-judgments, and stories that have kept you stuck, frustrated, and in pain, you are able to realize what's possible for you. You understand that you are not what happened to you and you become free to love and be loved without apology.

The process of completely freeing yourself from pain and suffering is not something you can simply intellectualize. It only happens when supported by a radical shift in perception and by integrating your suffering on a deep level.

It could be said that achieving real freedom and ease is a spiritual process; our truest nature can't be damaged by what has occurred in our lives.

There's an innate power within us that is far greater than any circumstance in which we might find ourselves.

What if you were to face these emotional wounds and unconscious narratives directly once-and-for-all?

THE STAGES OF HEALING

STAGE 1

CHOOSING

In order to heal, your desire for change must run deep—like an unquenched thirst. At this first stage, you might have taken an inner assessment of your own damages and pain, and found that harbouring resentment, revenge and anger, or reliving the hurt and betrayal, comes at a greater cost than the situation that happened. You have decided enough is enough it is time to heal.

STAGE 2

FEELING

We can't bypass the actual point of trauma or the feelings associated with it; fully owning and honouring our victim story is an essential part of the process. If we aren't willing to visit our story and feel the feelings associated with it, we won't be able to let go of our past. We can't heal what we aren't willing to feel. Your vulnerability holds the key to reclaiming your power.

STAGE 3

UNDERSTANDING

Our memory about a particular scenario actually changes each time it's recalled, and the feelings are expressed. Stories and personal narratives get edited and reconstructed every time we tell and/or feel them. Within all of our stories, we hold interpretations, limited concepts, assumptions, and beliefs. This phase of our healing is about seeing our struggles and pain with a new understanding and ownership (we explore the ways we were co-creative partners).

STAGE 4

REFRAMING

Reframing demands a huge shift in perspective from, "why is this happening," to, "what is perfect about this situation?" During the reframing process, you begin to see that your challenges are actually just steps in your awakening journey and, therefore, part of your personal and spiritual evolution. This stage requires recognition of and commitment to embodying spiritual truths, surrendering to your higher wisdom, and the support of someone who can guide you. The pain is not the gift, but the gift is found in the pain.

STAGE 5

INTEGRATING

Your residual feelings and ingrained stories will work hard to take up space, and until they are released cellularly, you'll still carry the seeds of victimhood. The daily use of these steps and practices work together to integrate, embody, and re-member (make membership again) with our spiritual intelligence, higher purpose and the reclaiming of our true power and innate wisdom.

10-STEP APPROACH

01

LIST IT

Where is your past still hold you hostage from life?

02

TELL IT

Our wounds need to be given a voice and felt to be healed

03

EXAMINE IT

Understanding the direct cost of carrying suffering

04

QUESTION IT

Unravel our assumptions and limited beliefs attached to the situation

05

OWN IT

How life is happening through us - what is creating the suffering

06

FLIP IT

Reframing the story to gain deeper truth, clarity, and meaning

07

HONOUR IT

What is non-negotiable moving forward

08

RECEIVE IT

Unpack the hidden treasure and receive the gift in the center

09

SURRENDER IT

Integrate new awarenesses and let go and let God

10

AMEND IT

Your radical healing gets shared forward

THE FREEDOM AND EMPOWERMENT YOU SEEK IS ALSO SEEKING YOU.

Just like a wound that our body naturally wants to heal, we desire to make new meaning of situations that happen to us. We all yearn to let go of our painful stories, release our past grievances and find freedom and ease. The calling to live our soul's desires and reclaim our wholeness is palpable, and life is supporting this by nudging you forward because a greater life awaits.

Until we can fully accept our fragmented, separate, wounded self, we can't experience our truest, most authentic expression of *Self* (Buddha-nature, Christ-consciousness, Divine intelligence, etc.). In other words, the freedom we seek will continue to elude us until all these wounded aspects of self (a big part of what makes up our narrative) are properly integrated.

When we're able to face our past pain with innocence, openness and inquisitiveness, insights are revealed and allow for the unfolding of a sense of wholeness, empowerment and inner strength—our true *Self* and greatest freedom.

DATES AND TIMES

- Course duration is **24 weeks**
- Sessions are **Monday's from 6-8:30 PM PDT**
- During each session, we will utilize the ten-step process to heal and integrate our story, live coaching and breathwork journeys.
- Application required for enrollment

» [APPLY HERE](#)



MEET KELI

FOUNDER OF THE OTHER SIDE OF AVERAGE [TOSA] - THERAPY FOR THE SOUL

Keli Carpenter is no stranger to mind, body, and spirit awareness. She first started practicing transcendent mantra-based meditation at the age of six, when her mother took her to learn Transcendental Meditation® (TM®). She is a Chopra Center Certified Transcendental Meditation (PSM®) Instructor, Certified Breathwork Practitioner, Conscious Healing, and Uncoupling® Coach.

Keli's commitment to conscious living has allowed her to raise 3 beautiful children with mindfulness, overcome limiting self-concepts, heal her body of disease, and accomplish pain-free childbirth.

With over 40 years of meditation experience, her goal as a transformational coach is to help you learn and master the three most essential tools that help align you with your soul's purpose — your essential nature and the truest expression of yourself — all whilst healing and transcending past resentments and stories that have kept you stuck and in pain. It is then that you experience the miracles and fulfillment of life in every moment.

PERSONAL MESSAGE FROM KELI:

I see you.

I'll hold you in your vulnerability and doubt and equally support your rise into your brilliance. I'll hold space for you as you face obstacles and guide to inward to the answers.

In the end, it's your commitment to yourself that opens the door to the unlimited possibilities that are calling to you.

xo Keli



"It's hard to describe Keli's capacity to facilitate understanding and healing. Her spirit is light and playful; however, she can help lead you to the darkest places and hold the space for you as you bring light to them."

"Working with Keli has been a gift unto myself. Keli's somatic attunement and intuitive guidance into presence allows such a safe container for any client to truly experience anxiety, fear, trauma, or any life hurdle with dignity, and understanding. Thus, giving you the space need to transform and empower your own self. Her teaching method and breathwork also gives you the tools and context to move through difficult emotions. I have much gratitude for her life's work and how it has helped me in such a short period of time"