



# TOSA CONSCIOUS HEALING JOURNEYS

Workshops of self-discovery, spiritual  
awakening & support.

Reclaim the YOU that lays beyond  
limited beliefs, old patterns, and feeling stuck.

Experience greater empowerment, joy,  
freedom and grace.

## ORIENTATION AND OVERVIEW

# OVERVIEW OF VISION

First off, I would like to express how delighted I am that you are here! **I'm honoured to serve as your guide as you embark on this healing journey.**

The world of pain, reaction, self-doubt and unworthiness is a trap of our ego, and a compensation for false, mistaken, negative beliefs about ourselves and the world around us.

This conditioned idea of who we are, how people are and how we need to be in this world keeps us repeating the same core stories (even if the seasons, people and places change).

**When you release the grip of old resentments, self-judgements and victim narratives that have kept you stuck, frustrated and in pain, you are able to realize what's possible for you.**

It is not possible to move forward and embrace our fullest beauty, own our unique gifts or reclaim our inner vibrance until we address and clear our shameful, critical, abandoned, rejected and hurt selves. These negative, unconscious parts of our wounded ego-self first started in childhood. Even if we had loving families, there were probably times when we felt shame, anger or guilt for certain actions or qualities we expressed and, as a result, we created ideas and beliefs about ourselves and the world in which we live.

To become our best self it is important that we learn how to examine and accept these opposing parts; our light and our darkness (humanness and beingness). **When we can lovingly embrace the seemingly unacceptable qualities rooted in our humanity, we reveal grace and experience greater joy and wholeness (the sum of both parts equals the whole).**

**We are here on this earth for our own soul's evolution;** we are here to experience true love and connection. **Freedom from our limited ego idea of the world and how we need to be in it.** In my opinion, the most direct way to achieve that is to continue to develop greater personal awareness (practices like the self-inquiry processes), combined with spending time connecting to our inner wisdom and authentic self (stillness practices like regular, personal transcendent practices and using conscious breathwork as a way to feel again).

The key to growing personally and spiritually lies in our daily practices of owning, reframing and transcending our hidden ego stories and agendas and connecting to our true self, innate wisdom and divine nature and then integrating them.

One is not separate from the other!

This shift in perception brings a new level of awareness. **As we continue to awaken spiritually, the old illusions, unconscious beliefs and stories carefully built by our ego fall away.**

The ego thrives in the feeling of separation. Anytime we feel separate or different, it opens the door for attack and pain. We could say our soul's evolution and awakening process is to experience unity and connection with all that is. When we fully accept our duality we see our oneness. There is only one consciousness and therefore separation doesn't exist.

You can't change the world around you, but you can unravel and transcend your thoughts and beliefs, which, in turn, change your experience of the external world. When you turn your attention inward and focus on reclaiming YOU, you open the doorway to empowerment, grace and ease. Turning inward is actually the only true power you have, and it holds the treasures you seek.

**The path of understanding and releasing your pain, anger and resentments does not exist outside yourself.** Your body is a messenger and database of all your past pain and hurt, so **when you are able to face your tender edge with openness and inquisitiveness, it reveals doorways and insights and allows for the unfolding of wholeness, empowerment, true partnerships and inner strength in your life.**

This Conscious Healing Journey couldn't be more timely for your personal growth, well-being and awakening.

# TOSA METHOD© 5 LAYER APPROACH TO CONSCIOUS HEALING

## TOSA 5 Layer Approach to Conscious Healing©

1. Inner Calling (calling/deep desire/wake-up call)
- ← critical point →
2. Conscious Support (conscious community/support)
3. Conscious Practice (stillness, feeling & inquiry)
4. Conscious Learning (bring unconscious conscious)
5. Surrendered Integration

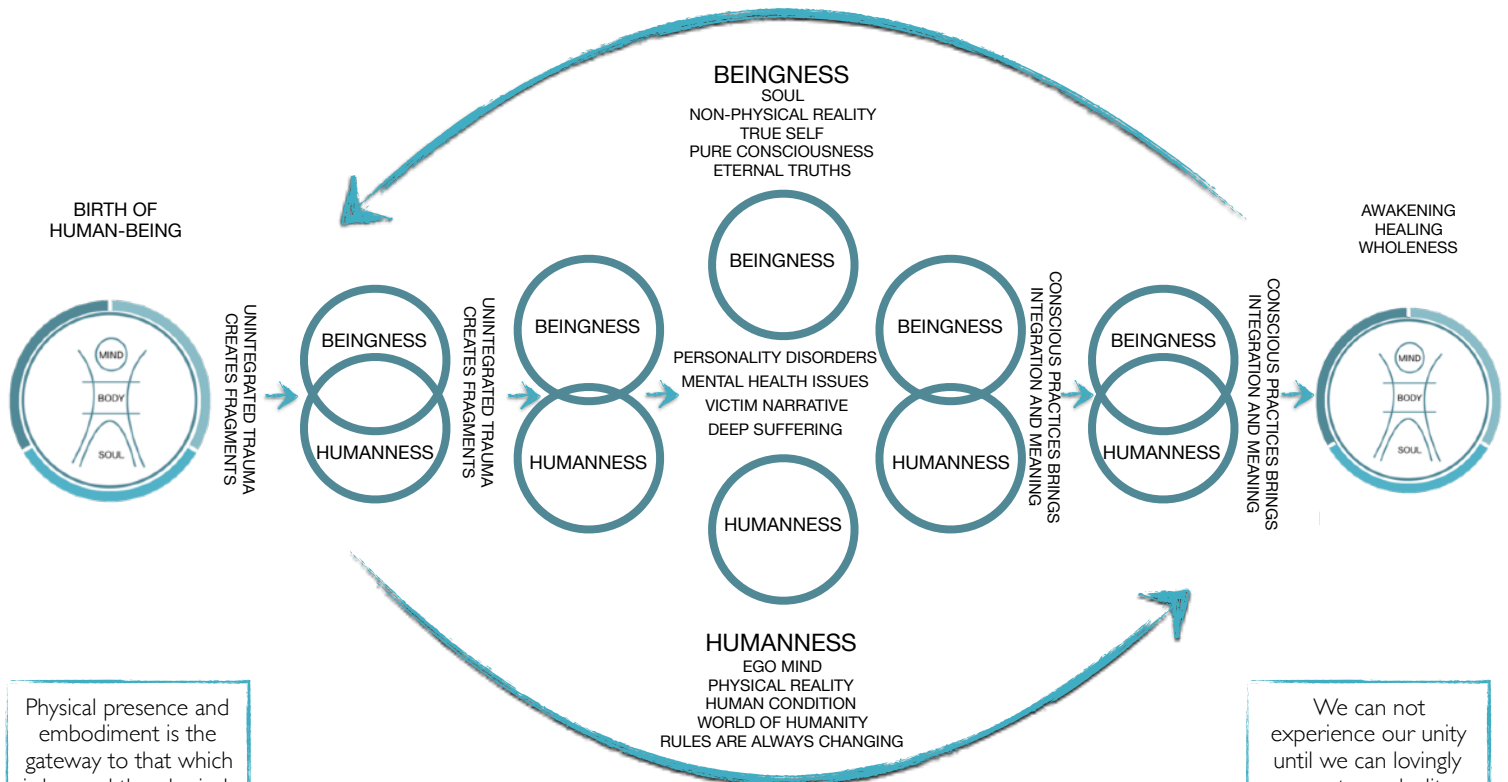
Whether we evolve consciously or unconsciously is a choice that we get to make as individuals. Life is going to move forward either way. Within our journey there comes critical turning points whether we have had a wake-up call or simply long for more doesn't mean change happens. Usually we reach out for support and enter into a learning phase. We must implement key practices and be supported to fully embody the change and transformation you are seeking.

Practicing stillness helps us transcend the human condition and connect us to that which is beyond the physical and practicing inquiry helps us unravel and understand the human condition so that our past pain, patterns, limiting beliefs work for us instead of against us.

If we could do it alone we would have already. Conscious support is about being guided and seen in our vulnerability yet being held in the awareness that it is not all of who we are so that we can heal through it and live into the life that is calling us and waiting for us.

This cycle repeats until we experience freedom and are no longer defined as separate. When we lovingly hold an equal embrace of our humanity and our beingness - they become one.

Consciousness, witnessing awareness, awakening, higher power, grace, joining, unconditional love, innocence, true empowerment, healing, freedom, forgiveness, pure compassion, abundance, etc.



Unconsciousness, fragmented self, trauma, wounds, unconscious beliefs, self hatred, unworthiness, attachment, despair, victim narrative, drama, separation, chaos, conditional love, blame, fear etc.

Physical presence and embodiment is the gateway to that which is beyond the physical.

We can not experience our unity until we can lovingly accept our duality

Trauma is something outside our capacity to understand or integrate properly and is therefore stored in the body.

Our Beingness (soul) is bigger than circumstance and sees solutions. Ultimately all suffering and disfunction stems from deep fractures and a sense of separation from our source of power and connection.

The purpose of suffering is to find its cause. The gift isn't the suffering or pain but the gift and healing comes out of the suffering.

Victim perspective and narratives lock in powerlessness .

Amends needs to be of equal or greater value to karmically break the cycle.

Our empowerment and freedom is always connected to the responsibility we are taking - even if our part is only 3%.

# FOUNDATIONAL PRINCIPLES

- 1. The actual cause of our strife, struggles, reactions, judgements and dissatisfaction does not exist outside ourself.** Our fragmented, reactive, human-self projects the cause of our strife, emotions and pain (internal experiences) on situations and people in our outside world. When we study and contemplate this further, it is obvious that this projection is not the truth. For example, if somebody cuts in front of someone in traffic, one person may not be bothered at all and another person might be furious. Or three people may see a black cat cross their path as they walk down the street and one becomes paranoid that bad things are going to happen, another feels disgust because they hate cats, yet another feels a well of joy and is in awe because they are a lover of cats. **So, it is not what actually happens in the outside world, it is what it triggers from our past stories and the meaning we give it that creates the emotional state we are experiencing.** It is critical to keep that in the forefront of our mind during this work (and develop it further in life) so that we are able to stand in the emotion and observe it. We might say, "Oh look what I created," or, "Hmmm, I wonder what this is about?" All emotions are signals from the body that something wants to get released and are always doorways to deeper awareness and awakening. **When we turn our attention inward to our own source of power, shed light on the beliefs and perceptions that determine our experiences and then reframe them, we find the answers to our own fulfillment, joy and happiness — we become truly empowered.**
- 2. All of our suffering comes from a deep separation within the centre of our very being.** Within us is an innate desire to move towards rediscovering our wholeness and experiencing unity. In the same way that our body automatically moves towards healing when we cut ourselves, our psyche, if allowed, naturally moves towards healing, forgiveness and wholeness. **Energetic blocks want to be released, emotional issues resolved, and personal power and creativity enhanced. We just need to get out of our own way, trust the process, be willing and let our inner intelligence do the work.** When we enter stillness, transcend our human condition and expand our awareness, deep healing happens beyond our capacity to understand; our past pain finally gets integrated. **We can release trauma stored in our cellular memory without having to re-visit it if we surrender, trust and follow our breath during the process. The present moment is our teacher and guide.**
- 3. The only way to move beyond our stories is to move through them. Our body is a storehouse of our past experiences; everything that has happened to us is held at a cellular level.** We have years worth of suppressed emotional energy and typically when we experienced pain, trauma and fear in the past, we've held our breath; we dissociated from our body. Unfortunately, when strong emotions come up now, we tend to also stop breathing and leave our bodies because of association, conditioned patterns and reactions. Thus, if some strong emotions come up and you find yourself facing your tender edge, this is your opportunity to consciously breathe into the present (your physical body), witness it and integrate it instead of suppressing it. **Witnessing and inquiring into what is there to be understood with the innocence of a child allows it to move.** Be mindful to not attach a label to it, such as it being good or bad. Our life's obstacles are doorways to growth, so naturally there would only be transformation to be cultivated — which can't possibly be "bad!" **Emotions are just signals to us from our inner intelligence that something needs to be recognized. With present moment awareness and conscious breath we give ourself permission to simply be as we are in that moment. From there,** our intuitive wisdom knows what to do; we just need to get out of our own way and bring the unconscious conscious so it can be transformed. Let go of what you know and surrender to the truth that awaits.

# CONSCIOUS CONNECTED BREATHWORK

The type of breathwork journey that we will be doing is a conscious, connected way of breathing that we perform at first seated or standing and finish off lying down. **I will guide you through the whole process. My role is simply to set the foundation and frame, hold the space and guide you inward using your breath. Your conscious breath is your teacher and you are your personal guide.** Your inner intelligence has the answers and seeks to release what no longer serves you. This is when you are able to step into your empowerment, inner authority and experience true fulfillment. There will be music to support the process.

**Your breath is the bridge that unifies your mind, body and spirit. Physical presence is the link between the conscious mind, subconscious mind and consciousness itself.** When we breathe in this way, we enlarge our awareness and come into the moment to experience ourself and witness ourself at the same time, which translates as being able to witness our feelings instead of being possessed by them. We can ride our anger instead of it riding us, or stand in our story instead of being trapped by it, so to speak.

**During the breathwork journey you are in the driver's seat and fully in charge of your experience.** Your depth of experience is controlled by the amount of presence to you bring to your breath.

There are a few different experiences that may come up, which change with each breathwork journey. Your breath will meet you where you are and take you where you need to go at that moment in time for that session IF you let it lead! We can lead the breath or it can lead us. Allow the unknown to lead - not your habits or patterns.

▶ **Tactile Experience:** You can experience all sorts of different physical sensations in your body. You might feel hot or cold. Your body might feel completely relaxed or numb or become stiff and tense — all of which can be a very healing experiences. Your body is taking energy that has been stuck and moving it. Even the sensations will then turn into an amazing release and integration if you bring presence and consciousness to them - conscious breathing and movement. Remember; you are in control — if it gets to be too much, you can always slow down the breathing and allow conscious movement.

▶ **Emotional Experience:** For some, they may re-experience a feeling or time when they felt overwhelmed or hurt and had shut down in an attempt to not fully experience their emotions. If that happens, the direction is to let yourself fully experience whatever emotion comes up and allow it to be completely moved through. If your body feels the urge to cry, allow the cry. If your body wants to release anger, let your body make whatever sound wants to come out (screaming, growling, moaning, etc). These places have been running your life unconsciously for years. When released, you will experience a profound sense of freedom.

▶ **Spiritual Experience:** This experience is beyond the personal, intellectual understanding. It's an experience that you wouldn't generally have in normal, everyday life with your thinking mind and ego intact and in control. Some people report feeling like they are floating in the stars; or feeling more connected to everything. Or some get profound insights into issues that have been holding them back for years. Other may feel the presence of loved ones or guides.

▶ **Pure Silence:** This may look from the outside like you are asleep, but instead, you go into a deep profound relaxation. In this state you completely lose track of time and space and later will just feel very relaxed and present. When we are laying down it is hard to know for sure if we are in this state. In a sitting meditation we very clearly know we were in pure silence (verses sleeping) because afterward we know we remained upright during it.

▶ **Sleep/dissociation :** Sometimes we have unconscious mechanisms whose agendas are to stop the process, and/or we are simply tired that day. Either way, trust your body knows what it needed that day.

The important thing to note is – **what once served you can hinder you and that which once kept you stuck can become your portal for awakening.** Something might have been true once but if you don't allow the present moment to lead you could be missing the true healing and awakening available in the now. For example, if you choose to scream each session to let out anger because it felt so freeing once OR every session you now breath with vigour looking to induce an altered state because last time you gained so much insight, what are you actually avoiding in the moment by being with what is in this session? What would happen if you relinquished control and let the breath lead instead of leading the breath? **The moment is where the gift is that is why they call it the present.** I know our "human condition" is to seek gold or crave that quick fix and play God but aren't we here to let go of our egoic agenda so we can experience embodied Truth? At the beginning of the breathwork meditation I will review this and more. Access the Breathwork Instructional video here: <https://youtu.be/cblvLh4cNII>

# COMMITMENTS TO THE GROUP

## **\*\*IMPORTANT NOTE\*\***

By partaking in any *TOSA Conscious Healing Journey*, you are committing to the below commitments and waiver:

- CONFIDENTIALITY
- COMMITMENT TO DO THE WORK
- RESPECTING AND HONOURING OPINIONS OF OTHERS
- RESPECTING WHERE PEOPLE ARE AT
- OUR STORY'S AREN'T ALL OF WHO WE ARE
- ASK FOR WHAT YOU NEED

## **THIS IS NOT A MEDICALLY LICENSED THERAPY GROUP:**

Please understand that this is not a therapy or clinically approved group. These services are not licensed by the Province/State. These services do not include the practice of medicine or psychology, since Keli Carpenter is not a licensed physician or therapist. By attending you understand if you have a mental diagnoses, acute illness and/or are under the care of a practicing physician or therapist, you are required to seek the permission of your practicing physician or therapist prior to attending this group.

# WAIVER AND RELEASE

I acknowledge that I am voluntarily participating in the session(s) with The Other Side of Average [TOSA] – Therapy for the Soul and that my attendance at the session(s) affirms agreement to this waiver.

I understand and acknowledge that the discussions, consultations and TOSA Journey session(s), teaching(s), videos(s):

- are not intended to replace any relationship I have with my medical doctor and/or primary health care provider(s);
- are not intended to constitute medical advice or any substitution for medical care; and
- are not intended to be relied on for prescriptions, recommendations, diagnosis or treatment in relation to any health problem or disease.

I understand that if I am taking any medications or have any medical conditions including, but not limited to the following: schizophrenia, bipolar disorder, epilepsy, heart conditions, or pregnancy, that I must advise the facilitator/s prior to commencing the session(s). I also understand that even though I have been accepted as a participant, I am responsible for any consequence resulting from any and all session(s). I certify that I have consulted a health professional regarding any condition physical, mental or emotional that could interfere with my judgment, or affect my health in any way during or after any and all session(s). I understand and acknowledge that I am responsible for consulting my health care provider or doctor in case I have or suspect to be suffering from a health problem.

I understand the stories or testimonials presented before or during the session do not constitute a warranty, guarantee, or prediction regarding my experience during or after the session. The Other Side of Average [TOSA] – Therapy for the Soul facilitators make no warranty, guarantee, or prediction that I will experience any particular state of awareness or consciousness during or after any and all session(s), nor does it make any representation that I will experience any particular outcome on an issue.

In the instance of a group session I may voluntarily reveal personal information. In doing so, I understand and hereby waive my rights of privacy and confidentiality. I further understand that my participation in any and all session(s) is not intended to create nor does it establish a client practitioner relationship or any other type of therapeutic or professional relationship between me and TOSA – Therapy for the Soul facilitator(s).

I understand and acknowledge that by participating in any and all session(s), I do so at my own risk. It is with this understanding that I voluntarily accept this waiver. Since any and all session(s) are experiential and the extent of any and all session(s) risks and benefits are not fully known, I agree to assume and accept full, complete responsibility for any known and unknown risks associated with my participation in any and all session(s), including any physical injury, psychological or emotional effects, death, loss, or property damage.

I agree and understand any and all session(s) may be filmed, photographed and/or recorded and that the TOSA – Therapy for the Soul facilitators shall have all rights in and to such film, photographs and/or recording, including the copyright therein. The copyright shall include, but not be limited to, the right to use, re-use, publish, and re-publish and otherwise reproduce, modify, and display any such film, photograph and/or recording for educational and promotional purposes, including without limitation, audiotapes, audio CDs, DVDs, websites, video, film or any other form of recorded images. I grant TOSA – Therapy for the Soul the right, without compensation to myself, to film, photograph and/or record while

participating in any and all session(s) and I waive any right which I now have or may have hereafter in any such film, photograph and/or recording. I agree to not record by audio, video, photographic or any other means, any portion of any and all session(s).

I recognize, understand, and assume all risks associated with my voluntary participation, including, but not limited to, those risks that may result in personal injury and death. In giving my informed consent, I hereby release TOSA – Therapy for the Soul from any and all claims, now or in the future, that I may have as a result of my voluntary participation in any and all session(s).

I agree that I have read and fully understand the above statements.

# POST MESSAGE FROM KELI

I offer my deep-felt gratitude to you for having the courage and commitment to do this work. If you feel called, I'm here to support the process and take you even deeper into your conscious evolution through additional workshops, courses or in a one-on-one setting.

I'm no stranger to mind, body and spirit awareness. I have forty years' experience with transcendent meditation and over twenty years practicing these core principles. I love teaching conscious families and individuals. I believe that the biggest gift you can give yourself (and family), is to evolve beyond your story and redefine what defines you. Our stories, values, beliefs and rules for life change all the time but spiritual truths are eternal. Connecting to your inner strength and to Creation, itself, brings true freedom and is bigger than any circumstance.

Ultimately, our fulfillment, healing and joy is never found outside of us. When we are able to awaken to our innate wisdom and embrace our unresolved stories, the awareness of the next steps towards healing, purpose and true fulfillment become clear.

Unlike some healers and spiritual gurus out there, my dharma is not to become your guru or healer. My role is to inspire change, share essential strategies and hold the space for you to bring light to your darkness, and help you see the innate power you already have. It is wholeness that becomes whole, awakening that becomes awakened — and it is all there within you; you are enough. You just need space held for you, to learn the proven tools and embody the discipline needed for it to become realized.

I'm passionate about helping people all over the globe to live a conscious path so they feel confident, empowered and strong in the way they live their lives. My goal as a Chopra Center Certified Instructor, Conscious Breathworker and trainer and Conscious Relationship, Parenting and Uncoupling® CoachCoach is to help you learn and master the three most essential tools that help to align you with your soul's purpose, your essential nature and to love and be loved without apology, 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 (especially during life's inevitable obstacles).

I'd LOVE to hear your stories and always appreciate your testimonials. Testimonials can be shared on FB here: <https://www.facebook.com/pg/theothersideofaverage/reviews/>

To send me your transformational experience and/or to work with me directly – email me here: [become@theothersideofaverage.com](mailto:become@theothersideofaverage.com)

After deep emotional work it is important to be gentle with yourself and remember a few key points:

- **Practice acceptance** - avoid judgment, expectations or making assumptions about the experience.
- **Trust your guidance** - this innate wisdom within you is always available we just usually get busy being busy. Take some quiet moments to go within and connect to your wisdom source - what does this place have to say?
- **Develop a support system** - it can be helpful to connect with others from the journey (workshop).
- Helpful inquiry to take with you:
  - ▶ What do you see as your biggest obstacle in the process of maintaining and integrating this process?
  - ▶ What are some things you can do to strengthen your connection to this experience?
  - ▶ What are you leaving behind?
  - ▶ What are you taking with you?

If nothing else, please remember the freedom you seek is only ever found within. There are no answers outside you; all answers are within you and nothing I can tell you is greater than your innate wisdom. That is why I am here... to guide and support your journey of listening within.

Much love,  
Keli xo

# REVIEW AND CHECKLIST

- I have access to the Zoom meeting room and password (if required).
- I have watched the breathwork introduction video. You can access it here: <https://youtu.be/cblvLh4cNII>
- I am prepared to interact in the group via video, audio and/or chat box (knowing you will be fully supported to say no to video or audio).
- I will block off 2 hours to participate fully in the practices and process.
- I vow to help build a safe and sacred community by honouring the commitments [as stated above] to this group and its participants.
- I have read, understand and agree to the waiver and release provided and will bring it with me to the workshop.
- I make a courageous, dynamic decision and commitment to my inner journey of healing.

I honour you and I'm beyond excited be your guide for this **TOSA Conscious Healing Journey**

I'll see you in the workshop,

Keli

## **\*\*IMPORTANT NOTE\*\***

At the beginning of each session you will be asked to confirm that you have read, understand and agree to the release by typing "AGREE" in the Zoom chat box.