

East of Eden Coaching  
Course Catalogue

## Foundational Mindset Training Program

These three courses form the core of Mindset Training. They can be experienced on their own or as a foundation for additional Lifestyle Coaching courses. Recommended starting point for Lifestyle Coaching.

### **The Anatomy of Mindset**

Mindset begins with the data and experience absorbed through the senses. How that data is filtered, processed, and stored informs your self-talk, beliefs, personal narrative, self-identity, attitude, perspective, imagination, and lifestyle. You will learn both the formula that ties these components into an integrated system and how to leverage that formula in your daily life.

### **The Mindset-Lifestyle Feedback Loop**

The relationship between your inner and outer worlds is covered with an emphasis on how to use the external world (physical environment) to create inner mental or emotional change. I will also teach you how to work with the feedback loop involving Self-Talk, Mindset, Lifestyle, and Environment. Includes an introduction to The Law of Suggestion.

### **Memory & Imagination: The Roots of Suffering**

Suffering happens when we negatively focus on the past (which can't be changed) or the future (which is uncertain.) Learn to make memory and imagination support your life rather than becoming stuck in thinking that creates unproductive guilt, shame, fear, or doubt.

## Advanced Mystical Training Program

These three advanced courses form the entry point into Mystical Training. Unlike Mindset Training, there is a qualification process for this program. Completion unlocks advanced courses not listed in the catalogue.

### **The Anatomy of the Soul**

Explores the relationship between the soul, the subconscious, biochemistry, and the chakra system. Looks at the role thought and emotion have on spiritual energies, introduces the unconscious and collective unconscious, and considers interpersonal dynamics through a spiritual lens.

### **Spiritual Faculties: Will and Understanding**

Covers the 8 faculties of the egoic persona: Thought, Feeling, Intuition, Five-Sense Perception, Memory, Imagination, Will, and Understanding. Emphasizes the effects of Will and Understanding on consciousness, creativity, and spiritual balance.

### **Flow State: Dancing the Rhythm of the Stars**

Explores the practical implications of spiritual philosophy when it comes to daily life and the mundane aspects of existence. Offers techniques for navigating the peak and valley experiences of mystical exploration and spiritual principles which illuminate the rhythms and dynamics of human life.

## 'Physical' Course Options

Select any course or courses below to build a custom curriculum. I also offer an assessment session which I use to build a suggested curriculum. All courses include tools and techniques.

### **Digestion, Elimination, and Toxemia**

Gain an understanding of the body's digestion and absorption processes. Learn what factors contribute to inefficient digestion and how this problem can lead to poor absorption, toxemia, acidosis or even disease.

### **The Fundamentals of Cellular Nutrition**

Learn about the critical processes that all cells must perform. Ensure your diet includes the essential building blocks for all your cells: clean water, proteins, carbs, fats, vitamins, minerals, phytonutrients, enzymes, and more.

### **Enzymes, Probiotics & Regeneration**

Enzymes are essential for all chemical reactions and processes in the body. This includes digestion. Probiotics are critical in the G.I. tract for digestion and other vital processes. Learn why enzyme and probiotic deficiency can develop and how to increase your probiotic count and enzyme potential.

### **Juicing and Blending for Health and Fitness**

Juicing allows you to extract the essence of food and consume it without needing to burn extra energy through digestion. Blending predigests your food making it more bioavailable and less stressful on the pancreas for digestion. With recipes.

### **Raw Food Meal Guide I: Fruits and Vegetables**

Learn how to incorporate the benefits of living food into your life. Includes raw food kitchen hacks, tricks, and tips for getting the most out of fruits and vegetables so you can get the most out of your life. Includes an introduction to dehydrating. With recipes.

## **Raw Food Meal Guide II: Nuts and Seeds**

Explore how to soak, sprout, germinate, enzyme activate, and culture your nuts and seeds. This removes acid and enzyme inhibitors while allowing high concentrations of bioavailable, easily digestible proteins, carbs, and fats to be assimilated into your body. With recipes.

## **Cellular Exercise and the Lymphatic System**

Cellular exercise stimulates every cell in the body simultaneously and can take many forms. It helps in cleaning up the small and large intestines, stimulating the release of metabolic waste, and activating the lymphatic system.

## **Unwelcomed Guests in the G.I. Tract**

When inefficient digestion persists, an accumulation of undigested macro and micronutrients begins to plaque, calcify, mineralize, and harden in the body. Eventually it can become a food source for parasites, bacteria, mold, yeast, viruses, and other unwelcome guests. Learn to protect yourself from this problem.

## **Advanced Detoxification Techniques**

For those dealing with chronic health challenges or for those that have already established their own powerful health practices and want to go to the next level with deeper physical detoxification.

## **Rebalancing the Body with Nature**

Human beings are not separate from nature yet modern life makes recharging and reconnecting with our environment difficult. Learn techniques to work with air, light, water, and earth to improve your wellbeing.

## 'Mental' Course Options

Select any course or courses below to build a custom curriculum. I also offer an assessment session which I use to build a suggested curriculum. All courses include tools and techniques.

### **Enhancing Concentration and Visualization**

Harness the power of your imagination to access concentration and generate visualization. The practices taught here grow stronger over time. Learn about thoughtforms and how to use your creative faculties in new ways.

### **Active and Passive Meditation**

The mind acts as both a receiver and sender of signals. Meditative states are altered states of consciousness that allow for the perception and creation of unique thoughts and emotional states. Learn a range of meditation techniques to enhance the clarity and power of your mind.

### **Affirmations and Mantras**

Both ancient and modern understandings of the mind recognize repetition as king. Learn the principles that make affirmations and mantras effective and techniques for an application into your life.

### **Introduction to Self-Hypnosis**

Covers ideas including: the law of suggestion, autosuggestion, hypnosis, altered states of consciousness, and self-hypnosis. Learn practical applications and techniques of self-hypnosis that grow stronger with each repetition.

### **Techniques for Goal Setting**

Achieving your goals and aspirations is not just about knowing what you want or how to break up large goals into manageable steps. It's also about knowing how to plan for the unexpected like obstacles, setbacks, or frustrations.

## **Principles for Time Management**

While an experience of time may be relative, everyone gets the same 24 hours in a day. Gain a new perspective about how to contextualize and how to use time as a creative tool for self-expression.

## **Advanced Mental Feedback Loops**

Take a deeper look at the feedback loop between Self Talk, Mindset, Lifestyle, and Environment. The Mindset-Lifestyle Feedback Loop course is a prerequisite.

## **Creating a New Perspective**

How you look at something changes the thing you're looking at. Build conscious perspectives that enhance your experience of life and free you from toxic emotions. Emphasizes the power of gratitude as a skill that can be learned, practiced, and mastered.

## **Using Symbolism in Daily Life**

You may turn any object of physical reality or your mental reality into a symbol. Symbolic thinking and symbolic meaning assignment are unique ways to learn more about your own mind and the world around you. Includes an introduction into esoteric philosophy.

## **Be-Do-Have Thinking and Presence**

Most people think they must 'have' things to 'do' things so they can 'be' who they want to be. Reverse this thinking by making a powerful choice to 'be' that will open up new 'doing' and lead to the 'having' you desire. Learn to apply this method of thinking.

## 'Emotional' Course Options

Select any course or courses below to build a custom curriculum. I also offer an assessment session which I use to build a suggested curriculum. All courses include tools and techniques.

### **Enhancing Communication with Others**

The key to all relationships is trust and the key to trust is communication. Learn basic and intermediate techniques to bring personal and professional relationships and communication to a higher level.

### **Building Interpersonal Rapport**

Building rapport with others is an invaluable skill that is both a science and an art. Learn advanced techniques of rapport building to create powerful impressions, lasting networks, and loyal friendships. Enhancing Communication with Others is a prerequisite.

### **Healthy Boundaries and Toxic Relationships**

Recognize unhealthy boundaries, toxic relationships, and negative patterns of behavior in those around you and within yourself. Learn to use communication as a way of setting healthy boundaries and gaining your energy and time back from toxic relationships.

### **Emotional Triggers as Indicators for Change**

Discover how to perceive your emotions as raw data rather than something inherently positive or negative. Create space between the mental recognition of an emotion and the biochemical feeling of it. Train your mind to rewire its responses to difficult emotions.

### **Empathy and Narcissism Dynamics**

Narcissism and narcissistic abuse is a little understood character trait and form of abuse. Its effects can go unrecognized for many years, including into adulthood. Those with strong empathy can be even more negatively impacted by narcissistic behavior. Learn to untangle from narcissistic behavior and reassert a healthy sense of identity.



## **Transforming Emotional Energy**

Emotional energy is one of the most powerful drivers of behavior and thought patterns. When the conscious mind gets close to experiencing some emotion or memory stored in the subconscious, self-soothing behavior can kick in. Learn to redesign this process to free yourself from the rollercoaster of difficult emotions.

## **Creating a Conscious Attitude**

Attitude is not about what happens to you, it's about which parts of your reaction you feed with emotion. Instead of reacting automatically, learn to cultivate a conscious attitude for your life. This generates a sense of centeredness, groundedness, and stability even in the face of difficulty or turmoil.

## **Authenticity in Intimate Relationships**

Authenticity occurs when you feel safe enough to be completely yourself with another person, showing them things you normally hold back. Discover how to bring authenticity into your closest relationships and how it can act as a deep reservoir of emotional and mental power.

## **Forgiveness, Acceptance & Gratitude**

Tools are necessary to change things within your control like yourself and your own life. But when something beyond your control happens, especially a traumatic or painful event, forgiveness and acceptance are the only ways to move forward.

## **The Power of Narrative**

Personal narrative is a way to contextualize painful experiences, traumatic episodes, and embarrassing mistakes that gives us the maximum potential to overcome who we were and fulfill our potential. This use of storytelling is a hidden gem that all successful people apply to maximize their odds for success when taking risks.

## 'Spiritual' Course Options

Select any course or courses below to build a custom curriculum. I also offer an assessment session which I use to build a suggested curriculum. All courses include tools and techniques.

### **Exploring Life's Spiritual Dimensions**

Allows for a wide-ranging exploration of ideas, practices, and beliefs that can meet you where you are on your spiritual journey. Great for someone new or reconnecting to their own faith and divinity.

### **Faith, Prayer, God, and the Divine**

Rather than thinking about God, the Universe, or the Divine as wish granters or list makers this topic gets deep into the mechanics of prayer and explores both the giving and receiving aspects of faith.

### **Synchronicity and Manifestation**

Synchronicity is when external situations and internal perceptions line up in ways we couldn't predict. Manifestation is when synchronicities occur in alignment with our intentions. Learn to activate these concepts.

### **Energetic Grounding and Shamanic Journeying**

The idea that our human life unfolds in the context of a multidimensional reality goes back to the oldest known cultures. Scientists and priests alike agree that reality is made of things we can't see. Gain insight and tools to bring these layers of life into your awareness.

### **Dealing with Negative Energies**

For those dealing with negative energies, entities, or dark spiritual forces this course will provide an understanding and methods of protection for your own energy, space, and mind. Recommended for energy practitioners and those in the medical or psychiatric fields.

## **Understanding the Chakra System**

For those with a basic or advanced understanding of their own energetic makeup. Learn to work with the energy centers known as chakras for greater clarity, energy, strength, focus, intuition, and more. Includes practical exercises.

## **Working with Crystals and Stones**

Crystals, minerals, stones, and gems are not only beautiful -they are also energetic. Everything has a frequency and a vibration, and crystals offer a unique way to raise, align, and alter your vibration. Learn to work with these ideas.

## **Working with Personal Ritual**

Ritual is an aspect of life that makes the mundane sacred. Learn to integrate personal ritual in alignment with your goals and challenges. This is one of the most dynamic ways to deepen your experience of life and connection to spiritual realities.

## **Mysticism, Occultism, and Esoteric Philosophy**

For those seeking a more intellectual or formal understanding of the mysteries underpinning modern and ancient spiritual and philosophic thought. Recommended for those with grounded spiritual practices.

## **Introduction to Qabalistic Thought**

An introduction to Qabalistic thought in mystical Jewish, mystical Christian, and Hermetic contexts. Ancient and modern systems are both explored. Theory and praxis. Qualification process required.

“You are allowed to become more than you once were.”