



SelfHealers Newsletter

Fall
EQUINOX
2025

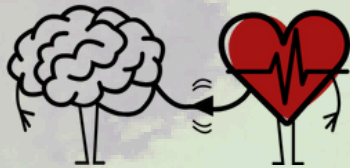
VOL.1

A High Priestess Returns:

*Emotional Release Rituals
offerings & what's to come
powered by Bottom-up Therapy*

**what to expect over
2 volumes**

**AFFIRMATIONS
NOTES FROM Q
ACTIVITIES
FEATURED PRODUCTS
OFFERING INVITATIONS
AND MORE...**



Click on the pages to go
directly to the content

Use the navigation bar or

“flip” the pages



[BOOK CLASS](#)



[BOOK SERVICE](#)

TABLE OF CONTENTS

3 [A NOTE FROM Q](#)

4 [SPA RENEWALS BIG ASK](#)

5 [BIRTHDAY EVENT ANNOUNCEMENT](#)

6 [FEATURED PRODUCT](#)

7 [COMMUNITY CALENDAR](#)

9 [FEATURED COACHING OFFERING](#)

11 [CONTACT INFORMATION](#)



Q. Eshun

GROWTH MINDSET COACH

Thee Alchemist for Sage Awakenings

Sage Mantra

With healing, somatic wisdom and embodied transformation, my wants, needs, and desires are all valid, important and achievable!

Mission

To cultivate brave, accessible spaces for healing and transformation by blending poetic wisdom, somatic practice, and visual storytelling.

Through trauma-informed guidance, modular content, and immersive experience involving holistic systems and neuroscience—I empower self-healers to clear negative imprints, rewire the brain, and embody Sage energy.

Participants learn to contemplate self-sabotaging patterns, improve their brain's default state, and curate resilient outcomes that support presence, flow, and empowered creation.

**"I've been quiet,
but I've been becoming."**

Beautiful Soul,

I hope this message finds you thriving. It's with immense joy and excitement that I reach out to you today. As someone who's been a part of my journey, I'm thrilled to share that I've embraced a new path as a coach. This transformation has been deeply meaningful for me, and I'm eager to guide you with the same passion and dedication that you've come to know.

My transformative journey of becoming began in 2023, when I made my first sacred investments into healing mastery. Since then, I've poured over \$18,000 into certifications, trainings, and rituals that now shape every offering I share. This wasn't just financial—it was ancestral and there is still watering to do.

A reclamation of my path as a high priestess, coach, creative alchemist, and somatic healer of neuroscience.

I've clarified my altar:

- esthetician work:**
now lives as a sacred hobby
- coaching:**
is my central devotion.

This newsletter marks my return—and the beginning of a new rhythm. Let's embark on this journey together, exploring new dimensions of growth, healing, and empowerment. I'm here to support you every step of the way.

With love, gratitude, and support, your spiritual accountability partner -Q

P.S. TEXT me anytime 314.629.2706



SELFHEALERS

Big Ask Spa Renewals



a sacred yes to this vision

Every offering, every ritual, every breathwork session is part of a larger vision: expanding access to trauma-informed care and sacred healing.

If you feel moved to support this work—whether through donation, sharing this invitation, or joining the cohort—I receive it with deep gratitude.

HERBAL STEAM THERAPY

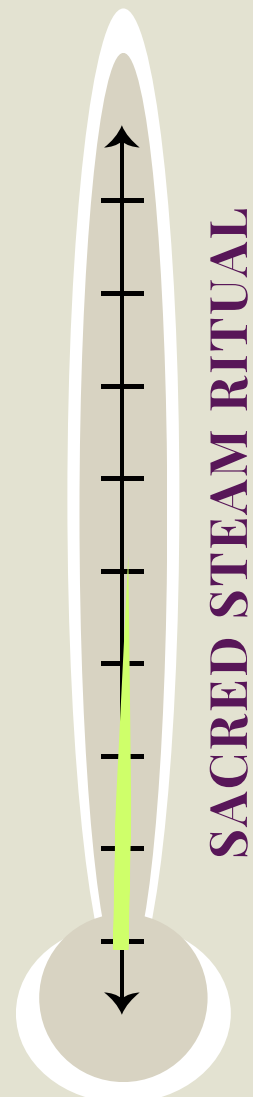
ANCESTRAL MEDICINE RISING THROUGH RITUAL

Ancestral medicine reborn—this sacred yoni steam ritual invites selfhealers into a womb-centered sanctuary of release, renewal, and remembrance.

Infused with botanicals and intention, each session becomes a portal for clearing, softening, and reclaiming the body's wisdom. Rooted in tradition, designed for transformation.



[BOOK A SPA RENEWAL SESSION](#)



SELFHEALERS

Q's Sacred Return to Presence @ 41

Each year, as the Earth tilts into balance, I arrive at my birthday on September 20th...

Not just older
—more present.

Not just wiser
—more beautiful in my becoming.

The Autumn Equinox is my signature, my sacred timestamp. It reminds me that transformation is not a rush, but a rhythm.

Scientifically... the Equinox marks the moment when the sun crosses the celestial equator.

Day and night stand as equals.

The body feels this shift—our circadian rhythms recalibrate, our nervous systems soften, our breath deepens in response to the Earth's exhale.

Spiritually... it is a portal.

A cosmic mirror that reflects the truth of my path: I am here to guide others into balance. To hold space for their tremors, to ritualize their grief, to help them reclaim their breath as sacred.

As I enter my 41st cycle, I ask myself:

What do I bring to this present moment? What have I learned about life, about people, about the sacred mess of things? ... And most importantly—
what have I learned about myself?

I've learned that my authentic essence is not fixed. It evolves with each breath, each boundary, each brave yes.
I've learned that healing is not linear—it's juicy, layered, and holy.
I've learned that my work is not just service—it's ceremony.

So I offer this blessing
as a call to action:

SelfHealer, this is your season to pause. To harvest your wisdom. To release what no longer serves. To prepare the soil for your next sacred cycle.

Let your body be your altar.
Let your breath be your guide.
Let your truth be enough.

This Equinox, I return—not just older, but more whole, rooted, and radiant...

So can you, with devotion and depth.

ABUNDANCE FELLOWSHIP



\$QDABESTEST

FRIDAY
SEPTEMBER 19
5PM- UNTIL

Location:

Forest Park
Balloon Glow

FAMILY PICNIC AREA

RSVP

Saturday
September 20
6pm -9pm

"The art of Giving and
Receiving"

Gift Exchange Blowout
on all merch

Activities
"The Altar of Becoming"

Card Games
Bonfire
Pot Luck

A special Guided
Meditation and
breathwork dedicated to
"BECOMING"
7pm

RSVP
314.629.2706

Location:
Thee Self Care Creative
8210 Page Ave
St. Louis MO 63130

SELFHEALERS

Featured Products

sage antidotes
starting at \$8



Wearable intentional
fragrance intended to
awaken your inner sage
and remind you to be your

purposeful self

...because you are divinely
guided and embody your
power!

Let your scent speak your
sovereignty.

comes in 3 volumes



[SHOP MERCH](#)

FULANI EARRINGS
symbolize wearable wealth
jewelry traditionally from
West Africa, worn for
centuries to signify status,
and beauty.

These valuable accessories
were often passed down as
family heirlooms from
mothers to daughters, or
purchased by a husband as
a gift to his wife, carrying
significant emotional value.

*multiple grades
available*

fulani earrings
starting at \$15



[BUY NOW](#)

SELFHEALERS

Featured Coaching Container

This isn't just coaching—it's a sacred return to your most empowered self.

A 12-week journey designed for those ready to shed limiting beliefs, rekindle self-worth, and rewire emotional patterns from the inside out.

Through guided meditations, PQ mental fitness, breathwork, and self-care rituals, we'll reintroduce you to your inner Sage—the part of you that leads with clarity, compassion, and calm.

A renewed self-concept anchored in empowerment, self-love, and long-term change.

This is your invitation to reimprint your mind and reclaim your power—one breath, one practice, one ritual at a time.



**SAGE AWAKENING
JOIN OCTOBER COHORT**

This October, I open the gates to a living ritual—Thee Sage Awakening cohort. This is more than a program.

It is a sacred space for expressive professionals and tender souls who crave somatic depth, poetic reflection, and trauma-informed care.

Only 3 spaces remain. If your spirit whispers yes, I invite you to book a discovery session and step into your healing mastery.

🌀 P.S. The Sage Awakening is not for everyone. It is for the ones who tremble with truth, who speak in metaphor, who long to be witnessed in their becoming. If that's you, beloved selfhealer, I see you.

Let's begin.

In this sacred space, we do not chase healing—we become it.

We do not fix what is broken—we awaken what no longer serves, so that true, authentic transformation may rise from the roots of our being.

Awaken your inner Sage through mental fitness.



I WANT YOU

SELFHEALERS

Big Ask Coaching Invitation

WHO IT IS FOR

- ✿ Individuals craving a full emotional and spiritual makeover
- ✿ Those struggling with chronic stress, self-doubt, or low self-esteem
- ✿ Healers, creatives, and feelers navigating transition or transformation
- ✿ Anyone ready to listen to their Highest Self and lead from inner peace
- ✿ Exhausted individuals holding stress from chronic overwhelm, emotional/physical strain

WHAT IT INCLUDES

- ✚ 13 Weekly Coaching Sessions including mental fitness coaching
- ✚ PQ App Access — 7-Week Positive Intelligence training for mindset mastery
- ✚ VIBE Shift Meditations using Soma Breath + somatic re-patterning
- ✚ Blueprint to Create a VIBE — personalized manifestation strategy
- ✚ Guided neurogenic tremoring to release stored tension from the body's root system

YOUR TAKE AWAYS

- 📖 13 Weekly Coaching Sessions including mental fitness coaching
- 📖 PQ App Access — 7-Week Positive Intelligence training for mindset mastery
- 📖 VIBE Shift Meditations using Soma Breath + somatic re-patterning
- 📖 Blueprint to Create a VIBE — personalized manifestation strategy
- 📖 A nervous system reset that leaves you feeling grounded, less reactive, and regulated

90 days of guided healing

Welcome to the Sage Awakening: a portal of embodied wisdom where the heart's intelligence meets the neurobiology of healing for selfhealer.

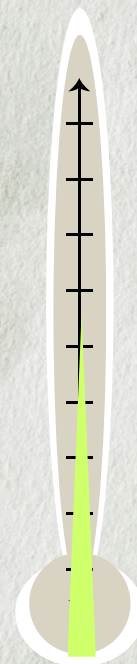
This is not talk therapy alone. This is bottom-up somatic alchemy, where the body leads and the mind reprints its story through felt-sense knowing.

This is PQ—Positive Intelligence—woven with breath, tremor, and ritual.

This is mental fitness as sacred daily practices with support.



**JOIN THE FREE
WHAT'S APP CALL
OCTOBER 3 & 10**



**OCTOBER GOAL
3 PARTICIPANTS**