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THE

# Joy of *Beíng*

3-MONTH TRANSFORMATION  
JOURNEY WITH ASTRID MARX

[ASTRIDMARX.COM](https://astridmarx.com)

# Hello & *Welcome*

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## About Astrid

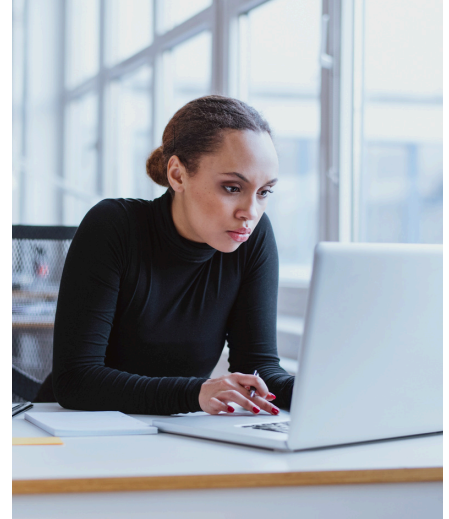
Astrid inherited her shamanic gift from her grandfather and learned to embody a contemporary version based on the foundation of oneness, that everything in creation is connected. She left the corporate world when she realized her life's purpose is to be of service as a modern shaman. Her mission is to help people integrate ancient wisdom into modern life. Her method is holistic, blending shamanism and contemporary tools to build bridges between the visible and invisible worlds to a measurable outcome.

In over thirty years of global practice, Astrid has integrated her shamanic gifts to work with individuals and professionals alike.

# Program *Objectives*

## Who It's For

This program is for professionals who feel stuck in a work situation that is influencing their personal life and wellbeing. Over 3 months, you will learn to look beyond the regular ways, transcend limiting beliefs, and access higher levels of awareness so that you can step into the power of your authentic self.



## Outcomes

01.

### Connection With Your True Self

Pull off layers of conditioning to come back to your true self where you'll experience heartfelt well-being and connect with your intuition, power, and the gate to all that is.



02.

### Tools for Navigating Challenges

Recognize, name and address challenges in your personal and professional life with meditations, exercises and the support of your ancestors and power animals.

03.

### New Insights for Living

Live from both a grounded and spiritual point of view, balanced in body, mind and soul, with the awareness of your connection to all that is and knowing that it is possible to live life where all your talents flourish.

# Program Summary

Total Investment: **€1500**

## Program Components

- ✓ 1 complementary 20 minute tune-in
- ✓ 7 x 60-minute 1:1 Zoom sessions
- ✓ 10 weekly check-in calls
- ✓ Personalized, relevant resources
- ✓ Email support between sessions
- ✓ Take home activities



"Sessions with Astrid have been game-changers in moving forward in my life. I have come away clearer and centered with increased awareness of myself beyond all conditioning."

Barbara

For inquiries, email  
**INFO@ASTRIDMARX.COM**

## The Joy of *Being* includes:

### 1 x Introductory Shamanic Journey

Your first session will serve as an introduction to shamanic journeying including drumming and chanting. Here, you will meet your power animals, ancestors or spirit guides who will support you along your transformation.

### 3 x Exploration Sessions

Held over the next three weeks, these sessions will guide you in understanding your current state of being. You'll work with your guides to address personal and professional challenges and release pain through energy and sound healing.

### 2 x Integration Sessions

By week 6, the path will have been opened for you to connect with your true self. These sessions will help you integrate what you've learned and guide you in using your intuition and inner wisdom to resolve your challenges.

### 1 x Joy-*full* Send Off Session

In this final session, you'll check in on anything that still needs attention and wrap up our journey together by celebrating your new phase of life.

# The *Process*

## What is Modern Shamanism?

Modern shamanism combines ancient shamanic wisdom with contemporary techniques for healing, personal growth and self-discovery, emphasizing a deep connection to one’s own nature and spirit. Elements of psychology, energy healing, and mindfulness are incorporated to help you navigate the complexities of modern life.

### Program Schedule

- 1** Week 1: Meet Your Guides
- 2** Week 2: Awakening to Solutions
- 3** Week 3: Your True Self
- 4** Week 4: All That Is
- 5**
- 6** Week 6: Implementation
- 7**
- 8** Week 8: Implementation
- 9**
- 10**
- 11** Week 11: A Joyful Send-Off



Note: There will not be sessions on Weeks 5, 7, 9 and 10. Instead, you will have a check-in call to help you integrate what you’re learning and experiencing through the program into your daily life.

# Client *Testimonials*

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After 45 minutes with Astrid, my entire perspective of myself, my business and my mission completely transformed. It was if a veil was lifted so that I could finally understand the “why” of the situations I was wrestling with and trying to make sense of on my own. I gained a birds-eye view of the big picture and left feeling more energized, empowered and certain of myself and my direction than I ever have.

Marissa

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Astrid's sessions have been positively contributing to my overall wellbeing since 2009. After a session with her, I experience clarity, a peaceful presence both physically and mentally, and a boost in my creativity and productivity! I appreciate Astrid's down-to-earth approach. Her method is both profound and applicable in daily life.

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I have had several healing journeys within the safety and clarity of Shamanic Coaching with Astrid. The most recent was to get under my concerns around being seen/heard as I approach my delivery of my first TedX Talk. I also had a desire to build stronger personal boundaries. Astrid, as always, sensed into what I was feeling and what my needs were so skillfully that I could just relax back into the deep trance that her guidance, chanting and drumming takes me to and get the wisdom from all the supportive helpers that always show up to assist me with my needs.

Corry





# Ready to awaken to the Joy of *Being*?

Email to schedule your free consultation  
**INFO@ASTRIDMARX.COM**