

# Mentorship Program for Personal Empowerment

*Are you feeling stuck, overwhelmed, stressed or depressed about some aspect in your life? Do your circumstances make you feel powerless? Are you losing sight of your dreams?*

Welcome to my *Mentorship Program for Personal Empowerment*.

When we feel powerless to change our circumstances, negative emotions tend to rule our lives. I want you to know that you can garner the power to change that. It is possible. Through this program you have an opportunity to rediscover the power that lies dormant in the reality of who you are.

I welcome you to join if you wish to

- Eliminate struggle and stress in your life
- Attract coveted goals into your life
- Build freeing, loving and fulfilling relationships
- Perform even better at your job
- Remove blocks to prosperity and abundance
- Emerge from confusion into clarity
- Create a greater sense of freedom in your life

Sounds like a tall promise? Perhaps so. The truth is that there is only one key. It is all about learning to align your vibrational field -- **“The Energy That is You™”** with the laws of abundant flow of universal energy. The awareness and skill to do that in a sustained way will begin to reflect in every aspect of your life.

## The Philosophy Underlying the Program

This program is built on the universal principles governing Energy. We are pure Energy constantly vibrating. Every choice we make -- be it thought, word or action -- either increases the flow of this Energy or depletes it. It either raises our vibration or lowers it. We also create a spiraling effect because we attract to ourselves more of the vibrations we run -- positive or negative. This is the Law of Attraction.

Thoughts and feelings create subtle energy vibrations. This is what we focus on in this program. Since most thoughts are spontaneous, we often unconsciously create vibrations that are contrary to our desires. When we learn where those thoughts are rooted, **we can make conscious choices to bring ourselves back into alignment with higher vibrations.** It empowers us and can greatly transform the quality of our lives.

## How Does This Program Work?

I am offering the essence of my study and experience with Energy Tools and Techniques in this 12-week Mentorship Program. I will work with you one-on-one at several levels:

- *Create a safe space for you to explore your inner being*
- *Give you a clear understanding of the energy dynamics in your life and relationships*
- *Assist you in aligning with your inner spirit -- the source of inspiration that leads you forward*
- *Teach you to recognize and remove limiting thoughts and beliefs that hold you back and how to replace them*
- *Support you in clearing chronic blocks and negative energy patterns that are often beyond the conscious mind and are stored in our lower energy centers (chakras, meridians)*
- *Offer tools that help seed the changes at the physical, mental and emotional levels, and ways to sustain them in the long run.*

## The Sessions

We start with a minimum of 12 sessions over three months. This amounts to a weekly contact (with an occasional rest). A commitment of 12 sessions is necessary to make deep rooted changes, which is the purpose of this program.

The personal sessions are at two locations if you are within driving distance. Alternately, we will work via telephone or internet. Each session is of 75 minutes duration held at a predetermined time each week.

At the end of each session, I will ask you to do an assignment, usually something pretty fun so don't feel intimidated. These are designed to help keep you focused and practice new skills. I may send you an article to read or a website to look up. These will all be relevant to your work.

On completion of the 12 sessions, you are free to continue if you wish. Should you choose to continue, we will plan the program together.

## Confidentiality

This program is completely confidential and what we talk about remains between you and me. I will however, seek your permission to refer to you as a client who is or has been in the program.

## **Fees, Payment Method, Discontinuation and Refund Policy**

The fee for this program is \$1500 at the rate of \$125 per session.

Payments are received in advance for every set of four sessions. The first payment is due at the time of signing up. Payments may be made by check in favor of Vision Wholistic. Credit card payments are accepted via Paypal on Vision Wholistic website or to Malabika@VisionWholistic.net.

If for some reason you wish to discontinue the program mid-course, a discontinuation fee of \$125 will be applicable. If I should decide to discontinue, I will return you the fee you paid in full.

## **Free Phone Consultation**

Please call me for a free 20 minute consultation to assess the benefit of this program for you. Ask for more details that may help you decide. My number is 1-515-720-9520.

## **Sign up**

To sign up for the **Mentorship Program for Personal Empowerment**, please take a print out of the enclosed '[Client Information and Agreement Form](#)' and return it to me filled and signed. Please enclose your payment for \$500 in favor of Vision Wholistic when returning the form. You may email it to me or mail it to:

**Vision Wholistic. 2708 Grand Avenue, Des Moines, IA 50312**

**Location Schedule:** Monday (pm), Tuesday -- Ankeny, IA  
Wednesday, Thursday -- Des Moines, IA  
Monday (am), Friday – on Phone/internet.  
Weekends -- with prior appointments.

## **Participants' feedback on the Mentorship Program:**

- *The biggest benefit was the knowledge I gained about my belief systems that go back generations. Understanding the basis to my blocked behavior patterns was so enlightening. Carol S.*
- *Your help has been worth many years of therapy! Carol B.*
- *My first session had a profound effect ..... I have already started to change the direction of my life, especially in how I conduct myself in my professional relationships. I am feeling and living an abundant life. Mark S.*



# VISION WHOLISTIC

## Client Information and Agreement Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone that you want me to use: \_\_\_\_\_

Other phone (optional): \_\_\_\_\_

Email: \_\_\_\_\_

What is your goal for joining this program? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How would you describe your physical health? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How would you describe your emotional health? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is there something else you wish to share with me? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

May I refer to you as my client? .....Yes \_\_\_\_\_ No \_\_\_\_\_

Agreement: I have read the terms of the *Mentorship Program for Personal Empowerment* offered by Malabika Shaw and agree to participate for twelve sessions.

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Signature and Date