The 5 Essential Elements of True Transformation

**Element 2 – Exploration**

**Finding your Inner Compass/Deepest Truth**

Further Action Guide

1. Start with compassion, non-judgement and curiosity. Remembering your intention, be a witness to your own truth. Set a 5 minute timer to witness yourself.
2. Actively work to avoid lies to yourself (victimhood, blame of others, wishful future thinking, etc…)
3. Take note of what comes up without editing (with feet planted):

Continue with notes – be courageous with the truth!

Some truths may surprise or even scare you. It is important in the process to explore all of it.

Note: You may need many more pages before moving on to element 3 - Purification. You can use a journal and/or art pad for this exploration….

True Transformation Sequential Workshops

 If a Ranch guest elects to do the 5 workshops sequentially, they will build each day on the day before to be poised and ready for the experience of a **true transformation**. Yet each individual workshop can stand alone to provide participants with new knowledge, an experiential process and clear homework “exercises” to deepen that element of inner fitness.

Dr. Julie Lopez Bio: Dr Julie’s relatable style inspires transformation of every type through her professional speaking, trainings and writings. She is the founder and CEO of Viva Partnership, a mental health inspired healing service offering virtual and in person coaching across 9 states. She is an award-winning entrepreneur and trauma expert, frequently sought by the media for her expertise in trauma, addictions and how to rework the “invisible” aspects of the human experience. Her best-selling book Live Empowered outlines the important role of Implicit Memory in true transformation.