The 5 Essential Elements of True Transformation

**Element 1 – Preparation**

Further Action Guide

1. Take a moment to write down an intuitive guess of a true intention (a transformation you desire):
2. Select an activity that calms the mind (circle one):

Sensory experience of hot or cold on the skin Curious exploration of something in nature

An intentional olfactory experience Visually captivating single gaze spot

Focused Breathing Soothing and continuous sound Physically soothing stimulation

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Set a timer for 3 mins, incrementally increasing to 15 for other preparation sessions
2. Engage in your chosen preparation activity with compassion and curiosity. Returning again and again to deep breaths even as distractions come across your consciousness. See them, thank them for visiting and let them move along. The goal state is one of “nothingness” but full awareness at the same time.
3. When the timer sounds, re-write your true intention - different or the same as prior:

Note: This exercise can be done many times before ready to “explore” (Element #2)

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.