

Welcome

Welcome to "The Products" section. Here I share Books, Podcasts, Programs, and other magical tools that I have found super helpful on my own journey. Let's be honest there is an infinite abundance of products in the market these days to take you on your own unique journey of unraveling, so this list is about as far from complete as we are from Pluto, however, it is a point of beginning. To fall down your own rabbit hole and explore more of what this wonderful world has to offer.

I'm not affiliated to any of these products or brands, I don't get kickbacks of any kind (other than a warm glow in my heart of course!), I share because these wonderful beings have beautiful things to share in my humble opinion, and we find our own signal from listening to many voices. This is not to say I am closed to affiliates, money can flow through me whenever it likes, but one thing I will always promise is that my recommendation will forever come from my heart, not from my pocket.

Any comments or questions, or to let me know of something awesome for me to expand my thinking reach out to me HERE

Products for The Mind

Whether it's psychology, epigenetics, the power of the mind, or becoming a Quantum Warrior these books, and more, will nourish the mind...

BOOK – Bessel Van Der Kolk – The Body Keeps the Score
BOOK – Bruce Lipton – The Biology of Belief
BOOK – Dawson Church – Genie in Your Genes
BOOK – Dr. David Hamilton – It's The Thought That Counts
BOOK – Joe Dispenza – Becoming Supernatural
BOOK – John Kehoe – Quantum Warrior
PROGRAM – John Kehoe – Mind Power Mastery
BOOK – Lynne McTaggart – The Intention Experiment
PODCAST – The One Inside (IFS Conversations)
BOOK – Richard Schwartz – No Bad Parts
INTERVIEW – Wisdom 2.0 w Richard Schwartz (incl IFS Guided Meditation)
BOOK – Stanislav Grof – The Holotropic Mind

Products for The Spirit

So much about my own journey has been an exploration of my spirit. To what spirituality means to me and how I relate to the many ways that we humans explore this aspect of ourselves. I sit in this present moment unattached to any one specific thinking. I have been blessed to study the teachings of differing lineages over the years and my heart feels suspended somewhat, fascinated by the magic of the world around me, feeling the truth from these different lineages without anchoring into just one. Here are some of the written resources that have expanded my thinking.

BOOK – Anita Moorjani – Dying To Be Me

PODCAST – Aubrey Marcus Podcast

BOOK – Clarissa Pinkola Estés – Women Who Run With Wolves

BOOK – Dan Millman – Way of the Peaceful Warrior

BOOK – Don Miguel Ruez – The Four Agreements

BOOK – Elizabeth Gilbert – Big Magic

BOOK – Gabrielle Bernstein – The Universe Has Your Back

BOOK – Gregg Braden – Human By Design

YOUTUBE – Heartmath Institute

APP – Insight Timer

BOOK – Julie Cameron – The Artists Way

BOOK – Juliette and Jiva Carter – Worldbridger

BOOK – Law of One

BOOK – Marlo Morgan – Mutant Message Down Under

BOOK – Michael A Singer – The Surrender Experiment

BOOK – Michael Newton – Journey of Souls

YOUTUBE – Mindvalley

BOOK – Paramahansa Yogananda – Autobiography of a Yogi

BOOK – Paulo Coelho – The Alchemist

BOOK – Rhonda Byrne – The Secret

YOUTUBE - Spirit Science

CEREMONIES - The Template - Holonomic Model of Transcendence

YOUTUBE - The Template Ceremonies - Ceremony 1

Products for Intimacy

How we relate to the most intimate parts of ourselves, our relationships with others and how much we welcome pleasure into our lives can be a huge portal for exploration and healing. Here are some tools, books, podcasts, and information to open up this area of your life, that can so often be associated with judgement and shame. With an invitation to release the taboo for more joy and bliss in your life.

BOOK - Alison Armstrong - The Queens Code

BOOK - David Dieda - The Way of The Superior Man

TOOL - Erotic BluePrint

TOOL - Inner Seasons - Menstrual Cycle Clock

YOUTUBE - Marshall Rosenburg - NonViolent Communication

BOOK - Regena Thomashauer - Pussy A Reclamation

SERIES - Sex, Love and Goop on NETFLIX

PODCAST - The Sexy Life Podcast

TOOL - Wheel of Consent

Products for World View

The media can be a pretty full on space, with huge amount of negativity and not so much critical thinking. Here are some alternatives to bring in some fresh perspective... I don't necessarily agree with all that is shared but this is how we stand taller in our sovereignty. To listen to many different voices and see what resonates for us.

PODCAST – Charles Eisenstein

PODCAST – Coleman Hughes Podcast

PUBLICATION – Future Crunch

PODCAST – Joe Rogan

PUBLICATION – Positive News

YOUTUBE – Rebel Wisdom

PODCAST – Russell Brand

Products for The Body

Here are some tools to really nourish the body. From how you think about it with the Body Image Movement to getting your body moving with Sattva Connect. For me the breath is the connector into the body and where we welcome spirit to vitalise and energise us so working with the breath is a powerful way to lift and optimise.

BOOK – James Nestor – Breath

COMMUNITY – Breathwork Community – Facebook Group

INSTITUTION – Body Image Movement – Embrace The Documentary

TOOL – Health Dynamics

PORTAL – Sattva Himalayan Kundalini Yoga – Sattva Connect

YOUTUBE – Yoga Nidra for Deep Rest and NS Reset – Ally Boothroyd

PRODUCTS – Homeopathy in UK – Helios

PRODUCTS – Essential Oils – DoTerra

Products for Success

As we are expanding into our most sovereign self this often calls for us to rise into our own businesses, setting up a life that we LOVE. Here are some books and products that I have loved over the years for supporting me to get clearer, think bigger, connect to my higher purpose, and be inspired to call for more.

BOOK – Eric Ries – The Lean Startup
BOOK – Gary Keller and Jay Papasan – The One Thing
BOOK – George S Clason – The Richest Man in Babylon
PROGRAM – Marie Forleo – BSchool
BOOK – Richard Kiyosaki – Rich Dad, Poor Dad
BOOK – Roger James Hamilton – The Millionaire Master Plan
BOOK – Seth Godin – Tribes
BOOK – Simon Sinek – Start With Why
BOOK – Stephen R Covey – The 7 Habits of Highly Successful People
BOOK – Tara Mohr – Playing Big
TOOL – Wealth Dynamics Test

Products for Exploring Your Cosmic Self

There are many, many tools to explore what the stars may have to say about your life, your purpose, and your destiny. Here are some of my favourites, that have served me well and gifted little seeds of magic throughout my life.

TOOL – Dreamspell Mayan Astrology

TOOL – Gene Keys

TOOL – Human Design

TOOL – Western Astrology 1 Western Astrology 2

With love,

Kristina

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