



ViBE n' THRiVE

Active Course Catalog

52 weeks of practice. 12 live circles.

A book & companion journal- nine primers you can actually use.

by SP Marz

Live now · Doors open at every Moon

vibenthive.net



Welcome to the work that keeps working.

This is not a resource library. It is a practice ecosystem.

Everything in this catalog is active. The membership curriculum is running on the Moon cycle. The Companion Book is in members' hands. The nine Portal Library primers are open, cross-referenced to the modules, and built to be used — not to sit in a PDF graveyard.

You are looking at four quarterly volumes of the 52-week curriculum, each anchored in three Moons and one shared job: help you stop performing wellness and start living regulated. The Portal Library sits underneath the modules like scaffolding — one book that maps the whole framework, and nine primers you can pull from whenever the work you are doing needs sharper language, better science, or a cleaner practice.

Every module cites its research. Every primer names its source. Every volume holds an intersectionality lens, because healing is not neutral and the systems we live inside shape what our nervous systems have to work with.

Browse. Pick your entry point. Come as you are — just come honest.

See it. Feel it. Shift it.

— SP Marz, Founder · Vibe n' Thrive



The Full Catalog

The 52-Week Membership

- **Volume 1 — Hunter's Moon Initiation: Face the Shadow, Build the Rhythm** — Start by naming the lie. Then build the container that won't let it run your life. (Modules 1-13 · Live Sessions 1-3)
- **Volume 2 — Wolf Moon Reset: Clear the Static, Rebuild the Signal** — Once you can see the pattern, you stop feeding it. (Modules 14-26 · Live Sessions 4-6)
- **Volume 3 — Pink Moon Expansion: Let the Good Life Get Bigger** — Expansion is not chaos. It is capacity with edges. (Modules 27-39 · Live Sessions 7-9)
- **Volume 4 — Buck Moon Freedom: Lock in the Truth, Finish Strong** — Freedom is not escape. It is disciplined integration. (Modules 40-52 · Live Sessions 10-12)

The Portal Library

- **Vibe n' Thrive Companion Book** — The practice layer. The missing key. The book that tells the truth about what your body, mind, and life have been trying to say.
- **IFS Parts-Work Primer** — Your inner conflict is not proof you're broken; it is proof you have parts that need leadership.
- **Interoception Primer** — If you cannot feel what is happening inside your body, you will keep guessing wrong.
- **Gentle Yoga Flow Primer** — Movement can be medicine when it is not punishment.
- **Relational Repair Primer** — Repair is the skill. Not perfection. Not performance. Repair.
- **Attached Companion Summary** — Attachment patterns are protective strategies, not identity sentences.
- **Set Boundaries, Find Peace Companion Summary** — Boundaries are how you keep your peace from becoming everyone else's project.
- **Gut-Brain Axis Primer** — Your stress, your food, your sleep, and your mood are talking to each other all day.
- **ACT Values Primer** — Values are the compass. If you do not know them, you will keep drifting.
- **WOOP Primer** — Hope is not a plan. WOOP turns desire into a move you can actually make.

Every module and primer integrates spiritual, emotional, mental, and physical sciences. Every price is set per volume or per primer. Members receive access at the tier they enroll in.



How to Navigate

You do not have to start at Module 1. You have to start where you actually are.

Read the volume enemies first. Each quarter opens by naming the false script it dismantles. The one that makes you tense up is the volume you need.

Skim the module outlines. Every module has a core teaching, a practice, and a walk-away. If the walk-away sounds like something you would use inside a month, that is your signal.

Match primers to your work. Each Portal Library primer shows which modules it pairs with. If you are already inside a module and it references a primer, open the primer alongside it.

Use the Companion Book as the map. The Companion Book covers the full four-modality framework in book form. Read it start to finish, or use it as a reference beside the modules.

THE FOUR-MODALITY WHOLENESS MODEL

Spiritual — practice, meaning, alignment, and the practice of coming home to yourself.

Emotional — attachment, parts-work, self-compassion, and repair — feel without flooding.

Mental — cognitive audit, values clarification, self-authorship, and belief-origin mapping.

Physical — polyvagal, interoception, sleep, breath, movement, and daily regulation.

House rituals woven through every module: Sip & Set opening, 4-System Check-In (mental / emotional / spiritual / physical), Shift Card Pull, 7-day Wholeness Challenge, Quest Journal prompt, and Radiate Close.



Hunter's Moon Initiation: Face the Shadow, Build the Rhythm

Start by naming the lie. Then build the container that won't let it run your life.

The Enemy

This volume dismantles the false script that says you have to stay small, stay grateful for scraps, or stay silent to be safe. It cuts through survival-mode habits, inherited shame, and the need to overperform for permission.

The Promise

By the end of this quarter, members can name what is draining them, ground their body, and begin moving with clear self-trust instead of autopilot. They leave with a workable weekly rhythm, a stronger nervous system, and the language to stop calling self-abandonment 'discipline.'

Who This Is For

- Women who are done white-knuckling their way through life and want a real starting point.
- Members who need a gentle first step into the portal without being forced into depth they are not ready for.
- People who want practical healing that stays out of wellness-fluff and speaks plainly.

Who This Is NOT For

- People looking for passive inspiration without doing the work.
- People who want a cute aesthetic more than a life reset.

Duration & Format

A 13-week self-paced quarter with 13 module decks, 13 participant guides, and 3 monthly 90-minute live sessions. Each module is designed to stand alone, but together they create the first operating system for the year.

4-Modality Integration

Spiritual: Spiritual work shows up as shadow naming, alignment, practice, and the choice to stop worshipping burnout as virtue.

Emotional: Emotional work focuses on shame, grief, safety, self-compassion, and learning not to confuse numbness with peace.

Mental: Mental work teaches pattern recognition, belief disruption, values-based thinking, and how to catch the story before it hardens into identity.



Physical: Physical work centers grounding, breath, sleep, body cues, and simple practices that tell the nervous system it is not under attack.

The Intersectionality Lens

This volume does not pretend healing happens in a vacuum. It names how wage gaps, medical racism, mixed-status realities, Eurocentric professional norms, caretaking pressure, and community expectations shape what survival looks like. Members are taught to read their nervous system alongside the world that shaped it.

Module Outline

#	Title	Core Teaching	Practice / Practice	Walk-Away
1	The Mirror, Not the Rescue	Healing starts when you stop waiting for someone else to save you and start telling the truth about what you actually need.	Sip & Set, then write one line about where you keep outsourcing your power.	A clean first confrontation with self-abandonment.
2	Shadow Work Without Shame	Shadow is not evil. It is the part of you that had to hide to survive.	4-SystemCheck-In with a shame inventory and a no-bullshit reframe.	Permission to name the messy parts without performing holiness.
3	Reading the Body's Yes and No	Your body is not random noise. It is a truth-telling system.	Body scan, breath check, and a yes/no mapping exercise.	The beginning of interoceptive literacy.
4	Intuition Isn't Woo	Intuition gets clearer when the nervous system is not drowning in static.	Shift Card Pull to separate fear from signal.	A grounded definition of intuition that does not rely on hype.
5	Naming the Leak	If your energy keeps disappearing, look for the leak before you blame your character.	Life-force leak inventory plus one boundary action.	A practical way to spot what is draining you.
6	Neuroscience of Gratitude	Gratitude is not denial. It works best when it is honest and embodied.	7-day Wholeness Challenge seeded with gratitude that does not erase pain.	How to use gratitude without gaslighting yourself.
7	Why You Can't Receive	Blocked receiving is usually old protection, not a character flaw.	Journal prompt on safety, worth, and the cost of hyper-independence.	A clearer view of why help feels unsafe.
8	The Nervous System Doesn't Lie	What your body is doing matters more than what your mouth is performing.	Grounding, pause work, and noticing your baseline.	Language for safety, activation, and shutdown.
9	Abundance vs. Alignment	More is not the goal. Aligned is the goal.	Values filter + one stop doing list.	A sharper standard for what belongs in your life.



10	The Case for Doing Less	Overfunctioning is not the same as thriving.	Guided NSDR / body rotation and a release list.	Permission to rest without earning it.
11	Belonging Without Bending	Fitting in is expensive. Belonging should not cost your voice.	Quest Journal prompt about where you shrink to be accepted.	A first pass at relational self-honesty.
12	The Old Rules Are Not Sacred	A rule only deserves your obedience if it still serves your life.	Shift Card Pull and a rule audit.	A cleaner line between culture and conditioning.
13	Founding Frequencies	You do not need to be polished to begin. You need to be committed.	Radiate Close plus a vow for the next quarter.	A grounded entry into the full year and the courage to stay with it.

Live Sessions

#	Session	Focus
1	Hunter's Moon Opening Ceremony	Set the container, introduce the year, and orient members to the rules of the work.
2	Beaver Moon Gratitude & Boundary Clinic	Review patterns, normalize the work of receiving, and pair gratitude with clean limits.
3	Cold Moon Reset Circle	Bring the quarter down into reflection, body-based grounding, and next-step clarity.

Evidence Anchors

- Porges polyvagal theory
- Emmons gratitude research
- NCCIH mindfulness and yoga research
- Walker sleep research
- expressive-writing meta-analyses
- self-compassion research
- HRV coherence reviews

You Walk Away With

- A named shadow and a way to work with it without spiraling.
- A usable weekly practice rhythm with practice, reflection, and reset.
- A body-based language for safety, boundaries, and rest.
- A first-quarter container that can hold the rest of the year.

Supporting Documents

- Participant Guide(s) M01-M13
- Portal Library primers:



- IFS
- Interoception
- Gentle Yoga
- Relational Repair
- Attached
- Boundaries



Wolf Moon Reset: Clear the Static, Rebuild the Signal

Once you can see the pattern, you stop feeding it.

The Enemy

This volume dismantles the false script that says being exhausted, reactive, or stuck is just who you are. It exposes the static: the people-pleasing, the emotional flooding, the dead-end loops, and the tiny betrayals that keep members from hearing themselves.

The Promise

Members learn how to reset the nervous system, break reactive cycles, and move from insight into practice. They finish this quarter with more discernment, more emotional range, and less loyalty to the habits that keep them small.

Who This Is For

- Members who have already had the wake-up call and now need a reset that actually sticks.
- People who are tired of repeating the same relationship and self-worth patterns.
- Members ready to move from 'I know' to 'I practice.'

Who This Is NOT For

- People still wanting a pep talk instead of a reset.
- People unwilling to look at their own pattern loops.

Duration & Format

A 13-week quarter with monthly live calls that move from reflection into correction. The content gets more specific, more embodied, and less forgiving of self-deception.

4-Modality Integration

Spiritual: Spiritual work looks like release, discernment, devotion to truth, and making room for a cleaner signal.

Emotional: Emotional work focuses on grief, triggers, attachment wounds, reactivity, and emotional repair.

Mental: Mental work teaches reframing, values clarification, and how to stop confusing familiar with true.

Physical: Physical work uses breath, cold exposure, sleep recovery, and regulation practices to help the body stop bracing all day.



The Intersectionality Lens

Members are invited to notice how systemic pressure can become personal overcontrol. This volume keeps naming the ways race, class, disability, body size, caregiving burden, and workplace norms create chronic activation, then gives members practical tools to interrupt that cycle without pretending the world is fair.

Module Outline

#	Title	Core Teaching	Practice / Practice	Walk-Away
14	Nervous System Reset	Reset is not a mood. It is a regulated set of choices that tell the body it can stand down.	Breath cue, posture check, and a reset plan.	A repeatable reset pattern.
15	Cold, Breath, and Focus	Stress management is not one thing; it is how you train your system to recover.	Cold-water or breath adaptation practice with safety guardrails.	A sharpened understanding of stress tolerance.
16	Interoception in Real Life	If you cannot sense yourself, you will keep outsourcing your decisions.	Body-based noticing drill and journal response.	A stronger signal for internal cues.
17	Alone Isn't Lonely	Solitude is not a punishment. It is a listening environment.	Solo quiet practice plus a reflective prompt.	Less fear of being with yourself.
18	The Relationship Mirror	What you keep running into in relationships is not random.	Pattern-mapping through the Shift Card and journal.	A clearer relational pattern map.
19	Attachment Style Is Not a Personality	Attachment is a survival strategy, not your forever identity.	Attached companion reflection and repair prompt.	More compassion, less self-labeling.
20	Slow Breathing for Reactive Moments	If you can slow the body, you can interrupt the fight before it owns you.	Paced breathing and co-regulation awareness.	A real-time de-escalation tool.
21	Self-Love vs. Self-Compassion	Self-compassion is not indulgence; it is stability.	Script swap: harsh inner voice to grounded self-talk.	A less violent inner standard.
22	The Inner Critic Is Not the Boss	The critic is loud because it thinks fear will keep you safe.	Parts-work check-in and a boundary phrase.	The first crack in internal domination.
23	Relational Repair	Repair matters more than perfection.	Repair script practice and accountability phrase.	A usable repair language.
24	Boundaries as Relief	Boundaries are not punishment; they are pressure release.	Boundary sentence rehearsal.	Less guilt, more clarity.



25	The Rules You Inherited	Not every norm was made for your life.	Norm audit and no-longer-available list.	A stronger filter for inherited expectations.
26	Midyear Rebirth	Reset is not failure. It is how you keep going with less BS.	Radiate Close and midyear recommitment.	A reset that feels like power, not defeat.

Live Sessions

#	Session	Focus
4	Wolf Moon Reset Lab	Review the patterns members keep repeating and convert them into action steps.
5	Snow Moon Repair Circle	Practice relational repair, emotional regulation, and clearer boundary language.
6	Worm Moon Rebirth Session	Close the quarter with renewal, identity shifts, and a real plan for the next stretch.

Evidence Anchors

- Porges polyvagal theory
- attachment science
- Gottman-informed relational repair
- self-compassion research
- NCCIH breath and mindfulness evidence
- HRV coherence reviews

You Walk Away With

- A reset toolkit that can interrupt a spiral before it becomes a season.
- More honest relationships with self and others.
- Tools for repair, not just insight.
- A stronger ability to feel without becoming flooded.

Supporting Documents

- Participant Guide(s) M14-M26
- Portal Library primers:
 - Relational Repair
 - Attached
 - Boundaries
 - Interoception
 - IFS
 - Gut-Brain Axis





Pink Moon Expansion: Let the Good Life Get Bigger

Expansion is not chaos. It is capacity with edges.

The Enemy

This volume dismantles the false script that says growth must be frantic, visible, or externally approved to count. It also dismantles the fear that if life gets bigger, you will lose your center, your people, or your integrity.

The Promise

Members learn how to expand without leaking themselves to death. They begin to build sustainable capacity for visibility, belonging, purpose, and disciplined joy.

Who This Is For

- Members who are ready to stop playing only in the small safe box.
- People who want more life without losing themselves in the process.
- Members whose next level requires actual capacity, not motivational slogans.

Who This Is NOT For

- People who fear expansion more than stagnation.
- People who want the prize without the discipline.

Duration & Format

A 13-week quarter that moves from midyear clarity into bigger life design. The work gets more generative, but it still stays blunt about what breaks people when they scale without support.

4-Modality Integration

Spiritual: Spiritual work shows up as purpose, devotion, trust, and the courage to let the good life become visible.

Emotional: Emotional work focuses on self-worth, belonging, confidence, and the grief that comes with outgrowing old identities.

Mental: Mental work covers values, decision-making, self-authorship, and how to choose without asking everyone else first.

Physical: Physical work emphasizes capacity, pacing, restorative movement, sleep, and practices that help the body hold more without collapse.



The Intersectionality Lens

Expansion is not neutral. This volume speaks to the different ceilings members face because of race, gender, disability, finances, and professional gatekeeping. It pushes against Eurocentric norms that reward overwork and punishes women for taking up space, while still insisting members are allowed to build a bigger life.

Module Outline

#	Title	Core Teaching	Practice / Practice	Walk-Away
27	Possible Selves	You are not one fixed thing. You are a set of possible futures waiting to be chosen.	Vision mapping and identity stretch prompt.	A bigger picture of who you can become.
28	Coherent Breathing	Capacity begins in the breath.	Breath coherence set and reset.	A physical way to regulate while expanding.
29	Belonging vs. Fitting In	Fitting in is borrowed belonging.	Journal prompt on where you contort to stay accepted.	A clearer line between belonging and performance.
30	The Universal Laws Test	Just because something is popular does not mean it is true for your life.	Discernment log and reality check.	Less spiritual bypass, more personal evidence.
31	The 3-Layer Journal	Surface, middle, and deep truth all matter.	Write across the three layers and see what changes.	A richer way to self-reflect.
32	Coherence as a Skill	Coherence is not perfect calm. It is alignment under pressure.	Heart-breath practice and a room-read.	A concrete coherence practice.
33	The Feedback You Won't Give Yourself	Avoidance is expensive.	Self-feedback prompt plus one clean correction.	A more honest internal review process.
34	Public Self vs. Private Self	If your public self and private self are strangers, that costs you.	Identity alignment check.	A stronger sense of wholeness.
35	The HSP Protocol	Sensitivity is not weakness. It is information that needs structure.	Sensory boundaries and recovery plan.	A practical way to protect your bandwidth.
36	HRV: The Vitality Signal	Vitality is measurable, and it tells the truth.	HRV reflection plus recovery audit.	A bridge between science and lived experience.
37	The Weight Inventory	What you carry is not always yours.	Inventory the emotional and social load.	A cleaner map of burden.



38	The Four Epigenetic Levers	Nourishment, movement, rest, and coherence are not side quests. They are leverage.	Pick one lever and build a 30-day rep.	A science-grounded framework for change.
39	Written for the Life You Want	Expansion requires authorship.	Quest Journal prompt on the life you are actually building.	A clearer ownership of the next chapter.

Live Sessions

#	Session	Focus
7	Pink Moon Possibility Session	Stretch identity, naming the life that fits more than fear does.
8	Flower Moon Capacity Workshop	Build the systems and rhythms that let growth stick.
9	Strawberry Moon Belonging Circle	Practice belonging without shrinking, people-pleasing, or masking.

Evidence Anchors

- HRV coherence reviews
- Walker sleep research
- Porges polyvagal theory
- self-authorship and values research
- ACT values clarification
- expressive-writing meta-analyses

You Walk Away With

- A wider definition of what is possible.
- Tools for building capacity instead of performing readiness.
- A less apologetic relationship to visibility and belonging.
- A real framework for sustainable growth.

Supporting Documents

- Participant Guide(s) M27-M39
- Portal Library primers:
 - ACT Values
 - WOOP
 - Gut-Brain Axis
 - Interoception
 - Gentle Yoga Flow



Buck Moon Freedom: Lock in the Truth, Finish Strong

Freedom is not escape. It is disciplined integration.

The Enemy

This volume dismantles the false script that says freedom means no structure, no accountability, and no consequences. It also dismantles the idea that integration happens by accident, or that the year is complete if you simply arrive at the end alive.

The Promise

Members learn how to lock in gains, strengthen boundaries, and carry the work into real life without falling apart the minute the year ends. They leave with a stronger code, a clearer identity, and an actual continuation plan.

Who This Is For

- Members who are ready to turn insight into durable lifestyle change.
- People who want freedom with backbone, not freedom that evaporates.
- Members who want to finish the year with clarity, not loose ends.

Who This Is NOT For

- People who quit the second the work asks for discipline.
- People who want release without responsibility.

Duration & Format

A 13-week quarter focused on consolidation, boundaries, legacy, and completion. The tone is sharper because the job is sharper: take what changed and make it live in your actual life.

4-Modality Integration

Spiritual: Spiritual work becomes discernment, legacy, truth-telling, and a commitment to what is actually sacred.

Emotional: Emotional work includes anger, grief, forgiveness, and the maturity to let the old self die without pretending it was never useful.

Mental: Mental work focuses on self-authorship, long-view decision-making, and building a code you can keep under pressure.

Physical: Physical work emphasizes consistency, restorative habits, embodied freedom, and the mundane practice of staying regulated while life is still life.



The Intersectionality Lens

This final volume keeps the politics of freedom in view. Members are taught that liberation still happens inside systems that can punish visibility, softness, and boundaries. The work is to finish strong without pretending the world suddenly became safe.

Module Outline

#	Title	Core Teaching	Practice / Practice	Walk-Away
40	The Mask You Forgot You're Wearing	A mask can become so normal that it feels like identity.	Mask audit and self-recognition prompt.	A better ability to spot performance.
41	The Freedom of Not Explaining Yourself	Excess explanation is often a fear response.	Boundary sentence practice.	A cleaner way to hold your line.
42	Rest as Rebellion	Rest is not laziness. It is refusal.	Rest inventory and recovery plan.	Permission to stop glorifying depletion.
43	Public-Facing Self, Private Truth	Your life gets smaller when your truth is only private.	Identity integrity prompt.	Braver self-alignment.
44	Sacred Discipline	Discipline is not punishment when it is in service of your life.	Choose one daily discipline and protect it.	A more dignified view of structure.
45	The Power of the Small Repeated Act	Small repeated acts build the life that big intentions cannot.	Repeat one action for seven days.	A measurable proof of consistency.
46	Boundaries as Nervous-System Hygiene	Boundaries are not drama. They are maintenance.	Boundary cleanup and script practice.	A more functional boundary reflex.
47	Anger as Information	Anger becomes useful when you stop treating it like a sin.	Anger-to-action translation.	A cleaner relationship to heat and truth.
48	Integration	If it doesn't live in your schedule, it is not integrated yet.	Quarterly integration audit.	A final filter for what stayed real.
49	Harvest Journaling	Harvest is not just what you gained. It is what you kept.	Harvest list and release list.	A grounded accounting of the year.
50	The Practices You'll Keep for Life	Not every practice deserves lifetime status.	Keep / pause / release sorting exercise.	A simpler personal practice stack.
51	Legacy Journaling	What you write becomes evidence of who you were becoming.	Legacy letter and values closeout.	A record that outlives the moment.
52	The Return	The end of a cycle is not the end of your work.	Radiate Close and return vow.	A finish that opens the next beginning.



Live Sessions

#	Session	Focus
10	Buck Moon Discipline Circle	Tighten the code, clarify the standard, and stop negotiating with the old habits.
11	Sturgeon Moon Integration Lab	Review what held and what leaked, then name the next round of practice.
12	Harvest Moon Return Ceremony	Close the year, mark the gains, and celebrate the members who kept showing up.

Evidence Anchors

- self-authorship research
- boundary and repair science
- HRV and sleep research
- Porges polyvagal theory
- expressive-writing meta-analyses
- ACT values research

You Walk Away With

- A clear finish instead of a vague ending.
- A durable code for life after the curriculum.
- A grounded sense of freedom that still has structure.
- A completion practice that makes the year feel earned.

Supporting Documents

- Participant Guide(s) M40-M52
- Portal Library primers:
 - ACT Values
 - WOOP
 - Relational Repair
 - Gut-Brain Axis
 - Companion Book chapters 12-14



The Companion Book & Nine Primers

Underneath every module is a resource that keeps the practice going.

The Portal Library is what makes the membership work outside of live sessions. The Vibe n' Thrive Companion Book is the map — a fourteen-chapter practice text that carries the same voice, practice spine, and four-modality frame as the curriculum. The nine primers translate specific research and frameworks into plain, usable guides. Each one is cross-referenced to the modules where it lands hardest.



Vibe n' Thrive Companion Book

The practice layer. The missing key. The book that tells the truth about what your body, mind, and life have been trying to say.

What It Is

The Vibe n' Thrive Companion Book is not a fluffy add-on. It is the core practice text that gives members a common language for the curriculum, the portal, and the work of changing their lives for real. It moves from the 4-modality framework into nervous-system science, identity, boundaries, lineage, presence, and vitality, all in SP Marz's direct voice. The book is designed to work on its own, but it also acts like the map under the membership. Readers can browse it, study it, or use it beside the modules. Nothing about it asks for perfection. It asks for honesty, repetition, and the nerve to stop pretending you do not know what is happening.

The tone is raw and grounded: mirror, not comfort. Every chapter opens with a Sip & Set and closes with a Radiate Close, so the book carries the same practice spine as the membership. It also includes practical cross-references so members can move from page to practice without guessing. The result is a browse-friendly companion that feels like a real tool, not a branding accessory.

Who This Is For

- Members who want the deeper map behind the curriculum.
- Readers who want a standalone practice book that still feels alive and specific.

Chapter Map

#	Chapter	Focus
1	The Whole You	Introduction to the four-modality framework and the honest premise of the work.
2	MIND	Mental patterns, self-story, and the way thought can either serve or sabotage you.
3	BODY	Body awareness, interoception, and the truth your system keeps broadcasting.
4	EMOTIONS	Emotional literacy, regulation, and the difference between feeling and flooding.
5	SPIRIT	Meaning, practice, alignment, and the spiritual dimension of repair.
6	Practice and Regulation	How repetition, rhythm, and practice shape the nervous system.



7	Polyvagal Theory	A plain-language nervous-system lens for safety, activation, and shutdown.
8	Habit Formation and Circadian Body	How sleep, timing, and repetition change the body over time.
9	Self-Compassion vs. Self-Esteem	Why the soft inner shift matters more than performance-based confidence.
10	Self-Authorship and Boundaries	How to stop asking for permission to live your own life.
11	Identity and the Mask	How performance takes root, and how to peel it back.
12	Nonverbal Presence	What your body communicates before your mouth can explain it.
13	Lineage-Informed Practice	How to honor ancestry and integrity without performing appropriation or bypass.
14	Vitality and Allostatic Load	What drain, load, recovery, and real aliveness actually look like.

Evidence Anchors

- Porges polyvagal theory
- Emmons gratitude research
- NCCIH meditation and yoga research
- Walker sleep research
- self-compassion research
- expressive-writing meta-analyses
- HRV coherence reviews

You Walk Away With

- A shared practice language for the membership.
- A deeper map for the four modalities and how they interact.
- Concrete practices that members can use without needing the course portal open.
- A book that stands on its own but still reinforces the ecosystem.



IFS Parts-Work Primer

Your inner conflict is not proof you're broken; it is proof you have parts that need leadership.

Who This Helps

This primer helps members who feel pulled in different directions, have a loud inner critic, or keep reacting in ways they do not fully understand. It makes parts-work plain, human, and usable without turning the member into a therapy case study.

What You Learn

- How to identify protector, firefighter, and exile patterns.
- How to lead your inner system without shaming it.
- How to notice when one part is running the whole show.
- How to use parts language to create more choice and less chaos.

Core Source

Richard Schwartz, Internal Family Systems

Pairs With

Module 2 · Module 10 · Module 21 · Module 22 · Companion Book chapters 9-11



Interoception Primer

If you cannot feel what is happening inside your body, you will keep guessing wrong.

Who This Helps

This primer helps members who live from the neck up, ignore hunger or exhaustion until it gets loud, or struggle to trust body signals. It offers a plain-language bridge between sensation, safety, and better decision-making.

What You Learn

- How to tell sensation from story.
- How to track body cues without spiraling.
- How to use body awareness to improve regulation and boundaries.
- How to practice noticing in a way that is simple and repeatable.

Core Source

Body-based awareness research and somatic practice traditions

Pairs With

Module 3 · Module 8 · Module 16 · Module 28 · Companion Book chapters 3-4



Gentle Yoga Flow Primer

Movement can be medicine when it is not punishment.

Who This Helps

This primer helps members who need a low-barrier movement practice that supports regulation, recovery, and consistency. It is beginner-friendly, nervous-system-aware, and not interested in turning yoga into performance.

What You Learn

- A simple 10-pose flow that supports grounding and breath.
- How to move with consent and modification.
- How to use gentle sequencing to downshift activation.
- How to pair movement with reflection so the practice sticks.

Core Source

Accessible yoga and regulation-informed movement practice

Pairs With

Module 10 · Module 15 · Module 28 · Module 42 · Companion Book chapters 6-8



Relational Repair Primer

Repair is the skill. Not perfection. Not performance. Repair.

Who This Helps

This primer helps members who want to stop acting like conflict means collapse. It teaches them how to name harm, take responsibility, and stay in relationship without self-erasure or false peacekeeping.

What You Learn

- How to tell the difference between rupture and relationship-ending harm.
- How to use repair language that is clear and human.
- How to de-escalate without disappearing.
- How to build trust through follow-through rather than promises.

Core Source

Gottman-informed relational repair

Pairs With

Module 18 · Module 20 · Module 23 · Module 24 · Companion Book chapters 9-10



Attached Companion Summary

Attachment patterns are protective strategies, not identity sentences.

Who This Helps

This primer helps members who recognize anxious, avoidant, or disorganized patterns in love and friendship. It reframes attachment without reproducing the whole book, and gives members a clean way to learn the basics before they buy the full text.

What You Learn

- The core attachment patterns and what they are trying to protect.
- How attachment shows up in conflict, distance, and chasing.
- How to use attachment language without self-pathologizing.
- How to connect attachment insight to repair and boundaries.

Core Source

Levine and Heller, Attached

Pairs With

Module 19 · Module 23 · Module 29 · Companion Book chapters 10-11



Set Boundaries, Find Peace Companion Summary

Boundaries are how you keep your peace from becoming everyone else's project.

Who This Helps

This primer helps members who overexplain, overgive, or feel guilty the second they say no. It makes boundaries feel practical, not performative, and gives members the words to begin without acting like they are being mean.

What You Learn

- The difference between a boundary and a wall.
- How to set limits without apologizing for your existence.
- How to handle guilt when you stop overfunctioning.
- How to use a boundary as a peacekeeping practice, not a punishment.

Core Source

Nedra Glover Tawwab, Set Boundaries, Find Peace

Pairs With

Module 11 · Module 24 · Module 41 · Module 46 · Companion Book chapters 10-11



Gut-Brain Axis Primer

Your stress, your food, your sleep, and your mood are talking to each other all day.

Who This Helps

This primer helps members who feel the impact of stress in digestion, energy, mood, and focus, but do not have a clean framework for understanding why. It makes the science accessible without flattening it into wellness jargon.

What You Learn

- How gut health and nervous-system state interact.
- How stress can show up as digestive and cognitive noise.
- How routines like sleep, hydration, and nourishment affect regulation.
- How to make small changes that support the whole system.

Core Source

Gut-brain axis research and implicit cognition

Pairs With

Module 6 · Module 16 · Module 36 · Module 38 · Companion Book chapters 6-8



ACT Values Primer

Values are the compass. If you do not know them, you will keep drifting.

Who This Helps

This primer helps members who want to make better choices but keep getting pulled by fear, other people's opinions, or old habits. It gives them a concrete values lens so decisions stop feeling random.

What You Learn

- How to identify values without turning them into slogans.
- How to use values to make decisions under pressure.
- How values differ from goals and performance.
- How to translate values into weekly action.

Core Source

Acceptance and Commitment Therapy (ACT)

Pairs With

Module 9 · Module 13 · Module 30 · Module 39 · Companion Book chapter 2 and 14



WOOP Primer

Hope is not a plan. WOOP turns desire into a move you can actually make.

Who This Helps

This primer helps members who know what they want but keep stalling at the execution stage. It is clean, practical, and ideal for members who need structure more than inspiration.

What You Learn

- Wish, Outcome, Obstacle, and Plan in plain language.
- How to spot the real friction before it blocks you.
- How to build a realistic implementation intention.
- How to use WOOP for habits, boundaries, and follow-through.

Core Source

Mental contrasting and WOOP research

Pairs With

Module 13 · Module 26 · Module 45 · Module 50 · Companion Book chapters 8 and 14



READY?

Doors are open. Pick your entry point.

The 52-week membership is running now, on the Moon cycle. New members can begin at any volume — the calendar is designed to meet you where you are more importantly the course can be deeply impactful outside the calendar. The Companion Book and Portal Library are available as standalone practice tools or bundled with your membership tier.

vibenthive.net ·

See it. Feel it. Shift it.



VIBE *n'* THRIVE

Pre-Order Course Catalog

*Seven raw, evidence-anchored intensives
for the woman ready to stop performing.*

by SP Marz

Upcoming Course Launch 2027

vibenthrive.net



You were never broken. You were programmed.

This catalog is not a wellness aesthetic. It is an audit.

These seven courses were built for one kind of person: the woman (and the human) who is done recycling the same relationship, the same career, the same exhaustion in different outfits. Every course starts with the self — because you cannot build a partnership, a body, a career, or a life on top of an unmapped nervous system and an inherited script. Every course integrates spiritual, emotional, mental, and physical sciences — because you are not a single-modality problem. Every course cites the research so you know this is not just a mood board.

You will meet frameworks in these pages — **The Reciprocity Ledger™**, **Chosen vs. Kept™**, the **Passion Audit**, the **Dream-Audit**, **Nervous System Sovereignty**, the **Money Wound**. Some of them were inspired by voices I follow and translated through Vibe n' Thrive's four-modality wholeness model.

These are pre-order intensives. Every seat you claim now shapes the curriculum you receive on launch day. Read the catalog. Pick the fight you are actually ready to have.

See it. Feel it. Shift it.

— SP Marz, Founder · Vibe n' Thrive



THE COURSES

What's Inside

01

The 90-Day Relationship Boot Camp — *Self First, Then Us.*

13 weeks · Hybrid live + self-paced · Individuals & couples

02

Sacred Womb(man) — *What They Never Taught Us.*

10 modules · Self-paced with optional live circles · Women & femmes

03

Unraveling Survivor Mode — *Reclaiming You From the Program.*

12 modules · Multi-disciplinary · Self-paced with cohort option

04

Lifespan Transitions — *Rites of Passage for the Modern Soul.*

8 modules · Self-paced · All life stages

05

The Passion Audit — *Finding the Work You Chose.*

9 modules · Self-paced with 90-day pilot · Career pivoters & creatives

06

Nervous System Sovereignty — *The Regulation Revolution.*

8 modules · Self-paced with live labs · Beginners welcome

07

The Money Wound — *Reclaiming Worth, Wealth & the Economy of Self.*

8 modules · Self-paced with optional coaching add-on · All money levels

Every course integrates spiritual, emotional, mental, and physical sciences + philosophy. Every module cites peer-reviewed or institutional research. Every price is pre-order.



How to Choose Your Course

You do not need all seven. You need the one you are actively avoiding.

Start with the enemy aka the opps. Each course opens by naming the false script it dismantles. Read those first. The one that makes you tense up is your course.

Then read the promise. The promise is the version of you that walks out the other side. If you cannot imagine wanting that version, this is not your course yet.

Check the evidence anchors. Every module cites real research — Porges, Federici, Gottman, Hayes, Nagoski, Menakem, hooks, Northrup, van der Kolk, and more. This is not mood-board wellness.

Look at the walk-aways. If you cannot picture using the skill listed on the last line of the outline within 30 days, pick a different course.

THE FOUR-MODALITY WHOLENESS MODEL

Spiritual — cross-tradition ritual, values, meaning-making.

Emotional — attachment, IFS parts-work, self-compassion, repair.

Mental — cognitive audit, ACT values, belief-origin mapping.

Physical — polyvagal, interoception, sleep, breath, cycle intelligence.

House rituals woven through every module: Sip & Set opening, 4-Corner Check-In (mental / emotional / spiritual / physical), Shift Card Pull, 7-day Wholeness Challenge, Quest Journal prompt, Radiate Close.



The 90-Day Relationship Boot Camp: Self First, Then Us

Fix you first. The relationship will follow.

The Enemy

The script says love is a rescue mission — find the right person and they'll complete you, regulate you, heal you. That script is a lie built on unfinished self-work, and it's why the same relationship keeps happening in different bodies. The enemy here is the fantasy of "the one" doing the labor you were supposed to do on yourself first.

The Promise

You walk out of this with a mapped nervous system, a named attachment style, and a working relationship contract you built with your own hands — not one you inherited from your parents' marriage or a rom-com. You'll know exactly what you bring to a rupture, how to repair it without dissolving, and how to tell the difference between growing pains and a hard exit sign. Ninety days from now, you or your partner will not be guessing anymore. You'll be operating from data, not drama.

The spine of these 90 days borrows its behavioral scaffolding from Mort Fertel's MarriageMax™ 4-Step Plan — **Put Love First → Give Presence → Move from Me to We → Save Yourself** ([Fertel, *Marriage Fitness*](#)) — because it's one of the clearest structural maps ever built for the actual behavior of committed love. Love is a verb. It's something you do, not something you wait to feel (Fertel, *Marriage Fitness*, Ch. 3). Vibe n' Thrive uses that scaffold and strips out Fertel's gender-traditionalist worldview — the "wife manages the home, husband manages the marriage" framing doesn't survive contact with this course. What survives is the behavioral clarity: love is built by what you do, in what order, on purpose.

Who This Is For

- The person who keeps choosing the same wrong partner in a different outfit
- Couples who love each other but fight the same fight on a loop
- The "fixer" who over-functions in relationships and calls it love
- Anyone rebuilding trust after a rupture who wants a real repair process, not a Band-Aid
- The newly-committed couple who wants a foundation instead of a guess

Who This Is NOT For

- Anyone in active danger from intimate partner violence — this is not a crisis intervention; go to a licensed advocate or the National Domestic Violence Hotline first
- People looking for a quick fix without doing the individual self-work in Weeks 1-4
- Anyone who wants a professional diagnose their partner for them — this is skill-building, not therapy



Duration & Format

13 weeks (90 days), hybrid delivery: self-paced video/audio modules released weekly plus a live 90-minute group session every other week for practice and Q&A. Individuals may complete Weeks 1-4 solo; partners join from Week 5 onward. Includes a private cohort community channel for accountability between sessions.

4-Modality Integration Map

Spiritual: Every module opens with a Sip & Set ritual that reframes the relationship as a spiritual mirror — not soulmate mythology, but the idea, drawn from attachment and depth psychology, that intimacy surfaces the unfinished parts of us for integration, not rescue. Ritual design in Weeks 9-12 borrows from covenant-making traditions across cultures, reframed as a self-authored vow rather than an externally imposed contract.

Emotional: Grounded in Sue Johnson's Emotionally Focused Therapy and John and Julie Gottman's research on repair attempts and the "Four Horsemen," the emotional curriculum teaches participants to identify the protest behaviors underneath conflict and translate them into bids for connection instead of attack ([Johnson, *Hold Me Tight*](#); [Gottman & Gottman research](#)). Richard Schwartz's Internal Family Systems model is used so each partner can name which "part" — the critic, the abandoned child, the protector — is driving the reactive moment.

Mental: Cognitive work draws on Amir Levine and Rachel Heller's attachment research (*Attached*) to map anxious, avoidant, and secure patterns, and on Terry Real's relational life therapy to dismantle grandiosity and shame cycles that hijack rational thought during conflict. Participants build a written "trigger inventory" and belief-origin map — a cognitive audit of where each reaction was actually learned.

Physical: Stephen Porges's polyvagal theory anchors the nervous-system baseline work in Weeks 1 and 6 — participants track their own fight/flight/freeze/fawn thresholds and practice co-regulation using breath and touch protocols validated in HRV coherence research. Emily Nagoski's stress-cycle-completion science (*Come as You Are, Burnout*) informs the module on sexual and erotic honesty, treating arousal and desire as physiological states to understand rather than moral report cards.

Pedagogical Model: The whole 13 weeks runs on an assessment-with-feedback + curriculum-based skills-training model — the same structure behind evidence-based programs like PREP, PREPARE, and FOCCUS ([Commerford & Hunter, 2016](#)). You get assessed, you get real feedback, you get a skill to drill — not just inspiration.

The Intersectionality Lens

This course refuses one-size-fits-all wellness. Every module holds three questions:

- **Complexity** — what identities, histories, and bodies do I bring into this room? (race, class, gender, sexuality, immigration status, disability, body size, age, faith, neurodivergence, geography — held as compounding realities, not checkboxes)



- **External impact** — what systems, policies, laws, family scripts, and cultural expectations are pressing on this issue from outside me? (a nervous system is not just a nervous system — it's a nervous system inside a body that has been treated a certain way by the world)
- **Relational fluency** — how do I show up differently with a partner, coworker, or child whose complexities and external impacts do not match mine — and how do I ask for what I need without erasing theirs?

Rooted in Crenshaw's foundational work on intersectionality and the Critical Race Theory / LatCrit frameworks used in Schueths (2015). This matters here more than anywhere else in the catalog: no boot camp on partnership is complete if it pretends every couple is negotiating the same terrain. For mixed-status couples — where one partner is a U.S. citizen and the other is undocumented — immigration policy itself functions as an uninvited third party in the relationship, shaping trust, disclosure, financial planning, and even whether to marry at all ([Schueths, 2015](#)).

Module Outline

Module #	Title	Runtime	Core Teaching	Practice/Ritual	Walk-Away
1	The Mirror, Not the Rescue	60 min video + 45 min practice	Reframing partnership as a mirror for self-work, not a fix for loneliness	Sip & Set opening + Quest Journal: "What am I actually asking this relationship to fix?"	A written personal thesis on what you're bringing into partnership
2	Belief Origins & the Family Script	75 min video + 45 min practice	Tracing relationship beliefs to family-of-origin scripts. <i>Intersectional beat: family scripts around marriage are never race- or class-neutral — what "marrying well" meant for your lineage was shaped by immigration history, colorism, and economic survival, not just personality</i>	Genogram-style belief-origin map	A named list of inherited scripts you're keeping vs. discarding
3	Trauma Imprints & the Trigger Inventory	90 min video + 60 min practice	How unresolved trauma imprints show up as present-day overreactions	Trigger Inventory worksheet + 4-Corner Check-In	A personal trigger map with body-based early-warning signs
4	Attachment Style & Nervous-System Baseline	90 min video + 60 min practice	Attachment theory mapped onto Porges's polyvagal	Attachment self-assessment +	A named attachment style and a



			ladder. <i>Intersectional beat: a nervous system baseline is never just biology — chronic hypervigilance can be the residue of policing, medical racism, or years of immigration-status stress, not just attachment history</i>	NSDR baseline recording	documented nervous-system baseline
5	Rupture & Repair 101	90 min live session	Gottman repair attempts; why rupture is data, not doom	Live repair role-play in pairs	A personal repair script for your top recurring rupture
6	Misunderstanding as Portal	60 min video + 45 min practice	Reframing miscommunication as information about unmet needs	Relational Repair primer exercise	A translated "bid" behind your last three arguments
7	Discourse Without Dissolution	60 min video + 45 min practice	Terry Real's relational life skills for staying in conflict without losing self or partner	Set Boundaries primer + scripted disagreement practice	A boundary script you can use mid-conflict
8	Co-Regulation & the Body in the Room	90 min live session	Polyvagal co-regulation; breath and touch protocols	Guided co-regulation practice + Gentle Yoga Flow primer	A shared co-regulation ritual for future ruptures
9	Sexual & Erotic Honesty	75 min video + 45 min practice	Nagoski's stress-cycle science applied to desire discrepancy and erotic truth-telling	Desire-mapping worksheet, private and shared	A named desire map and a script for voicing it
10	Financial Transparency & The Reciprocity Ledger™	75 min video + 60 min practice	Money as an intimacy issue; introducing The Reciprocity Ledger™, a Vibe n' Thrive framework inspired by Tonight's Conversation's reciprocity doctrine for tracking give/get balance with real	Joint Reciprocity Ledger™ worksheet	A completed ledger of financial and emotional give/get in the relationship



			numbers, not vibes. <i>Intersectional beat: joint finances look different when one partner can't legally hold a bank account or work authorization — mixed-status couples are doing this ledger work under policy constraints most couples never see</i>		
11	Values Alignment & Vision-Casting	90 min live session	ACT values work (Hayes) applied jointly; building a shared vision, not a merged identity	WOOP primer for shared goals	A joint values statement and a WOOP plan for one shared goal
12	Growth Cadence & Exit Criteria	75 min video + 45 min practice	Designing a recurring check-in rhythm; naming real incompatibility vs. fixable friction. <i>Intersectional beat: for LGBTQ+ couples and mixed-status couples, "exit criteria" can carry legal and safety stakes — loss of insurance, custody risk, or deportation exposure — that a same-status straight couple never has to weigh</i>	Growth cadence calendar + "stay or go" criteria worksheet	A written cadence plan and honest exit criteria, used or shelved
13	Integration, Celebration & the Relationship Contract	90 min live session	Consolidating 12 weeks into one living document	Radiate Close ritual + contract-signing ceremony	A signed, self-authored relationship contract

Evidence Anchors

- John Gottman & Julie Gottman — repair attempts and the Four Horsemen framework, [The Gottman Institute](#) — foundation for Modules 5-7.



- Sue Johnson — *Hold Me Tight: Seven Conversations for a Lifetime of Love* (2008), Emotionally Focused Therapy — foundation for the emotional-bid work in Modules 5-9.
- Terry Real — *Us: Getting Past You and Me to Build a More Loving Relationship* (2022) — relational life therapy for discourse-without-dissolution in Module 7.
- Esther Perel — *Mating in Captivity* (2006) — desire and eroticism within committed partnership, informing Module 9.
- Stephen Porges — polyvagal theory, *The Polyvagal Theory* (2011), Norton — nervous-system baseline and co-regulation in Modules 4 and 8.
- Amir Levine & Rachel Heller — *Attached* (2010) — attachment-style mapping in Module 4.
- Richard Schwartz — Internal Family Systems, *No Bad Parts* (2021) — parts-work language for reactive states across Modules 1-7.
- Emily Nagoski & Amelia Nagoski — *Come as You Are* (2015) and *Burnout* (2019) — stress-cycle and desire science for Module 9.
- Steven Hayes — Acceptance and Commitment Therapy, *A Liberated Mind* (2019) — values work in Module 11.
- Gabriele Oettingen — WOOP goal-setting research, *Rethinking Positive Thinking* (2014) — shared-goal design in Module 11.
- Kristin Neff — self-compassion research, self-compassion.org — underlying the self-first framing throughout Weeks 1-4.
- American Psychological Association — [Stress and relationships resource hub](#) — supporting the nervous-system-and-conflict framing in Module 8.
- Mort Fertel — *Marriage Fitness: 4 Steps to Building & Maintaining Phenomenal Love* (2004), MarriageMax — source of the MarriageMax™ 4-Step Plan (Put Love First, Give Presence, Move from Me to We, Save Yourself) used as the behavioral spine of the 90 days, and the "love is a verb" core teaching (Ch. 3).
- Mort Fertel — *Marriage Fitness Workbook & Personal Journal* — exercise structure (promise-tracking, weekly rituals, self-not-spouse focus) informing the Participant Workbook design.
- Joanne Commerford & Cathryn Hunter (2016), "Marriage and relationship education: Recent research findings," *Family Matters*, No. 97, Australian Institute of Family Studies — evidence base for the assessment-with-feedback + curriculum-based skills-training pedagogical model used throughout.
- Kimberlé Crenshaw (1989), "Demarginalizing the Intersection of Race and Sex," *University of Chicago Legal Forum* — foundational intersectionality framework anchoring The Intersectionality Lens section and the mixed-status-couples beats.
- April M. Schueths (2015), "Barriers to Interracial Marriage? Examining Policy Issues Concerning U.S. Citizens Married to Undocumented Latino/a Immigrants," *Journal of Social Issues*, 71(4), 804–820 — Critical Race Theory/LatCrit analysis of mixed-status couples and immigration policy as a couples issue; anchors Module 10's intersectional beat and the mixed-status framing throughout.

You Walk Away With

- Own a documented nervous-system baseline and personal trigger map
- Name your attachment style and how it shows up under stress
- Use a repeatable repair script for your top recurring conflict



- Translate arguments into underlying unmet needs, in real time
- Hold boundaries mid-conflict without dissolving the relationship
- Voice desire and erotic needs without shame or guessing
- Track relational give/get with The Reciprocity Ledger™
- Run a recurring growth-cadence check-in with your partner
- Know your real exit criteria, not just your fear of leaving
- Leave with a signed, self-authored relationship contract



Sacred Womb(man): What They Never Taught Us

You were programmed to give. Time to audit the receipts.

The Enemy

The "good woman" script: give everything, ask for nothing, call the exhaustion virtue. It's a script built over centuries — traceable through the witch hunts and the enclosure of women's labor Silvia Federici documents in *Caliban and the Witch* — and it's still running in your body, your relationships, and your bank account. The enemy is the lie that your worth is measured by how much you can give away.

The Promise

You walk out of this knowing exactly what you've given, what you've gotten, and what you're no longer willing to eat quietly. You'll have language — The Reciprocity Ledger™ and Chosen vs. Kept™ — to name what was previously just a bad feeling you swallowed. You'll know your body's cyclical intelligence instead of fighting it, your worth outside of what you produce for other people, and how to walk into every room — family, partnership, sisterhood, ambition — ungovernable. This isn't empowerment as decoration. This is an audit with your name on the receipts.

Who This Is For

- The woman who's been called "too much" for wanting reciprocity
- The over-giver who can't tell the difference between love and labor anymore
- Anyone untangling motherhood or partnership from a script they never chose
- The ambitious woman who keeps shrinking her dream to fit someone else's comfort
- Women ready to stop competing with other women and start building with them

Who This Is NOT For

- Anyone seeking a substitute for medical care around reproductive or menstrual health — this is education and sovereignty work, not a diagnosis
- Anyone not ready to look honestly at their own ledger, including the ways they've kept score unfairly too
- Anyone looking for permission to blame instead of build

Duration & Format

10 modules, flexible self-paced pacing with a recommended 10-week cadence (one module per week). Each module pairs a 45-75 minute video/audio teaching with a 30-60 minute practice or ceremony. Optional live circle sessions every two weeks for collective processing. Fully self-paced completion is supported for solo journeys.



4-Modality Integration Map

Spiritual: Each module opens with a Sip & Set ritual and closes with a Radiate Close, framing the work as reclamation of what Clarissa Pinkola Estés calls "La Loba" instinct in *Women Who Run With the Wolves* — the wild, intact self buried under domestication. Module 10's sacred ceremony draws on cross-cultural rites-of-passage structure to mark becoming "ungovernable" as a spiritual initiation, not just a mindset shift.

Emotional: Grounded in bell hooks's analysis of love as action rather than performance (*All About Love, Communion: The Female Search for Love*), the emotional curriculum teaches participants to distinguish real intimacy from the performance of caretaking. Resmaa Menakem's work on embodied racialized trauma (*My Grandmother's Hands*) informs the sisterhood-without-competition module, naming how internalized hierarchy gets stored in the body and passed sister to sister.

Mental: The cognitive spine is Federici's historical materialist account of how women's unpaid reproductive labor was structured into the economy (*Caliban and the Witch*), paired with Gloria Steinem's writing on the political nature of the personal, to give participants a mental model for why the "good woman" script isn't a personal failing — it's designed. The Reciprocity Ledger™ and Chosen vs. Kept™ frameworks operationalize this into a cognitive audit tool.

Physical: Christiane Northrup's *Women's Bodies, Women's Wisdom* and Emily Nagoski's *Come as You Are* anchor the body-sovereignty module, teaching cyclical intelligence — hormonal rhythms across the menstrual cycle — as physiological fact, not inconvenience. Interoception and gut-brain axis science ground participants in reading their body's signals as data about safety and desire, not moral failing.

The Intersectionality Lens

This course refuses one-size-fits-all wellness. Every module holds three questions:

- **Complexity** — what identities, histories, and bodies do I bring into this room? (race, class, gender, sexuality, immigration status, disability, body size, age, faith, neurodivergence, geography — held as compounding realities, not checkboxes)
- **External impact** — what systems, policies, laws, family scripts, and cultural expectations are pressing on this issue from outside me? (a nervous system is not just a nervous system — it's a nervous system inside a body that has been treated a certain way by the world)
- **Relational fluency** — how do I show up differently with a partner, coworker, or child whose complexities and external impacts do not match mine — and how do I ask for what I need without erasing theirs?

Rooted in Crenshaw's foundational work on intersectionality and the Critical Race Theory / LatCrit frameworks used in Schueths (2015). The "good woman" script was never applied evenly — it lands differently on a Black woman, an undocumented woman, a disabled woman, a queer woman. The Programming has layers, and this course names them.



Module Outline

Module #	Title	Runtime	Core Teaching	Practice/Ritual	Walk-Away
1	The Programming	60 min video + 45 min practice	What we were taught (self-erasure as virtue) vs. the historical truth, via Federici's account of enclosure and control of women's labor. <i>Intersectional beat: the "good woman" script has a legal history — for nearly 50 years after Loving v. Virginia (1967) struck down anti-miscegenation laws, the same exclusionary logic re-emerged in immigration policy, making marriage itself a policy battleground for interracial and mixed-status women</i>	Quest Journal: "Where did I learn to give until empty?"	A named list of inherited scripts, source-traced
2	The Reciprocity Ledger™	75 min video + 60 min practice	Introducing The Reciprocity Ledger™ — a Vibe n' Thrive framework inspired by Tonight's Conversation's 100/0 reciprocity doctrine translated into a factual audit tool for what you give vs. receive across every relationship	Completed Reciprocity Ledger™ across 3 key relationships	A documented ledger with real numbers, not feelings
3	Affirmative Conduct: Unapologetic Self-First	60 min video + 45 min practice	Self-first as ethical stance, not selfishness; ACT values work	Set Boundaries primer + self-first values statement	A written self-first values statement you can say out loud



			applied to boundary-setting		
4	Chosen vs. Kept™	75 min video + 60 min practice	Introducing Chosen vs. Kept™ — SP Marz's translation of Tonight's Conversation's reciprocity thesis into a diagnostic for whether you are being actively chosen or passively retained in a relationship	Chosen vs. Kept™ diagnostic worksheet applied to one relationship	A clear verdict — chosen or kept — with evidence, not assumption
5	Body Sovereignty & Cyclical Intelligence	75 min video + 45 min practice	Menstrual-cycle physiology and hormonal rhythm as intelligence, drawing on Northrup and Nagoski. <i>Intersectional beat: medical racism in gynecology is documented and ongoing — Black women's pain is under-treated and their symptoms dismissed at higher rates, which means "trust your body" has to come with "and document everything, because the system won't automatically believe you"</i>	Interoception primer + personal cycle-mapping worksheet	A personal cycle map linking hormonal phase to energy and needs
6	Money, Worth & the Economy of Self	75 min video + 60 min practice	Federici's economic history of unpaid female labor applied to modern money stories and self-worth. <i>Intersectional beat: the wage</i>	Money-worth audit worksheet	A documented account of your unpaid labor and its real value



			<i>gap isn't one number — Black and Latina women lose the most to it, and that compounding gap is unpaid labor's modern-day continuation, not a separate issue</i>		
7	Sisterhood Without Competition	60 min video + 45 min practice	Menakem's embodied trauma work applied to internalized competition between women	Gut-Brain Axis primer + "who taught you to compete" reflection	A named source of internalized competition and one repair action
8	Motherhood, Partnership & the Projected Script	75 min video + 60 min practice	hooks's <i>Communion</i> on love as action; naming the scripts projected onto mothers and partners. <i>Intersectional beat: an undocumented woman's "autonomy" in partnership is legally constrained in ways a citizen partner may never register — and LGBTQ+ women navigate a projected script that assumes a marriage template that was never built for them</i>	Relational Repair primer + script-naming worksheet	A separated list of your desires vs. projected expectations
9	Ambition & the Dream-Audit	60 min video + 45 min practice	Reclaiming ambition as sovereign, not selfish; auditing which dreams are yours vs. inherited	WOOP primer + Dream-Audit worksheet	A ranked list of your actual dreams, sourced to you



10	Sacred Ceremony: Becoming Ungovernable	90 min live/self- paced ceremony	Consolidating the ledger, the diagnostic, and the audits into an embodied rite of passage	Shift Card Pull + closing ceremony + Radiate Close	A personal ungovernable- oath, written and spoken aloud
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Evidence Anchors

- Silvia Federici — *Caliban and the Witch: Women, the Body and Primitive Accumulation* (2004), Autonomedia — historical foundation for Modules 1 and 6.
- bell hooks — *All About Love: New Visions* (2000) and *Communion: The Female Search for Love* (2002), William Morrow — foundation for Modules 7 and 8.
- Clarissa Pinkola Estés — *Women Who Run With the Wolves* (1992), Ballantine Books — the wild-self framing woven throughout, especially Module 10.
- Christiane Northrup — *Women's Bodies, Women's Wisdom* (1994, rev. 2020), Bantam — cyclical intelligence foundation for Module 5.
- Emily Nagoski — *Come as You Are* (2015), Simon & Schuster — desire and body science supporting Module 5.
- Resmaa Menakem — *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* (2017), Central Recovery Press — embodied trauma framing for Module 7.
- Esther Perel — *Mating in Captivity* (2006), Harper — desire-and-domesticity tension informing Module 8.
- Gloria Steinem — *My Life on the Road* (2015), Random House, and decades of writing on the political nature of the personal — supporting Module 1's reframe.
- Glennon Doyle — *Untamed* (2020), The Dial Press — self-authorship framing supporting Modules 3 and 4.
- Steven Hayes — Acceptance and Commitment Therapy values work, *A Liberated Mind* (2019) — underlying the self-first values exercise in Module 3.
- Gabriele Oettingen — WOOP goal-setting research, *Rethinking Positive Thinking* (2014) — dream-audit structure in Module 9.
- National Center for Complementary and Integrative Health (NCCIH) — [interoception and mind-body research overview](#) — supporting the body-sovereignty science in Module 5.
- Kimberlé Crenshaw (1989), "Demarginalizing the Intersection of Race and Sex," *University of Chicago Legal Forum* — core intersectionality framework anchoring The Intersectionality Lens and the compounding-script analysis throughout Modules 1, 5, 6, and 8.
- April M. Schueths (2015), "Barriers to Interracial Marriage? Examining Policy Issues Concerning U.S. Citizens Married to Undocumented Latino/a Immigrants," *Journal of Social Issues*, 71(4), 804–820 — CRT/LatCrit and Loving v. Virginia historical grounding for Module 1's intersectional beat.

You Walk Away With

- Own a completed Reciprocity Ledger™ across your key relationships
- Run the Chosen vs. Kept™ diagnostic on any relationship, anytime



- State a self-first values statement without apology
- Read your own cyclical hormonal intelligence instead of fighting it
- Name the real economic value of your historically unpaid labor
- Identify the source of internalized competition with other women
- Separate your real desires from scripts projected onto you
- Rank your actual ambitions, sourced to you, not inherited
- Complete a personal rite-of-passage ceremony marking your shift
- Leave with a written, spoken ungovernable-oath



COURSE 03

Unraveling Survivor Mode: Reclaiming You From the Program

You're not broken. You're programmed. Let's break the code.

The Enemy

The enemy is "Survivor Mode as Personality" — the lie that your hypervigilance, your numbness, your need to overachieve or disappear is just "who you are." It's not a personality. It's a nervous system stuck in a loop, running software installed by trauma, culture, capitalism, and an algorithm that profits off your dysregulation. The false script says you're too sensitive, too much, too broken to function. The truth: you were never broken. You were adapted to survive conditions that should never have existed.

The Promise

You walk out of this course able to name the exact program running you — biological, cultural, ancestral, digital — and how to interrupt it in real time. You'll stop pathologizing your own nervous system and start reading it like data. You'll see the systems (capitalism, algorithmic feeds, generational trauma, oppression) as external forces you can name and resist, not personal failures you have to hide. You leave with a working map from reaction to response, and the tools to keep rebuilding that map for life.

Who This Is For

- The "high-functioning" one who looks fine and is quietly running on fumes and adrenaline
- The person who feels crazy for reacting so hard to "small" things and wants to know why
- The descendant of survivors — of slavery, colonization, migration, poverty, war — carrying weight they never signed up for
- The chronically online person who suspects the apps are shaping their nervous system and wants proof
- Anyone doing the healing work who keeps hitting the same wall and wants to know what's actually underneath it

Who This Is NOT For

- Anyone in active crisis needing acute psychiatric or medical care — this is education, not emergency intervention
- Anyone looking for a single villain to blame instead of a system to understand and disrupt
- Anyone who wants to stay comfortable — this course will implicate the systems you benefit from and the ones that hurt you



Duration & Format

12 modules, self-paced over 12 weeks (one module per week recommended), with two live 90-minute group integration calls (Module 6 and Module 12). Each module: 45–75 minute video/audio teaching + 30–60 minute practice or field exercise. Includes a private community thread for "Spot the Program" submissions.

4-Modality Integration Map

Spiritual: Survivor mode severs you from meaning — you're too busy scanning for threat to ask what matters. We rebuild spiritual capacity through ancestral timeline work (locating your nervous system in a lineage, not just a diagnosis) and Paulo Freire's concept of *conscientização* — critical consciousness as a form of liberation practice, not religion. Reclaiming agency over your own story is itself a spiritual act.

Emotional: We use Internal Family Systems (Richard Schwartz) to depathologize the parts of you that formed under threat — the hypervigilant protector, the numb exile, the perfectionist manager — and Resmaa Menakem's work on racialized trauma stored in the body to name emotion as inherited data, not personal defect. Emotional literacy here means feeling the charge without being run by it.

Mental: We dismantle the cognitive architecture of the program — cultural narcissism (Christopher Lasch, extended by Jean Twenge's research on generational shifts), Shoshana Zuboff's surveillance capitalism thesis, and Freire's banking-model critique of education as conditioning. Myth-busting cards and media-literacy drills train the mind to catch the program mid-sentence.

Physical: Stephen Porges' polyvagal theory and Bessel van der Kolk's research on trauma stored in the body anchor every module in physiology — your ribcage, your throat, your gut are not metaphors, they're data streams. Peter Levine's somatic experiencing gives you concrete, body-first tools (orienting, pendulation, titration) to discharge the survival charge instead of just talking about it.

The Intersectionality Lens

This course refuses one-size-fits-all wellness. Every module holds three questions:

- **Complexity** — what identities, histories, and bodies do I bring into this room? (race, class, gender, sexuality, immigration status, disability, body size, age, faith, neurodivergence, geography — held as compounding realities, not checkboxes)
- **External impact** — what systems, policies, laws, family scripts, and cultural expectations are pressing on this issue from outside me? (a nervous system is not just a nervous system — it's a nervous system inside a body that has been treated a certain way by the world)
- **Relational fluency** — how do I show up differently with a partner, coworker, or child whose complexities and external impacts do not match mine — and how do I ask for what I need without erasing theirs?

Rooted in Crenshaw's foundational work on intersectionality and the Critical Race Theory / LatCrit frameworks used in Schueths (2015). The program isn't just installed by family and culture — sometimes it's installed by policy itself. For mixed-status families, immigration law functions as a chronic, ambient stressor that keeps the nervous system in sympathetic charge for years, not because of a personality trait, but because the threat is real and structural ([Schueths, 2015](#)).



Module Outline

Module #	Title	Runtime	Core Teaching	Practice/Ritual	Walk-Away
1	Welcome to the Program	60 min video + 30 min practice	What survival mode actually is, neurologically and culturally — Porges' polyvagal ladder as the base map	Sip & Set opening ritual + 4-Corner Check-In baseline	A personal map of your own three nervous-system states
2	The Nervous System of Survival	75 min video + 45 min practice	Van der Kolk's trauma-in-the-body model; fight/flight/freeze/fawn as adaptive intelligence, not dysfunction	Body-scan + Levine-based orienting exercise	Language to describe your own state shifts in real time
3	Cultural Narcissism, Named	60 min audio + 30 min practice	Lasch's cultural narcissism thesis updated with Twenge's generational data — how a culture manufactures self-obsession as a survival strategy	Myth-Busting Cards: Vol. 1 (self-help slogans vs. science)	A working definition of narcissism-as-culture vs. narcissism-as-diagnosis
4	Systemic Oppression as Trauma	75 min video + 60 min practice	Isabel Wilkerson's caste framework; Menakem's racialized trauma-in-the-body model. <i>Intersectional beat: medical racism — the documented pattern of Black and Brown patients' pain being dismissed or under-treated — and immigration-status stress for mixed-status families are both forms of systemic oppression registering as trauma in the body, not just "stress"</i>	Ancestral Timeline exercise, part 1 (mapping known family history against historical trauma events)	A visual timeline connecting personal patterns to historical context
5	Capitalism & the Erasure of Individuality	60 min video + 30 min practice	Gabor Maté's addiction-and-trauma lens applied to hustle culture; Federici's account of capitalism's disciplining of the body	Quest Journal prompt: "Where did I learn my worth is my output?"	A named list of productivity beliefs that aren't actually yours
6	LIVE: Spot the Program (Group Intensive)	90 min live session	Facilitated group media-literacy lab — dissecting real ads,	Group "Spot the Program" exercise with real	A personal media-literacy checklist you can



			feeds, and content for conditioning patterns	social media examples	run on any content
7	Algorithmic Conditioning	60 min video + 45 min practice	Zuboff's surveillance capitalism — how engagement algorithms exploit nervous-system reactivity for profit	48-hour "feed audit" field exercise + Shift Card Pull	A rebuilt relationship with your own attention
8	Ancestral Trauma & Epigenetic Inheritance	75 min video + 45 min practice	Epigenetic transmission research on trauma; Menakem's "clean pain vs. dirty pain" framework	Ancestral Timeline exercise, part 2 (naming what you inherited vs. what you're passing on)	A completed ancestral trauma map with one committed disruption point
9	The Freeze & the Fawn, Unmasked	60 min video + 30 min practice	Pete Walker's fawn-response research within the freeze-fight-flight-fawn model; people-pleasing as trained survival, not weakness. <i>Intersectional beat: LGBTQ+ minority stress research shows the fawn response often gets trained early as a survival adaptation to real rejection risk — not a character flaw, a documented response to a hostile environment</i>	IFS Parts-Work primer session (EXISTING)	A named "fawn part" and one boundary experiment
10	Nervous-System Field Trip	45 min audio guide + 60 min live-world practice	Applying interoceptive awareness (Porges, Mahler et al.) in a real-world dysregulating environment (crowd, traffic, family gathering). <i>Intersectional beat: for disabled participants, "the wild" often means navigating a built environment that wasn't designed for their body — the ADA is 35 years old and inaccessibility is still a daily nervous-system tax</i>	Guided field exercise using Interoception primer (EXISTING)	Real-time data on your own triggers, collected in the wild



11	From Reaction to Response	60 min video + 45 min practice	Integrating polyvagal theory with Levine's somatic discharge tools to build a personal regulation toolkit	NSDR script (EXISTING) + personalized regulation menu build	A written, personalized 5-tool regulation toolkit
12	LIVE: Radiate — Integration & Ceremony	90 min live session	Synthesis of all 11 modules into one coherent map of self; Freire's conscientização as closing frame	Radiate Close ritual + 7-day Wholeness Challenge launch	A signed personal "Program Exit Letter" declaring what you're no longer running

Evidence Anchors

- Bessel van der Kolk (2014), *The Body Keeps the Score* — foundational text on trauma stored somatically; grounds Modules 2, 8, 11.
- Stephen Porges (2011), *The Polyvagal Theory*, W.W. Norton — the physiological ladder (ventral vagal / sympathetic / dorsal vagal) underlying the entire nervous-system framework.
- Resmaa Menakem (2017), *My Grandmother's Hands*, Central Recovery Press — racialized trauma stored in the body; clean pain vs. dirty pain; anchors Modules 4 and 8.
- Bruce Perry & Maia Szalavitz (2006), *The Boy Who Was Raised as a Dog*, Basic Books — developmental trauma and neurosequential adaptation; informs Module 2.
- Isabel Wilkerson (2020), *Caste: The Origins of Our Discontents*, Random House — systemic oppression as structural trauma; anchors Module 4.
- Silvia Federici (2004), *Caliban and the Witch*, Autonomedia — capitalism's historical disciplining of bodies, especially women's; anchors Module 5.
- Shoshana Zuboff (2019), *The Age of Surveillance Capitalism*, PublicAffairs — algorithmic exploitation of behavioral and emotional data; anchors Module 7.
- Jean Twenge (2006, updated research through 2017–2023), research on generational narcissism and social media, *Journal of Personality* and related publications — anchors Module 3.
- Gabor Maté (2008), *In the Realm of Hungry Ghosts*, Knopf Canada — addiction, trauma, and capitalism's relationship to compulsive coping; anchors Module 5.
- Peter Levine (1997), *Waking the Tiger: Healing Trauma*, North Atlantic Books — somatic experiencing, orienting and pendulation techniques; anchors Modules 2, 10, 11.
- Paulo Freire (1968/1970), *Pedagogy of the Oppressed*, Continuum — critical consciousness (conscientização) as liberation practice; anchors Modules 1, 12.
- bell hooks (2000), *All About Love: New Visions*, William Morrow — naming domination culture's imprint on the self; supports Modules 3, 5.
- Pete Walker (2013), *Complex PTSD: From Surviving to Thriving*, Azure Coyote — the fawn response within the 4F survival model; anchors Module 9.
- Richard Schwartz (1995, revised 2021), *Internal Family Systems Therapy*, Guilford Press — parts-work model underlying Module 9's IFS integration.



- Kimberlé Crenshaw (1989), "Demarginalizing the Intersection of Race and Sex," *University of Chicago Legal Forum* — foundational intersectionality framework anchoring The Intersectionality Lens and Module 4's systemic-oppression analysis.
- April M. Schueths (2015), "Barriers to Interracial Marriage? Examining Policy Issues Concerning U.S. Citizens Married to Undocumented Latino/a Immigrants," *Journal of Social Issues*, 71(4), 804–820 — evidence that immigration policy itself generates chronic trauma for mixed-status families, not just interpersonal dynamics; anchors Module 4's intersectional beat.

You Walk Away With

- Name your own nervous-system states (ventral, sympathetic, dorsal) in real time
- Distinguish your trauma adaptations from your personality
- Identify at least one ancestral trauma pattern and its origin point
- Recognize cultural narcissism and algorithmic conditioning when you're inside them
- Run a personal "Spot the Program" audit on any piece of media in under five minutes
- Use at least three somatic regulation tools (orienting, pendulation, vagal breath) on demand
- Complete a full Ancestral Timeline connecting personal history to systemic history
- Draft and sign a personal "Program Exit Letter" naming what you're no longer carrying
- Build a five-tool personalized regulation menu for ongoing use
- Locate your own fawn/freeze/fight/flight default and one boundary experiment to disrupt it



Lifespan Transitions: Rites of Passage for the Modern Soul

Every threshold you skipped is still waiting for you.

The Enemy

The enemy is a culture with zero rites of passage — one that expects you to become an adult, a parent, a midlife self, an elder, without ever marking the death of who you were. The false script says transitions are just "phases" to push through quietly, alone, and ideally without inconveniencing anyone. That silence is why so many people hit forty, fifty, seventy and feel like strangers in their own life — nobody initiated them into it.

The Promise

You walk out of this course having named, grieved, and ritualized every threshold your life has already crossed — and with a working practice for the ones still ahead. You'll understand your current "crisis" (Saturn Return, midlife unraveling, empty nest, elderhood) as a developmental stage with a name, a science, and an ancient container that modern culture forgot to give you. You leave able to build your own rite of passage — on your own terms, in your own body, without waiting for permission.

Who This Is For

- Anyone in a life transition who feels like something's wrong with them instead of realizing something's structurally missing
- The late-20s/early-30s person mid-"Saturn Return" who feels their whole identity cracking open
- New parents disoriented by matrescence/patrescence and grieving a self nobody told them to grieve
- Midlife adults facing divorce, career collapse, empty nests, or perimenopause/andropause with no map
- Anyone approaching elderhood or a loved one's death who wants literacy, not avoidance

Who This Is NOT For

- Anyone seeking crisis-level grief or suicidality support — this is developmental education, not acute mental health care
- Anyone who wants a purely intellectual framework with no ritual or embodied practice — this course requires participation, not spectating
- Anyone unwilling to sit with mortality — death literacy is core curriculum, not optional

Duration & Format

8 modules, self-paced over 8–10 weeks, structured around life-stage sequence rather than calendar pace — participants are encouraged to start at their current threshold and loop back. Each module: 45–



60 minute video/audio teaching + 45–60 minute ritual practice. One live 90-minute "Threshold Circle" group session at the midpoint (after Module 4).

4-Modality Integration Map

Spiritual: Each life stage is reframed through Jungian individuation (Carl Jung) — the lifelong task of integrating the unconscious — and Malidoma Patrice Somé's account of indigenous rites of passage in *Of Water and the Spirit*, which treats initiation as a community's sacred responsibility, not an individual's private struggle. We build small, personal ritual containers (naming ceremonies, threshold altars, elder-blessing practices) so participants don't cross these gates alone and unmarked.

Emotional: James Hollis's *The Middle Passage* names the emotional terrain of midlife collapse as necessary disillusionment, not failure — grief for the life you didn't live is treated as legitimate grief. We integrate the Relational Repair primer for navigating transitions that strain partnerships (empty-nest, matrescence) and Attached for understanding how attachment style shapes how you handle each threshold.

Mental: Erik Erikson's eight stages of psychosocial development provide the cognitive scaffolding — each stage's core "crisis" (identity vs. role confusion, intimacy vs. isolation, integrity vs. despair) is taught explicitly so participants can locate themselves on the map. Aurélie Athan's contemporary matrescence research reframes new-parent identity disorientation as a recognized psychological construct, not a personal deficiency.

Physical: Hormonal science anchors the embodied layer — Christiane Northrup's work on women's hormonal transitions, alongside peer-reviewed literature on perimenopause and andropause, gives participants real physiological literacy for what their bodies are doing at each stage. The Interoception and Gentle Yoga Flow primers ground the nervous system through each threshold's physical volatility.

The Intersectionality Lens

This course refuses one-size-fits-all wellness. Every module holds three questions:

- **Complexity** — what identities, histories, and bodies do I bring into this room? (race, class, gender, sexuality, immigration status, disability, body size, age, faith, neurodivergence, geography — held as compounding realities, not checkboxes)
- **External impact** — what systems, policies, laws, family scripts, and cultural expectations are pressing on this issue from outside me? (a nervous system is not just a nervous system — it's a nervous system inside a body that has been treated a certain way by the world)
- **Relational fluency** — how do I show up differently with a partner, coworker, or child whose complexities and external impacts do not match mine — and how do I ask for what I need without erasing theirs?

Rooted in Crenshaw's foundational work on intersectionality and the Critical Race Theory / LatCrit frameworks it inspired. No two people cross the same threshold on the same terrain — who gets believed by a doctor, who gets to retire, who gets cared for at the end are never just personal outcomes.



Module Outline

Module #	Title	Runtime	Core Teaching	Practice/Ritual	Walk-Away
1	The Rites We Skipped	60 min video + 45 min practice	Why modern culture has no initiation rites; Somé's account of ritual as communal responsibility	Sip & Set opening + Quest Journal: "What threshold did I cross with no ceremony?"	A named list of your own un-ritualized life passages
2	Adolescence to Adulthood, Retroactively	60 min video + 60 min practice	Erikson's identity vs. role confusion stage; what a healthy coming-of-age rite provides that Western culture withholds	Retroactive rite-of-passage ritual — writing and performing the ceremony you never got	A completed personal "coming of age" ceremony, however delayed
3	Saturn Return & the Late-20s Reckoning	60 min video + 45 min practice	Jungian individuation applied to the astrological/developmental convergence of the late twenties; identity restructuring as necessary, not pathological	Shift Card Pull + values-recommitment exercise	Clarity on what you're actually outgrowing, not just what feels chaotic
4	Matrescence & Patrescence	75 min video + 60 min practice	Athan's matrescence research; Angela Garbes's work on the physical and identity transformation of new parenthood. <i>Intersectional beat: the U.S. maternal mortality crisis is not evenly distributed — Black mothers die from preventable pregnancy complications at multiples of the rate of white mothers, a medical-racism reality that has to be named before "grieving the pre-parent self" can even begin for some participants</i>	Grief ritual for the pre-parent self + Relational Repair primer application (EXISTING)	Permission to grieve who you were before parenthood, without guilt
5	LIVE: Threshold Circle (Group Intensive)	90 min live session	Facilitated group ritual-sharing across all represented life stages; peer witnessing as modern-day initiation	Group threshold-naming ceremony	A witnessed, spoken declaration of your current threshold
6	Midlife Unraveling & the Empty Nest	60 min video + 45 min practice	Hollis's <i>Middle Passage</i> — necessary disillusionment; re-nesting and identity renegotiation after children leave. <i>Intersectional beat:</i>	Quest Journal: "What did I build that was never actually mine to want?"	A clear-eyed inventory of which parts of your life were



			<i>retirement itself is a class privilege — the "empty nest" narrative assumes a financial runway that generational wealth gaps make unavailable to many, and elder care obligations often fall hardest on immigrant families supporting relatives across borders</i>		chosen vs. inherited
7	Perimenopause, Andropause & the Hormonal Threshold	60 min video + 45 min practice	Northrup's hormonal-transition framework; current peer-reviewed literature on perimenopause and andropause physiology. <i>Intersectional beat: menopause research is still overwhelmingly built on white subjects, race-based disparities in symptom severity and treatment access are under-studied, and gender-affirming care access shapes hormonal transitions across the lifespan for trans participants in ways this field rarely names</i>	Interoception primer application (EXISTING) + Gentle Yoga Flow (EXISTING)	Physiological literacy about your own hormonal transition, replacing shame with data
8	Elderhood, Death Literacy & Legacy	75 min video + 60 min practice	Erikson's integrity vs. despair stage; death literacy as a taught, not innate, skill; legacy-mapping as a spiritual practice	Radiate Close ritual + legacy letter-writing	A written legacy letter and a personal death-literacy practice to return to

Evidence Anchors

- Erik Erikson (1950/1968), *Childhood and Society / Identity: Youth and Crisis*, W.W. Norton — the eight-stage psychosocial development model anchoring the whole course structure.
- Carl Jung (1933), *Modern Man in Search of a Soul*; individuation theory as elaborated across his collected works — anchors Modules 1, 3, and 8.
- Malidoma Patrice Somé (1994), *Of Water and the Spirit*, Penguin Arkana — indigenous rites-of-passage framework; anchors Modules 1 and 5.
- James Hollis (1993), *The Middle Passage: From Misery to Meaning in Midlife*, Inner City Books — necessary disillusionment framework for Module 6.



- Aurélie Athan (2020 and ongoing research), matrescence studies published via Columbia University and peer-reviewed journals including *Journal of Reproductive and Infant Psychology* — anchors Module 4.
- Angela Garbes (2018), *Like a Mother: A Feminist Journey Through the Science and Culture of Pregnancy*, Harper Wave — supports Module 4's embodied framing of matrescence.
- Christiane Northrup (2010), *Women's Bodies, Women's Wisdom*, Bantam — hormonal-transition and cyclical-intelligence framework anchoring Module 7.
- Gabor Maté (2003), *When the Body Says No*, Wiley — stress physiology across life transitions; supports Modules 6 and 7.
- Peter Levine (1997), *Waking the Tiger: Healing Trauma*, North Atlantic Books — somatic tools for navigating threshold-related nervous-system dysregulation; supports Module 7.
- World Health Organization (WHO), guidance on menopause and healthy aging — institutional source supporting the physiological claims in Module 7.
- National Center for Complementary and Integrative Health (NCCIH), research summaries on mind-body practices for stress and life-transition support — supports the ritual/practice framing across modules.
- Kenneth Doka (2016 and prior editions), *Grief Is a Journey*, Atria Books — death literacy and legacy work grounding Module 8.
- Kimberlé Crenshaw (1989), "Demarginalizing the Intersection of Race and Sex," *University of Chicago Legal Forum* — foundational intersectionality framework anchoring The Intersectionality Lens and the maternal-mortality, menopause, and elder-care beats in Modules 4, 6, and 7.

You Walk Away With

- Name every un-ritualized threshold you've already crossed in your life
- Perform a retroactive coming-of-age ceremony for your adolescent self
- Locate your current developmental stage on Erikson's map with precision
- Grieve the pre-parent, pre-transition, or pre-midlife self with an actual ritual
- Understand your hormonal transition (perimenopause/andropause) as physiology, not decline
- Distinguish which parts of your current life were chosen vs. inherited
- Build a personal death-literacy practice you can return to for the rest of your life
- Write a legacy letter naming what you want carried forward
- Leave with a repeatable ritual template for every future life threshold



The Passion Audit: Finding the Work You Chose (Not the One Assigned to You)

Your career isn't a calling if someone else wrote the script.

The Enemy

The enemy is the Inherited Career Map — the job, industry, or "safe path" projected onto you by family fear, cultural conditioning, and a productivity culture that mistakes exhaustion for purpose. The false script says passion is a luxury, competence is the same thing as calling, and burnout is just the price of ambition. It's not. Being good at something you learned to survive is not the same as being called to it.

The Promise

You walk out of this course with a clear, evidence-based map of the work you actually chose versus the work that was assigned to you by fear, family, or trauma-competence. You'll know the difference between your zone of genius and your zone of trauma-competence — and stop mistaking one for the other. You'll have named your real values (not your parents' or your culture's), tested a real 90-day pilot of a chosen direction, and built a nervous-system-literate relationship to productivity that doesn't require self-abandonment. You leave with data, not just inspiration.

Who This Is For

- The high-achiever who's "successful" on paper and quietly miserable in practice
- Anyone who chose their career to make someone else proud, safe, or comfortable
- The multi-passionate person told to "just pick one" who never got permission to build a portfolio life
- Anyone confusing burnout-driven competence with genuine calling
- Career-changers who need a structured, low-risk way to test a new direction before betting everything on it

Who This Is NOT For

- Anyone wanting a guaranteed six-figure formula — this is values and nervous-system work, not a get-rich scheme
- Anyone unwilling to examine family and cultural conditioning around money and work — that excavation is non-negotiable here
- Anyone who wants to skip the audit and jump straight to "branding" — positioning without self-knowledge is just more performance



Duration & Format

9 modules, self-paced over 9–12 weeks, culminating in a real-world 90-day pilot phase that extends beyond the core curriculum. Each module: 60–90 minute video/audio teaching + 45–60 minute practice. One live 90-minute "Pilot Design Lab" session before the 90-day pilot begins (after Module 8).

4-Modality Integration Map

Spiritual: Ikigai — the Japanese concept of a life worth living, reframed away from its Western "passion + profit" oversimplification — anchors the search for meaning in work as a spiritual inquiry, not a branding exercise. Steven Hayes's ACT model treats values clarification itself as a spiritual act: values aren't goals to achieve but directions to walk toward, chosen freely rather than inherited.

Emotional: We use the ACT Values primer (EXISTING) to separate authentic values from fused, inherited "shoulds," and the Money Story Audit surfaces the emotional charge around worth and scarcity using Emily and Amelia Nagoski's *Burnout* framework — treating exhaustion as an emotional-physiological signal, not a personal failing. Grief work is included for the career paths participants must consciously let go of.

Mental: Mihaly Csikszentmihalyi's flow research and Cal Newport's *Deep Work / So Good They Can't Ignore You* give participants a cognitive framework for distinguishing real engagement from performative busyness. Angela Duckworth's grit research is examined critically — grit is useful, but only in service of a chosen direction, not as a justification for grinding through misalignment. Adam Grant's *Think Again* trains the rethinking skill needed to update a career identity without shame.

Physical: Nervous-system regulation is taught as a productivity input, not a wellness add-on — using the Interoception and NSDR primers (EXISTING) to show participants how dysregulation masquerades as "hustle" and how regulated bodies actually produce more sustainable output. Gabor Maté's work on stress physiology and the Nagoski sisters' burnout-cycle research ground the physical case for why regulation precedes real productivity.

The Intersectionality Lens

This course refuses one-size-fits-all wellness. Every module holds three questions:

- **Complexity** — what identities, histories, and bodies do I bring into this room? (race, class, gender, sexuality, immigration status, disability, body size, age, faith, neurodivergence, geography — held as compounding realities, not checkboxes)
- **External impact** — what systems, policies, laws, family scripts, and cultural expectations are pressing on this issue from outside me? (a nervous system is not just a nervous system — it's a nervous system inside a body that has been treated a certain way by the world)
- **Relational fluency** — how do I show up differently with a partner, coworker, or child whose complexities and external impacts do not match mine — and how do I ask for what I need without erasing theirs?

Rooted in Crenshaw's foundational work on intersectionality and the Critical Race Theory / LatCrit frameworks it inspired. "Just follow your passion" is easier advice to give than to take when the labor market itself isn't neutral about who gets paid, promoted, or believed as competent.



Module Outline

Module #	Title	Runtime	Core Teaching	Practice/Ritual	Walk-Away
1	The Inherited Career Map	60 min video + 45 min practice	Tracing family and cultural scripts projected onto your career choices; naming the "safe path" narrative. <i>Intersectional beat: the "class ceiling" is real — first-generation professionals and working-class-raised participants are often navigating career norms with no inherited script at all, not just a bad one</i>	Sip & Set opening + Quest Journal: "Whose voice picked this job?"	A drawn map separating your inherited career script from your own instincts
2	Values Excavation (ACT)	75 min video + 60 min practice	Hayes's Acceptance and Commitment Therapy values-clarification model; values as chosen directions, not achieved goals	ACT Values primer application (EXISTING)	A ranked list of your top 5 authentic work values
3	Ikigai, Reframed	60 min video + 45 min practice	The Japanese ikigai framework, corrected against its oversimplified Western "passion + profit + mission + vocation" chart	Ikigai mapping worksheet + Shift Card Pull	A personal ikigai map free of the Western productivity distortion
4	Nervous System + Work	60 min video + 45 min practice	Regulation as a productivity input; Maté's stress-physiology research applied to work culture	Interoception primer application (EXISTING) + NSDR script (EXISTING)	A body-based early-warning system for career misalignment
5	Zone of Genius vs. Zone of Trauma-Competence	75 min video + 60 min practice	Distinguishing skills that light you up from skills you built to survive dysfunction;	4-Corner Check-In applied to current work tasks + Quest Journal audit	A sorted list: genius-zone tasks vs. trauma-competence tasks



			competence is not calling		
6	The Money Story Audit	60 min video + 45 min practice	Nagoski's burnout-cycle research applied to money-driven overwork; naming the earliest money-scarcity memory. <i>Intersectional beat: the wage gap by race and gender is not a mindset problem — Black and Latina women are paid the least on the dollar regardless of "money mindset," and that fact belongs in the audit, not just in the excuses</i>	Money Story Audit worksheet + grief practice for the "safe" path not taken	A written money origin story with one identified false belief to release
7	Portfolio Life Design	75 min video + 60 min practice	Newport's <i>So Good They Can't Ignore You</i> skill-building thesis combined with portfolio-career research on diversified income and identity	Portfolio-mapping exercise across 3–5 potential income/expression streams	A draft portfolio-life map with at least 3 tested directions
8	Visibility & Positioning Without Performance	60 min video + 45 min practice	Grant's <i>Think Again</i> applied to public positioning; visibility as honest signal, not performance. <i>Intersectional beat: "professional presentation" standards are frequently Eurocentric defaults — hair texture, accent,</i>	Positioning statement draft + peer feedback exchange	A one-paragraph positioning statement that doesn't perform a persona



			and dress codes get coded as "unprofessional" along racial lines, and disability accommodations and work-authorization status shape who even gets to be visible in the first place		
9	LIVE: Pilot Design Lab + The 90-Day Pilot Launch	90 min live session + 90-day real-world pilot	Designing a low-risk, time-boxed test of a chosen direction using WOOP (Oettingen) for structured goal execution	WOOP primer application (EXISTING) + Radiate Close ritual + 90-day pilot plan	A signed 90-day pilot plan with concrete success metrics

Evidence Anchors

- Steven C. Hayes, Kirk Strosahl & Kelly Wilson (1999, revised 2012), *Acceptance and Commitment Therapy*, Guilford Press — the ACT values-clarification model anchoring Module 2.
- Mihaly Csikszentmihalyi (1990), *Flow: The Psychology of Optimal Experience*, Harper & Row — flow-state research anchoring Module 5's genius-zone framework.
- Cal Newport (2012), *So Good They Can't Ignore You*, Grand Central Publishing; and (2016) *Deep Work*, Grand Central Publishing — anchors Modules 4 and 7.
- Adam Grant (2021), *Think Again: The Power of Knowing What You Don't Know*, Viking — cognitive flexibility framework anchoring Module 8.
- Angela Duckworth (2016), *Grit: The Power of Passion and Perseverance*, Scribner — examined critically in Module 5 to distinguish grit-in-service-of-chosen-direction from grit-as-avoidance.
- Emily Nagoski & Amelia Nagoski (2019), *Burnout: The Secret to Unlocking the Stress Cycle*, Ballantine Books — burnout-cycle research anchoring Modules 4 and 6.
- Gina Hayden and colleagues; and foundational ikigai research summarized in Héctor García & Francesc Miralles (2016), *Ikigai: The Japanese Secret to a Long and Happy Life*, Penguin — anchors Module 3, corrected against oversimplification.
- Gabor Maté (2003), *When the Body Says No*, Wiley — stress physiology underlying Module 4's nervous-system-as-productivity-input framework.
- Gabriele Oettingen (2014), *Rethinking Positive Thinking* — origin of the WOOP (Wish, Outcome, Obstacle, Plan) framework anchoring Module 9.
- Richard Schwartz (1995, revised 2021), *Internal Family Systems Therapy*, Guilford Press — supports Module 5's parts-based distinction between genius-zone and trauma-competence parts.
- American Psychological Association (APA), *Work and Well-Being Survey* research series — institutional data supporting the burnout and career-misalignment claims across Modules 4 and 6.



- Robert Greene (2012), *Mastery*, Viking — supports Module 7's framing of skill development as a chosen, long-arc apprenticeship rather than inherited obligation.
- Kimberlé Crenshaw (1989), "Demarginalizing the Intersection of Race and Sex," *University of Chicago Legal Forum* — foundational intersectionality framework anchoring The Intersectionality Lens and the wage-gap and professional-presentation beats in Modules 1, 6, and 8.

You Walk Away With

- Distinguish your inherited career script from your own chosen direction
- Name your top 5 authentic work values using the ACT framework
- Build a personal ikigai map free of oversimplified "passion + profit" branding
- Use your nervous system as a real-time productivity and alignment signal
- Sort your current work tasks into genius-zone vs. trauma-competence categories
- Identify your earliest money-scarcity belief and one committed release point
- Draft a portfolio-life map spanning at least three income or expression streams
- Write a positioning statement that signals honestly instead of performing
- Launch a signed, metric-based 90-day pilot of a chosen career direction
- Replace grit-as-avoidance with grit-in-service-of-a-direction-you-actually-chose



Nervous System Sovereignty: The Regulation Revolution

Your nervous system isn't broken. It's been hijacked. Take it back.

The Enemy

The false script says calm is a personality trait — something you either have or don't. It says anxiety is a character flaw, that "just relax" is useful advice, and that your body's constant fight-flight-freeze hum is just "how you are." This course dismantles the myth of the fixed nervous system and the culture of self-blame built on top of it — the one that pathologizes a dysregulated body instead of asking what dysregulated it.

The Promise

You walk out of this able to read your own physiology like a native language — knowing in real time whether you're in ventral safety, sympathetic charge, or dorsal shutdown, and having the tools to move yourself between states on purpose. You stop white-knuckling your way through triggers and start regulating your way through them. Boundaries stop being a communication problem and become a physiological skill. You leave with a body you trust — not because it's calm all the time, but because you know how to bring it home.

Who This Is For

- The chronically "fine" person whose calm is actually a freeze response in a trench coat
- Anyone who's done the talk-therapy insight work but still gets hijacked by their own body
- High-functioning anxious people who regulate through overwork, control, or hypervigilance
- People-pleasers whose nervous system has never learned that "no" is survivable
- Anyone cold-plunging, breathwork-ing, and NSDR-ing without knowing why it works — or why it sometimes doesn't

Who This Is NOT For

- Anyone in acute crisis, active suicidality, or unmanaged dissociation — this is not crisis care; go get that first, then come back
- Anyone looking for a diagnosis or a replacement for therapy or medical treatment
- Anyone who wants to intellectualize regulation instead of practicing it in their actual body

Duration & Format

8 modules, self-paced, delivered over a recommended 8 weeks (one module per week). Each module includes a 45-60 minute teaching video/audio, a 30-45 minute embodied practice, and a Quest Journal



prompt. Two live 90-minute group regulation labs (mid-course and closing) for real-time co-regulation practice and Q&A. Lifetime access to recordings.

4-Modality Integration Map

Spiritual: Nervous system sovereignty is reframed as a spiritual reclamation — the body as the site where safety, belonging, and presence are actually felt, not just believed. Modules draw on contemplative lineages (Kabat-Zinn's mindfulness-based stress reduction) that treat the present-moment body as sacred ground, and reframe "surrender" not as collapse but as the nervous system's dorsal-safe capacity to rest without fear. Boundaries are taught as a sacred act of self-honoring, not a moral failing.

Emotional: Every emotional state is retaught as a physiological event first — grief, rage, and joy are treated as autonomic weather patterns to be felt and moved through rather than judged. Self-compassion research (Kristin Neff) anchors the emotional layer: you cannot regulate a nervous system you're busy shaming. Co-regulation with safe others is taught as an emotional skill, not a dependency weakness.

Mental: Polyvagal theory (Stephen Porges) gives participants a working mental model — ventral vagal, sympathetic, dorsal vagal — to name and predict their own states instead of being ambushed by them. Cognitive reframes from neuroplasticity research (Norman Doidge) show participants their nervous system patterns are learned and therefore re-learnable, not fixed traits.

Physical: This is the most physical course in the catalog. Vagal tone, HRV coherence, breath mechanics, cold exposure protocols, sleep architecture, and interoceptive accuracy are taught as trainable physical skills with measurable markers — not vibes. Every module ends in the body, not the notebook.

The Intersectionality Lens

This course refuses one-size-fits-all wellness. Every module holds three questions:

- **Complexity** — what identities, histories, and bodies do I bring into this room? (race, class, gender, sexuality, immigration status, disability, body size, age, faith, neurodivergence, geography — held as compounding realities, not checkboxes)
- **External impact** — what systems, policies, laws, family scripts, and cultural expectations are pressing on this issue from outside me? (a nervous system is not just a nervous system — it's a nervous system inside a body that has been treated a certain way by the world)
- **Relational fluency** — how do I show up differently with a partner, coworker, or child whose complexities and external impacts do not match mine — and how do I ask for what I need without erasing theirs?

Rooted in Crenshaw's foundational work on intersectionality, paired here with Resmaa Menakem's work on racialized trauma stored in the body (*My Grandmother's Hands*) — regulation looks different when the environment itself is unsafe by design. A body that has learned, correctly, that certain rooms, streets, or interactions carry real risk is not "dysregulated." It's accurate. Sovereignty work has to account for that instead of pathologizing it.



Module Outline

Module #	Title	Runtime	Core Teaching	Practice/Ritual	Walk-Away
1	Meet Your Autonomic Map	60 min video + 30 min practice	Polyvagal theory basics: ventral vagal, sympathetic, dorsal vagal states (Porges). <i>Intersectional beat: your baseline isn't just yours — Menakem's research shows racialized trauma gets stored and passed down in the body, so two people can have identical training and still carry different baselines</i>	4-Corner Check-In + autonomic state journaling	A working map of your own nervous system states
2	Interoception: Learning to Feel From the Inside	50 min audio + 40 min practice	Interoceptive accuracy as the foundation of emotional regulation	Interoception primer practice + body-scan tracking log	The ability to sense internal signals before they become a crisis
3	Vagal Tone & the Science of Safety	55 min video + 30 min practice	Vagal tone, HRV coherence, and cues of safety vs threat (Dana's "Anchored"). <i>Intersectional beat: "cues of safety" are read differently by a body that has been surveilled — by police, by ICE, by a hostile workplace — regulation work has to name the real threat before it can ask the body to stand down</i>	Guided vagal-toning practice (humming, singing, extended exhale)	A daily vagal-toning practice that raises your baseline resilience
4	Breath as the Remote Control	45 min video + 45 min practice	Breath mechanics and voluntary	Sip & Set opening + box breathing /	On-demand breath tools to



			nervous-system shifting (Nestor's "Breath")	physiological sigh drills	shift state in under 90 seconds
5	Cold, Heat & the Controlled Stress Dose	60 min video + 30 min practice	Hormetic stress, cold exposure protocols, and sympathetic discharge (Wim Hof method research)	Guided cold-exposure ritual with post-plunge NSDR	A trained relationship with discomfort instead of an avoided one
6	NSDR & the Architecture of Rest	50 min audio + 30 min practice	Non-sleep deep rest and why rest ≠ laziness	NSDR primer script + rest-tracking Quest Journal	A rest practice that restores without requiring sleep
7	Sleep, the Body's Nightly Repair Job	55 min video + 30 min practice	Sleep architecture and consequences of chronic deprivation (Walker's "Why We Sleep")	Sleep hygiene audit + wind-down ritual design	A personalized sleep protocol built from your own data
8	Glimmer-Mapping & Boundaries as Physiology	60 min video + 45 min practice, plus live 90-min closing lab	Glimmers (micro-moments of safety) and boundaries reframed as vagal, not verbal, acts. <i>Intersectional beat: boundary-setting carries different physical risk depending on body, gender presentation, and disability — a "no" that's safe for one body can be dangerous for another, and that reality belongs in the map, not just the mindset</i>	Glimmer-Mapping worksheet + Set Boundaries primer + Radiate Close	A living map of what regulates you and a body that holds its own line

Evidence Anchors

- Stephen Porges (2011), *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation*, Norton — the ventral/sympathetic/dorsal framework underpinning the entire course.



- Deb Dana (2018), *The Polyvagal Theory in Therapy*, Norton — clinical translation of polyvagal theory into daily "glimmer" and regulation practice.
- Bessel van der Kolk (2014), *The Body Keeps the Score*, Viking — trauma stored somatically, foundational to why regulation work is body-first.
- Peter Levine (1997), *Waking the Tiger: Healing Trauma*, North Atlantic Books — somatic experiencing and nervous-system discharge of survival energy.
- Matthew Walker (2017), *Why We Sleep*, Scribner — sleep architecture and the physiological cost of sleep deprivation.
- James Nestor (2020), *Breath: The New Science of a Lost Art*, Riverhead Books — breath mechanics and voluntary autonomic regulation.
- Kristin Neff (2011), *Self-Compassion*, William Morrow — self-compassion as a regulator of shame-driven dysregulation.
- Jon Kabat-Zinn (1990), *Full Catastrophe Living*, Delta — mindfulness-based stress reduction (MBSR) and present-moment attention as a regulatory tool.
- Norman Doidge (2007), *The Brain That Changes Itself*, Viking — neuroplasticity evidence that nervous-system patterns are trainable.
- M. Kox et al. (2014), "Voluntary activation of the sympathetic nervous system and attenuation of the innate immune response in humans," *PNAS* — peer-reviewed study on the Wim Hof Method's measurable effects on cold exposure and immune/stress response.
- F. Shaffer & J.P. Ginsberg (2017), "An Overview of Heart Rate Variability Metrics and Norms," *Frontiers in Public Health* — HRV coherence as a measurable marker of vagal tone and regulation.
- National Center for Complementary and Integrative Health (NCCIH), "Relaxation Techniques for Health" — institutional evidence base for breathwork, guided imagery, and progressive relaxation.
- Resmaa Menakem (2017), *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*, Central Recovery Press — racialized trauma stored in the body; anchors the intersectional beats in Modules 1 and 3.
- Kimberlé Crenshaw (1989), "Demarginalizing the Intersection of Race and Sex," *University of Chicago Legal Forum* — foundational intersectionality framework, paired with Menakem as the intersectional anchor pair for The Intersectionality Lens.

You Walk Away With

- Names your own autonomic state (ventral, sympathetic, dorsal) in real time
- Uses breath as an on-demand nervous-system remote control
- Reads interoceptive signals before they escalate into crisis
- Practices a trained cold-exposure protocol for sympathetic discharge
- Builds a personal glimmer map of what actually regulates you
- Sets boundaries as a physiological act, not just a verbal script
- Runs a nightly NSDR and sleep-repair practice
- Raises baseline vagal tone through daily toning practice
- Understands the biology behind every somatic tool you already use
- Leaves with a Quest Journal of your own regulation data, not generic advice





The Money Wound: Reclaiming Worth, Wealth & the Economy of Self

Your bank account isn't broken. Your nervous system's money story is.

The Enemy

The false script says money is math — that if you just budgeted harder, hustled more, or "manifested" better you'd be fine. It hides the truth: your relationship with money is a nervous-system story written by ancestors who survived scarcity, a culture that profits from your self-doubt, and a system — capitalism — that was never built to make you feel safe or worthy. This course dismantles the myth that your money problems are a discipline problem.

The Promise

You walk out of this able to name exactly whose voice is in your head when you undercharge, overspend, or freeze at the sight of your bank balance — and you have the tools to write a new script in your own hand. You stop confusing your worth with your net worth. You learn to receive without guilt, price yourself without apology, and build wealth as an act of regulation and reciprocity rather than extraction. You leave with a functional, felt-in-the-body relationship with money — not a spreadsheet you're afraid to open.

Who This Is For

- The chronic underearner who does the most work for the least pay and calls it humility
- Entrepreneurs and creators who freeze, discount, or apologize when it's time to name a price
- Anyone whose family money story was scarcity, secrecy, debt, or silence
- People doing "abundance mindset" work while still avoiding their bank statements
- Anyone ready to build wealth without losing themselves, their values, or their community in the process

Who This Is NOT For

- Anyone seeking individualized financial planning, tax advice, or investment management — this is not a substitute for a licensed financial advisor
- Anyone who wants a "get rich quick" system — this is inner repair work with real-world financial literacy, not a hustle
- Anyone unwilling to look at their actual numbers — avoidance doesn't survive this course

Duration & Format

8 modules, self-paced, recommended over 8 weeks. Each module includes 45-75 minutes of video/audio teaching and 30-60 minutes of practice (worksheets, money-story excavation, and financial literacy



exercises). One live 90-minute "Money Sovereignty" group session for real-time pricing practice and Q&A. Lifetime access to all materials.

4-Modality Integration Map

Spiritual: Money is reframed through the gift-economy lens (Robin Wall Kimmerer, Lynne Twist) as energy meant to circulate, not hoard — a sacred exchange rather than a scoreboard of worth. Participants examine the spiritual inheritance of scarcity theology and reclaim abundance as a felt, embodied state rather than a manifestation slogan. Legacy wealth is taught as a spiritual responsibility — what you leave behind, materially and energetically, for those who come after.

Emotional: Ancestral money scripts are excavated as emotional inheritances — shame, secrecy, fear, and grief passed down through family silence around money (Bari Tessler's "financial intimacy" model). Participants process the specific emotions that arise around earning, spending, saving, and asking for what they're worth, using self-compassion practice to interrupt shame spirals instead of feeding them.

Mental: Behavioral economics and money psychology (Morgan Housel, Ramit Sethi) reframe money decisions as predictable psychological patterns, not moral failures. Scarcity and abundance are taught as measurable neuroscience — how chronic scarcity narrows cognitive bandwidth and decision-making (Mullainathan & Shafir's scarcity research) — giving participants a cognitive model for why "just think positive" never worked.

Physical: Money stress is tracked as a nervous-system event — cortisol, sympathetic activation, the somatic freeze that hits when opening a bill. Participants use body-based practices (drawing on the Interoception and NSDR primers) to physically regulate before financial decisions, and track physiological markers of scarcity versus safety in their bodies, not just their bank apps.

The Intersectionality Lens

This course refuses one-size-fits-all wellness. Every module holds three questions:

- **Complexity** — what identities, histories, and bodies do I bring into this room? (race, class, gender, sexuality, immigration status, disability, body size, age, faith, neurodivergence, geography — held as compounding realities, not checkboxes)
- **External impact** — what systems, policies, laws, family scripts, and cultural expectations are pressing on this issue from outside me? (a nervous system is not just a nervous system — it's a nervous system inside a body that has been treated a certain way by the world)
- **Relational fluency** — how do I show up differently with a partner, coworker, or child whose complexities and external impacts do not match mine — and how do I ask for what I need without erasing theirs?

Rooted in Crenshaw's foundational work on intersectionality and the Critical Race Theory / LatCrit frameworks it inspired. Your "money wound" was never just yours — it was shaped by policy decisions made generations before you opened your first bank account.



Module Outline

Module #	Title	Runtime	Core Teaching	Practice/Ritual	Walk-Away
1	Your Money Nervous System	60 min video + 30 min practice	Money stress as a physiological event, not a personality trait	4-Corner Check-In + body-based money-trigger tracking	A map of how your body reacts to money before your mind does
2	Ancestral Money Scripts	70 min video + 45 min practice	Tracing inherited scarcity, secrecy, and shame patterns (Tessler's financial intimacy model). <i>Intersectional beat: for many families, "ancestral money scripts" are literal — redlining, the Homestead Acts' exclusion of Black homesteaders, and Jim Crow-era asset stripping created a generational wealth gap that no amount of budgeting discipline reverses on its own</i>	Ancestral money timeline + Quest Journal excavation	A named, written record of the money script you inherited — and didn't choose
3	Capitalism as Trauma	65 min video + 30 min practice	Capitalism's structural harms and the erasure of collective wealth (Federici, hooks). <i>Intersectional beat: banking access itself is gated by immigration status — many undocumented people are functionally locked out of the formal financial system, which reshapes everything from</i>	"Spot the Program" media literacy exercise on money messaging	A critical lens on which of your money beliefs are actually yours



			<i>credit history to emergency savings</i>		
4	Wealth as Regulation	55 min video + 45 min practice	Reframing wealth-building as nervous-system safety-building, not status-chasing	Interoception primer + financial safety-anchoring practice	A definition of "enough" written in your own body's language
5	Pricing Your Worth	60 min video + 60 min practice	Overcoming underearning and price-shame for entrepreneurs and creators. <i>Intersectional beat: the race+gender wealth gap and class shame both show up here — women of color entrepreneurs are statistically underpriced and underfunded relative to white male peers with identical qualifications, and disability means-testing programs can financially penalize disabled people for earning more, which isn't a mindset problem, it's a policy trap</i>	Pricing worksheet + live-session role-play practice	A price you can say out loud without flinching
6	Scarcity & Abundance, the Actual Neuroscience	55 min video + 30 min practice	Cognitive bandwidth research on scarcity (Mullainathan & Shafir) vs. abundance psychology	Scarcity-trigger log + reframe practice	A working understanding of why scarcity narrows thinking — and how to widen it back out
7	The Gift Economy & the Reciprocity Ledger™	60 min video + 45 min practice	Giving/receiving as reciprocity, not transaction (Kimmerer's gift economy, Twist's	Reciprocity Ledger™ worksheet applied to money relationships	A clear-eyed audit of where you give 100 and receive 0 — and a plan to rebalance it



			"Soul of Money") reframed through the Reciprocity Ledger™		
8	Legacy Wealth & the Economy of Self	65 min video + 45 min practice, plus live 90-min Money Sovereignty session	Building wealth that outlives you — material and energetic legacy (Housel's behavioral wealth-building principles)	Legacy letter Quest Journal prompt + Radiate Close	A living financial values statement and a first concrete wealth- building action

Evidence Anchors

- Bari Tessler (2016), *The Art of Money*, Parallax Press — financial intimacy and the emotional/somatic roots of money behavior.
- Lynne Twist (2003), *The Soul of Money*, Norton — scarcity mindset vs. sufficiency and money as flow rather than hoarding.
- Robin Wall Kimmerer (2013), *Braiding Sweetgrass*, Milkweed Editions — the gift economy as an alternative to extraction-based exchange.
- Silvia Federici (2004), *Caliban and the Witch*, Autonomedia — the historical construction of capitalism through the devaluation of reproductive and feminized labor.
- bell hooks (2000), *Where We Stand: Class Matters*, Routledge — class, race, and the psychology of economic self-worth.
- Morgan Housel (2020), *The Psychology of Money*, Harriman House — behavioral finance and the emotional drivers behind financial decisions.
- Ramit Sethi (2019), *I Will Teach You to Be Rich*, Workman — practical behavioral money systems and psychology of spending/saving.
- Sendhil Mullainathan & Eldar Shafir (2013), *Scarcity: Why Having Too Little Means So Much*, Times Books — peer-reviewed-grounded research on how scarcity narrows cognitive bandwidth.
- Thomas Piketty (2014), *Capital in the Twenty-First Century*, Harvard University Press — structural wealth inequality and inherited capital, contextual framing for legacy wealth module.
- Kristin Neff (2011), *Self-Compassion*, William Morrow — self-compassion practice to interrupt money shame spirals.
- Gabor Maté (2010), *In the Realm of Hungry Ghosts*, North Atlantic Books — addiction, scarcity, and trauma patterns relevant to compulsive spending/saving behaviors.
- American Psychological Association, "Stress in America" survey series — institutional data on money as the most commonly cited source of stress in the U.S.
- Kimberlé Crenshaw (1989), "Demarginalizing the Intersection of Race and Sex," *University of Chicago Legal Forum* — foundational intersectionality framework anchoring The Intersectionality Lens and the generational-wealth-gap, banking-access, and pricing beats in Modules 2, 3, and 5.



You Walk Away With

- Names the ancestral money script running your financial decisions
- Recognizes money stress as a physiological event and regulates before reacting
- Sets a price for your work without shame, apology, or discount-flinching
- Distinguishes your actual values from capitalism's projected script
- Understands the real neuroscience of scarcity and how to widen cognitive bandwidth
- Audits your giving/receiving patterns using the Reciprocity Ledger™
- Builds a personal definition of "enough" rooted in nervous-system safety, not comparison
- Drafts a legacy wealth statement — material and energetic
- Leaves with a completed money-story timeline and pricing worksheet, not just theory
- Practices receiving money and support without guilt



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