



# Journey

*Your*

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@harmonia.portal



You can't build a  
transformative brand without  
**transforming yourself first.**

Note: this journey asks you to approach it with curiosity and an open mind.

# Introduction

A **four-chapter transformation** that reveals who you are, how you lead, how you express, and how you expand.

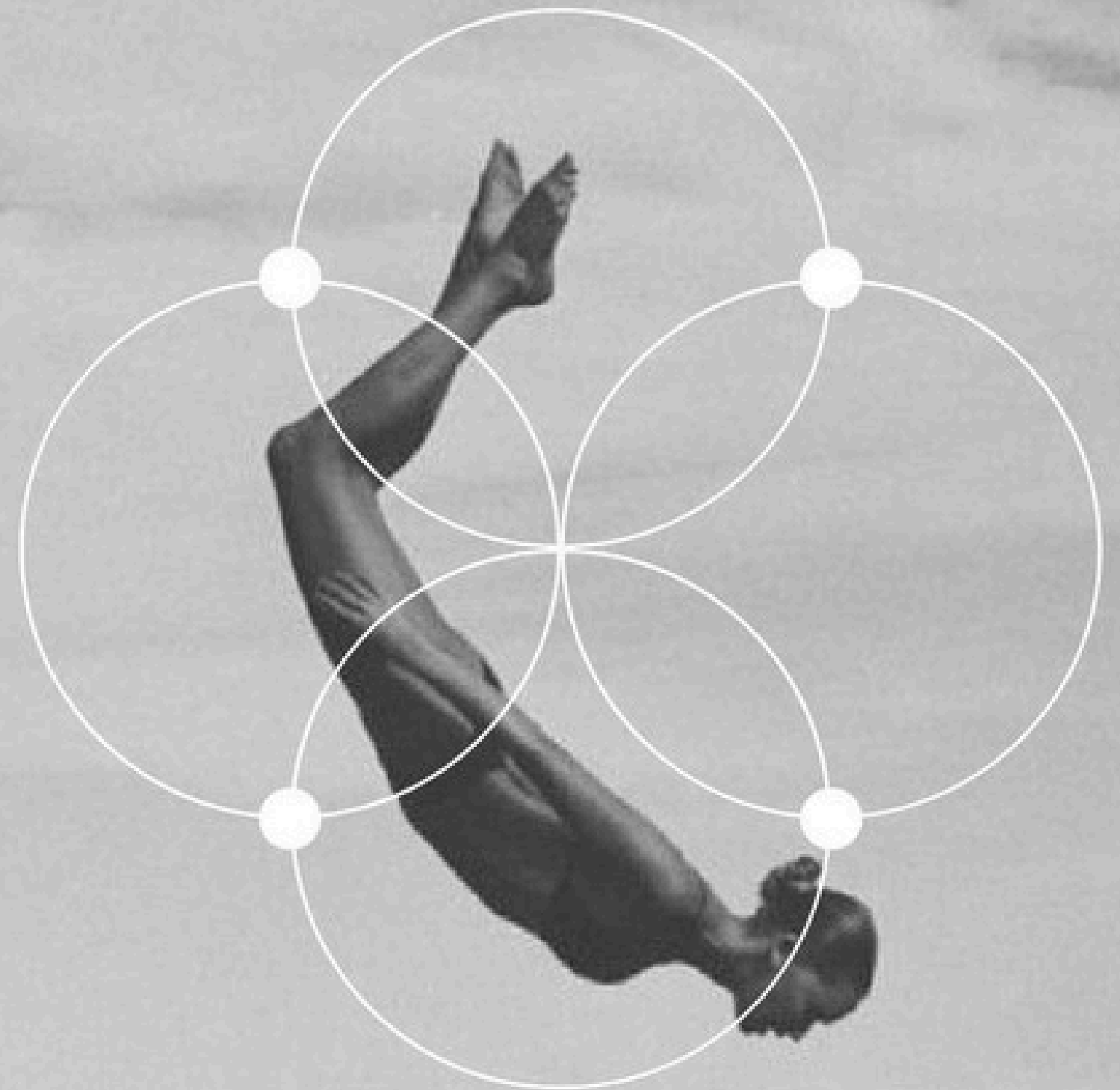
Together we will design a guided journey that helps you align your **inner truth** with your **outer expression** and your **long-term impact**.

Each chapter will have its own unique rituals and practices designed for you.

**This is the bridge between:**

Foundation (Inner Work) → Form (Outer Expression) → Fabric (Collective Reach) → Framework (System Impact)

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# 4 Chapters, 1 Transformation

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# Chapters

## 01. Inner Foundation: Essence

*Reconnecting to the core frequency.*

We uncover the energetic truth beneath your work: your patterns, gifts, turning points, your restraints, and emotional signature.

## 02. Form- Outer Expression

*Translating essence into archetype, voice, and expression.*

We reveal who you are in the world, your identity that is aligned with your essence, communication patterns, aesthetic DNA, and embodied presence.

## 03. Fabric— Collective Reach

*Making the invisible visible. We craft a narrative and brand expression that carries your frequency, your why, your message, your story pillars, your voice. We create a framework and strategy for your work.*

## 04. Framework— Amplification & System Impact

*Building the ecosystem around your message. We will think on the Micro and Macro. Defining your WHO to help and HOW to amplify.*

*This is where we begin to think systemically: how your vision integrates into larger networks, movements, and structures.*

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# Add-On

Each journey will include a minimum of **two sound bath experiences** designed to support integration throughout the process.

The **first sound bath** will take place at the **end of Chapter One**, allowing space to integrate and settle the insights that begin to emerge at the foundation of the journey.

The **second one** will take place at the **end of the full journey**, supporting deeper integration and shifts that unfolded throughout the process.

Depending on each person's journey, additional optional add-ons may be proposed. These may include breath work sessions, or other supportive modalities designed to deepen the work. They will all be included in the individual proposal.

Throughout the process, participants will also be guided through somatic tools and meditation practices.

In some cases, sessions may also take place in nature, allowing the environment itself to become part of the process. **These experiences will be designed based on the person's needs**, rhythm, and essence.

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# Value

## 1. Deep Clarity

*You walk away with a grounded understanding of your essence, your identity, your message, and your long-term direction.*

## 2. Coherent Expression

*Your communication, storytelling, leadership, and brand become aligned with who you truly are, reducing friction and confusion.*

## 3. Emotional & Energetic Alignment

*Your work feels sustainable, grounded, and integrated. You stop building from burnout or fragmentation and start building from truth.*

## 4. A Living, Evolving Story

*Your story becomes a source of connection, culture-building, and resonance — internally within teams and externally with audiences.*

## 5. Brand, Resonate Story

*You will have an understanding of the brand tools to support you amplify your story and attract clients. (optional support in creating brand assets)*

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# Investment

## Timeline

We will begin with an introductory call, followed by a set of reflective questions for you to complete. These will support in determining the length of your journey and in thoughtfully designing the experience with all that it needs. This process allows the journey to be tailored to where you currently are, what is emerging in your life, and the depth of exploration that feels aligned.

This is an investment in your full presence, time, and commitment to consciously design a life that is aligned with your inner foundation.

You are investing your energy and devotion into yourself, so you can show up more fully in the world and be of service from a place of deeper clarity, alignment, and integrity. Each session will be 90min.

## Financials

*Depending on the length and the experience designed.*

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thank you

*Hadil aka. Valentina*

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