

HOST

HOME OF SELF-TRANSFORMATION



HOME OF
SELF-TRANSFORMATION

EMOTIONAL HEALTH COACHING, SOMATICS & SHADOW WORK



COMMUNITY

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WELCOME TO HOST

Thank you for saying yes to you.

Thank you for saying yes to your higher self.

Thank you for stepping into this space and opening yourself up to receive.

In this moment, you have activated something deeply profound within you. This is not just a decision, it is a shift. And we are here to support you, guide you, and facilitate the unfolding of your own expansion. The work we do here at HOST is deep and transformative. If you allow yourself to be open and receptive to it, it has the power to create real, lasting shifts in your life.

As part of your community package, you now have access to the foundation of support that the HOST platform offers. This includes access to all live classes, as well as your members area where you can revisit, integrate, and deepen your understanding at your own pace.

You are now part of a community of like minded individuals who are walking a similar path. People who are choosing growth, healing, and truth.



But more than that, you have placed yourself in the vicinity of real change. The kind of change you may have been craving for a long time.

Know this.

You do not have to do this alone anymore.

The entire HOST community and support system is here for you. To hold you, to guide you, and to walk alongside you as you begin to process, evolve, and expand.

There is so much waiting for you on the other side of this work.

Infinite possibility.

Untapped potential.

A deeper connection to who you truly are.

This is your beginning.

Welcome home.



AWARENESS AS YOU BEGIN

Before you move forward, it is important that you understand the nature of the space you have just stepped into.

The work within HOST is rooted in shadow work. This means that the intention of this platform is not to bypass what you feel, but to bring it to the surface.

As you begin your journey here, you may experience emotions rising that you have not fully processed. Past pain, memories, patterns, and parts of yourself that have been suppressed may begin to surface.

This is not something going wrong.
This is the work.

HOST is a deeply activating platform. It is designed to bring awareness to what has been hidden, so it can be seen, felt, processed, and integrated.

You may feel discomfort at times. You may feel challenged. You may feel confronted.

And at the same time, this is where real change begins.



When you allow yourself to feel what is coming up, rather than avoid it, you open the door to transformation. You create space for healing. You begin to move towards a more whole, grounded, and aligned version of yourself.

Please know that this is a safe space for that process.
You are supported.
You are held.
You are guided.

Every coach, every space, and every element within HOST is built to maintain the integrity of that support.

You are not expected to have it all figured out.
You are only asked to be open to the process.

On the other side of what you are willing to face is a version of you that can move through life with greater clarity, strength, and freedom.



THE FOUNDATION OF THIS WORK

Everything within HOST is built upon what we call the **Seven Laws of Self Transformation**.

This framework is centred around the activation of your **chakra system** and the healing of your **nervous system**.

Through this work, we begin to regulate the **emotional body**, bringing awareness to stored experiences, patterns, and responses that live within you.

This is why emotion rises.

This is why things surface.

Because your system is beginning to open, process, and recalibrate.

This is not random.

This is intentional.



NOW, LET'S GET YOU SET UP

Your first step is to connect yourself to the rhythm of the platform. Use the link below to subscribe to the **HOST Community Calendar**.

This calendar is your doorway into everything that is happening within the platform. It will show you all upcoming classes, including the times, dates, and the links you need to access each session.

This allows you to stay connected, organised, and fully involved in the experience.

Within the HOST platform, the majority of classes are facilitated by highly experienced and qualified coaches, including Master Coaches who hold the highest standard of the work.

You will also have opportunities to attend classes led by coaches who are currently in training and development within the platform.

These sessions are an important part of the ecosystem of HOST. They allow developing coaches to step into their practice while still being fully supported.



Please know that all trainee-led classes are overseen by Head Coaches and Master Coaches. This ensures that the integrity, safety, and standard of the platform is maintained at all times.

Whether you are attending a master-level session or supporting a developing coach, every space within HOST is held with care, intention, and accountability.

Please subscribe to the HOST calendar below.

<https://www.addevent.com/calendar/ti734320+apple>



WELCOME INTO THE COMMUNITY

Now it is time to connect you with the heart of HOST, the community. Within HOST, we have a WhatsApp Community Group where you can join, connect, and share your journey alongside others who are walking a similar path.

This is a space where real relationships are built and bonds are formed on a deeper level. It is a place for you to share your experiences, stay up to date with what is happening inside the platform, and feel connected to a group of like minded individuals who truly understand the work you are doing.

Use the link below to join the WhatsApp group. Once you are in, we invite you to introduce yourself and share what brought you here. Let us know a little about where you are at and what you are hoping to receive from your time within HOST. This is your space to connect, to be seen, and to be part of something deeper as you move through your journey.

<https://chat.whatsapp.com/BRVeXj5NPjmLDowZTFbu6W>



ACCESSING YOUR MEMBERS AREA

Now that you have purchased your community membership, head over to www.homeofselftransformation.com and log in to the members area. Once inside, you will have access to all catch up content.

This is where all live classes are recorded and organised into categories, allowing you to explore what resonates or revisit anything you may have missed. It is a space to support you in your own time, with a depth of content to guide your process and keep you connected to the work, even when live classes are not available.



CLASSES WITHIN HOST

- **Emotional Awareness Mastery** (Tuesdays) – the flagship class led by Lauren and David, focusing on Shadow Work, the emotional body, chakra blocks, and the Seven Laws of Self Transformation
- **Meditation & Reiki** classes (Mondays) – a space to slow down, regulate, receive, and reconnect
- **Relationship Mastery** – exploring dynamics, patterns, and deeper connection
- **Goddess Calls** – connecting into feminine energy and expression
- **Breathwork Sessions** – supporting emotional release and nervous system regulation
- **Inner Child Healing** – working with past experiences and emotional integration
- **Somatic Sessions** – bringing awareness into the body and supporting deeper processing



The classes within HOST are not just something you attend, they are something you experience. Each session is designed to meet you where you are at, whether that is creating space to slow down, supporting you through emotional release, or helping you understand yourself on a deeper level. You may find yourself drawn to certain classes at different points in your journey, and that is all part of the process.

There is no right or wrong way to engage. Some days you may come to receive, other days you may feel ready to be seen and move through something more active. Over time, these spaces begin to support a deeper connection to yourself, allowing you to process what has been stored, integrate what has been seen, and step forward with more awareness and clarity.



ENHANCE YOUR EXPERIENCE

You can deepen your journey within HOST by purchasing the **Shadow Work Journal**, created around the Seven Laws of Self Transformation.

The framework within the journal mirrors what is taught across the platform, giving you a way to reflect, integrate, and move through the work in your own time.

This journal is a powerful companion to your experience in HOST, offering deeper insight and a space for you to process what comes up as you move through your journey. If you feel called to explore it, you can use the link below to order your copy from the website.

<https://www.homeofselftransformation.com/host-shadow-work-journal>



UPGRADING YOUR JOURNEY

Should you feel called to progress further within the HOST pathway, there are opportunities for you to deepen your experience beyond the community.

You can step into **Self Transformation**, where you will be guided through one to one work with your own **Shadow Work coach**, alongside access to a deeper level of content to support your journey.

Or, if you feel ready to take things even further, you can move into the **Coaches Platform**. This is where you not only continue your own healing with the support of a **Shadow Work coach**, but also develop the skills, tools, and understanding to turn your healing into purpose and begin supporting others.

If you would like to explore upgrading your membership, you can speak to our Community Manager or reach out to a member of the HOST team within the platform.



A FEW THINGS TO BE AWARE OF

Your community membership is an **ongoing subscription**, so it is your **responsibility** to manage or cancel this when it no longer feels aligned for you. You can do this at any time through your account.

As part of HOST, you are stepping into a space that is centred around self awareness, personal responsibility, and growth. The work can be activating and may bring emotion to the surface, and this is a natural part of the process.

We ask that you respect the space you are entering. This means being mindful in classes, honouring the experiences shared by others, and keeping what is shared within the community confidential.

Everything within HOST is designed to support your journey, and the content is for your personal use as part of this experience.

Above all, trust your own process. Take what you need, move at your own pace, and allow this space to support you in the way that feels right for you.



CLOSING

You have stepped into something meaningful here. This is not just a platform, it is a space for real change, for deeper connection, and for coming back to who you truly are. Everything within HOST is here to support you, but the journey itself is yours to walk.

Take your time with it. Trust what unfolds. Allow yourself to be guided by what you feel, rather than what you think you should be doing. There is no rush. There is no pressure. Only the opportunity to meet yourself more fully.

We are here with you every step of the way.

Welcome to HOST.



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