

JOURNEY TO YOUR IMPOSSIBLE DREAMS

The Impossible Dreams Journey



Jaxtheartist
HEALING HEARTS | CHANGING MINDS

What if...

you could shift from stuck,
directionless to having a bold,
vibrant and energising vision
for your life?

How would it feel...

to be living as the most
authentic, expanded and bold
version of yourself?

Imagine...

waking up every day loving
yourself, feeling vital, alive,
confident and free?

About The Journey...

The Impossible Dreams Journey is an inspirational 7-month on-line programme lovingly designed to take a global group of seekers of inspiration, love, expansion, purpose, joy and freedom, on an exciting and grand adventure.

On the journey you will discover and manifest more of your potential and deeper layers of your personal capability, as you work towards manifesting an impossible dream. The journey offers a process, a system and a valuable toolbox that you can apply practically, over and over again, no matter where you are in your life.


Programme design is based on research about how adult learners, learn best. A variety of modalities, techniques and creative processes will keep you engaged, excited, motivated and inspired, as you learn, grow and transform – from the inside out. You are guaranteed to experience incredible shift and exponential positive forward movement in your life and towards your impossible dreams.

“

**Believe in the power of
your dreams and follow
the call of your heart**

”

You will receive...

		
<p>3 Individual Sessions</p> <p>Month 1 Set clear intentions (60 mins)</p> <p>Month 3 Assess your progress (60 mins)</p> <p>Month 6 Map your way forward (60 mins)</p>	<p>2 Monthly Heartstarts</p> <p>Practical, quick and easy worksheets to complete as pre-work for group sessions deepening self-awareness and ensuring maximum benefit from the live sessions.</p>	<p>2 Group Sessions Monthly</p> <p>Powerful 2-hour Group Repatterning that tap into the underlying problems and patterns of the collective. As resonance shifts, a butterfly effect brings massive benefit to the greater whole.</p>
		
<p>Monthly connect with travel buddy</p> <p>A monthly 2-hour conversation about a specific theme or topic to support and enrich your experience of the heart-space of the month and establish on-going support for your journey.</p>	<p>Impossible Dreams Oracle Deck</p> <p>70 inspirational self-leadership cards to engage, support, inspire and guide you through your Impossible Dreams Journey and beyond. This is a gift that keeps on giving.</p>	<p>Monthly Positive Action</p> <p>A fun, creative and energising activity or action, that will get you out of your comfort zone, renew your mind and spirit and integrate every heart-space shift.</p>



Impossible Dreams Journal

A reflective space to capture new awareness, and insights from all of the month's activities. Review your entries whenever you want and celebrate the changes and progress you are making over time.



Impossible Dreamers Facebook Community

A global community of heart-centred dreamers sharing postcards and memories about their dream activities and continuing to support, encourage, inspire and celebrate each another on their respective journeys.



Monthly Heart-Centred Meditations

A bonus optional extra if you enjoy meditation or want to start a practice. Specific meditations align perfectly with the monthly heart-space themes.

Your time investment will be...

- Total of 55 hours
- 8 hours per month

Includes the following:

- 3 x 1.5 hour individual guidance or repatterning sessions (4,5 hours)
- 14 x 2 hour group repatterning sessions (28 hours)
- 6 x hours for heartstart completions (6 hours)
- 2 x hour peer conversation per month (12 hours)
- 4 x hours per month for reflection, positive actions and postcards or memories

Your financial investment will be...

- R22 500 – ZA Rand
- \$1307,30 – US Dollars
- AED 4801,73 – Dirham
- £1057,34 – Pound Sterling

This can be paid in the following ways

- Once off
- Over 7 months (by debit order)
- Over 10 months (by debit order)

“ For me it has been an awakening, where I found precious stones lying all around me, finding my voice, finding my inner courage to live authentically towards myself, and finding my passion has ignited a rollercoaster ride full of light, fun and joy.

LULEKWA SBUKWANA

Do you have an impossible dream?

are you ready to take bold action towards making this dream a reality?

Imagine what could happen...

if there were a blueprint you could follow to create a life you love and make all your impossible dreams come true

BOOK NOW

**IMPOSSIBLE DREAMS CALENDER
LIVE GROUP REPATTERNINGS & INDIVIDUAL GUIDING DATES**

	ACTIVITY	DATE
	Group Launch	5:00 PM on 25 Feb
	Individual - Session 1	Book your date between 28 Feb - 15 March
	Individual - Session 2	Book your date between 29 May - 15 June
	Individual - Session 3	Book your date between 02 - 20 October
Month 1	KNOW YOURSELF	
	Repattern compensations and personality defences, master self-doubt and connect with your true self	
Authenticity	Group Repatterning 1	16:00 on 18 March
	Group Repatterning 2	16:00 on 01 April
Month 2	HEAL YOURSELF	
	Repattern for healing earlier trauma experiences, clear energy constrictions and come back to balance	
Vitality	Group Repatterning 3	16:00 on 15 April
	Group Repatterning 4	16:00 on 29 April
Month 3	LOVE YOURSELF	
	Repattern for heart healing, self acceptance and self love	
Love	Group Repatterning 5	16:00 on 13 May
	Group Repatterning 6	16:00 on 27 May

Month 4	VALUE YOURSELF	
Power	Repattern for updating self worth, reclaiming your power and creating value	
	Group Repatterning 7	16:00 on 17 June
	Group Repatterning 8	16:00 on 01 July
Month 5	LEAD YOURSELF	
Purpose	Repattern for purpose, clear intention, informed decision making and committed action	
	Group Repatterning 9	16:00 on 15 July
	Group Repatterning 10	16:00 on 29 July
Month 6	EXPAND YOURSELF	
Growth	Repattern for facing your fears, transforming limiting beliefs and leveraging you strengths, gifts and natural talents	
	Group Repatterning 11	16:00 on 12 August
	Group Repatterning 12	16:00 on 26 August
Month 7	EXPRESS YOURSELF	
Impact	Repatternning to connect with your true self, integrate the new you and express yourself authentically and creatively	
	Group Repatterning 13	16:00 on 08 September
	Group Repatterning 14	16:00 on 22 September
Closing	Final Celebration	16:00 on 13 October