



## *Therapeutic Spiritual Coaching*

### *A Quantum Resonance Shift – Therapeutic, Coaching by Tricia Carr*

I am honored and grateful that you are considering including me as a guide on your journey!

This program is designed to catalyze a great shift in the life of the one who is spiritually awake and awakening. This program lays out a design for continued up-leveling of your life as a human-spiritual being -- *for a lifetime*.

You have come to this journey on earth with a mission, a profound purpose. You are unique on this planet and integral to its ecosystem. You have divine directives that you set before this life. These directives are your soul urges, your desires that are designed to manifest your contribution to this world and this Universe.

The problem is that trauma and homogenizing conditioning confuse and diffuse the connection of that pure divine connection. Shadow, density, pain body, PTSD – there are many words that describe that which creates static in your home frequency.

However – you are seen, heard, and pursued by Universal energies. You are known as the unique one that you are.

But do you know this – do you feel this? Are you able to act on and from that knowing every moment, or at least many of the moments?

This is where an in-depth, therapeutic, healing, coaching, and even mentoring program comes in. We can attune you to your home frequency and ignite the spark that propels you on your true path – your Path of Light.

Utilizing expert methods and proven techniques, I will guide you in implementing new habits of actions and states of being – that is, new thinking and feeling habits.

You were born to live in joy, freedom, and purpose.

## *Ready for the Exciting News?!!!*

I have channeled a 12-step program to re-program the mind, body, and spiritual connection. It is designed to transform core wounds and connect you to your flow of soul purpose; to put you in your position of mastering your journey.

That's right, 12 steps – sound familiar?

**This is a program that offers  
recovery → reformation → refinement → empowerment → mastery  
– the whole rainbow spectrum.**

I asked Spirit for a system that spiritually open and seeking people (including myself!!) could continually work, through different stages of life.

I asked for this because we are never done refining our lovely talent of creating a human-spiritual life. Is the musician ever finished learning or practicing? Well, your gift works just like any artist's. It requires continuous and conscious practice.

Afterall, the path is not a straight line, it is an ascending spiral.

With this program, you will be immersed in these steps, as well as education, attunement, and coaching with yours truly.

When the program is finished, you will move forward with a tool kit that will last you a lifetime.



*Scroll to the next page to see your program at-a-glance..*

## *Your Education + Edification*

*Includes and is not limited to...*

- **Sessions**  
Dynamic, powerful, one-on-one coaching, counseling, hypno-healing (and more) sessions with me (specifics below).
- **Quantum Resonance 12 Steps**  
A program for a lifetime. This is unique, channeled and co-created with Spirit. No other program has this technology.
- **Chakra System Education + Activation**  
To upgrade your energy system, we will learn about and activate the energy centers, the dimensions of YOU. This approach will include the classic seven personal chakras, the nine personal chakra system as outlined by Human Design, and the ascension activating transpersonal and subpersonal energy centers (channeled by myself). This is also a new and unique approach. This portion is designed to create momentum in life purpose.
- **Soul Signature, Life Stages, and Core Wound Archetypes**  
We will learn the various archetypes of soul functions as well as core wound archetypes. We will also learn about and heal the various life stages.
- **Build New Spiritual Tools!**  
We will cast out old beliefs and build new ones! Beliefs are a tool created by the mind to make life easier. When the beliefs are outdated and limiting, it is time to build new ones. Also, we will train you to use new spiritual technologies that effect true healing and manifestation as well as activate dormant spiritual DNA. Your development will be directly linked to your specific career or life style vision.
- **Metaphysical + Mystical Deep Dive**  
We will learn powerful techniques like thoughtform creation and replacement, how beliefs work, meditation and self-hypnosis, prayer, affirmations, energy self-healing, living a life of expecting and creating magic, trusting the Universal Field, and living in the realm of Divine Synchrony, and more!



*Scroll to the next page to see more program details...*

## Your Empowerment Program

- **6-month Immersion**  
Either 24 or 12 (depending on your choice of tract) one-to-one sessions. We will meet in alignment with lunar energies.
- **Empowered Education**  
Weekly lessons both in your student portal (hosted on my website) as well as live in our meetings.
- **Meditations, Techniques, Downloads**  
The tools you need to enhance your energy hygiene, fitness, immunity, and wellbeing.
- **Text and Audio Message Support\***  
I will hold an on-going sacred space for you in our private WhatsApp chat. I will be available to you to answer questions, provide guidance, and possibly to deliver channeled messages as needed (and as possible). If you're unfamiliar with WhatsApp, it is a free app available on any smart phone.  
\*Text/audio support on WhatsApp is available during the program. Response time is usually within 4 hours during standard business hours and within 12 most other times. Some exceptions may apply, including faster response if an urgent issue presents.
- **Optional On-going Sessions**  
You will have the opportunity to book follow-up sessions with me, for six months after your program, at a special rate (half my current session rate).
- **Also Included**  
3 months complimentary access to Modern Mystic Life Coaching, my subscription platform. *This excludes any programs held in conjunction with the Lightshine Spiritual Academy or other specialty multi-part programs that I run, such as the comprehensive animal communication program.*
- **Materials**  
As mentioned, there are meditation mp3s and other works that may enhance your empathic empowerment journey. All sessions will be recorded and delivered to you.



Scroll to the next page to see the application process...

## Application Process

This coaching is both hands on healing, coaching, and education. A significant commitment and investment are required. There is an application process. If you are interested, ready to commit resources of time, money, and energy, then the first step is to fill out [this questionnaire](#). Please note that you will be asked for your complete birth information, including time and city of birth. Please do not guess on this, rather have confirmed this information (by birth certificate) before submitting. After this is reviewed, you will have the opportunity to book a discovery call with me to see if it is a fit for us to work together in this program.

Once again, you may [click through here to access the application](#).



*Scroll to the next page to read about Tricia Carr...*

## About Tricia

I am a Human Design [Reflector](#) 5/1. This, especially, facilitates my clear channeling connection as all my energy centers are undefined. This is also the reason I understand sensitivity so deeply. Having open energy centers equates to being vulnerable to outside conditioning – like the empath “sponging” and social conditioning. In my Gene Keys Chart, I have three appearances of [Gene Key 19](#), which indicates my abilities as a synesthete and facility to connect to the subtle realms.

Other identifications that inspire me include Gaia prophet, fae whisperer, eclectic esoteric, modern mystic, panpsychist, animist, multidimensional telepath, Celtic/Norse witch descendant.

My degrees and qualifications include:

- Los Angeles School of Spiritual Arts, Advanced Mediumship
- Clinical Hypnotherapy Degree, [HMI College](#)
- Certified Master Hypnotist, Hypnotherapists Union 472
- Ordained Metaphysical Minister, International Metaphysical Ministers ([IMM](#))
- Therapeutic Imagery Facilitator, Certified Specialist, [American Hypnosis Association](#)
- Bachelor's Degree in Spiritual Healing, B.Msc., University of Metaphysics
- Neurolinguistic Programming, Certified Specialist, [AHA](#)
- Hypnosis and Pain Management, Certified Specialist, [AHA](#)
- Hypnosis and Weight Loss, Certified Specialist, [AHA](#)

Some personal things about me...

[TRIGGER WARNING] I am in a core wound healing process. In this life, this manifested as violent, sexual, narcissistic, mental/emotional abuses from ages zero to eighteen. While healing is not a straight line, I am humbled by the spiraling path of immense healing in my life! My wounds are now my gifts. They are golden light portals that I access to support my clients and students!

As a child, I spoke with animals, fairies, unicorns, and “imaginary friends”, a.k.a. spirit guides. This was common in my household and my family accepted it as a charming, albeit silly, youngest child behavior.

My husband and I have been together for eighteen years, married for nine of those. At the time of this writing, I have four cats and four parakeets. I also have a few God-animals (kind of like Godchildren). My animals and my husband are the center of my life. They are my family, my heart and soul, my body.



If you haven't yet, check out my [website](#). You may like to have a [session](#) with me before applying, again, if you have not yet.

I hope we connect in powerful ways soon! Thanks for shining your light on our beautiful world!



### *Client Love*

*"I am so thankful for Tricia's presence and help with my healing evolution. A session with her is like super-charged, accelerated therapy. It is absolutely an invaluable investment in myself and I have never felt more connected, grounded, confident, and buzzing with energy all at the same time. The results don't fade and the shifts that occur within session are absolutely real. It is such a gift to work with her. Do it!"*  
- Brianna J.

*"My session with Tricia was a very grounding, affirming, and empowering experience. It was so evident from the start that Tricia was there to use her gifts to serve me: to answer any and all questions I had in a safe, sacred, and loving space. She went above and beyond (and I mean that literally) and the wisdom she imparted to me is invaluable... She / my guides also said several things that I had just been working on, personally, that week. Some of it verbatim. Which is extremely reassuring and rather incredible. What I found the most amazing was Tricia's ability to put me immediately into a trancelike state and tap into my energy. So she doesn't just tell you what your guides or ancestors are telling her, she helps you to download the information in your body. She really makes sure what is being imparted is felt and understood, rather than simply imparting information with words. And it feels like the session doesn't stop when we stop zooming! "The work" and the healing/growing/knowing continues and she helps it to continue by sending recordings of our session as well as extra resources, like guided meditations. Thank you, Tricia!"*  
- Delaney Y.

*"I am hooked! Thank you so much for your session. It was extremely helpful and very educational. You were spot on with all the things you mentioned. You are so precise with your intuitive abilities, and it is recognized through your thought process with verbal as well as energetic skills. I will be calling you again and know that I have subscribed to your channel, and I watch you almost every day so keep them coming."*  
- Heather B.