



THE HUNGRY SOUL

The Emergence of
Talent, Creativity and Spirit

28 DAYS
LATER

BECOMING
MORE OF
YOURSELF

an introduction

being able to separate yourself from the experience



Preoccupied, concerned, and busy.

It's a false sense of health, wealth, love, and self-expression.

Who am I? How did belonging, acceptance, and self-worth get so tied up in how I look, the clothes I wear, the car I drive, the home I live in, the job title I have, the degrees I hold, the way I speak, the persona I carry online and off and the people I surround myself with.

It's hard to separate our worth from these things, being enough and feeling grounded.

So, who am I really?

If I accept where I'm at and just be with what's happening right here then I'm going to be with what's here and take stock.

"There's a place to say look at all this shit happening and not be caught up in the storm".

You can't control, predict or say when it's going to happen but it will happen on its own.

The transformation will happen on its own but all you have to do is show up and do something different with the purpose of investigation.

This is a very no results-oriented process but just a practicing-oriented process.

Happiness is gratitude for what we have, enjoyment of each moment, a sense of contentment, and a connection with what's here.

Trust the process.



28

DAYS LATER

is a 28-Day program towards **Becoming More Of Yourself** through metaphysical guidance, plant medicine, mindfulness practice, and WorkLife coaching sessions that develop the building blocks to navigate modern-day work & life experiences and stressors.

A transition from the burden of carrying the weight of the world on your shoulders to a transformation of loving your life and the meaningful contribution you are making to the world.

Asha, Katie and Nelson guide entrepreneurs, creators, organizational teams, and business leaders to close the gap by exploring the integration of work & life fulfillment through the emergence of talent, creativity, and spirit.

SESSION ONE: METAPHYSICAL GUIDANCE (SOUL)

Belief / Trust / Curiosity / Willpower / Spirit / Motivation / Truth
(Facilitated by Asha)

SESSION TWO: PLANT MEDICINE (HEAL)

Presence / Mindfulness / Intuition / Ritual / Well Being / Creative Flow / Authenticity
(Facilitated by Katie)

SESSION THREE: WORK/LIFE COACHING (SELF)

Purpose / Intention / Decision Making / Empathy / Support / Leadership / Acknowledgment
(Facilitated by Nelson)

SESSION FOUR: THE CACAO CEREMONY (LOVE)

Credibility / Compassion / Courage / Connection / Confidence / Community / Creativity
(Facilitated by Asha / Katie / Nelson)

(4) Weekly sixty-minute virtual one on one sessions

Deep conversations focused from transition to transformation

Hands-on experiences, practices, tools and rituals

Complimentary 28-Day support pdf, playlists and cacao powder

In between session support

"When we are not at our center, we focus on performance, we focus on impact, we focus on appearance, we focus on mind-stuff and we focus on how things are happening to us rather than by us".



LEAD.
HEAL.
CREATE.



Asha Martin - Metaphysical Evaluation & Soul Coach

Asha is a former entrepreneur with a string of successful businesses. In 2014, a serious health scare caused Asha to re-evaluate her values and priorities. Since then Asha has focused her life's work on supporting people in need of guidance at critical life junctures through metaphysical evaluation and soul coaching work. She teaches people in search of life's answers how to work with their intuition to live a richer, more satisfying life with confidence. Asha has dedicated her life to developing this special ability. Immensely proud to be able to use her skills to bring comfort and pleasure to others by connecting them with their loved ones in spirit, and to be able to help others on their own spiritual development journey. Amongst many of Asha's passions is her first children's book about Heaven which is coming out in Fall 2021.

Katie Isiminger - Modern Medicine Woman & Self-Love Coach

Katie spent the majority of her career in Corporate America with a background in Chemical Engineering and Business although exciting felt like something was missing. Katie is a modern medicine woman and self-love coach. In 2011 she had the opportunity to open a spa which really accelerated her journey of coming back to her true self. That has led to her journey in creating The Love Collective where she uses her passion as a modern medicine woman, self-love coach and meditation teacher to help others to connect more deeply to their hearts, bodies, and intuition where so much wisdom lies. She works one on one or in small groups and combines meditation, plant medicine, daily rituals, ceremonies and mentorship in a personalized way.

Nelson Chaves - WorkLife Coach and Thinking Partner

Nelson is a certified life and executive coach and thinking partner. Having begun his career in the music business, Nelson nurtured the careers of independent artists while working with Grammy, Gold and Platinum performers. In 2011, Nelson left that world in search of something more meaningful to help others which led him on a two year journey between Toronto and New York City where he became a certified coach and founded Hungry Hearts 416NYC. His own personal, transformational journey has included losing 70 pounds, surviving cancer and becoming an avid champion of well-being and mental health issues. Nelson has worked with CEOs, executive teams, entrepreneurs, healers, philanthropists, artists, athletes, and activists. Leaders from all walks of life and business who seek guidance on how to nourish talent, creativity and spirit along the journey to "becoming more of yourself".