

JANUARY 2023

**4 DAY
TRAINING**

MELT THE SUBTLE PARALYZES

FROZEN

WWW.KAYAJIWAN.COM

TO BE PARALYZED
MEANS YOU CANNOT
TAKE ACTION,
SPEAK, OR MOVE

KAYA JIWAN

FROZEN

STUCK IN ICE

I SEE A LOT OF PEOPLE DOING THE WORK, HAVING AN AMAZING LIFE, CREATING BEAUTIFUL RELATIONSHIPS, AND CELEBRATING SOULFUL MANIFESTATIONS. YET IN THE BASE SOMETHING IS OFF.

YOU CAN FEEL IT IN THEIR ACTIONS, YOU CAN SENSE IT IN THEIR ENERGY. YOU CAN READ IT IN THE WAY THEIR BODY MOVES. YOU CAN ALSO SEE IT IN THE RESPONSES WHEN CHALLENGES AND TRIGGERS ARISE.

WHEN THE BASE IS (PARTLY) FROZEN, THE ENERGY IS STUCK IN ICE. RESPONSES ARE TOO STRONG, TOO MUCH OUT THERE OR TOO LITTLE, TOO LATE.

WHEN SUBTLE LAYERS OF FREEZE BLOCK THE NATURAL FLOW, THE DEEPER SYSTEM IS PARALYSED AND THE IMPULSE REGULATION BECOMES REACTIVE INSTEAD OF FLUIDLY RESPONSIVE.

SINCE EVERYTHING IN YOUR LIFE SPROUTS FROM THE BASE, A FROZEN BASE IMPACTS ALL YOU FEEL, DO, SAY, CREATE, AND AVOID.

THE ICE CUBS IN YOUR SYSTEM ARE OFTEN VERY OLD, BUT WE DON'T NEED TO HAVE A CLEAR TRAUMA TO RECOGNISE WHERE YOU ARE FROZEN.

A SHORT LIST OF THE EFFECTS OF BEING IN AN ONGOING SUBTLE FREEZE

POOR BOUNDARIES
PLEASING AND ADJUSTING
LACK OF INNER SAFETY
TRUST ISSUES
DISTURBED INTUITION
CRAVING/FEARING LONELINESS
ISSUES WITH MAKING CHOICES
STRUGGLING WITH CONSISTENCY
LOW OR VERY HIGH LIBIDO
TIGHT CONTRACTED ENERGY
BLOCKING ABUNDANCE
NEVER/ALWAYS MINDSET

READY TO MELT THE ICE?

HERE WE GO!



MELTING THE ICE
OF YOUR SUBTLE FREEZE
IS THE GATEWAY FOR
LIVING TRUTH.

KAYA JIWAN

FROZEN

WHY

WONDERING WHY AFTER ALL THE WORK, YOU ARE STILL STUCK
IN THE SAME PATTERNS?

JOIN KAYA JIWAN IN AMSTERDAM FOR 4 DAYS

BIO MANIPULATION
IMPULSE REGULATION
RADICAL NERVE SYSTEM RESET.

TRULY.

FORGET ABOUT FIGHT, FLIGHT, AND FAWN.

THESE RESPONSES ARE ALL SECONDARY TO THE MASTER OF
ALL SURVIVAL STRATEGIES.

FREEZE.

YOU CAN DO ALL THE WORK YOU WANT, KAMBO, MAMA AYA, AND MAGICAL
MUSHROOMS. YOU CAN MEDITATE ON THE MOUNTAIN UNTIL YOU ARE
ENLIGHTENED. DANCE INTO ECSTASY, BREATHE INTO FREEDOM, GATHER WISDOM,
AND ACTIVATE HIGH LEVELS OF CONSCIOUSNESS.

WHEN YOU DON'T WORK ON THE SUBTLE FREEZE, YOU STAY STUCK IN PATTERNS,
RELATIONSHIPS, AND SITUATIONS THAT ARE NO LONGER SERVING YOU.

YOU KNOW WHAT I AM TALKING ABOUT, RIGHT?

YOU HAVE DONE SO MUCH.
YOU IMPROVED YOUR LIFE ON MANY LEVELS.
BUT THERE ARE STILL THINGS THAT DON'T SEEM TO SHIFT.

I KNOW.

IN THIS 4-DAY TRAINING, WE OFFER A TRAUMA-INFORMED APPROACH TO EXPLORE
THE DEPTHS OF YOUR SUBTLE PARALYZES. WE CREATE A BIO MANIPULATION MAP
OF THE INSTANT FREEZE RESPONSE AS AN ANCHOR POINT FOR RADICAL CHANGE.

IN THE TRAINING, WE FOCUS ON A DEEP RESET OF THE NERVE SYSTEM THROUGH
BIO MANIPULATION, IMPULSE REGULATION, DEEP FREEZE SYSTEMATICS &
REWIRING SURVIVAL PARALYSIS.

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RE-CLAIMING
DEEP INNER SAFETY
IS THE FIRST STEP
TO FREEDOM.

KAYA JIWAN

THE JOURNEY



DAY 1 - ICE ICE BABY

- STUCK IN THE MIDDLE
- INNER ICE CUBES
- THE MEMORY BODY
- FROZEN IMPULSES
- NERVE SYSTEM ANALYSES
- SURVIVAL PARALYZES

MAPPING THE STRUCTURE OF YOUR SYSTEM

DAY 2 - PROTECT

- LOST BOUNDARIES
- FREEZE, FOG & FLOW
- ROOT REBALANCING
- FEEL THE TRIGGER
- NOBODY CAN SAVE YOU
- TRUST AND INTUITION

RE-IMPRINT THE KEY TO PROTECTION

DAY 3 - PROVIDE

- SUBTLE PARALYSES
- THE UNSEEN LACK
- WHAT YOU TRULY NEED
- SELF PROVIDING
- ROOTING VS GROUNDING
- BEING UNAVAILABLE
- FREEDOM OF CHOICE

RE-IMPRINT THE KEY TO PROVIDING

DAY 4 - HEATING UP

- HIBERNATE, ISOLATE, RESTORE
- BIO MIMICKING
- BIO MANIPULATION
- RECLAIMING EXISTENCE
- UNLIVED EMOTIONS
- INNER SAFETY

EXPLORING RESPONSE RESPONSIBILITY

WHEN YOU
CAN'T PROVIDE
YOU CAN'T THRIVE.

KAYA JIWAN

FROZEN

DATES

TO CREATE A CLEAR CONTAINER FOR A RADICAL SHIFT IN YOUR SUBTLE PARALYSES,
WE INVITE YOU TO COMPLETE THE FULL PROGRAM.

PREPARE

INTRO LETTER
SUNDAY 9TH OF JANUARY



ALIGN

INTENTION LETTER
SUNDAY 15TH OF JANUARY



4 DAY TRAINING

AMSTERDAM
THU 19TH - SUN 22TH JANUARY
10.00 - 17.00



INTEGRATE

AFTERCARE LETTER
MONDAY 23TH JANUARY



IMPLEMENT

GROWTH LETTER
SUNDAY 5TH OF FEBRUARY

FROZEN

SET UP

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FROZEN

4 - DAY TRAINING
PREPARATION PRACTICES
AFTERCARE MANUAL
INTEGRATION CALL

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AMSTERDAM

THURSDAY - SUNDAY
19 - 22 JANUARY 2023
10.00 - 17.00

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TICKETS

TRUST TICKET
+ 30 MIN INTRO CALL
1750,-

FROZEN TICKET
+ 2HR NERVE SYSTEM RESET
2000,-

ELITE TICKET
+ 8 WEEKS OF PERSONAL MENTORSHIP
6000,-

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