



A RETURN TO RADIANCE: BODY, MIND & SOUL

Course Outline



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Sunshineuni-uk.com

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Course Content

14 PDF modules

Attunements to the value of **\$125 / R2 080** (attunements can be passed on and charged for once received)

Extras

Radiant You Affirmations cards (31)

Self-Care Reset Workbook (14 pages)

Breathwork Basics cards (13)

Falling in Love with Myself Again Journal (21 pages)

The Organized Mind booklet (76 pages)

Please note: all printables are provided in digital format only and must be printed by you if you wish to have physical copies. Hard copies are not supplied.

A Return to Radiance: Body, Mind & Soul

A Journey into Embodiment, Clarity and Inner Light

There comes a moment when doing more is no longer the answer – when the spirit longs not for another achievement, but for a return. A return to the body. To breath. To the simple truth of what you feel. A return to radiance – not as a goal, but as the quiet light that lives beneath the noise.

This course is that return.

It is not a challenge. It is not a self-improvement checklist or a test of devotion. It does not ask you to perform your healing, or to meet some distant ideal. Instead, it invites you into sacred presence – a gentle homecoming to the you that never left.

We begin with safety – with the breath, the body, the nervous system. We soften into sensation and stillness, learning to listen with more compassion than critique. Then we clear the emotional and mental clutter that dulls our inner light – gently meeting what aches, softening what guards, and releasing what no longer belongs. From there, we

begin to rise – not through striving, but through embodiment. You reclaim your voice. Your intuition. Your presence. And finally, you carry this radiance into your daily life – through ritual, reflection, and consistent self-honoring.

The journey unfolds in four parts –

Part One helps you land – in your breath, your body, your now

Part Two helps you listen – to what still aches, longs, or protects

Part Three helps you live – with more spaciousness, more soul, more light

Part Four helps you sustain – integrating your radiance into the rhythm of your everyday

Each module offers soul-rooted teachings, sacred practices, breathwork, movement, meditations, rituals and daily touchpoints to keep your energy steady and your spirit nourished.

You are not here to rise above yourself – you are here to return more deeply to who you truly are. And your radiance has always been waiting.

Module 1

Sacred Beginning

The Art of Creating a Safe Inner Ground

What This Journey Is – And What It Is Not

Laying the foundation of safety, presence and reconnection

Core Teachings

Coming back into the body as a place of resource and presence

Understanding safety as an embodied experience, not a concept

Creating your own inner sanctuary of permission, rest and return

Practice – Grounding Breath

A simple anchoring into the now

Practice – Daily Body Scan & Stretch

Listening to your body's daily requests with gentle presence

Sacred Touchpoint

I begin by arriving, exactly as I am

Module 2

The Wisdom of Your Body

Reawakening Vitality Through Sensation and Movement

The Wisdom of the Body

Listening to Your Body's Language

Sensing Subtle Signals

Energy Hygiene for the Body

Gentle Movement to Release Stagnant Energy

Restoring Flow Through Intuitive Motion, Breath and Presence

Practice – The Daily Body Scan & Stretch

Reconnecting with Your Inner Landscape Through Presence, Breath and Intuitive Movement

Meditation – What Does My Body Need Today?

Reawakening Intuitive Trust Through Stillness, Presence and Inner Listening

Sacred Touchpoint

A Moment to Breathe, Soften and Reconnect

Module 3

Breath as an Anchor

Regulating your nervous system for steadiness and calm

The Breath as a Bridge Between Mind and Body

How your breath carries messages between your physical body and your inner world

How Breath Patterns Influence Emotional Tone

Understanding how your inhale and exhale shape your inner atmosphere

Breath and the Emotional Body

How your breath mirrors – and transforms – how you feel

Three Gentle Techniques for Centering, Softening and Restoring Balance

Simple breath practices that bring your whole system back into harmony

The 5-Minute Breath Break

An easy, restorative pause to settle your whole system

Breath Blessing Ritual

Honoring the life force that moves through you

Sacred Touchpoint

With this breath, I arrive. With this exhale, I release.

Module 4

Nourishment as Vibrational Medicine

Eating with presence, intuition and energetic awareness

Food as Frequency

How nourishment shapes your inner glow

Listening for What Your Body Truly Wants

Learning to trust your inner signals over external rules

Seasonal Nourishment

Listening to what the wheel of the year asks you to receive

Removing Fear and Rules

Returning to mindful presence through softness, not control

Visualization – Receiving Light Through Nourishment

An energetic attunement before or after meals

Ritual – The Colorful Plate and Blessing

A simple moment of gratitude and energetic attunement before eating

Sacred Touchpoint

May this food nourish my light from within.

Module 5

The Observing Mind

Creating space from overthinking

The 'Thought Cloud' and the Sky of Awareness

Understanding how to return to the calm beyond your thinking

Why Thoughts Speed Up When the Nervous System Contracts

Understanding the link between mental overactivity and physical tension

How Observation Dissolves Mental Noise

The quiet power of witnessing your thoughts without becoming them

Guided Visualization – Return to the Sky of Awareness

Letting your mind rest in the spaciousness beyond thought

Practice – The Pause

A gentle, one-breath interruption of spiraling thinking

Sacred Touchpoint

I am not my thoughts. I am the stillness that watches them.

Module 6

Tending the Inner Garden

Meeting Emotion with Compassion

How Unexpressed Feelings Dim Your Radiance

Allowing Emotion to Move So Light Can Return

Naming Emotions Without Becoming Them

Creating Space Between What You Feel – and Who You Are

Holding Emotion with Warmth Rather Than Resistance

Letting Feeling Be Met, Not Managed

The Emotional Body as Messenger – Not Enemy

Honoring the Wisdom Beneath Each Feeling

Ritual – Journaling for Emotional Release

A Soft Unwinding of What Has Been Carried Too Long

Body-Based Practice – Movement Ritual

Loosening the Soil

Visualization – Tending the Inner Garden

A Guided Inward Journey of Emotional Tending and Gentle Renewal

Sacred Touchpoint

Hand to Heart – This Feeling Is Welcome Here

Module 7

Energetic Boundaries

Protecting what is yours. Clearing what is not.

How to sense energy that is not your own

Recognizing energetic interference and returning to your frequency

Recognizing energetic leaks and sympathetic overwhelm

How and where your energy slips away – and how to gently reclaim it

Gentle boundary practices that support your nervous system

Creating energetic safety through presence, pattern and loving containment

Ritual – Golden Light Shield & Saltwater Clearing

A simple practice to cleanse and strengthen your field

Guided Visualization – The Energetic Cloak of Gold

A golden mantle of protection, presence and sovereign light

Sacred Touchpoint

My energy is my own. I am safe within myself.

Module 8

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Sacred Touchpoint

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Module 9

The Power of Your Voice

Reclaiming Your Vibrational Presence

The Power of Your Voice

Using vocal vibration to shift your energy field

Speaking Truth Softly

The healing of authentic expression

Creating a Personal Mantra

Aligning your inner state

The Voice as a Channel

Sound as soul signature – resonance beyond language

Practice – Chant – Whisper – Silence

One mantra – three ways – three depths of embodiment

Sacred Touchpoint

Speak your mantra aloud – then as a whisper – then inwardly

Module 10

Mirror of the Soul

Seeing yourself with new eyes

Softening Inner Criticism Through Presence

Reclaiming the inner gaze as sacred witness, not judge

The Eyes as Portals of Light

Inviting sacred connection through inner and outer gaze

Reclaiming Your Reflection as Sacred Rather Than Conditional

Returning to your image with reverence – not requirement

Why Posture and Breath Alter Self-Perception

Reclaiming the body as a mirror of inner alignment

Ritual – Mirror Work for Deep Acceptance

Returning to yourself without armor

Soul Gaze with a Trusted Mirror Partner

Deep witnessing with another

Sacred Touchpoint

I see the light in you. I honor your journey.

Module 11

Listening to Soul Whispers

Tuning into your intuitive guidance

Distinguishing fear voice from soul voice

Learning to recognize the texture of inner truth

How intuition communicates – symbols, sensations, timing

Learning the language of subtle guidance

Returning to trust through consistent listening

Rebuilding the bond between self and soul

Meditation – Silent Walk or Stillness Moment

Letting the world soften enough for inner truth to rise

Option 1 – Silent Walk

Option 2 – Stillness Moment

Ritual – Letter from Your Radiant Future Self

An invitation to receive guidance from the version of you who already remembers

Sacred Touchpoint

I trust the quiet voice within. I am guided.

Module 12

Rooted in the Earth

Finding steadiness through nature

The earth as a stabilizing, nourishing presence

Rooting into the steady rhythm beneath your feet

How grounding restores clarity and vitality

Grounding is more than a technique – it is a return to truth

Simple ways to connect with the elements daily

You are not separate from nature – you are nature, remembering herself

Practice – Barefoot Walking or Tree-Rest Meditation

Letting the earth receive what you no longer need – and offer what you now require

The Energetics of Rooting

Anchoring presence, softening resistance

Ritual – Earth Offering

A gesture of gratitude, however small

Sacred Touchpoint

I am steady. I am held

Module 13

Weaving Radiance

Living Your Radiance

Integrating your transformation into daily life

Let radiance become a way of being, not something to chase.

Reviewing your inner shifts with compassion

Witnessing your journey without judgment

Identifying what supports you consistently

Remembering the quiet anchors that hold you when all else shifts

Recognizing patterns that no longer belong to you

Letting go of outdated survival strategies with tenderness

Reflection Practice – Your Radiant Moments Map

Charting the moments your soul lit up

Practice – Living Invitations

A tender integration of presence into the everyday

Meditation – Returning to the Light Within

Letting your radiance be felt in stillness

Sacred Touchpoint – “I honor the journey I have walked”
A gentle closing bow to all you have reclaimed

Module 14

Your Radiance Statement

A personal guiding principle for the life ahead

Synthesizing your journey into one living truth

Letting the essence of your transformation emerge

Anchoring radiance into simple daily rituals

Letting your inner light shape the rhythm of your life

Creating an ongoing, gentle maintenance rhythm

Let your light be tended – not through pressure, but through presence

Closing Ritual – Lighting the Way Forward

A symbolic beginning rather than an ending

Sacred Touchpoint

I walk in the glow of my inner light