

The S.T.O.R.Y. Bridge

How the pieces fit — and why they belong together.

Three frameworks. One ecosystem. Each complete in itself — each a doorway to the next

This map is a guide to the framework of The S.T.O.R.Y. Bridge — the path you walk, the container that holds you, and the terrain of the journey itself.

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Seek. Transform. Own. Remember. You.

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The S.T.O.R.Y. Path

Five movements — a passage that flows naturally, gently, and at your own pace.

This is the inner journey: the arc a woman makes as she moves from seeking to becoming. Not a checklist — a map of how transformation actually moves. Not in a straight line, but in a spiral, returning to each movement with new understanding.

S

Seek

Your lineage, your questions, your place in the continuum.
Begin with curiosity, not answers.

T

Transform

Through truth, not performance. Patterns recognized can be released.
This is where healing happens — in the body, not just the mind.

O

Own

Your identity, your earned wisdom, your voice.
Claim what is already yours.

R

Remember

The elders, the stories, the ones who carried you here.
Belonging does not require a perfect family history.

Y

You

As the ancestor in the making. Living now as a future ancestor.
You are already creating a legacy — right now, in this season.

This is not a program. It's a passage.

The Three-Ring Ecosystem

One community. Three doorways. You choose how deep you go.

This is not a menu of separate offerings — it is a single arc, from outer exploration to inner transformation. Each ring is complete in itself. Each one opens naturally to the next. You are never pushed. The doors are simply there.

OUTER RING · BEGIN HERE

1 **The S.T.O.R.Y. Bridge Community**

Guided reflections, Ancestor Wisdom Card pulls, stories, rituals, and gentle invitations to go deeper. This is where you feel your way in — through story, metaphor, and quiet recognition.

MIDDLE RING · GO DEEPER

2 **Becoming the Bridge™**

A four-week signature program for women in midlife. Reflection, ritual, ancestral connection, and community. The place where understanding becomes felt — and patterns begin to shift through being witnessed and held.

INNERMOST RING · TRANSFORM

3 **ReUnion — Body-Level Ancestral Healing**

Where patterns that live in the cells are not just recognized — but released. Twenty-plus years of ReUnion practice are the spine of everything here. When the inner world speaks, the outer world follows.

The Life Continuum

Ancestors → Elders → You → Future Ones

The Six LIFE Inspired Pillars

The thematic heart of this work — each pillar a doorway into a different dimension of the journey.

These are not sequential. They are territories. A woman may enter through any one of them, and find the others waiting inside.

PILLAR 1

Stories & Connection

Your story was never just yours. It belongs to every woman who needed to hear it.

Story as legacy, bridge, and belonging — the thread that connects you to those who came before and those who will come after.

PILLAR 2

Community

You were never meant to carry this alone.

Growth through encouragement, trust, and connection. A warm, unhurried space where women gather to witness and be witnessed — without performance or urgency.

PILLAR 3

Energy Transformed

The capacity you sense in yourself is real. It has been waiting for you to stop arguing against it.

Recognizing and unleashing your inner power. The ancestral patterns stored in the nervous system can be released — and when they are, everything shifts.

PILLAR 4

Embrace Change

The mess is not a detour. It is the material. The magic has always been there.

Finding beauty and gifts within struggle and upheaval. The middle is exactly where the work begins.

P I L L A R 5

Set Your Own Path

Somewhere along the way, you started following a map someone else drew. That ends here.

Discovering identity and living more fully. What is mine to live — and what is mine to release?

P I L L A R 6

Be the Bridge

You are not just receiving a legacy. You are creating one. Right now. In this season.

Honouring ancestors and carrying their legacy forward with intention. You are the bridge between what was and what is becoming.

How the Pieces Fit

Three frameworks. One ecosystem. Each complete in itself — each a doorway to the next.



*The **S.T.O.R.Y. path** is the inner journey — the five movements a woman makes as she seeks, transforms, owns, remembers, and becomes. The **Three-Ring Ecosystem** is where that journey is held: community, program, and body-level healing, offered in concentric circles of depth. The **Six Pillars** are the living themes woven through all of it — the specific territories of transformation that women encounter along the way. Together, they form a complete passage: a path to walk, a container to hold you, and a map of the terrain.*