



METAMORPHOSIS

sou/book

Emerge from Uncomfortable Life Transitions
with Renewed Clarity & Wisdom

with Tash Cook & Mariana Suarez



hello



Welcome to **Metamorphosis!**

We are so honoured that you are here. Your presence is the essence of this experience, know that every session has been prepared with you in our hearts.

Metamorphosis was created with a singular intention - to redefine the way in which we experience change and transitions in our lives. We all know that change is the only constant in life, yet we keep running away from it, and we wonder why it feels so painful.

In our time together we want you to consider this possibility...

What if your most uncomfortable seasons and transitions come to your life as gifts, pushing you to expand your limits and evolve into a new, more enlightened version of yourself?

We are excited for you! We encourage you to fully immerse yourself in this experience. Open your heart and let this Metamorphosis be that pivotal moment that you always look back with a smile.

We are here to support you, guide you, and celebrate you every step of the way.

With butterfly wings,

Tash & Mariana



EVERYTHING STARTS FROM

intention

The Metamorphosis Event was born from a profound belief—that within each of us lies the potential to evolve and renew from every circumstance.

This event was created to offer you a sacred space and the tools to navigate life's transitions with purpose, clarity, and confidence.

You are not here by chance; you listened to your heart and knew within that investing this time in yourself is essential because you are important!

Life is a growth-centric experience. Change and challenges are not just inevitable, but they are also an essential part of our human experience. They push us beyond our perceived limitations, helping us discover new strengths and qualities that will evolve into a greater version of ourselves.

This event is a reminder that life is not meant to be perfect or pretty and the more we let go of these expectations the easier and prettier it becomes. Embracing imperfections and difficulties as part of our journey is what makes our journey rich, genuine and profound.

We look forward to seeing you embrace the beauty of your life with awe and curiosity, one transition at a time.

**“Change is never painful.
Our resistance to change is”**

- Buddha -

YOUR intentions



Before we begin, take a deep and intentional breath, connect with your heart and craft the deepest intentions for **your Metamorphosis.**

What aspects of your life are calling for renewal and transformation?

What positive changes would you like to see in your life after the event?

How do you want to feel at the end of this experience and take with you?



OPENING OUR HEARTS to change

Change is a constant in our lives, yet our relationship with it can be a delicate one. Some changes are chosen and some are surprises life bring to us. Understanding how we relate to these transitions can provide valuable insights into how we respond how we do.

Imagine that **change** is a person. How would you describe your relationship with it?

Reflect on a significant change you **chose** to make. Consider the emotions and thoughts that accompanied this choice and how did it shape your path...

Think about a change that **came to your life** unexpectedly. Reflect on your initial reaction and the emotional ride. What strengths or insights did you gain from navigating this change?



*"Change is never painful
Our resistance to change is"*

- Buddha -

Part 1

Rise





*“Life is a series of natural and
spontaneous changes.*

*Don't resist them; that only creates
sorrow.*

Let reality be reality.

*Let things flow naturally forward in
whatever way they like”*

- Lao Tzu -

EXPLORING OUR SIX

human needs

Have you ever wondered what drives your thoughts, actions, and decisions? What underlying forces shape your behaviours, both consciously and unconsciously? These forces are the **six human needs** and the fundamental drivers that influence everything we do.



Do you seek comfort and stability in your life? Certainty provides us with the safety and predictability we crave, allowing us to feel secure and in control.



How do you feel when life gets monotonous? While we desire certainty, we also need variety to keep life exciting and stimulating. Uncertainty brings new experiences, challenges, and adventures that add spice to our lives.



Do you value your relationships and the sense of belonging? Humans are inherently social beings, and our need for connection and love drives us to form relationships, seek companionship, and belong to a community.



How important is it for you to feel valued and recognised? The need for significance motivates us to seek recognition, achievement, and a sense of identity that sets us apart from others.

EXPLORING OUR SIX

human needs



Are you committed to learning and self-improvement? Growth is the process of developing and expanding ourselves, ensuring that we continue to progress and enhance our capabilities.



Do you find fulfillment in giving back and making a difference? Contribution is the need to extend our efforts beyond ourselves, positively impacting the world around us and finding purpose in our actions.

loving reminder

While all six needs are crucial, **growth and contribution** are the two that truly create a fulfilling life. **Growth** allows us to continuously improve and reach our highest potential, while **Contribution** connects us to something larger than ourselves, providing profound satisfaction and purpose.

EXPLORING OUR SIX

human needs



Which of these needs resonate most with you? Take a moment to reflect on how each of these needs influences your life and identify which ones are most important to you right now.

**You can't change your human needs,
but you can always *change their priority***

EXPLORING OUR TWO

primary fears



Have you ever paused to consider what fears lie at the core of your actions and decisions? Understanding these deep-seated fears can provide profound insights into our behaviours and emotions. Let's explore the two fears every human has (whether they recognise it or not).

inadequacy

The fear of inadequacy can manifest in various ways, such as self-doubt, perfectionism, and reluctance to take risks. It stems from a belief that our abilities, worth or qualities are dependant on what we do.

reflection

How does the fear of not being enough show up in your life? In what areas do you feel inadequate, and how does this affect your actions and decisions?

abandonment

This fear of not being loved can lead to behaviours aimed at seeking approval, avoiding conflict, and clinging to relationships even when they are unhealthy. It arises from a deep-seated need for connection and acceptance.

reflection

In which way does the fear of not being loved influence your relationships? How does this fear shape your interactions with others & your sense of self-worth?

notes



Part 2

Renew



CONTENT VS context

At the heart of our life journey lies an important distinction between content and context. **Content** refers to the events and circumstances of our lives—the "what" of our experience. **Context**, on the other hand, is the lens through which we view these events—the "how" and "why" of our experience. **It's the perspective we choose to adopt that ultimately shapes our reality.**

Can you go back and change anything that has already happened?

"You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future.

- Steve Jobs -



Cultivating Wisdom: You've been there!

Reflect on a significant challenge or transition from your past. How has it shaped you? How did it help your character? What context did you give it then, and how can you reframe it now?

you are exactly

WHERE YOU NEED TO BE

Where you are right now is not a mistake. You are not a mistake. You are not broken. You are not cursed. **These are just constructs of the mind.**

You are blessed, whole, and complete—though still unfolding. It is not despite your life but, exactly THROUGH this life, that you can experience its richness and the gift that it is. **These are truths of the soul.**

What lessons is life offering you right now? How can you embrace these lessons rather than resist them?

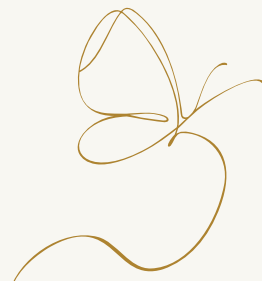
In what ways can you acknowledge that where you are right now is exactly where you need to be? How can this acceptance change your perspective and experience?

Think about a recent painful experience. How can you see this as part of the balance of life, rather than something out of balance?

*“Change the way you look at things,
and the things you look at change”*

- Wayne Dyer -





THE THREE STAGES OF transformation

True transformation doesn't happen in an instant. It takes time, intention, and effort, along with a willingness to look within. Understanding the stages of transformation can help us navigate this journey more effectively.

Cognitive

Intellectual
Comprehension

At this stage, you might know what needs to be done, but you haven't yet taken the steps to put that knowledge into practice.

Congruence

Unity of the
Heart and Mind

This is where we begin to practice what we know with good intentions, but may struggle to maintain consistency.

Identity

Gateway into
Being

This stage is where transformation becomes part of who we are. Our actions are no longer something we have to consciously think about—they become a true reflection of who we are.

**“The process of change requires you
becoming conscious of your unconscious self”**

- Joe Dispenza -

THE THREE STAGES OF transformation



As you reflect on these stages of transformation, take a moment to consider where you currently stand in your own journey. What intentional steps can you take today to ensure that this transition brings lasting wisdom, something you can carry forward and refer back to as you continue to evolve?



What is something you KNOW (intellectually) but don't DO?

Cognitive
Believe



What is an example of something you started with good intentions but never finished or continued?

Congruence
Behave



What is a habit you no longer need to think about because it is just what you do?

Identity
Become

**“Becoming the person you aspire to be,
requires you stop being that old self”**

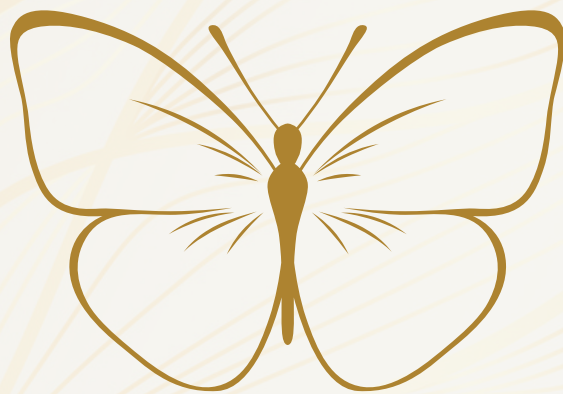
- Joe Dispenza -

notes



Part 3

Reimagine



SPIRIT OR HUMAN?

finding the balance

We are spiritual beings having a human experience. What if instead of resisting the curriculum life is offering, we can choose to embrace it and learn to LOVE all of who we are?

Your Spirit-ness

- Non-physical
- Infinite Intelligence
- Consciousness
- Loving Awareness
- Time-less
- Eternal
- Purpose
- Wisdom
- Intuition
- Evolution
- Oneness



Your Human-ness

- Body
- Personality
- Physical Needs
- Ego
- Family/Ancestors
- Conditioning
- Time-bound
- Emotions
- Desires
- Vulnerability
- Mortality
- Separation

Often, we search for happiness, success, or pleasure, thinking these are the ultimate goals.

But what if the true purpose of our life is to be experienced through our **human-ness** so that our **spirit** can be free?



GRIEF AS AN initiation

Grief is a human conversation with life itself.

Grief is a profound experience that unites our human-ness and spirit-ness.

What if we start to see grief as an **initiation** to create a new, more expanded self? This invitation allows us to engage with grief not just as a source of pain, but as a profound opportunity for **growth** and **contribution**, as well as an opportunity to unlock a deeper understanding of ourselves and our purpose in the world.

5 Gates of Grief



①

Loss

②

Parts of us
that haven't
met love

③

Sorrows of
the World

④

What we
expected and
didn't receive

⑤

Ancestral
Grief

The mark of a mature human being is the capacity to carry **grief** in one hand
and **gratitude** in the other.

Engaging with our grief mindfully, creatively, and compassionately helps us appreciate the beauty of the world and our lives, allowing us to also open our hearts to friendship, beauty, connection, and oneness.



TENDING TO OUR SORROW

Our modern culture lacks courtesy for grief and sorrow, feeling the urge to fix it rather than simply understanding and feeling it. Grief doesn't need to be fixed; it needs to be felt.

By sitting with our grief with time, patience, devotion and sharing it in community, we honour our emotions and allow true healing to occur.

What haven't you grieved?

Looking deeply at the 5 gates of grief, make an honest inventory of what haven't you grieved and it needs to be acknowledged?



*“The mark of the mature human being
is the capacity to carry grief in one
hand and gratitude in the other”*

- Francis Weller -

notes



Part 4

Emergence



EVOLVING THROUGH THE FOUR LEVELS of consciousness

Understanding the four levels of consciousness can help us understand how we engage with others, respond to challenges, and move through life. Each level represents a shift in awareness and empowerment, helping us transition from being passive victims of circumstances to fully co-creating with life. By recognising where we are on this path, we can make conscious choices to elevate our experience, live with purpose, and embrace life more fully.



as me
oneness
consciousness

In this stage we experience a deep connection with everything around us. We realise that we are not separate from life but a part of the whole, living in unity with all that is. There's a sense of oneness with the universe, and actions come from a place of pure alignment.



through me
flow
consciousness

At this level we surrender to the flow of life, trusting that we are connected to something greater. This stage is where ease, grace, and synchronicity appear.



by me
achiever
consciousness

In this level we focus on achievement, discipline, and making things happen through hard work and willpower. While empowering, this stage can often lead to burn out or a need to control outcomes.



to me
victim
consciousness

In this stage we see ourselves as passive recipients of circumstances, believing we have little or no control over what happens. This mindset often leads to feeling like a victim of life and others, overwhelmed by external forces.

EVOLVING THROUGH THE FOUR LEVELS of consciousness



AS ME

How can I deepen my connection with the world around me and experience life in unity and harmony?

THROUGH ME

Where can I let go of control and trust that life is happening through me, allowing more flow?

BY ME

What am I constantly chasing?

In what areas am I trying too hard or controlling too much?

TO ME

Where in my life do I feel that things are happening to me?

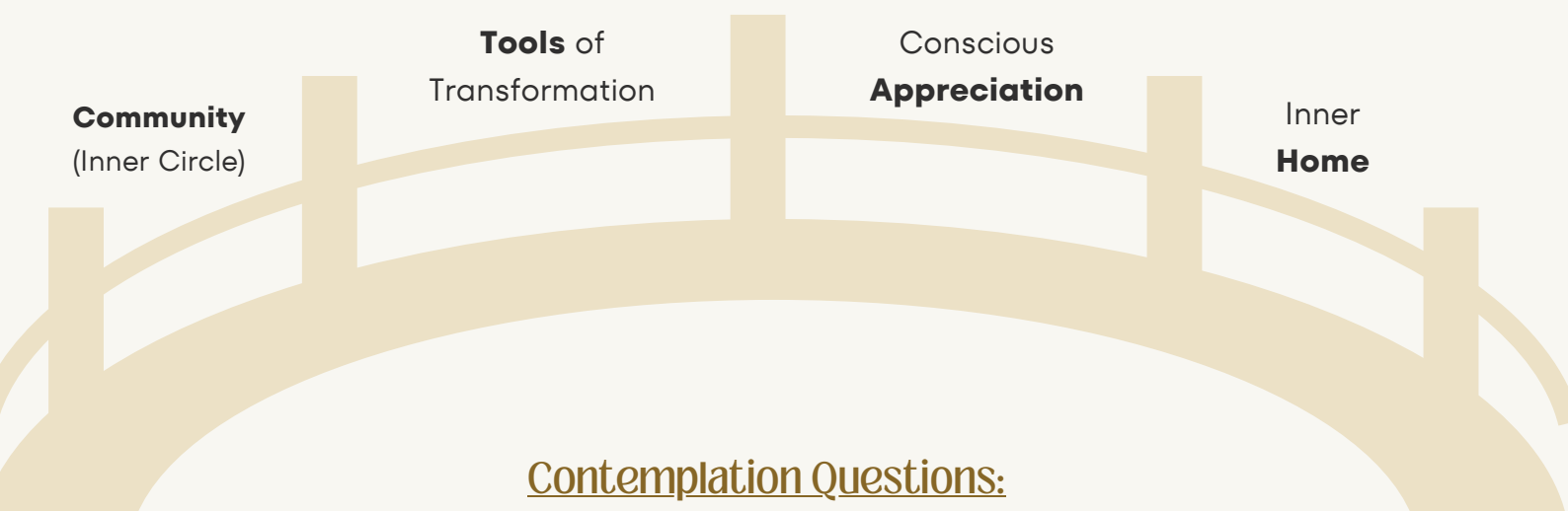
How can I take ownership of my responses?

These levels are not linear; rather, they reflect shifts in awareness that we can move through over time. The goal is not perfection but a more conscious and intentional engagement with life.

BRIDGE OF transformation

As we reach the culmination of our journey together, let's take a moment to build a bridge that connects your current self with your healed, evolved self.

Consider these elements and how they create a solid foundation for your ongoing **Metamorphosis**. Reflect on each one and how it will support your journey to becoming your most authentic and empowered self.



Contemplation Questions:

Who are the key members of your inner circle? How do they support your journey, and how can you strengthen these relationships?

What tools do you currently have to manage your needs, fears, and sorrows? How can you ensure these tools are readily available during challenging times?

How does practising gratitude impact your daily life?

How can you create a consistent routine that includes these practices to support your ongoing transformation?

notes





YOUR
insights and aha's

What was the most impactful insight you gained today?

What tools are you taking with you from this Metamorphosis? How can you incorporate them into your daily practice to support your ongoing evolution?

What is the most important lesson you've learned during this metamorphosis, and how will you use it to shape your future and contribute to the world?



*"We delight in the beauty of the
butterfly, but rarely admit the changes
it has gone through to achieve that
beauty"*

- Maya Angelou -

next steps



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Enjoy lifetime access to all your Metamorphosis resources



Metamorphosis Immersion

We would love you to be part of our **six week** immersion to go deeper in your transformation process.

Next group starts on October 15



Consciousness Mentoring (EMF)

If you want to take this exploration to a whole new level, we would love you to be part of our **six month** consciousness mentoring starting November 26, 2024

[Apply for EMF](#)

**You have changed, said the caterpillar.
We are supposed to, answer the butterfly.**

a metamorphosis prayer

Divine Spirit of Transformation

We gather in gratitude for this journey of growth and renewal.

Thank you for helping me unite my human-ness and spirit-ness, for allow me to see my grief as a sacred initiation to a more enlightened self.

Please grant me the wisdom to balance my sorrows with heartfelt appreciation that allow me to turn every experience into blessings.

I honour my new inner circle, who can hold my hand, tend to my heart and uplift my spirit.

I receive the courage to navigate my transitions with grace, devotion and integrity.

May my unique gifts contribute to the greater good and my sense of purpose.

I thank you for this metamorphosis that has invited me to stand tall and keep moving forward.

I choose to rise, renew, and reimagine endless possibilities.

Thank You

Hey amazing soul,

Thank you for bringing your presence, your energy, and your authentic self to this sacred space. Your willingness to show up, to lean into vulnerability, and to embrace the journey with courage and compassion has made this experience truly magical.

We are deeply grateful for the trust you've placed in us as your guides and facilitators. It has been an honour and a privilege to witness your transformation throughout this journey and we can't wait to hear all that unfolds for you. The real metamorphosis is only starting..

As you return to your life, allow yourself to bring the love, learnings and the light of this event with you wherever you go.

Know that you are always lovingly supported and that you deserve to fly into places you have never imagined.

We so look forward to sharing our six week immersion with you!

Tash & Mariana





METAMORPHOSIS

A Soulful Event by
Tash Cook & Mariana Suarez
2024