
ECHOES OF EMPOWERMENT WORKBOOK

WRITTEN BY
BRIDGETTE PETERSEN





A MESSAGE FROM THE AUTHOUR

In this eBook, we will introduce to the concept of *Echoes of Empowerment* by telling the fictional story of a butterfly called Echo.

What many people think is a cage, is actually a cocoon and with this perspective shift, have the ability to break free and fly!

Enjoy.

Bridgette ♡





CONTENTS

1

MY STORY

I was caged inside for 17 years.
I lost myself trying to survive.
But something inside me refused to die.

2

THE COCOON

The sacred space of transformation—where pain meets purpose, silence brews strength, and your true self begins to awaken.

3

BREAKING FREE

Remembering who you are, shedding what no longer serves, and rising into the truth of your power, your voice, and your sacred path.

4

TAKING FLIGHT

Taking flight means trusting your wings, rising beyond survival, and stepping boldly into the life you were always meant to live.

5

THE PROGRAM


This program is a journey from pain to power. You'll break free from old patterns, reconnect with your truth, and rise into the woman you were always meant to be—guided by healing, wisdom, and soul-led transformation.

THE BUTTERFLY'S AWAKENING

Once, in the heart of an ancient forest, a small caterpillar named Echo lived within the safety of her cocoon. The world outside was vast, unknown, and frightening, but inside, she was safe. The walls wrapped around her like a warm embrace, shielding her from the storms that raged beyond the trees.

***YET DEEP INSIDE,
SOMETHING STIRRED—A
WHISPER, A PULL, A
LONGING SHE DIDN'T
FULLY UNDERSTAND. THE
COCOON, ONCE HER
REFUGE, HAD BEGUN TO
FEEL LIKE A PRISON.***



A silhouette of a person standing in a field of tall grass or reeds, with a white text box overlaid in the center. The background is a soft, greenish-yellow light, suggesting a misty or overcast day. The person's silhouette is dark and centered, facing away from the viewer. The text box is white and contains the text "BUT THERE WAS SOMEONE WHO WANTED HER TO STAY EXACTLY WHERE SHE WAS." in a green, serif font. There are two vertical lines, one above and one below the text box, also in green.

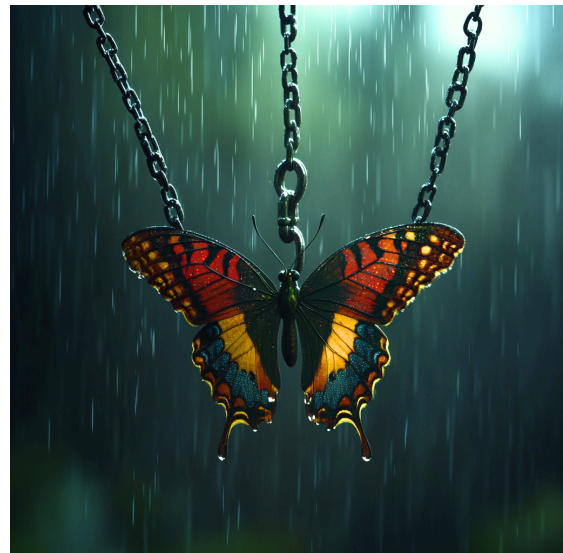
BUT THERE WAS
SOMEONE WHO
WANTED HER TO
STAY EXACTLY
WHERE SHE WAS.

THE KEEPER



A great shadow loomed over the flowers—the Keeper. He was the ruler of the meadow, a creature with ancient hands and a voice as smooth as honey but thick with control. He had watched Echo build her cocoon, whispering words that made her believe she needed it.

“THE WORLD IS DANGEROUS,” HE HAD TOLD HER. “STAY HERE, WHERE YOU ARE SAFE. YOU ARE NOT READY TO FLY.”





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AND FOR A TIME
SHE BELIEVED
HIM
|

THE LIGHT SNEAKS IN

Until one day, a crack appeared in the cocoon. A ray of golden light slipped through the tiny gap, and for the first time, Echo saw the world beyond. She felt something deep inside her stir—wings, trembling and new, waiting to unfurl.

THE WHISPER INSIDE HER GREW LOUDER. "SET ME FREE...."





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SET ME FREE

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COURAGE



She pushed against the walls, stretching, yearning. With each breath, the layers of her old self began to shed. The fear, the self-doubt, the version of her that had once believed she was small—all began to fall away.

THE KEEPER SAW WHAT WAS HAPPENING AND RUSHED TO HER SIDE.

“No,” he growled, wrapping his cold hands around the cocoon. “You are nothing outside of this. Without this, you will be lost.”

But echo had seen the light now. She had felt the strength of her wings.

With one final push, she burst through the cocoon, her pāua-shell wings breaking free, catching the golden sunlight.

As they opened wide, she gasped—each wing shimmered like woven stars, etched with the patterns of her tīpuna (ancestors).



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EACH WING
SHIMMERED LIKE
WOVEN STARS

|

UNDERSTANDING

She saw now—one wing carried the strength of her bloodline, the boundaries they had taught her to hold. The other held love—the love for her human form, her body that carried her through this life, her vessel of power and wisdom.

THE KEEPER REACHED OUT, TRYING TO FOLD HER WINGS, TO PULL HER BACK INTO THE COCOON. “COME BACK!” HE COMMANDED. “YOU BELONG HERE! YOU NEED ME!”

But echo was no longer bound by his words.

As she hovered in the air, she looked into the realms of the land below.

She saw how sadness draped over the earth like a veil, how so many others lived in their own invisible cages. And then, she saw him—the Keeper, standing beneath her, his face no longer twisted in anger but in sorrow.

She understood now.





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SHE
UNDERSTOOD
NOW

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TRAPPED KEEPER



The Keeper was trapped in a garden of his own making.

He was doing his job the only way he knew how. He had built his own cage long before hers.

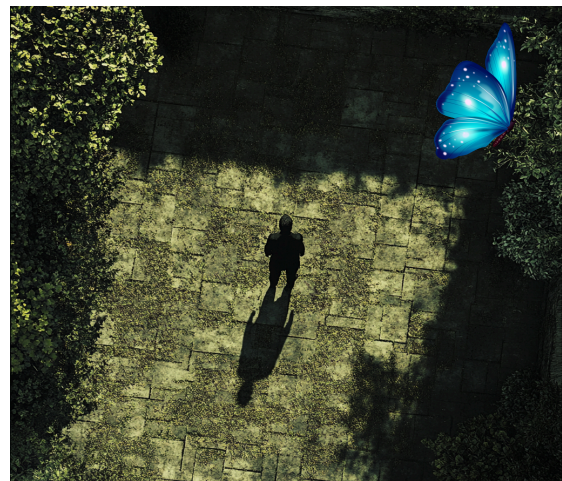
She met his gaze, not with anger, but with knowing.

"I see you," she whispered, but I cannot stay.

She summoned the good memories, and sent him love and understanding.

He has his own journey now, and one day he may be free.

And then she turned, lifting herself into the sky. The winds carried her higher, away from the hands that had held her down for so long.



FREEDOM

She had been told she
couldn't fly.

That she wasn't ready. That
she would be nothing
outside of her cocoon.

But she had found her truth.
She was not meant to be
trapped.

She was born to be free.

And as she soared through
the endless sky, she
whispered to the wind, "I am
enough. I am worthy. And I
will be free to be me, I will
find a way to help those still
sleeping so off she went....

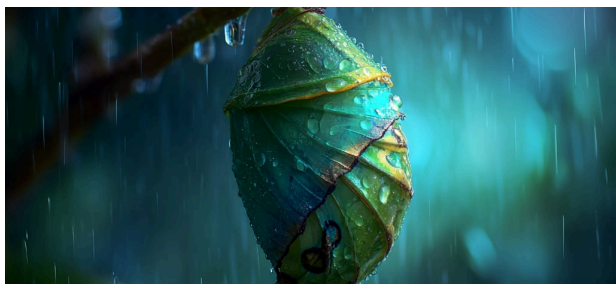
To heal those that are
seeking the truth.



OUR ONLINE COURSE

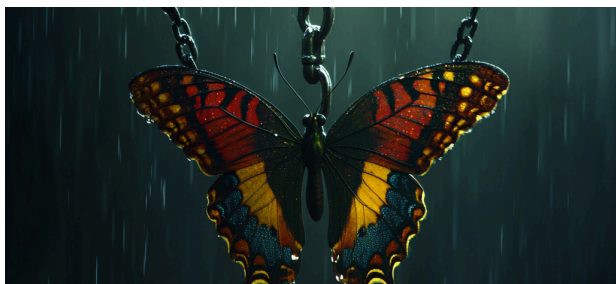
Coming Soon

THE COCOON



Understanding that it may not be a cage you're locked in but a cocoon. The awakening of the truth.

BREAKING FREE



Getting yourself ready to break out, stretching your wings and gathering your strength.

TAKING FLIGHT



Healing beyond yourself. You're free of your cocoon, where do you fly now for healing, safety and rest?



THANK YOU FOR READING!



with love



BRIDGETTE PETERSEN
*AUTHOUR
MUM
FREE SPIRIT*

WWW.BRIDGETTEPETERSEN.COM