



ALCHEMYMINDSET

The 5 Visibility Blocks

Stopping Women From Sharing Their Authentic Voice

Free somatic practice + 21-day action plan to identify the block, shift it in 5 minutes a day, and start showing up as your authentic self.



alchemymindset.com.au

Before You Begin:

This Is Not What You Think It Is

This is NOT a confidence fix. This is NOT affirmations. This is NOT journaling prompts.

This is an **EMBODIED SOMATIC PRACTICE** combined with a **PROGRESSIVE ACTION PLAN** — designed to identify the specific visibility block keeping your real voice hidden, feel where it lives in your body, move through it with a nervous-system-level practice, and take real-world action that rewires your relationship with being seen.

This isn't awareness. IT'S TRANSFORMATION.

Which Archetype Are You?

Read each one slowly. Feel into it with your body, not just your mind. One will hit differently. **THAT'S THE ONE.**

1

THE CONTROLLER

"I'll be visible—but only on MY terms."

FEAR: If I lose control of how people see me, I won't be safe.

2

THE HIDER

"I'll put myself out there when it's perfect. Which means never."

FEAR: If I show up before it's perfect, I'll be judged.

3

THE GIVER

"Everyone else first. My visibility can wait."

FEAR: If I put myself first, I'll be seen as selfish — and abandoned.

4

THE DOER

"I'm visible through my achievements only — never as myself."

FEAR: If I show up without proof of my worth, I'll be exposed.

5

THE MUTE

"I desperately want to be seen but something stops me every time."

FEAR: If I let my full self out, something bad will happen.

Here's What Makes These Different

These aren't confidence blocks. They're VISIBILITY blocks. They don't ask: "Am I good enough?" They ask: "I know I have something — but something won't let me be FULLY SEEN sharing it."

How This Practice Works

STEP 1 — Read All 5 Blocks

Read them slowly. Find the one that sounds like your own internal voice — the one where you go "that's exactly me." You'll feel it somewhere in your body. Your chest might tighten. Your stomach might drop. THAT'S THE ONE.

STEP 2 — Do the 5-Minute Practice for YOUR Block

Each block has a specific body-based practice to clear it. Not affirmations. Not mindset work. A somatic practice that interrupts the pattern at the nervous system level. You'll do one block at a time. It takes 5 minutes. Do it every day for 21 days.

STEP 3 — Follow the Progressive Action Plan

Each block includes a WEEKLY ACTION PLAN that builds over 3 weeks. Week 1 is one action. Week 2 is two. Week 3 is three. BY DAY 21 you won't just feel different — you'll have real evidence that showing up as yourself doesn't destroy you. IT BUILDS YOU.

STEP 4 — Notice What Shifts

When the block starts to transmute, you don't just "feel better." Something that was invisible before becomes clear — what you're actually here to say, who you're here to say it to, and what you're here to build. That's the signal it's working.

A Note on Why These Aren't Affirmations

Words are powerful. But these blocks don't live in your mind — they live in your body. So these practices start with your nervous system first. Body first. Then the voice follows.

Something Has Shifted

WE'VE ENTERED THE AUTHENTIC VISIBILITY ERA.

You can feel it — even if you can't name it yet.

PEOPLE DON'T TRUST POLISHED EXPERTS THE WAY THEY USED TO. They don't follow credentials. They follow the woman who has LIVED, TRANSFORMED, and is willing to be seen in her full truth. Lived experience is the new authority.

And women with real wisdom aren't late to this era. THEY'RE EXACTLY WHO IT'S BEEN WAITING FOR.

But most of them are stuck. Not because they don't have anything to offer. BECAUSE SOMETHING INSIDE THEM WON'T LET THEM BE FULLY SEEN.

And here's what nobody says out loud: most wise women aren't hiding completely. They're showing up. They're posting. They're doing the things. But they're not showing up as themselves.

THEY'RE PERFORMING A CURATED, FILTERED, SAFER VERSION.

And that version doesn't attract the right clients. Doesn't build a real following. Doesn't lead.

THE REAL YOU DOES. The you with strong opinions, real beliefs, the voice that comes out in honest conversation with your closest friends — not the one you filter for public consumption.

That woman builds something extraordinary.

BUT FIRST SHE HAS TO BE WILLING TO BE SEEN AS SHE ACTUALLY IS.

BLOCK 1

"THE CONTROLLER"

What's really going on:

You show up— but only after curating every word, image, and angle. You have strong opinions, real fire, things you're burning to say — but you filter everything through: "How will this make me look? How will this be received?" IN BUSINESS, THIS IS THE MOST COMMON BLOCK AMONG EXPERIENCED WOMEN. The thing that makes your wisdom valuable — your unique perspective, your hard-won beliefs, your real voice — is exactly what you're managing out of your content. FILTERED DOESN'T CONVERT. FILTERED DOESN'T CONNECT.

Signs you're THE CONTROLLER:

- **Spend hours perfecting content — not for quality, but to CONTROL PERCEPTION**
- **Go quiet in spaces where you can't MANAGE THE NARRATIVE**
- **Defend immediately or delete and disappear when misunderstood**
- **Your online presence feels safe but DOESN'T ACTUALLY SOUND LIKE YOU**
- **Keep changing your offer because NOTHING FEELS RIGHT when filtered**

YOUR 5-MINUTE PRACTICE: SURRENDER BREATH

1.

Sit comfortably. Phone off. Place both hands palms-up on your thighs — open, receptive. Close your eyes.

2.

Long, slow inhale through your nose for 4 counts, expanding your belly. Long, slow exhale through your mouth with an audible sigh — let it be messy and uncontrolled. 2 minutes. The uncontrolled exhale teaches your nervous system that losing control doesn't equal danger.

3.

Say out loud: "I don't need to control how you see me to be safe." Notice where your body resists — throat, chest, belly. Place your hand there. Breathe into it for 30 seconds.

4.

Write one thing you've been editing, softening, or holding back. Keep it in a dedicated notebook — your raw truth bank.

Do this every day for 21 days. That's how long it takes to interrupt the pattern.

Your Weekly Action Plan:

Week 1: Choose ONE thing from your raw truth bank and share it publicly. One post, one story, one message. Unedited. Once.

Week 2: Share TWO unfiltered truths publicly across the week.

Week 3: Share THREE. Notice how much easier it's getting.

What shifts when this transmutes:

— **You stop curating a persona and START BUILDING A PRESENCE THAT SOUNDS LIKE YOU —**

Your messaging gets clearer because it's real. Your content gets easier because it's true. —

THE RIGHT WOMEN START FINDING YOU — because they can finally hear who you actually are.

BLOCK 2

"THE HIDER"

What's really going on:

You're not perfecting your work. YOU'RE PERFECTING YOUR MASK. "Not ready yet" is the safest place in the world — because if you never fully show up, you can never be judged for who you really are. Meanwhile, women with less experience and less wisdom than you are out there serving the exact clients who need YOU. Not because they're better prepared. BECAUSE THEY WERE WILLING TO BE SEEN BEFORE THEY FELT READY.

Signs you're THE HIDER:

- **Incredible content sitting in DRAFTS FOR MONTHS because "it's not ready yet"**
- **More time on BRANDING, WEBSITE, AESTHETIC than actually talking to people**
- **Watching others show up imperfectly and build audiences WHILE YOU PREPARE**
- **Telling yourself "just one more thing to fix" before you can begin**
- **Confusing GETTING READY TO SHOW UP with ACTUALLY SHOWING UP**

YOUR 5-MINUTE PRACTICE: FIRE BREATH + POWER ACTIVATION

1.

Sit tall, spine straight. Hands on your knees. Close your eyes.

2.

Rapid, rhythmic breathing through the nose — equal inhale and exhale, driven by pumping your navel. Pull your navel in on the exhale; let the belly relax on the inhale. Build to a comfortable pace. 1–2 minutes. If you feel dizzy, slow down.

3.

Inhale deeply and hold for 10 seconds. Pull your navel gently in and up. Exhale and release.

4.

Place both hands on your belly. Breathe normally. Say out loud: "This is enough to begin. And I'm enough to be seen." Feel the warmth at your centre. 1 minute.

Do this every day for 21 days. That's how long it takes to interrupt the pattern.

Your Weekly Action Plan:

Week 1: Take ONE thing that's been sitting in drafts — a post, an idea, a half-written caption — and PUT IT OUT INTO THE WORLD. As it is.

Week 2: Do it TWICE. Two imperfect things, published.

Week 3: THREE. You're building evidence that imperfect and visible beats perfect and hidden.

What shifts when this transmutes:

— You stop hiding behind preparation and **START BUILDING IN REAL TIME** — You recognise that the women who need your voice **CAN'T WAIT FOR YOUR PERFECTIONISM** — You show up. You serve. You iterate. **YOU BUILD SOMETHING REAL.**

BLOCK 3

"THE GIVER"

What's really going on:

This isn't generosity. IT'S SELF-ABANDONMENT DRESSED AS KINDNESS. You dilute your opinions to be palatable. You support everyone else's visibility while yours waits. You put yourself last — because being fully seen for who you actually are feels more dangerous than disappearing behind service. THIS IS THE BLOCK THAT KEEPS YOUR REAL VOICE PERMANENTLY QUEUED BEHIND EVERYONE ELSE'S NEEDS. You water down your truth to avoid being too much. And the women who need YOUR voice can't find you.

Signs you're THE GIVER:

- **Create content about what your AUDIENCE WANTS TO HEAR — not what you want to say**
- **DILUTE YOUR REAL TRUTH to avoid offending or being "too much"**
- **Support everyone else's online presence while YOURS STAYS SMALL**
- **Say yes to everyone else's needs, no to your own voice — UNTIL YOU CAN BARELY HEAR IT**
- **Show up inconsistently — all in for two weeks, then gone for a month**

YOUR 5-MINUTE PRACTICE: HEART RECLAMATION BREATH

1.

Place both hands on your heart. Close your eyes.

2.

Slow, deep breathing into your hands. Feel your heartbeat. This is YOUR rhythm. Not anyone else's. 90 seconds.

3.

Ask out loud: "What do I actually want to say today?" Not what's helpful. Not what's safe. What do YOU want to say? The strong opinion. The real belief. 60 seconds. Let it come from your belly, not your head.

4.

When it arrives, say it out loud. Full volume. Unapologetic. If it feels selfish or uncomfortable — good. That's the block releasing. Write it down.

Do this every day for 21 days. That's how long it takes to interrupt the pattern.

Your Weekly Action Plan:

Week 1: Share ONE of your real, undiluted opinions publicly. Not advice. Not a tip. YOUR ACTUAL BELIEF about something that matters to you.

Week 2: Share TWO. Notice the urge to soften them. Don't.

Week 3: Share THREE. Your voice is getting louder. Let it.

What shifts when this transmutes:

— You stop fading into everyone else's world and **START BUILDING YOUR OWN PRESENCE** —

You start leading with your actual truth — EVEN WHEN IT'S LOUD — The women who need you most find you — because THEY WERE WAITING FOR THE REAL YOU

BLOCK 4

"THE DOER"

What's really going on:

Strip away the certifications, the credentials, the track record — and you're not sure what's left to lead with. YOU'VE BUILT YOUR PRESENCE AROUND WHAT YOU'VE DONE, NOT WHO YOU ARE. Because your real beliefs, your real voice, the transformation you've actually lived — that feels too vulnerable to put out there. IN THE AUTHENTIC VISIBILITY ERA, PEOPLE DON'T HIRE CREDENTIALS. They hire the woman whose words make them feel understood — the woman who's LIVED the thing they're struggling with. And you can't create that from behind a wall of qualifications.

Signs you're THE DOER:

- Only show up when you have a RESULT OR CREDENTIAL TO SHARE — never just as yourself
- Hide behind qualifications because BEING SEEN FOR WHO YOU ARE FEELS TOO EXPOSED
- Constantly adding more before you feel VISIBLE ENOUGH
- Lead every piece of content with WHAT YOU'VE DONE — not what you believe
- Your presence looks impressive but DOESN'T FEEL LIKE YOU

YOUR 5-MINUTE PRACTICE: IDENTITY BREATH

1.

Sit comfortably. Close your eyes. Place both hands on your heart, one on top of the other.

2.

Inhale for 4 counts. Hold for 4 counts. Exhale for 6 counts. The extended exhale calms the part of your nervous system that equates "being seen without proof" with danger. 2 minutes.

3.

Mentally strip away your titles, qualifications, achievements, results. All of it. Just you. Your beliefs. Your lived experience. Breathe into whatever comes up for 60 seconds.

4.

Say out loud: "I am worth listening to — not because of what I've done, but because of who I am and what I've lived." Notice where your body reacts. Place your hand there. Breathe. Then press your feet into the floor and come back to the room.

Do this every day for 21 days. That's how long it takes to interrupt the pattern.

Your Weekly Action Plan:

Week 1: Share ONE thing you believe deeply — not something you can prove with data or credentials. Something you know because you've lived it. No qualifications attached.

Week 2: Share TWO. Lead with belief, not bio.

Week 3: THREE. You're learning to lead as yourself, not your achievements.

What shifts when this transmutes:

— You stop performing expertise and **START BEING A REAL HUMAN WITH A REAL VOICE** — Your clients come to you **FOR YOU** — not your credentials — **THAT'S THE ONLY PRESENCE THAT SUSTAINS.**

BLOCK 5

"THE MUTE"

What's really going on:

You WANT to be visible. You have profound things to say. IN PRIVATE YOU'RE POWERFUL, ARTICULATE, ON FIRE. But the moment you go to bring that woman into public — to post, to film, to speak — your body shuts it down. It's not a strategy problem. IT'S YOUR NERVOUS SYSTEM SAYING: "THE LAST TIME YOU WERE FULLY YOURSELF, SOMETHING WENT WRONG." So the content stays in the drafts. Not because you have nothing to say. Because what you have to say feels like everything. THE COST? The women who need your voice can't find you.

Signs you're THE MUTE:

- **Open the app to post, FREEZE, CLOSE IT — for days or weeks**
- **Powerful in private conversation, BLANK IN PUBLIC**
- **PHYSICAL SENSATION — throat, chest, stomach — every time you try to post something real**
- **Watch yourself staying silent while OTHERS SHARE WHAT YOU'VE BEEN HOLDING BACK**
- **Notebooks and voice memos FULL OF BRILLIANCE THAT'S NEVER SEEN THE LIGHT OF DAY**

YOUR 5-MINUTE PRACTICE: THROAT ACTIVATION + VOICE RELEASE

1.

Sit or stand. Place one hand gently on your throat. Close your eyes.

2.

Inhale deeply through your nose. Exhale with a low, steady hum — mouth closed, feel the vibration under your hand at your throat. Let the hum last as long as the breath. Repeat for 90 seconds. The humming activates your vocal cords and calms your nervous system through vibration.

3.

Let the hum get louder. Then open your mouth and let it become a sound — any vowel, any tone. No words. No meaning. Just raw, unfiltered voice. 60 seconds.

4.

Say your name at your natural volume. Then answer out loud: "What have I been holding back from saying — and who needs to hear it?" Don't think. Don't filter. Just speak.

Do this every day for 21 days. That's how long it takes to interrupt the pattern.

Your Weekly Action Plan:

Week 1: Record ONE voice note of what came up in your practice. Send it to one person you trust. Your voice leaves the room.

Week 2: Record TWO voice notes. Send one privately, POST ONE PUBLICLY. Even if it's just a story that disappears in 24 hours.

Week 3: THREE. At least two public. Your voice is building momentum. Let it.

What shifts when this transmutes:

— You stop freezing and START SPEAKING — AS YOURSELF, RAW AND REAL — The brilliance that's been living in your notebooks STARTS LIVING IN THE WORLD — You discover the women you're here to serve were WAITING FOR EXACTLY WHAT YOU'VE BEEN HOLDING BACK

What Happens When You Clear Your Block

You don't just feel better.

You become AUTHENTICALLY VISIBLE —
and it feels like coming home.

Which means you can finally see:

What wisdom your experience has actually given you

Who needs what you know

What you're here to say — and lead

But here's the truth:

Clearing the block shows you THAT you have something real to say.

**It doesn't show you WHAT you're specifically here to lead —
or what to build your voice around.**

You can feel you're here for something.

You just can't see the shape of it yet.

That's where most women get stuck next.

YOUR NEXT STEP

The Master Gift Decode

A personalised decode where I **DECODE** your core gift,
your soul role, and the transformation you're specifically
here to lead.

Using your Gene Keys + Astrology

In your Decode, I'll share with you:

Your Master Gift

What you're here to embody, teach, and be known for

Your Soul Role

Guide, teacher, mentor, healer, coach, retreat leader etc. — and how you're meant to deliver your work

Your Transformation

The transformation you have come here to heal & help others with

Only \$27

GET YOUR DECODE

So you stop circling and start sharing the gifts you're actually here to do.