

# The 7-week Conscious Living Program

## What does it mean to live consciously?

To live a full, rich life means we MUST live consciously. To wake up. To 'see' with different eyes...

In my work as a coach for 30 years, I have witnessed the vast difference in women who live a conscious, deep life and those that live 'on the surface' on remote control, just moving through life the way they think it's supposed to be done.

And therein lies the trap...we don't even KNOW we're trapped, unconscious, asleep...and we blame life, others, circumstances. We're not really living within Who We Are, but some version that the world has set up for us and that we accepted. I've always believed that 95% of the population is sleepwalking through life.

When I do my complimentary Breakthrough coaching calls with women, while they are there to learn how to shape the body, build health, eat right and age strong and confident, it's deeper than that...there is an Inner Nourishment they desire...to Know How They are, why they are here, and they are yearning to step into a fresh, new way of seeing and living in the world.

THIS is what I call the Big Awakening happening in women all over the world. This is why I created the Conscious Living Program.

**I too lived unconsciously for years, but I most certainly didn't think I was.**

I had my health, a great body, great house, great job, money. But my first aha moment was when I was driving home from work in my nice car, nice body, to my nice little house...I felt that little 'flutter' in my solar plexus (your Power Point) and a little voice inside my head said 'is this all there is?'

My second awakening was when I suffered from Panic attacks, which opened me up to the mysteries and power of the metaphysical world, energy, frequency, seeing 'behind the veil'.

My third was when my son Tristan, was diagnosed with a degenerative and terminal condition.... Waking up through these hits in my life, opening me up even more to the power of the Universe, the mystery of the subconscious and the energy that is all around us and guides our life.

In a session with my spiritual intuitive that I've had for 25 years, she said '*be careful, you're often living by other people's rules, not your own*'. I feel the truth of that statement, looking over my life, doing as everyone expected me to do, doing the right thing, deferring to authority, following the rules.....



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Her words hit me hard, in the solar plexus, the area of truth and our sense of personal power (chakra work is very valuable in learning through the nervous system, and as a Reiki Master, I draw on this practice daily, to build my intuition and better serve my clients).

Through these awakenings, I naturally began to dedicate my life to learn how to stay 'awake' and living consciously...but I didn't always stay there. I fell back into my comfort zone of letting life 'happen to me' and THIS is the Work, moving in and out of it, shining up and slipping down. We don't get to live Nirvana, we learn to live in a world of ups and downs, and we accept it all.

**This is the Ebb and Flow**, and this too, is part of the Process, so as you embark on this, know that you WILL stumble, you WILL doubt yourself, you WILL lose faith...that is how it goes for all of us.

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**Here are my non-negotiable 6 fundamentals to begin to live consciously, aware, awake, and stepping into your Purpose, you're your Best Life (and body!)**

1. **It's time to Wake Up!** Living authentically means living awake!
2. **Living the Conscious Life:** a discipline that must be done daily, consistently, with intention.
3. **You are either Open or Closed**, there is nothing in between...
4. **We must take responsibility for our life and where we are now...** own it, and let it go.
5. **Learning the Fine Art of Surrender...** certainly our most powerful Life Tool.
6. **The Map of Consciousness:** your emotional guidance TOOL in this program and in life!

**Here, we learn to work from the heart**, not the head. Remember, this is an emotional Universe, not an Intellectual one.

**7 Modules** that build progressively on each other that includes:

- Video Lesson
- Downloadable transcript of each module
- Meditation (downloadable)
- Lesson resources (articles, resources etc)
- Brief homework questions to answer and submit for Karen to consider, and send out a Coaching Audio Summary to each client based on her homework, to help steer and support learning.

A cornerstone of the Program is **our weekly Zoom Calls** on Wednesday evenings, 4 pm (may be subject to change) where we join in group with other Warrior Women who are in the Program or have completed it. THIS is where women feel supported, listen to, and these group sessions help to deepen the Work and our understanding. Because 'No woman is an island'. (Recording emailed out).

We have a private FB page where Karen is there daily, supporting, inspiring, and helping to lead the way. We are a growing community of Warrior Women, all walking the Path together.....

<https://www.facebook.com/groups/warriorwomancommunity>

Our program is marketed as a \$3,000 Program given the level of expertise and amazing results clients enjoy. To break down barriers to participation, Karen has discounted it to \$999 (3 x \$333). All interested participants complete a free 30 minute call with Karen to assess one's readiness and ensure it's a fit. We run the CLP 3x a year - January, April and September. We keep our numbers small to ensure we can give in depth coaching, time and energy to each and every client (we only take 10 women per session).

## Here's what our lovely graduates are saying about the Program:

*I was very nervous joining the program, and if women feel afraid like I did, they just need the Courage to start. It can move you forward in amazing ways if you are open and willing to listen. – Viola Vanderuyt*



*The lesson on Universal Laws really woke me up and had me rethink my thoughts and guided me to a more productive and positive mindset, rather than living in the past. Having check ins with the group will also help keep on track, bounce thoughts with others and hear and learn from others who are in the same mindset. I needed my bullshit called out! If anyone is on the fence, I'd tell them 'do it' because you will be amazed at the outcome and having like minded women support /listen is invaluable. – Anna Marie Trelford.*

*This group of ladies and this Coach Karen are the bomb!! This program allowed me to "see from above" and who I am and the role I am playing, and whether I want that to change and how. I met a GREAT GROUP OF GALS who became a loving, understanding, compassionate and caring part of my life. I loved the recordings if I was away...SUPER HELPFUL!! I also LOVED the BONUS module about Food and Nutrition. Things are starting to click - it's taken many years, but I can feel it happening!". Benita Gilliland*



*Most people want to know more about themselves and their Purpose. This is a program to explore these questions deeply. The community was very important also. Thank you again, Karen! – Linda Churchill*

*I love learning and just growing and digging deeper into the psychology of our mind and body. I find it fascinating. Karen Mccoy and her programs are by far more than just being physically fit and healthy. Truly, the biggest part is for all of us is to start being mentally fit and dig into our own gifts and healing. – Colleen Gill.*



*If something in you is curious, that's already a sign. If you're on the fence, I'd say trust the nudge; there's usually something there for you. You don't join a program like this because you're broken, you join because you're ready to grow!. The CLP program isn't about adding more to your plate; it's about creating clarity, awareness, and alignment. And the community alone is worth it: being surrounded by thoughtful, well-intentioned women committed to growth is powerful. Thank you again Karen. – Sophie Perisic*

*This Program was exactly what I needed at exactly this point in my life! I feel a true sisterhood with you. 😊 I absolutely love the way you coach, the way you write, and your connection to nature and animals. Thank you so much for the experience. – Lili Masuret*

**For more on this amazing Program, [CLICK HERE.](#)**

## A Closing Message from Karen

“Most people are sleepwalking through life. It is my gift and my pleasure to help women Wake Up to their strength, beauty and Purpose. We are 40+ women, and we are redefining ageing, and how we want to live in this final season of our life – strong, healthy, grounded, in Flow....!”

As with all things, repetition is the Mother of Skill, and we ALL need repetition to keep us on the path and moving forward. We all need support and reinforcement, and we all need to be reminded of the basics of a healthy life—proper eating, quality training, and a solid mental and spiritual base that we can continue to open up to, learn from and grow into.

This thing called life is not an easy path, and we can get pulled in all directions. But with a strong set of values, a community of like-minded women in which to hang out with, and an on-going commitment to self, we can stay true and strong in our Path to health and healing, and to live with purpose, intent, focus, strength, and love.

It is my hopes for ALL of my Warrior Women out there, the ones I know and the ones I have yet to meet (because we are ALL Warrior Women on the Path) that you come to know your beauty, your strength, the difference you are making in the lives of your family and your community, but most importantly, how much you matter.

You matter.  
You ARE enough.

With much love and gratitude,



Female Empowerment Coach (S.W.A.T. Institute)  
Fitness Coach (BCRPA)  
Sports Nutritionist (CSNA – Master’s Level)  
Yoga Fitness Leader (Hatha)  
Masters Figure and Physique Competitor (1991 – 2013)  
Menopause Hormone Coach – 2 certificates (GGS, Dr. Stacy Sims)  
Shaman Practitioner (trained under Sharon Van Raalte)  
Bach Flower Practitioner, Level 1  
Master Reiki Practitioner  
Mindfulness Meditation Coach  
Published author – *One Rep at a Time* (Agio publishing)  
B Journalism, with honours



### Conscious Living Program

**Wake up and Live your Best Life...today!**

*Uniquely crafted for the 40+ woman.*