



Decoding Life

UNRAVEL · HEAL · TRANSFORM

A guide to the concepts and modalities we work with

Decoding Life is a gentle practice of healing, coaching and inner inquiry — a space to slow down, listen inward, and begin unravelling the patterns that keep you from your own aliveness.

“Return, again and again, to what is true.”

with Bhavana · Counselling Psychology, Healing & Life Coaching

What inner inquiry means

Inner inquiry is the simple, patient act of turning attention inward — not to fix yourself, but to understand yourself. Most of what shapes our lives was decided long before we had language for it: how safe it felt to need, how much space we were allowed to take, what we learned to hide. Inquiry is how those decisions become visible again, and therefore changeable.

How sessions are held

Sessions are unhurried and confidential. We begin where you are — no script, no performance of being well. Together we look at what is present in your body, your breath and your story, and we work at the pace your nervous system allows. Nothing is forced open. Insight is invited, not extracted.

Three movements of the work

01 Unravel

Naming the patterns, loops and inherited beliefs that quietly run the show.

02 Heal

Meeting the parts that carry the ache with presence rather than judgement.

03 Transform

Turning insight into lived, sustainable change — one small step at a time.

Who this work is for

Anyone carrying grief, anxiety, burnout, a harsh inner critic, relationships that keep repeating, or a quiet sense of being unlived — and anyone simply curious about their own depths.

The tools we work with

No single method holds every answer. Each session draws from the modalities below — chosen and woven together in response to what you are actually carrying.

i. **Inner Child Healing**

Reconnecting with the younger parts of you that still carry unmet needs — meeting them with the presence they once longed for.

ii. **Past Life Regression**

A guided journey into the soul's memory to gently uncover the roots of recurring patterns, fears and relationships.

iii. **Akashic Record Reading**

Accessing the energetic library of your soul for clarity on life purpose, karmic themes, and the season you are moving through.

iv. **Somatic & Breath Work**

Working with the body's intelligence — breath, sensation, movement — to release what talk alone cannot reach.

v. **Life & Transformation Coaching**

Structured, compassionate inquiry that turns insight into lived change, one small and sustainable step at a time.

vi. **Meditation & Contemplative Inquiry**

Simple, grounded practices for stillness, self-observation, and returning to the quiet knowing beneath the noise.

Ways to start — or begin again

01 One-to-One Healing

Held, unhurried sessions that meet body, breath and emotion — for grief, anxiety, burnout and stuck patterns.

02 Webinars

Interactive sessions designed to deepen your understanding of healing and self-discovery.

03 Akashic Record Reading

Access the soul's blueprint for clarity on your life path, patterns and purpose.

04 Self Help Guides

Free and paid downloadable guides and resources to support your inner journey.

05 Corporate & Group Workshops

Bringing stillness, listening and honest conversation into teams and institutions.

Come as you are.

If something here stirred a quiet yes, write in. We will find the shape that fits your season — no commitment, no pressure.

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