

LODESTONE™

Glimpse Your True Nature

Creator and Founder: Linden Thorp



LODESTONE

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What is Lodestone™?

Lodestone™ is a 30-day embodied practice that helps you return to the body, listen more deeply, and begin reconnecting body, spirit and mind.

A lodestone is a naturally magnetized rock – one of Earth's oldest compasses. Long before mechanical compasses, people used lodestones to find true north.

Lodestone™ works in the same way for human life.

It helps you return to your own inner orientation through the four inner compasses of the body.

Just as a lodestone aligns with the Earth's magnetic field, Lodestone™ helps you begin listening again to the deeper intelligence already within you.

Origins of the Method

Lodestone™ brings together decades of training, practice and lived experience.

- Buddhist discipline – silence, meditation, attention, compassion and embodied awareness.
- Whole-body listening – learned from Aboriginal elders, listening not only through words but through skin, vibration, land and the whole field of the body and spirit.
- Body education – F.M.Alexander Technique, Feldenkrais, dynamic alignment, living structure, movement and body re-education.
- Voice & performance – years of work with resonance, presence, breath and authentic communication.
- Teaching and communication – a lifetime of helping people find clearer language, deeper confidence and a more truthful relationship with themselves.



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About the Founder

Linden Thorp is the creator of the Lodestone™ Method and the author of *Your Body is Your Business Plan: Avoid Burnout*.

Her work is rooted in a lifetime of practice, teaching, communication, body re-education, voice, meditation and whole body-listening.

Lodestone™ brings this work into a clear 30-day embodied practice for people who are ready to return to the body and listen more deeply to their inner compasses.



Why Lodestone is Needed

Many people today live from the neck up.

They think, analyse, manage, explain, perform and push through. They look outside themselves for answers, while the body is quietly signalling what is true.

Over time, this creates a split.

The mind becomes overworked.

The breath becomes shallow.

The body becomes something to ignore, control, improve, or drag through the day.

Lodestone™ is needed because the mind alone cannot restore a person to themselves.

The mind can understand the problem and still leave the body exhausted, unheard and disconnected.

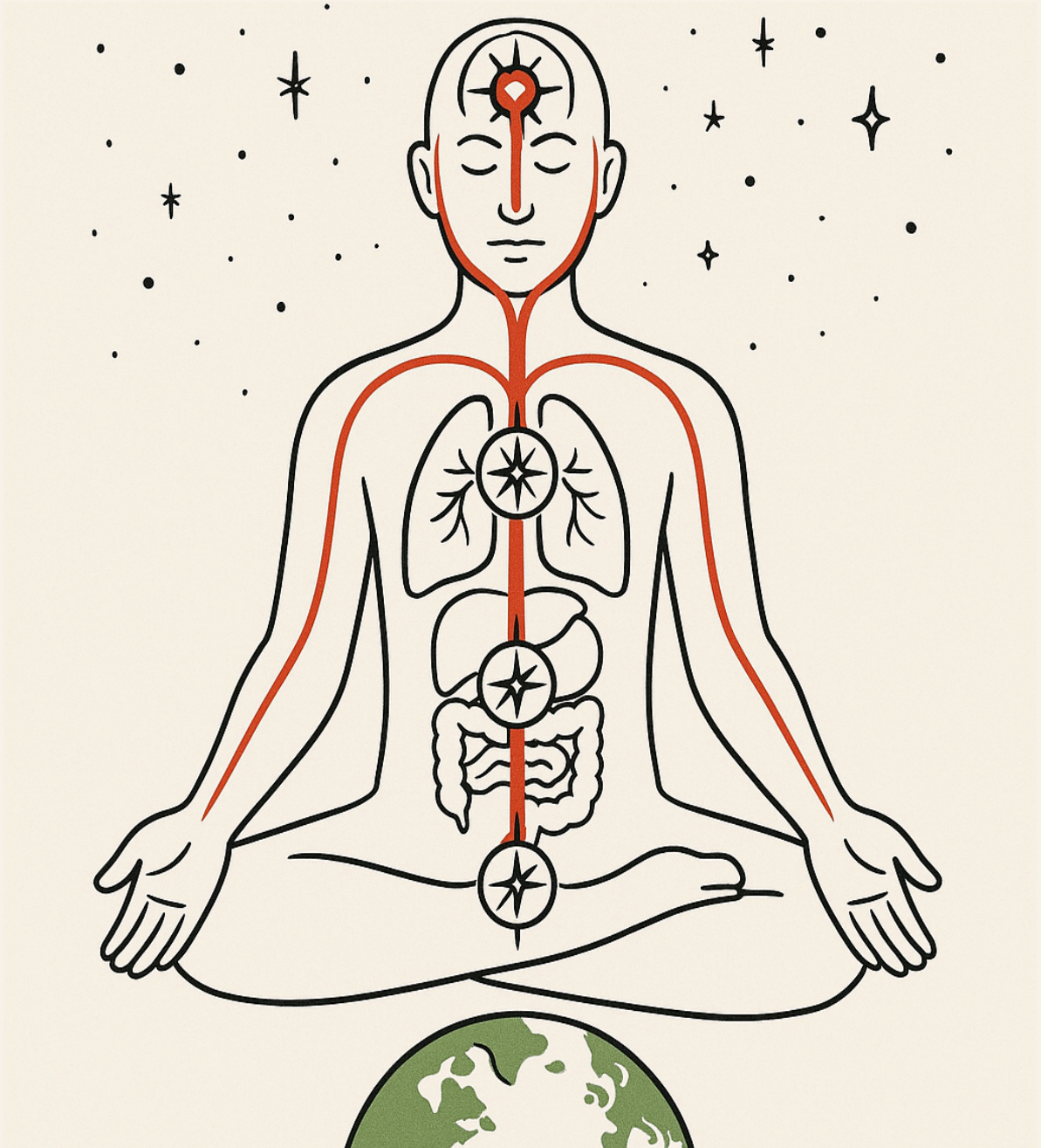
Lodestone™ begins from a different place.

It invites you to return to direct experience, listen through the body, and reconnect with the four inner compasses so body, spirit and mind can come back into relationship.

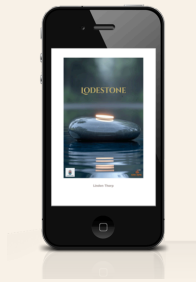
This is not a quick fix.

It is a practice of returning.





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The Four Inner Compasses

Lodestone™ works through four inner compasses of the body.

These are not ideas to think about.

They are places of attention, listening, and embodied awareness.

Compass 1: Brain, Brain Stem, and Pineal Gland

The centre of mental activity, perception, attention, and inner seeing.

Compass 2: Heart and Lungs

The centre of breath, feeling, relationship, compassion, and emotional truth.

Compass 3: Solar Plexus

Located above the gut, at the base of the breast bone. This compass supports personal power, instinctive knowing, and the felt sense of direction.

Compass 4: Base Chakra

Located at the base of the spine. This compass supports grounding, survival, stability, and connection to the life force of the body.

The vagus nerve acts as a master regulator, helping these inner compasses communicate through the living body.

Lodestone™ invites you to listen to each compass, not as a theory, but as direct practice.



How to Use Lodestone™

Lodestone™ is designed to be practised steadily over 30 days.

The guided audio practice is approximately 30 mins but it is best to allow around one hour for the full practice session.

Before you begin, give yourself time to settle.

Prepare your journal, choose a quiet place and arrange the body so you can remain alert, comfortable and receptive during the whole practice.

Do not lie down for practice.

The vertical relationship of the body matters. You are working with gravity, alignment, breath and the living structure of the body.

You are asked to be present bringing all your attention back to the body, the breath, gravity and the four inner compasses.

When the audio ends, do not rush immediately back into activity.

Take a few moments to return gently, notice what has shifted and write down anything important.

Lodestone™ asks you to step away from the usual intellectual and visual world for a while.

Give yourself time to acclimatise before stepping fully back into the day.



Lodestone™

30-Day Embodied Practice

Price: \$297 lifetime access

Lodestone™ is a serious, structured 30-day embodied practice for people who are ready to stop looking outside themselves for every answer and begin returning to the body.

This is not a quick fix.

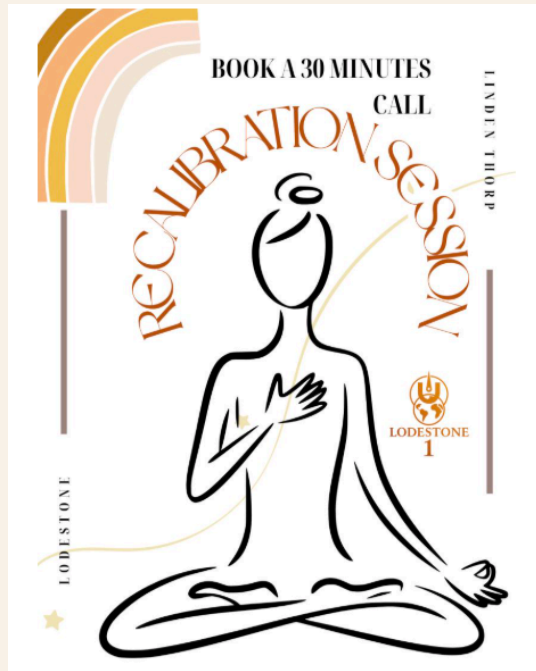
It is for people who are ready to practice.

What You Receive

- 30 guided audio practices
- approximately 30 minutes of guided audio each day
- lifetime access to the full Lodestone™ practice.
- a structured path for returning to the body
- practice with the four inner compasses
- a serious alternative to overthinking, quick fixes, and constantly searching outside yourself for answers



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Optional Support: 30–Minute Recalibration Session

\$197

A 30-minute recalibration Session is a personal session with Linden to help you pause, reconnect, and experience embodied recalibration directly.

It can stand alone or it can support your entry into Lodestone practice.

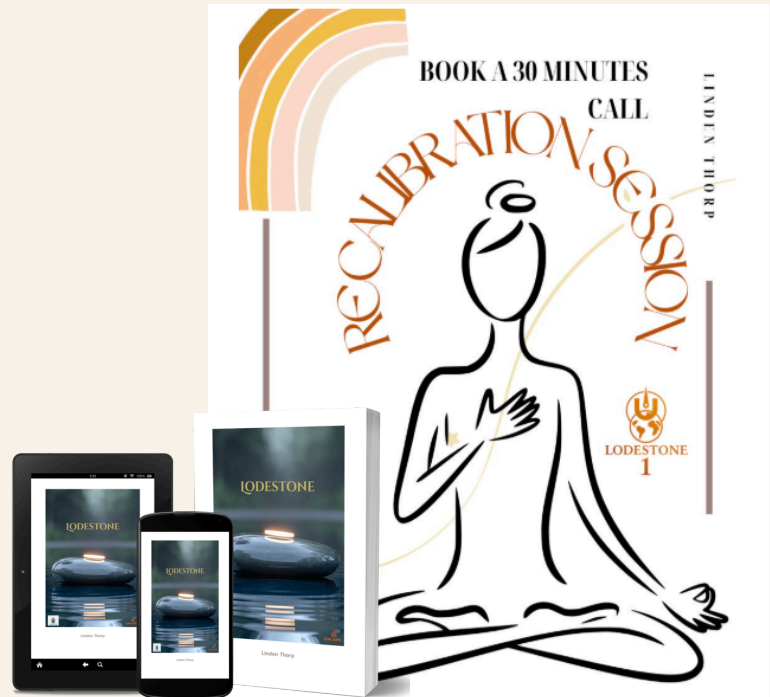
This session is especially useful if you would like personal guidance before beginning the 30-day practice or if you want support returning to the body after a period of stress, overthinking or disconnection.

The session does not replace Lodestone™.

Lodestone™ is the full 30-day embodied practice.

The 30-Minute Recalibration Session is a personal support option.





Lodestone™ + 30-Minute Recalibration Session

\$397

This bundle includes:

- Lifetime access to Lodestone™
- The full 30-day embodied practice
- 30 guided audio practices
- One personal 30-Minute Recalibration Session with Linden

This is the best option if you would like personal support as you begin the practice.

The separate value is \$494

The bundle price is \$397



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What People Say

Lin Schussler-Williams

Founder of *Be More Conference for Women*, *The Bridge Connection*, and *The Wise Woman Collective*

“Linden Thorp is an extraordinary spiritual mentor and transformation guide whose unparalleled wisdom and compassion empower awakening professionals to transcend burnout and rediscover their true purpose, crafting a legacy of conscious wealth and healing that positively impacts countless lives through her innovative approaches to somatic transformation and embodied leadership.”

Ebi Sheila Diete-Spiff

Self-Love & Mental Fitness: Speaker & Author

“Linden Thorp is such a gift. Working with her has been a deeply grounding and transformative experience for me. She has a way of holding space that makes you feel safe, seen, and empowered to step more fully into yourself.

Through her Lodestone™ method, she reminds us that embodied leadership isn't something we strive to achieve, it's something already within us, waiting to be remembered.”

Event Host

“Linden's wisdom, compassion, and presence are truly life-changing. Your session was deeply transformative, and participants left inspired and empowered. We are grateful for the energy you poured into helping women embrace confidence, healing, and purpose.”



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Begin Lodestone™

Lodestone – \$297 lifetime access
Begin the 30-day embodied practice.

Lodestone + 30-Minute Recalibration Session – \$397

Choose this option if you would like personal support as you begin.

30-Minute Recalibration Session – \$197
Book a personal 30-minute session with Linden.

Email: linden@lindenthorp.com

Website: lindenthorp.com

LinkedIn: [Linden Thorp](#)

Book: *Your Body Is Your Business Plan* – available on Amazon



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