

LODESTONE™

30-MINUTE RECALIBRATION SESSION

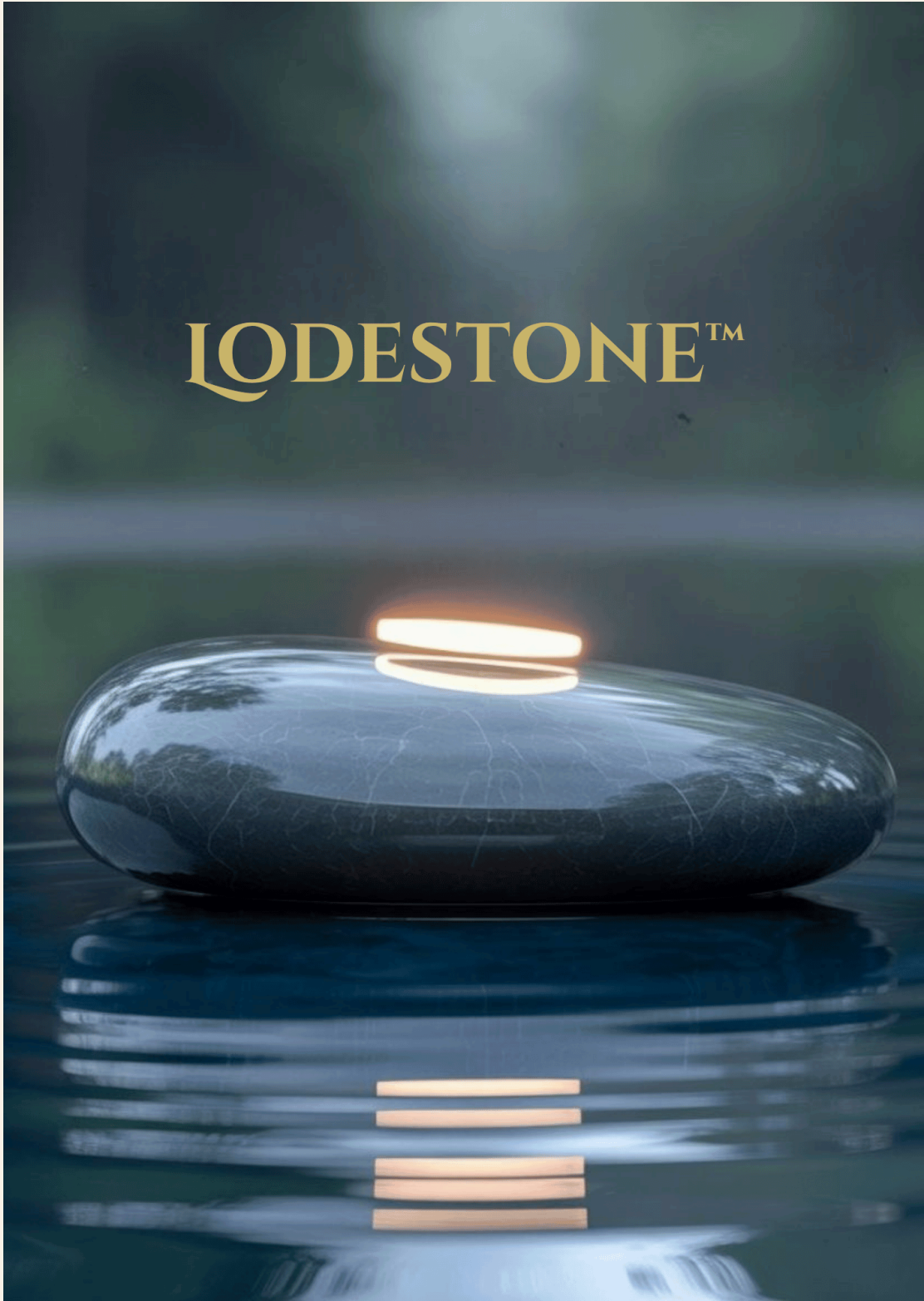
A private return to steadiness, presence, and inner direction.

To balance Body, Spirit, and Mind

Creator and Founder: Linden Thorp



LODESTONE™



What Is Lodestone™?

Lodestone™ is a method of embodied realignment — a synthesis of embodied awareness, ancient wisdom, somatic practice, and practical nervous-system understanding.

It works with four internal compasses: the Brain, Heart, Solar Plexus, and Base. These compasses are connected through the vagus nerve, the master communication pathway between body and brain.

When these compasses fall out of sync, energy can scatter, thoughts can loop, emotions can tighten, and the body may lose its natural sense of steadiness.

Lodestone™ helps restore coherence by inviting body, spirit, and mind to begin communicating again.

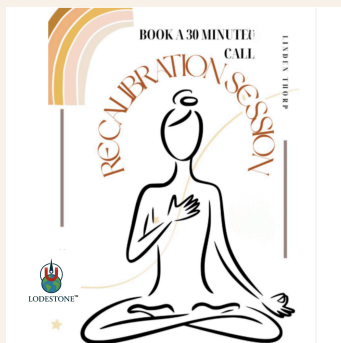
About Linden Thorp

Linden Thorp is an Embodiment Mentor, Author, and Founder of Lodestone™.

With decades of experience in voice, communication, body re-education, spiritual practice, and embodied learning, she helps people return to their own centre and reconnect with the intelligence of the body.

Her work supports people who are ready to move beyond mental overdrive and begin listening again to body, spirit, and mind.





What Happens During the Session

Each session is conducted online and guided in real time by Linden.

The session may include any of the following phases:

1. Arrival and Intention

An initial call for a short opening conversation to notice what is present and clarify the focus of the session.

2. Compass Realignment

Gentle breath, attention, sound, embodied architecture, and body-based cues to reconnect the four internal compasses.

3. Voice, Stillness, and Inner Listening

Vocal, vibrational, and silent work to help restore resonance, calm, and presence through the body.

4. Integration

A quiet opportunity to notice body sensations, emotional tone, breath, attention, and nervous-system response.

5. Personal Recommendations

Simple guidance to help you continue the recalibration in daily life.

You do not need to perform, explain, or get anything right. The session is a space to receive, notice, and return.



Choose Your Recalibration

1. Looping Mind – Return to Presence

Break repetitive thought patterns and ground awareness in stillness. Restore clarity and peace through deep reconnection.

2. Tight Chest – Open the Heart Field

Release emotional compression and restore full breath. Awaken coherence and compassion through the heart compass.

3. Gut Fire – Reignite Inner Confidence

Soothe digestive tension and strengthen your intuitive centre. Rebuild courage, trust, and emotional stability.

4. Frozen Base – Restore Safety and Flow

Re-establish energetic stability through the base compass. Reconnect with belonging, vitality, and the rhythm of life.

5. Collapsed Spine – Lengthen and Reconnect

Reclaim vertical alignment and dignity. Allow life force to circulate freely from pelvis to crown.

6. Numb Face – Awaken Expression and Voice

Soften emotional armour in the jaw, throat, and face. Free authentic communication and embodied presence.

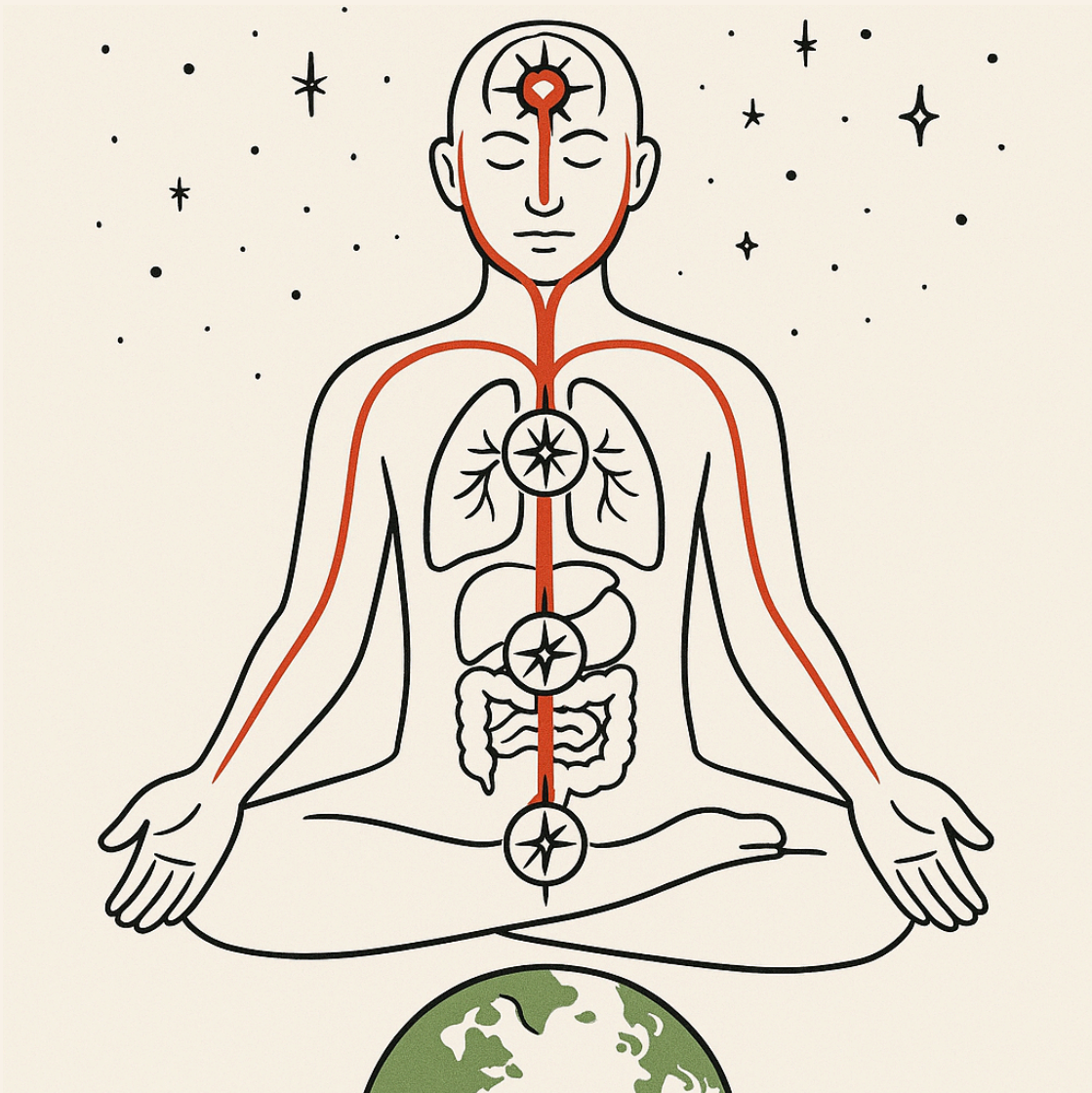
7. Scattered Energy – Gather and Centre

Draw attention back into one coherent field. Regulate the nervous system and restore deep focus.

8. Heavy Shoulders – Release Burden and Responsibility

Release accumulated pressure and responsibility. Rediscover ease, lightness, and joy in daily expression.





The Four Internal Compasses – Brain. Heart. Solar Plexus. Base.

Connected through the vagus nerve (marked in red).

Before Your Session

Once booked, you may be invited to complete the Burnout Risk Self-Check and provide any additional information that may help prepare your session.

Your responses help identify which internal compasses may need attention and where your body, breath, and awareness may be asking for support.

Session Flow

Duration: 30 minutes live online

Fee: \$197 USD

Includes: preparation review/call, private recalibration session, and personalised aftercare recommendations

Booking: Choose your session, complete payment, then schedule your time

If Technical Issues Arise

All Lodestone™ sessions are conducted online.

If a session is interrupted by Wi-Fi or technical difficulties on either side, it will be rescheduled at no additional cost.

Please choose a quiet space where you can sit or stand comfortably with your spine vertical. Headphones may be helpful, but are not required.

Allow yourself to receive the session without trying to analyse or explain every shift as it happens.

Book Your Lodestone™ Recalibration Session:

<https://lindenthorp.com/30-min-recalibration-session-landing-page>



Continuing the Journey

A single recalibration session can offer a powerful reset. Many people choose to continue with deeper embodied practice through Lodestone™.

Lodestone™ 30-Day Sanctuary

A 30-day embodied practice journey with guided daily audio sessions for returning to steadiness, presence, and inner authority through body, spirit, and mind.

Lodestone™ + 30-Minute Recalibration Session

For those who want the full 30-day practice with personal support, the bundle combines Lodestone™ with a private recalibration session.

Continue your journey with Lodestone™:

<https://lindenthorp.com/lodestone-brochure>





Linden Thorp

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Website: lindenthorp.com

Book a private session: <https://lindenthorp.com/book>

LinkedIn: <https://www.linkedin.com/in/anti9to5incomeplan>

Book: *Your Body Is Your Business Plan – Avoid Burnout*

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