



# Next Round Starts: Monday, January 22nd, 2024

Hosted By: Maddi Rundle, Registered Psychotherapist

*You can only meet others as deeply as you've met yourself.*

**What if you could tap into everything you need for self-healing...**

**RIGHT WHERE YOU ALREADY ARE?**

**Imagine a solution that combines therapeutic tools, mindset coaching, and spiritual direction,  
so you can show up, fulfill your purpose, and serve the world... all while operating in your  
highest integrity.**

You deeply desire to connect with your whole self-- mind, body, and spirit.

And yet, nothing you've tried seems to work. Everything you've tried feels like it misses the mark. You feel stuck, like you're spinning your wheels and nothing's changing.

Everywhere you look, everyone's waving their arms, screaming, "Over here! Here's THE answer! I have your solution!" Over and over, you're hit with the message that you must look outside yourself for answers. That the meaning and connection you seek are possessed by someone else.

But here's the truth:

**"Healing" as it's sold to us, is a myth.**

Gone are the days of gurus and saviors.

**YOU are your own healer. YOU are your own hero.**

And with the right support, you can forge your own path of healing.



"Maddi helped me realize that I'm not broken, nor do I need to be fixed. Maddi has held space for me

**Hi, I'm Maddi Rundle.**

**Mother, Registered Psychotherapist (RP), Certified Yoga and Meditation Instructor (CYA-E-RYT500), Healer, Writer... and founder of The Higher Power Academy.**

**A lifelong seeker, I embarked on my own path of self-discovery to better know myself and find peace. I wanted to show up in the world with more truth, more love, and more compassion. Along the way, I developed the ability to connect seemingly complex ideas, and share them in a way that anyone can understand.**

**Frustrated with the deceptive ways I saw healing being marketed around me, I answered the call to expand my offerings. To help spread the powerful message I learned on my own journey of self-healing:**

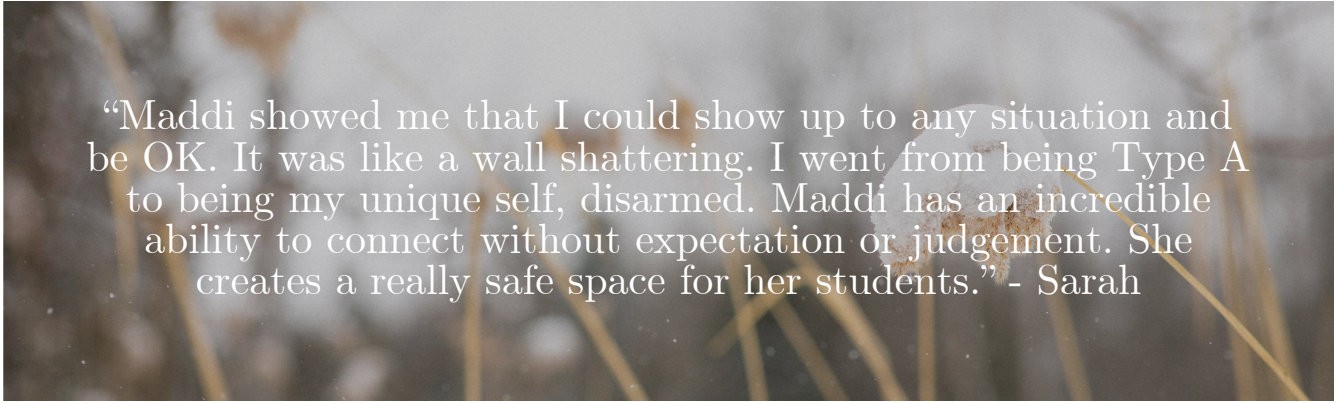
**There is no ONE way and this is an inside job. No one can do this for you.**

**WELCOME TO THE HIGHER POWER ACADEMY:**

*Your online path to connecting mind, body, and spirit.*

Brain-heart coherence is real and backed by scientific research. Equipping you with everything you need for self-healing, The Higher Power Academy combines therapeutic tools, mindset coaching, and spiritual direction, so you can show up, fulfill your purpose, and serve the world... all while operating in the highest integrity.

Blending ancient wisdom with modern neuroscience, this experience is a one-of-a-kind path of self-inquiry that will produce greater clarity in all areas of your life: your professional life, relationships, parenting, money, sex, success, and more! In the process, you'll learn and practice the use of invaluable healing tools that'll serve you for the rest of your life.



“Maddi showed me that I could show up to any situation and be OK. It was like a wall shattering. I went from being Type A to being my unique self, disarmed. Maddi has an incredible ability to connect without expectation or judgement. She creates a really safe space for her students.” - Sarah

## IS THIS YOU?

- You're generous, empathic, and heart-centered. Committed to caring for others, while struggling to honor the same commitment to yourself.
- You're in a health or helping profession. Yoga instructors, teachers, medical workers, creatives, mothers, entrepreneurs... No matter your calling, you desire a deeper connection to mind, body, and spirit, so you can show up as your healthiest, highest self to the people and work you love.
- You feel like life is happening to you rather than for you. You feel the burnout of overwork, yet you aren't seeing the fruit of all your labor.
- You know that true healing isn't found in magic blueprint or pill. You're open to making changes in your life... if only you had a clear picture of what that meant for you.
- You're questioning or curious about your hidden potential, and what the future holds for you. You've felt a nudge toward self-exploration, but you haven't found the right program for you...

*...until now.*

If this sounds like you, you're in the right place!  
The Higher Power Academy is a perfect fit for you.

## HOW DOES IT WORK?

### PROVEN PROCESS

**Everywhere we look, we're told to focus on doing rather than being. The Higher Power Academy offers you the chance to marinate in your "being" and get to know yourself on a deeper level. Blending ancient wisdom with modern neuroscience, this experience is a one-of-a-kind path of self-inquiry that will produce greater clarity in all areas of your life. Along the way, you'll learn and practice the use of invaluable healing tools that'll serve you throughout this program and well beyond.**

## **ON-DEMAND MENTORSHIP**

Looking for individualized support? You're in the right place. If you sign up for The Higher Power Academy today, you'll receive access to a monthly live classes and email correspondence! Your questions, my undivided care and attention in response.

*January - December 2024 Session*

Monthly Calls are 3rd Monday of the Month @10am

*\*recordings are uploaded to portal*

## **THOUGHTFUL CURRICULUM**

In 12 carefully-crafted video and audio modules, you'll explore tools and wisdom that I've curated through my extensive training in psychotherapy, Spiritual Direction, Living Yoga programs, mindset coaching work, trauma training, my personal experiences and amazing thought leaders like Seane Corn and Gabrielle Bernstein. You'll experience personal talks, educational masterclasses, experiential exercises, meditations, visualizations, and more!

## **ACCESS THROUGH PORTAL**

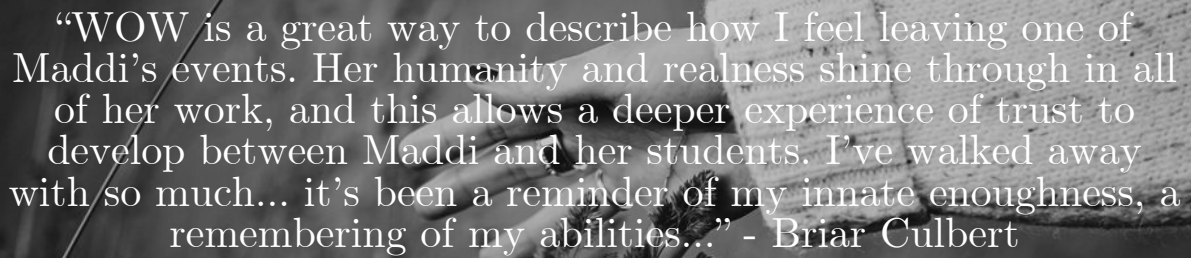
When you join The Higher Power Academy, you'll gain access to the curriculum. Even after the program ends, the educational modules and resources will be here for you at every step of your journey if you choose to download the material.

## **AUTHENTIC ACCOUNTABILITY**

Learning new material is one thing... implementing it in your actual life is another! To help you translate what you're learning into real-life action, you'll have access to a workbook and worksheets throughout the course.

## **SUPPORTIVE COMMUNITY**

Each of our journeys is unique... but together, we're better! Tap into a network of genuine support as you connect with other students in the course and learn from one another in the process!



“WOW is a great way to describe how I feel leaving one of Maddi’s events. Her humanity and realness shine through in all of her work, and this allows a deeper experience of trust to develop between Maddi and her students. I’ve walked away with so much... it’s been a reminder of my innate enoughness, a remembering of my abilities...” - Briar Culbert

## **WHAT'S THE PROCESS?**

*Educational.*

*Experiential.*

*Transformational.*

**Here’s a sneak peak of what you’ll learn inside the 12 core audio/video lessons of The Higher Power Academy:**

### **MODULE 1: Our Stories and Setting the Foundation**

You’ll begin by learning turning inwards and mapping your unique history, so that you can unpack your story and deepen your understanding of Self. We need to know where we've been, where we stand, and where we want to go. This is where we begin and where you'll start tapping into the co-creation of your life!

### **MODULE 2: The Foundations | Intro to Chakra System, Onion Theory | Relationship to Higher Power**

Building our foundation on rocks, you'll be introduced to key concepts and theories that'll ground your progress through the course. With these foundational pieces in place, you’ll start to experience what's possible for you as you tap into your True Essence Self and allow yourself to dream!

### **MODULE 3: Fears + Defenses, Limiting Beliefs, Sub-Personalities**

Grounded in the here and now, you'll discover the ways that fear is currently showing up in your life. Limiting beliefs that've been holding you back will start to reveal themselves. Equipped with these unique findings, you'll identify your sub-personalities and start using them to your advantage to erase self-sabotage from your life.

### **MODULE 4: Possibility | Putting it Together | Re-Birth**

This module is one of transition and will give you the opportunity to gain awareness of your patterns and ground into what's possible next. You will be equipped with tools and experience to address judgement, guilt, shame and the core wounds that have been blocking you from accessing your Highest Self. This module will open your eyes to the abundance of possibilities available to you and breathe into a future that is your own!

### **MODULE 5: Healing the Wounds**

You'll emerge from this module presence + boundaries. You'll learn about your own self-image, practice visioning, and step into the process of becoming co-creator of your life!

### **MODULE 6: Your Birthright**

And now you arrive at the heart. Presence and joy are your birthright. Working with the Emotional Scale, you'll move fully into your Highest Self, so that we may enter and access the realm of MYSTICISM + your PSYCHIC abilities.

### **MODULE 7: Trust + Your Truth**

With your blocks and limiting beliefs out of the way, you're liberated to connect directly to your truth, your needs, and your deepest desires. You'll also learn how to communicate and live these truths everyday.

### **MODULE 8: Never Alone**

In this module, you'll plug in to Source Energy, to YOUR Higher Power, and to the unwavering support that is always available to you. You are never alone!

### **MODULE 9: Force of Nature | Archetypes**

When we tap into this support, we become an unstoppable force of nature. Here you'll harness the momentum you've created, and use it to propel you towards your passion and purpose!

## **MODULE 10: Love and Surrender**

Get ready to start seeing the fruits of all the deep work you've done... if you haven't already! By entering the realm of surrender and connecting to the powerful energy of love, you'll release control and watch as the magic in your life unfolds.

## **MODULE 11: Trust | Dreams | Relationships**

It takes an immense amount of trust to open yourself to magic, mysticism, and manifestation. Tapping into your own intrinsic worthiness, you'll move from an energy of love and surrender into your relationship with Trust and the mystical realms.

## **MODULE 12: Welcome Home**

In this final module, you'll integrate the powerful tools you've developed to create massive transformation in your life. Prepare to meet yourself like never before. You are new and you are home!

## **THE BEST PART?**

We run through the 12 modules together and spend true time with each module so you have real time to gain mastery and actually implement meaningful, sustainable shifts in your life.

+You get access to material at the beginning of each month, then we meet the third Monday of every month, so even if you haven't had a chance to see or practice the material, you'll get a rundown and live exercises and practices in class!

+Live classes will have: breath work, movement, meditation, and a live exercise to ground and embody the work.

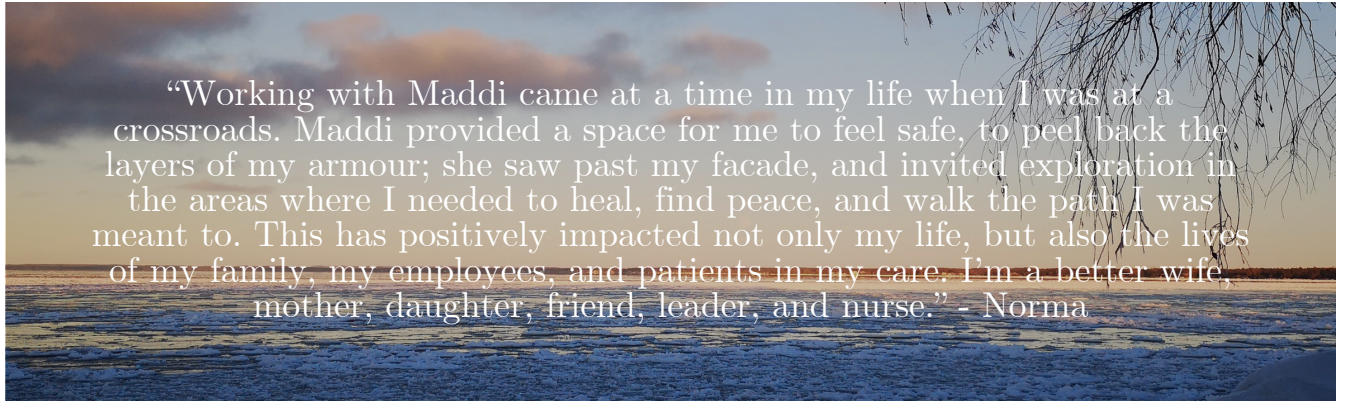
**+ Email Support**

**+ BONUS! You get free access to all Fundamentals Classes that run Winter Spring Summer + Fall.**

*The Fundamentals is a 4 week class that meets weekly (all classes are recorded if you can't make it live) - it's a great way to be in community, have some accountability and transform your*



*relationship to self and practice self-regulation tools and heal the nervous system with support.*  
This is an additional 16 classes over 2024 and over \$1000 value.



THE HIGHER POWER ACADEMY IS MORE THAN A COURSE.

IT'S A TRANSFORMATION.

To strive for this level of transformation, you could spend years in individual therapy and still never experience all that The Higher Power Academy offers. Over time, you could easily pay well over \$20,000+ for nowhere near the quality of education and experiential work that's available to you (for life!) inside The Higher Power Academy.

The Higher Power Academy is the culmination of the countless hours and over \$100,000 (and counting) I've invested in education and experiential trainings over the past decade. And as a lifelong learner, I continue to expand and deepen my knowledge, year after year... breathing new life into The Higher Power Academy through up-to-date revisions that will ensure transformational experiences for every student.

So, why give this all away for only \$3300+hst? Because I want to equip EVERYONE with this transformational experience and vital self-knowledge. To empower EVERYONE to tap into parts of yourself you once only dreamed of!

BY THE END OF THE HIGHER POWER ACADEMY, YOU WILL:

- ...feel as though you've finally met yourself! You'll know and understand your own needs and desires, and you'll feel empowered to voice them.
- ...feel lighter, more peaceful, more joyful, and free to be who you really are.
- ...experience the quiet confidence and self-trust that only comes from true connection to your own intuition.

- ...enjoy more presence, greater clarity, and the ability to transcend painful limitations to feel real joy.
- ...see deepened intimacy and connection in your relationships and partnerships.
- ...be equipped to translate your passions into whatever you wish to offer the world... with more joy, less burnout, and greater alignment than you ever dreamed possible.

## FAQs:

Why should I choose The Higher Power Academy over, say, therapy?

Great question! Therapy can be a powerful and supportive resource for some. At the same time, it's often not sustainable long-term, as financial strain and the demands of life can present challenges to remaining consistent with therapy.

I designed The Higher Power Academy to be an empowering and accessible vehicle for self-healing. In it, you'll be equipped with all the tools, guidance, and support you need to take ownership of your own healing process, and make real, sustainable change in your life.

So many of my therapy clients request workbooks and homework to help expand on the growth and healing they experience in session. The Higher Power Academy is my answer to that desire.

I'm intimidated by the idea of an online "course". What if I can't keep up?

First of all, there's no way to fall behind on your own path to self-discovery! Every element of this experience is designed to meet you right where you are. Trust me when I say: The Higher Power Academy is unlike any other course out there!

And unique learning styles? I've got you covered! Together, via video and audio, we'll explore tools and wisdom that I've curated through my extensive training in psychotherapy, spiritual direction, Living Yoga programs, mindset coaching work, trauma training, my personal experiences and amazing thought leaders like Seane Corn and Gabrielle Bernstein. You'll experience personal talks, educational masterclasses, experiential exercises, meditations, visualizations, and more!

There are also live calls that give you overviews and experiential exercises even if you're feeling like you're not "doing" as much as you'd like to between calls \*but we'll cover that sneaky "doing" thing too in the course!

Is this just another business course in disguise?

The Higher Power Academy is unlike any other course out there. In return for your investment of time, attention, and financial resources, you'll experience a transformation with the potential to influence every area of your life. If, for you, that includes business, then get ready to see a powerful shift in your professional impact! (For most, this is the missing piece to their professional and financial success!)

Our outer world is a reflection of our inner world, and the decision to focus inward is a tremendous opportunity that many entrepreneurs simply overlook! By prioritizing your "inside job" first, you'll allow yourself to step fully into all the external goodness-- both personal and professional-- that is your birthright.

Is there a payment plan?

Yes!

Option One: You can pay in full for \$3300+hst

Option Two: Monthly Payments of \$275+hst

*\*If you have insurance coverage or benefits for psychotherapy, please let me know as this is psychotherapeutic in nature and run by Registered Psychotherapist.*

What if it turns out this just isn't for me?

Self-discovery can feel vulnerable-- even risky. That's why I want your experience in The Higher Power Academy to be as supported as possible. To help make this a no-brainer for you, I'm giving you a 14-day, 100% money-back guarantee with your purchase of The Higher Power Academy today. Work through the modules, follow the steps, put in the effort, and if you don't love it in the first 14 days of your purchase, send me an email and I'll refund you immediately-- no questions asked. I'm committed to supporting you in reaching your fullest potential, even if this program isn't the right fit to help you reach it.

I have more questions. Who can I talk to?

Who better to answer your questions than the woman behind The Higher Power Academy herself? When you book your complimentary 15-minute call, you'll have the opportunity to connect with Maddi (that's me!) directly, and make absolutely certain The Higher Power Academy is just right for you. I can't wait to chat with you!

<https://calendly.com/maddirundle/discoverycall?month=2023-01>