



# THE *V.I.P.* EXPERIENCE

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CHANGE  LIGHT  
INNER WORK FOR GREATER GOOD



# THE *Journey* THAT AWAITS...

Dear Potential V.I.P.,

I am thrilled that you are curious about our ChangeLight V.I.P. journeys!

Every one of our journeys delivers extraordinary healings, incredible epiphanies, and wonderful changes in your life: relationship, work, friendships, and family. It's just a question of how quick, deep, and pervasive you want those changes to be.

The purpose of this packet is to outline the 3 journeys we offer so that you can make the best and highest decision for *you*. In each journey, I *personally and privately* teach you my exclusive discoveries, techniques, and approach to life that have miraculously enabled me and so many others around the world to achieve exceptional transformations and results. We will dive into your inner world, bring your struggles back to peace, transform your darkness back to light, and magnify that light to serve you in fully living your Truth and being your optimal self.

Along the way, you will witness magical metamorphoses: your inner critics will become inner encouragers, your inner rage will reveal incredible wisdom, and your inner woundedness will light up with love and joy. You will discover strengths you never knew you had in areas you never thought to look. More and more, you will be uplifted and guided by the light of your Truth and Guiding Star. **Instantly and over time, you will feel more whole, focused, wise, powerful, and at peace, and become effortlessly more effective at work and at home.**

As you read through this packet, ask yourself:

How do I want to *feel*?  
Who do I want to *be*?  
What *impact* do I deeply desire to have?

Our ChangeLight V.I.P. journeys can - without question - help you achieve these results, as you'll see when you read the Success Stories towards the end. Whether or not you choose to embark is up to you.

With love and absolute faith in you,

A stylized, handwritten signature in yellow-gold ink that reads "Emily". The signature is fluid and cursive, with a long, sweeping tail on the letter 'y'.

"I can honestly attribute my past 6 months of achievements to Emily's process."

As a survivor of violence, I always felt like I was worthless, that I did not deserve love or kindness. Emily helped change all that - within 10 minutes! During the Drawing Out Process, I felt a transformation like no other. Emily helped me get down to the root cause of my pain and transform it into power.

Since my time with Emily, I have been able to rediscover my voice, share my story in front of 700 of Australia's most influential people, and become an Ambassador for a national organisation. I can honestly attribute my past 6 months of achievements to Emily's process. For 15 years, I had lost my voice, and, in less than an hour, I found it again. I am no longer ashamed of who I am or my story, and I have the confidence to stand up and become an activist for those without a voice.

I wish Emily's technique was available all around the world. She is a gift, and I am so grateful for spending some time with her and learning her process. If you ever need help rediscovering your power, give Emily a call. Trust me, it will be the best thing you have ever done!



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**Caitlin Figueiredo**

*Founder of Jasiri | Australian 100 Women of Influence Winner*

"I felt a sense of calmness unlike anything I had ever felt before."

Once we got to the root cause and I was able to release all of that energy, I felt a sense of calmness unlike anything I had felt before. I was no longer on the verge of exploding. I was able to be present with my surroundings, to be still - something I had deemed impossible. I was finally able to make sense of the defense mechanisms I had created, to turn off autopilot, and to take control.



Your program helped me overcome a seemingly insurmountable obstacle. I am one step closer to becoming the person I want to be. Thank you, Emily. You are truly transforming people's lives.

**Rick T.**  
*Entrepreneur*

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"I am turning into the person I've always wanted to be!"

I feel so fresh! With Emily's guidance, I resolved an inner struggle that I was unaware of (or was refusing to admit I had) and started for the first time in my life to feel as "One". The [ChangeLight] framework enabled me to understand the root cause of my inner struggles, fully appreciate who I am, and draw a crystal clear vision for myself. Knowing my Truth, owning it, and then declaring it has changed the person I am. I am turning into the person I've always wanted to be!

I recommend every single person go through this process. Trust me, it is life-transforming.



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**Fati-Zahra Ma-el-ainin**

*Psychology Practitioner, Partner, and COO at InspireCorp*



# OUR 3 *V.I.P.* JOURNEYS

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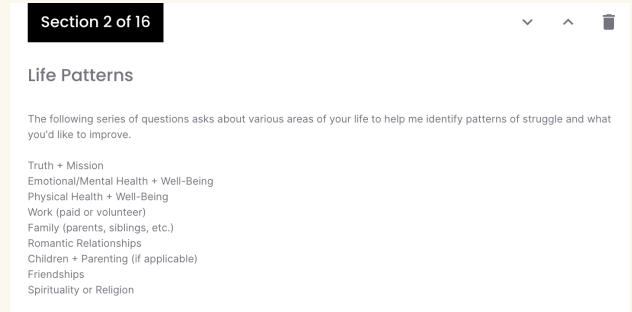


# JOURNEY ELEMENTS

Before we get into the details of each journey, here are descriptions of the vital elements you will find in all of them.

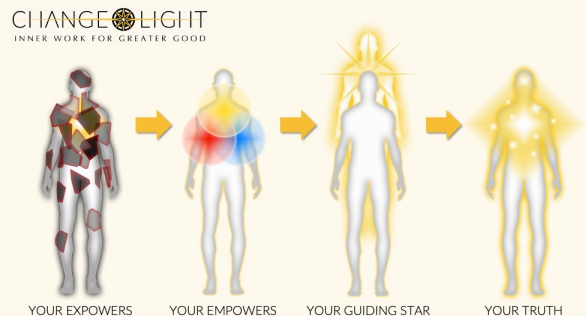
## *Dive + Discover* QUESTIONS

When you first begin, you will receive this series of simple questions that cover all areas of your life. Your answers will help me identify your most persistent struggles and patterns - as well as your visions, desires, and goals - so that I have a sense of what you'd like to achieve during your journey and how to proceed with the sessions.



## *The ChangeLight System* PRIMER + COURSE

Immediately after completing the Dive + Discover Questions, you will receive this series of slides, which introduces you to the discoveries and techniques you will experience throughout your VIP journey. You will also receive links to obtain your **complimentary access** to the ChangeLight System course and community.



## *Dive + Discover* CALL

During this initial 2-Hour call, we discuss your answers to the Dive + Discover Questions and how we will meet your needs and desires during the journey. I then train you in every technique of The ChangeLight System™ so that you have all of the tools you need to maximize your transformation and results during our journey together and beyond. Finally, we will schedule all of our sessions, calls, and personal retreat days (if applicable) through the rest of the journey so that they are on your calendar right away.



# JOURNEY ELEMENTS

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## *Drawing Out Process* SESSIONS

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This is our exclusive, signature technique. During each 3-hour session, Emily will guide you through the entire Drawing Out Process (DrOP) to permanently bring a part of you out of struggle back to peace and strength. As this part of your inner darkness transforms back to light, you will feel more whole, clear, and at peace. Going forward, you also will notice wonderful changes in how you feel and respond to people, situations, and events around you.



## *Celebrate + Support* CALLS

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Within a week or two after your Drawing Out Process session, you and Emily will have a 1-hour call to celebrate the changes you've experienced. You will also receive coaching and support on any questions or challenges that may have arisen in the meantime.



Our Diamond and Citrine journeys contain this extra special element.

## PERSONAL *Retreat* DAY

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Personal retreat days are full-day, in-person sessions at Emily's Upper East Side home in New York City overlooking Central Park. The focus is entirely on *you* and whatever *you* need to help you feel even more free, focused, empowered, and at peace – whether that's gaining clarity and courage on a relationship situation, business idea, career path, or passion project. Throughout the day, Emily will pamper you with delicious meals, tea, and treats!



# Diamond JOURNEY

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## 3-MONTH ACCELERATED JOURNEY 3 Personal Retreat Days in NYC + 3 Months of DrOP Sessions

**This is our most accelerated and intense program.** We start the journey with 3 in-person retreat days together, during which we will use the Drawing Out Process (DrOP) to:

- heal deep, core blocks and wounds
- reveal your 3 radiant strengths so they can guide you and support you going forward
- access your Truth and Guiding Star's wisdom and guidance for you

So that you keep moving forward with increasing clarity and wisdom, we follow up the 3 retreat days with 3 months of DrOP sessions and Celebrate and Support calls.

**This journey is perfect for you if...**

- You have some deep, persistent struggles, which are causing some major life issues.
- You need massive changes *now* and are ready to go really deep, really fast.
- You just went through a major life transition and want your own personal retreat in which we focus on overhauling your life so that you can become your highest, optimal self.
- You have a vision or idea of something you want to do or create, and you need focused clarity, guidance, and support to help you bring it to life.

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## THE JOURNEY

- Dive + Discover Questions (form)
- Dive + Discover Call (2 Hours)

### MONTH 1

- 3 Personal Retreat Days in NYC (8 hours each day, 24 hours total)
- 1 Celebrate + Support Call (1 Hour)

### MONTH 2

- 1 Drawing Out Process Session (3 Hours)
- 1 Celebrate + Support Call (1 Hour)

### MONTH 3

- 1 Drawing Out Process Session (3 Hours)
- 1 Celebrate + Support Call (1 Hour)

### MONTH 4

- 1 Drawing Out Process Session (3 Hours)
- 1 Celebrate + Support Call (1 Hour)

- Final Results Questions (form)
- Final Results Call (1 Hour)

**Also included:** 2 Memberships in the ChangeLight Course + Community

# Citrine JOURNEY

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## 6-MONTH JOURNEY 5 Months of DrOP Sessions + 1 Personal Retreat Day in NYC

**This is our most popular VIP program.** Over the course of 6 months, you will experience all of the magical elements of The ChangeLight System. Using the Drawing Out Process (DrOP), you will draw out and heal core inner struggles, reveal your core inner strengths, and receive the supreme clarity and wisdom of your Truth and Guiding Star. You will also learn how to Actualize Your Truth to accelerate your ability to have an even greater impact in the world.

The first 3 months are focused on healing your deepest inner blocks, triggers, and wounds so that you feel more whole, clear, and strong. The 4<sup>th</sup> month is focused on bringing forward your three inner strengths so they can then support you in the 5<sup>th</sup> month during your personal retreat day. In the 6<sup>th</sup> month, you'll go through the DrOP once more to release a struggle that has arisen since your retreat day so that you can continue to move forward with clarity and ease.

**This journey is perfect for you if...**

- You've been struggling in a particular area of your life and want rapid results.
- You are going through a major life transition and want to "clean out your inner closet" and "re-invent" yourself so that you can feel more joyful and free and become more your optimal self.
- You really need a personal retreat day in which you feel deeply nurtured, with the focus entirely on you.

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## THE JOURNEY

- Dive + Discover Questions (form)
- Dive + Discover Call (2 Hours)

### MONTH 1

- 1 Drawing Out Process Session (3 Hours)
- 1 Celebrate + Support Call (1 Hour)

### MONTH 2

- 1 Drawing Out Process Session (3 Hours)
- 1 Celebrate + Support Call (1 Hour)

### MONTH 3

- 1 Drawing Out Process Session (3 Hours)
- 1 Celebrate + Support Call (1 Hour)

### MONTH 4

- 1 Drawing Out Process Session (3 Hours)
- 1 Celebrate + Support Call (1 Hour)

### MONTH 5

- 1 Full-Day Personal Retreat in NYC (8 Hours)
- 1 Celebrate + Support Call (1 Hour)

### MONTH 6

- 1 Drawing Out Process Session (3 Hours)
- 1 Celebrate + Support Call (1 Hour)

- Final Results Questions (form)
- Final Results Call (1 Hour)

**Also included:** 2 Memberships in the ChangeLight Course + Community



# Quartz JOURNEY

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## 3 MONTH JOURNEY 3 Months of DrOP Sessions

During this V.I.P. journey, we focus primarily on healing key inner blocks and wounds. You will experience the Drawing Out Process (DrOP) 3 times to release 3 deep inner struggles so that you can have wonderful epiphanies, feel much less reactive, and gain great wisdom and clarity about particular issues in your life.

### This journey is perfect for you if...

- You have no deep, persistent struggles in any areas of your life, but you do have some blocks and triggers that you'd like to remove because they have been creating some issues in your work or relationships.

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## THE JOURNEY

- Dive + Discover Questions (form)
- Dive + Discover Call (2 Hours)

### MONTH 1

- 1 Drawing Out Process Session (3 Hours)
- 1 Celebrate + Support Call (1 Hour)

### MONTH 2

- 1 Drawing Out Process Session (3 Hours)
- 1 Celebrate + Support Call (1 Hour)

### MONTH 3

- 1 Drawing Out Process Session (3 Hours)
- 1 Celebrate + Support Call (1 Hour)

- Final Results Questions (form)
- Final Results Call (1 Hour)

**Also included:** 1 Membership in the ChangeLight Course + Community



# SUCCESS STORIES

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*"I am amazed by how profoundly this process works."*

This process is utterly extraordinary. I've spent so much time and money on therapies, workshops, and books, and I'm amazed by how profoundly this one works. Seeing such effect has left me humbled... seriously so. It seems to me that, unlike the ego and subconscious mind therapies, you've got both the language and the specificities bang on target. You don't over-complexify things. You've brought forth a way to integrate the heights and the depths, the 'light' and the 'dark'... and not least, you've made the process as painless and swift as is possible. What greater gift could there be than helping people out of their human darkness and pain and to move towards their light and joy?



Believe me, I don't remember ever having the opportunity to write in such effulgence to anybody. Emily, you have created something remarkable. Bless you for what you're doing in the world. You've struck gold.

**Jane G.**  
*Opera Singer, Healer*

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*"You are a genius, Emily. Do you know how genius this system is?!"*

It's been really incredible. If left to my own devices, I'll let my Impresario run the show all day long, but, as soon as I bring in the wisdom of all 3 emPowers, the whole thing takes a new shape. I feel really balanced, and my life is so much more rich and varied! Also, I no longer feel like I need other people to fill voids because all parts of me are acknowledged from within!



You are a genius, Emily. Do you know how genius this system is?!

**Ivri Turner**  
*Co-Founder, Wisdom Business Academy*

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*"The clarity I've gotten through doing this work has been huge..."*

Clarity! The clarity I've gotten through doing this work has been huge. To be in a safe environment where I could talk and share and cry was so freeing. I'm no longer in a funk, I'm more focused, my business is doing much better, amazing opportunities are coming my way, and I'm connecting more with others and creating a supportive community for myself. Really, the word that keeps coming to me is 'clear'. I feel clearer and more empowered!



**Kevin**  
*CEO*

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*"Do not hesitate for a moment to sign up for this series... It is completely magical."*



I'm not sure I can put into words the magic this series has been. Two big issues I've struggled with for years - if not decades actually - have improved so significantly it's truly unbelievable. The intense negative emotions surrounding each have melted away, and now when the triggers come up there is an intense and immediate mindfulness that shows up. I am able to *respond* rather than react. It's been a blessing!

Do not hesitate for one moment in signing up for this series. It has been a truly transformational experience for me. The Drawing Out Process has by far been the most effective self-help tool I've tried to date (and I've tried so many things). It is completely magical! Emily's warmth and charisma guides you encouragingly through the process with such ease. I cannot recommend it highly enough.

Corinne R.

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*"Thank you, Emily, for making me feel loved."*

Thank you, Emily, for making me feel loved and that I can be loved. I am somebody. I don't have to let the past say I am not.



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John  
Inmate

*"Emily and her work are AMAZING."*



Emily and her work are AMAZING. Her Drawing Out Process is one of the best emotional healing processes I have ever encountered. Have some stewing negative emotions or hurtful self-talk? Emily takes clients through this process with wisdom and love. The truth is, we all have these voices in our heads, and until we recognize what they are, we will let them run our lives. Emily Eldredge helped me identify mine and heal them. The 'lightening' of the heart is amazing. Five Stars!

Hope Tackaberry  
Life Coach

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*"I could be as crazy, intuitive, creative, funny, playful, and wise as my best and truest self wanted to be."*

I can point to two major changes that are a direct result of working with you. First, I no longer feel the burning anxiety that troubled me for so long. I may still feel anxiety, but that terrible burning sensation is gone. Second, I am much more relaxed in my interactions with my husband. There are still frustrations but nowhere near the kind of internal tension I used to live with.



I appreciated the safe space you created. I could be as crazy, intuitive, creative, funny playful and - dare I say - wise as my best and truest self wanted to be.

You are wise and warm. Your loving, healing energy was such a light and a comfort while we were grappling with some difficult memories and emotions. Then we pulled all the varied pieces and ends together by coloring! The Drawing Out Process is Brilliant. I love you and your work. I'm thrilled that you are taking it all over the world.

Jane P.

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*"It was such a tremendous experience..."*

The last 10 days since my intensive have been really good, grounded, and happy! Drawing my vision for my new business was incredible, and I've been able to work without panic and self-doubt.

Also, speaking to my 3 emPowers is working for me immensely! I call them "My Project Team" and consult them every day, like my own personal committee. The 3 things they ask me to do are little, yet they help me prioritize, get out of my own way, and make better decisions without all of the old anxiety. I no longer feel that ongoing internal battle, or, when it comes up, I listen to it.

It was just such a tremendous experience, and stepping into my purpose feels easier. I feel like it's what I'm here to do, and nothing I've done up to this point has been a waste of time. I've simply been gathering knowledge for what I'm really here to do. This has really been unbelievably helpful!



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Margaret P.  
*Architectural Historian*

*"You walked into a place that was dark and empty and gave us a torch so we can see."*



Emily allowed me to open up a part of me that I have been afraid of for years. She walked me down a dark road and never left my side. I feel honored to have met a person with such love and compassion in her heart. There aren't enough words to express the gratitude I have for you, Emily. You walked into a place that was dark and empty and gave us a torch so we can see.

David B.  
*Former Inmate*

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"Emily is one of those special people who instantly WOWs you."



Emily is one of those special people you meet who instantly WOWs you. She has been such a blessing in my life. She took the time and effort to unearth small triggers from my past that I didn't even realize contributed to my inner struggles in life. Saying that I strongly recommend her services is a huge understatement.

**Justin Norris**  
*Founder & CEO, Rouse Coffee Company*

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"This experience is a true give for your soul and should not be missed."

Emily has developed a simple, direct, and highly effective approach to releasing and erasing those inner voices or "characters" that rob us of joy, peace, self-trust, and balance. Using crayons, paper, and simple (or complex) drawings that emanate from our deepest heart and soul-self, you will discover aspects of your ego that have been burdening your healthy progress in life.

As a healer myself, I know I cannot take my students anywhere I have not been myself. Emily has "been there". She is gentle, empathetic, and an expert listener. Through asking questions, Emily helps you "draw out" and discover your own solutions to issues that may have challenged you for life! The best part of the experience is no artistic talent is required. Your images are not "judged", nor is your process.

This experience is a true gift for your soul and should not be missed.

”

**Leav B.**  
*Artist & Jewelry Designer*



"I feel euphoric! You're a miracle-worker!"

I don't believe it. I was very skeptical going into this. I thought this would be some 30-step process that ultimately wouldn't work. But it did. I feel euphoric! You're a miracle-worker!

I experienced such a profound paradigm shift that it has taken me this long to truly internalize it and write back. Sometimes you don't know how much growth has yet to be made, until you are on the other side of it - and that was just a single introductory workshop!

I truly can't find the words to express my gratitude... You are such a warm, bright spirit. What we need now, maybe more than ever in the history of mankind, are beautiful souls like yours.

Your work is truly unparalleled. I wish you all the success in your journey, and am confident of it. A message of such pure, intrinsic truth cannot be stifled.

**Brian C.**  
*Workshop Participant | Program Manager, U.S. Air Force*

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*"This work is brilliant. You are a Master."*



In all honesty, I have done a lot of work on myself and have experienced several modalities in an effort to put "stuck" fears and emotions truly behind me, each of which has been helpful. But what you did with me today, Emily, was *huge!* And bottom-line! I am delighted because I feel different and am already moving forward with just one session

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This work is brilliant. You are a Master.

**Andi F.**  
*Radio Host & Energy Healer*

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*"I am more at peace with a larger sense of my creative power."*

The shift was so quick. In less than two hours, Emily helped me reassign what had been a limiting group of inner voices into a support group. I felt an amazing lift and difference right away, and the changes continue to show up. I have even laughed out loud a couple of times when I realized "a short while ago that would have really pushed my buttons". It is much easier to just let others be who they are and focus on being who I am. I find myself more at peace with a larger sense of my creative power.



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What a gift it is to be able to recognize and step out from under limiting beliefs - like taking your foot off the brake when you want to go. This process is so amazing and simple at the same time. It has opened up a new energy for me. I am full of gratitude.

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**Rae M.**  
*Makeup Artist*

*"The Drawing Out Process is up there with pet rocks and sliced bread."*

Emily and the Drawing Out Process helped me get in touch with things that I have not allowed myself to process for a very long time and, most importantly, helped me deal with them right then and there - not with months of talk therapy.



I believe the Drawing Out Process is one of those rare ideas that, when you hear about it, you have an "aha" moment. It is up there with pet rocks and sliced bread - really good ideas that spread all over the world.

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**Wayne**  
*Inmate, Organizer of the very first TEDx in a prison*

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*"Emily has the map and the wisdom to guide others to the light."*



I have known Emily since 2003. She has the map and wisdom to guide others to the light. She took me inside myself and allowed me to release what were subconsciously directing and affecting my life experiences. Her Drawing Out Process has allowed me to become more integrated and comfortable in my own skin and soul.

**Derek Mortland**  
*Musician, Artist, Writer*

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*"I truly believe everyone has the right to feel this way..."*



I sincerely thank you for your efforts in sharing this with the world, and thank you for helping me out of a dark place. I truly believe everyone has the right to feel the same way as I do now - to be freer, clearer and more at peace, knowing who they are, and who they're meant to be.

**Waz**

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*"Emily, you are the s#\$%!"*

In prison, all we do is programs - not many of them have the impact this one has had on me. Thank you so very much, Emily! You are the S#\$%!



”

**Joe**  
*Inmate*

*"Open up and just do it."*



I was initially skeptical when I heard Emily's work described as 'going through a rebirth'. After experiencing it myself, that is the only word that truly describes how it feels! I felt immense clarity after just one session with Emily and still feel grounded because of the reflection that her techniques provide. I highly recommend that you open up and just do it.

**Jihad Bnimoussa, M.S., CYCP**  
*Founder & CEO, InspireCorp*

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# IT'S *Your* CHOICE

Dear Potential V.I.P.,

Now that you've read through our ChangeLight V.I.P. journeys, ask yourself:

**What's at stake if I *don't* do one of these journeys  
and just stick with the status quo?**

If you choose to embark on a ChangeLight journey, here are my promises to you:

- You will be *blown away* by what we discover inside you and how it's been impacting your life.
- You will *love* how it feels to be free of unconscious blocks and wounds.
- You will feel more whole, aligned, powerful, and "lit up".
- You will notice wonderful changes in how you feel and show up in your work and personal life.
- You will be so grateful that you trusted yourself, trusted me, and took this chance to get you the transformation and results you desire.
- You will not regret it.

The choice to embark on one of these journeys is yours and yours alone. This is your mission, if you choose to accept it... and I really hope you do because I whole-heartedly believe in you. **All it requires is your commitment, your vulnerability, and your courage.** Leave the rest to me.

I love seeing you *shine*!



P.S. If you haven't already, [please schedule a Discovery Call with me HERE.](#)