

LODESTONE



Linden Thorp

I started my life with a single absolute: that the world was mine to shape in the image of my highest values and never to be given up to a lesser standard, no matter how long or hard the struggle.

— Ayn Rand: *Atlas Shrugged*

L.T.

Now look at me! Take a good look! I was born and I knew I was alive and I knew what I wanted. What do you think is alive in me? Why do you think I'm alive? Because I have a stomach and eat and digest the food? Because I breathe and work and produce more food to digest? Or because I know what I want, and that something which knows how to want—isn't that life itself? And who—in this damned universe—who can tell me why I should live for anything but for that which I want!

— Ayn Rand: *We the Living*

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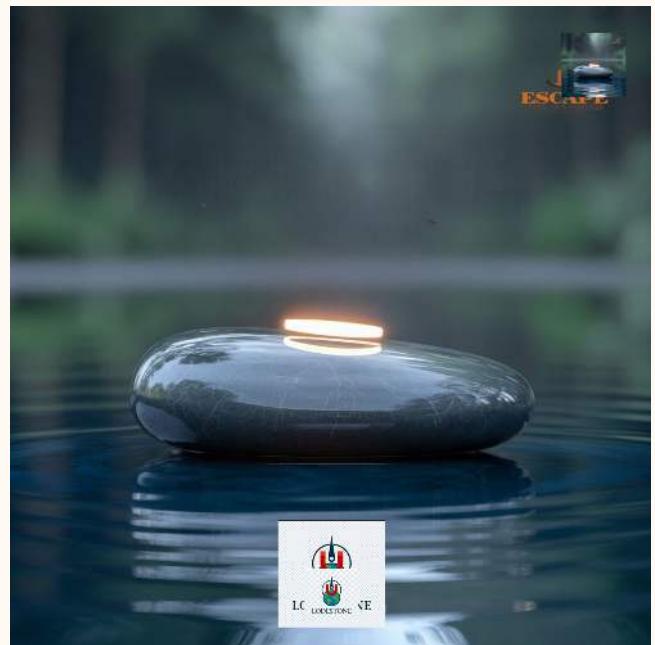
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What Is a Lodestone?

A lodestone is a naturally magnetized piece of iron ore—an ancient compass. It was the first material known to humankind that could attract iron and point to true north. Long before modern navigation, sailors and seekers used lodestones to find their way home.

In this journey, Lodestone is not just a mineral. It's a metaphor for the part of you that already knows. The inner compass you were born with. The unshakeable pull toward truth, alignment, and origin.



**You are not here to be taught.
You are here to remember.**

Glimpse Your True Nature

My Path to Lodestone

We are each born radiant—anchored in joy, instinct, and innate knowing. But by the age of five, conditioning begins to layer over that truth. We learn to chase approval, adopt masks, and shape ourselves to be accepted. Our inner compass is silenced.

This journey is not about fixing you. It's about recovering what was never truly lost.

As Ayn Rand said:

“That something which knows how to want—isn’t that life itself?”

Lodestone 1 is your invitation to glimpse who you were before the world told you who to be. And to begin building a life from that truth.

There may come a moment—perhaps on Day 7, or Day 27—when something shifts. Not dramatically. Not with fireworks. But with the quiet certainty of a wave rolling in.

It happened for me like this:

A great, luminous wave crested inside me. It wasn't emotion or thought. It was recognition—that I had reached the shore of something I had been circling all my life. Me. My true spirit. My inner source. The layers had fallen away, and I knew—without needing proof—that I had arrived.

From that moment on, my path was clear:

To return to this place again and again.

To live from it.

To navigate the outer world from my own centre, no longer lost in the dizzying swirl of stimulation, demands, and borrowed truths.

This is the fire that will never go out.

It is the hero in your soul that Ayn Rand spoke of.

“Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the not-quite, the not-yet, and the not at all... The world you desire can be won. It exists. It is possible. It is yours.”

— Ayn Rand: *Atlas Shrugged*

Lodestone does not give you something new.
It helps you recover what was buried.
And once you glimpse your true nature, you never unsee it again.



Part 1 – The Path Begins

What Does It Mean to Glimpse Your True Nature?

Your true nature is the essence you were born with—open, joyful, and utterly unique. In childhood, we glimpse it easily. But as we grow, social conditioning urges us to suppress it in favor of approval, performance, and control. We trade our inner compass for applause and lose sight of the part of us that simply knows.

Lodestone is not about self-improvement. It's about recovery. A slow unveiling. A return to the one who already knew what they wanted.

As Ayn Rand put it:

“That something which knows how to want—isn’t that life itself?”

This journey is not to become someone new. It's to remember who you are.

Lodestone 1: Glimpse Your True Nature invites you to strip away the accumulated layers of conditioning and rediscover what has always been there—your innate essence.

We are each born with this radiant inner nature. You see it in children: their spontaneity, joy, and unfiltered presence. But around the age of five, this pure self begins to be buried under layers of expectation and social compliance. In crowded cities and standardized systems, we are taught to seek approval instead of truth. Our value gets tied to performance, productivity, and external validation.

Soon we believe the myth that there is nothing valuable inside us. That all power, pleasure, and recognition lie outside. We learn to chase applause, status, and security—and we lose contact with the inner compass that once knew exactly what we wanted.

We become a wardrobe of masks.

This journey is about reclaiming what was never truly lost. As Ayn Rand wrote:

“I started my life with a single absolute: that the world was mine to shape in the image of my highest values and never to be given up to a lesser standard, no matter how long or hard the struggle.”

And.....

“Now look at me! Take a good look! I was born and I knew I was alive and I knew what I wanted... Because I know what I want, and that something which knows how to want—isn’t that life itself?”

Lodestone doesn’t ask you to become someone new. It invites you to glimpse your true nature—and to build a life aligned with it, no matter how long or hard the struggle

This is the return. This is the glimpse.

Audio Introduction Instructions



Watch Opening Video: [HERE](#).

Before you press play on today’s audio, find a quiet place.

You’re about to return to your original state—not the one defined by history or culture or the latest self-help craze—but your birthright as a breathing, feeling, listening being.

Sit comfortably, with your spine softly lengthening like an exotic thriving plant. Let your breath drop down into your lower body.

Let your thoughts, if they come, pass by like clouds.

Don't try to understand. Don't try to relax. Simply arrive. There is nothing to do except follow my voice.

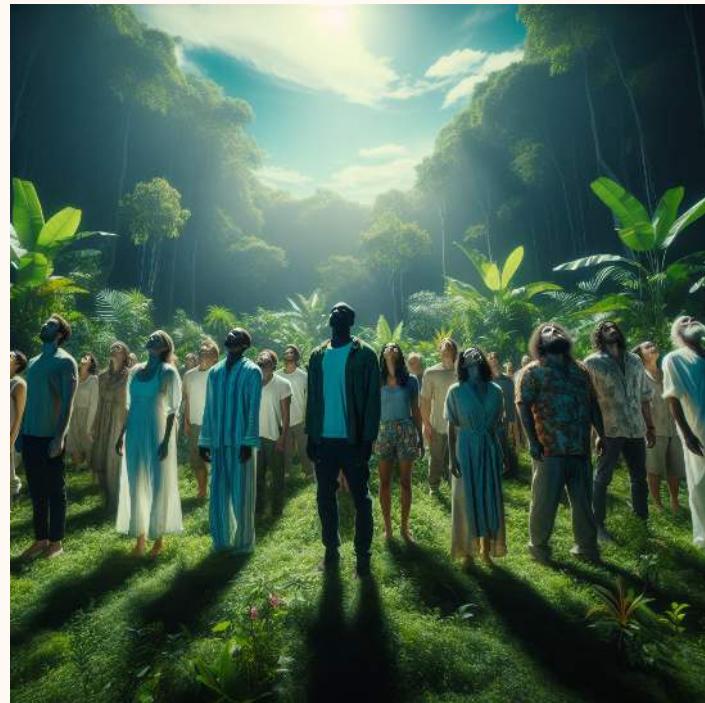
This is your sacred beginning.

1. Introduction: A Journey of Return

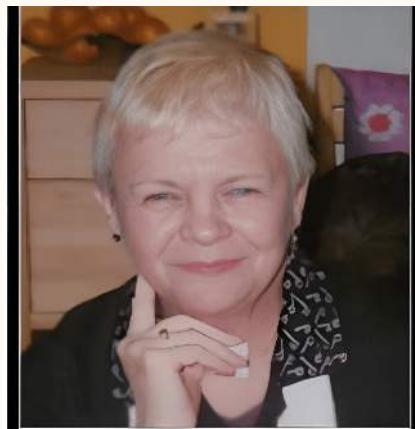
Welcome, Lonestoner.

You have chosen the full path, the deep dive, the sacred return. Lonestone is not just a product; it is a pilgrimage back to the center of your being. Over the next 30 days, you will be guided through embodied presence, breathwork, and subtle perception to awaken what ancient mystics, Indigenous Elders, and modern neuroscience all agree is your most powerful guide: your inner compass.

This is the journey home. Welcome to Lonestone.



2. About the Author: Linden Thorp



Linden Thorp is a global educator, embodiment mentor, ordained Buddhist priest, and certified Alexander Technique teacher living in Japan. Her professional journey began as a concert musician and evolved into a career as a university lecturer, music therapist, and spiritual mentor. Linden has taught in over 30 countries, trained with Aboriginal Desert Custodians, and integrates Eastern philosophy, neuroscience, and body-based wisdom to help seekers return to their original, embodied state. Her teachings are not theoretical—they are lived, felt, and fiercely compassionate. *Lodestone* is the crystallization of 40 years of inner and outer pilgrimage, offered in deep service.

My Path to *Lodestone*

I was born with sound in my bones and a longing for truth in my blood. My earliest identity was as a concert musician—a pianist, cellist, and vocalist—seeking perfection in sonic form, craving the purity that only music could transmit. But even then, I knew there was something beneath the notes—something deeper, quieter, more enduring.

My path veered into academia, where I taught linguistics and English for Academic Purposes to Foreigners, as well as Eastern philosophy, Business Studies, Literature, International Law among many other subjects. Then I diversified further into music therapy and bodywork. It was there I met the Alexander Technique and the liberating concept of non-doing. The body, I learned, does not lie. It holds the story. It is the story.

But my real initiation came in the deserts of Australia, guided by Aboriginal Elders and Desert Custodians. They showed me what I had always sensed: that the Earth speaks, that silence is a teacher, and that stories carry soul. Under their mentorship, I came face-to-face with Seer Gina—not a metaphor, but a spiritual being who entered my inner vision and restructured my life. She became my spiritual lineage-bearer, and her teachings are now encoded into everything I offer. Indeed, I am Seer Gina and you can read more about her later.

I was also ordained in the Japanese Shingon tradition and have been practicing as a Buddhist priest for many years. These teachings gave me form, but embodiment gave me flow. Lodestone was born from this integration—from the tension between form and freedom, from years of unraveling inherited trauma, and from decades of witnessing others do the same.

This book, and the 30-day audio journey it supports, is the culmination of everything I've learned and remembered. It is not a course. It is not a performance. It is an invitation. A map back to the place in you that was never broken.

You are not starting from scratch. You are returning to origin.

3. How to Use This Book & Audio Series

This journey includes 30 audio sessions, one per day. Each session follows a repeating three-part rhythm: Outer Awareness, Breath as Anchor, and Vertical Alignment. These are the recalibration tools for your four core compasses. Begin each day with the audio, then deepen the practice through the eBook prompts, journal reflections, and sensory tasks. You may pause, repeat, or extend any session, but complete them in order. The journey is cumulative.

You will need:

- A quiet space
- A journal to write by hand in
- A willingness to surrender habits of control
- A sense of adventure
- A posture that honours the alignment of Earth and Sky

Preparation: (you will hear this intro and outro in every audio file but you may want to read it here also)

Intro

Before we begin, take a few moments to settle in and become as comfortable as possible.

This practice can be done anywhere, at any time – but to experience its full effect, posture matters.

Whether you're seated or standing, indoors or out, allow your spine to rise upright – as if each vertebra were being gently lifted toward the sky.

If you're unable to sit or stand tall due to injury or illness, it's perfectly fine to lean. Comfort and safety always come first.

Let the crown of your head rise softly upward, as though suspended by a thread. If seated, rest your hands in your lap, palms open and facing upward. If standing, let your arms hang gently by your sides, fingers soft and long – receptive, not rigid.

Breathe softly in and out through the nose if possible, with lips gently closed. If that's not possible today, no problem. Just ensure you're hydrated, or soothe your throat with a lozenge if needed.

Now, allow your eyelids to fall softly – not fully closed, but lowered. Let a sliver of light remain, and rest your attention at the tip of your nose. This becomes your anchor to the here and now.

In this practice, we listen with the whole body – not just the ears.

Imagine every pore and hair follicle alive, alert, and attuned – like a tiger gliding through the forest, sensing vibration and movement in all directions.

You are attuning to life itself – and life always speaks in subtle pulses.

Finally, remember: this is a practice of non-doing.

Allow the impulse to label, imagine, or evaluate to fall away. You don't need to match my words with images or understanding. Simply follow my voice and gently turn inward.

You'll soon hear a single bell. Let it signal your shift – from doing to being. From outward to inward. From effort to ease.

And a gentle reminder: despite what you may have heard, mindfulness – or what I call “mindlessness” – isn't about switching off. It's about switching on. Heightening your sensitivity. Embodying your full human potential.

Yes, rest may come – but that's a byproduct, not the goal.

What we're cultivating here is presence: vibrant, vertical, and alive.

Let us begin.

Outro

As the closing bell fades, keep your gaze soft and steady – looking straight ahead or into the busy visual field from the vast invisible world at your core.

Notice how soft your vision has become – not just around your eyes, but behind your eyes, into your brain, and even into your heart.

Something deeper has shifted too.

Your vagus nerve – that sacred conductor between brain, lungs, heart, and gut – has now recalibrated.

Your internal compass hums with coherence. Stillness. Readiness.

This is how we meet the world: not from the surface, but from the core.

With the spine as compass needle, pulsing between sky and soil.

With the crown of the head reaching toward the cosmos.

With the base of the spine and the soles of the feet rooted in the Earth.

In this sacred alignment, you remember:

You are a miracle of natural intelligence – held, balanced, and breathed by the Earth.

Through this practice, you're transforming – from 10% presence to 100% aliveness. From scattered to steady. From guessing to knowing.

You're beginning to match the brilliance of your body with the fullness of your spirit.

So as you return to the outside world, carry this stillness within.

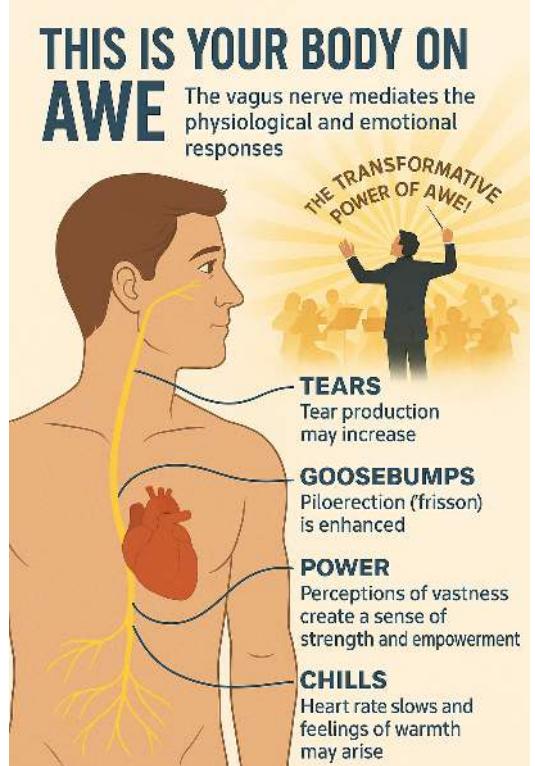
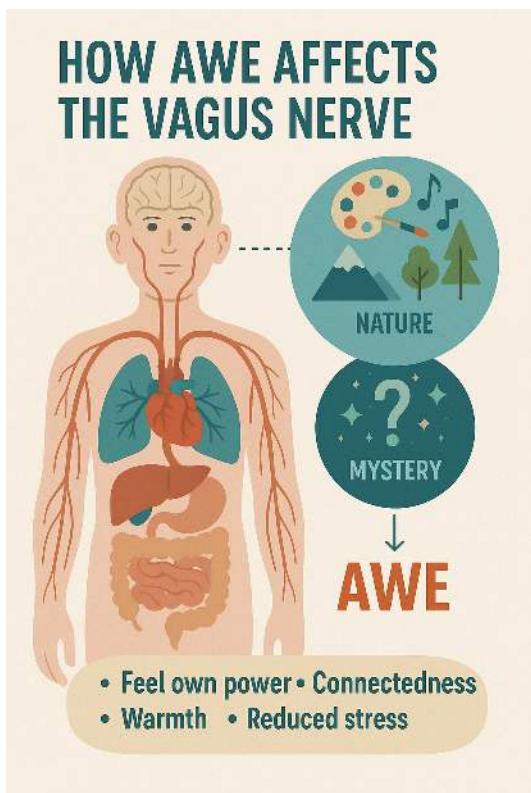
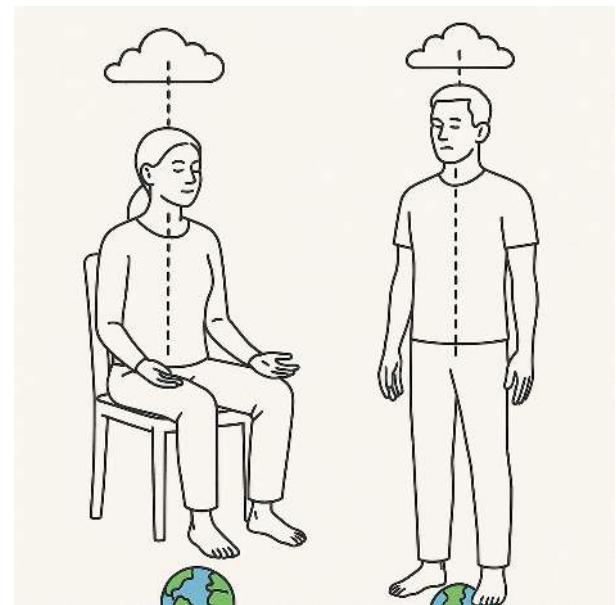
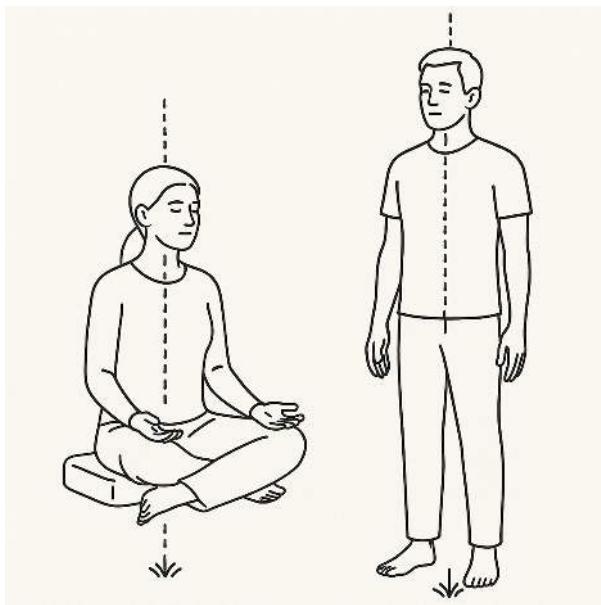
Stay close to your breath. Let your compass keep pointing you home, your true north.

This is the path of unshakable balance – of body, mind, and spirit.

Congratulations. You've taken another step.

I'll meet you again tomorrow – as we journey ever deeper into the heart of who you really are.

Your True Nature is waiting. And your true happiness is not a goal – it is a guide.



PART II – THE LIVING SYSTEM

4. The Neuroscience of Lodestone

The vagus nerve—often called the “wandering nerve”—is the 10th cranial nerve and one of the most vital and far-reaching in the body. Emerging from the brainstem, it travels down through the neck into the thorax and abdomen, innervating the throat, lungs, heart, diaphragm, digestive organs, and even the voice box and facial muscles. This makes it a central player in both the autonomic nervous system and emotional regulation.

When the vagus nerve is functioning well, it activates the parasympathetic nervous system—our body’s rest, digest, and repair response. A high-functioning vagus nerve is linked with:

- A calm, steady breath
- Slower heart rate and better heart rate variability (HRV)
- Improved digestion
- Enhanced emotional resilience
- A felt sense of safety, connection, and trust

This is why toning the vagus is a core part of Lodestone. Practices like deep diaphragmatic breathing, humming, chanting, mindful swallowing, yawning, and gentle yoga all stimulate the vagal pathways. So do certain types of eye movement, cold exposure (like splashing the face with cold water), and even social connection through safe eye contact and compassionate vocal tone.

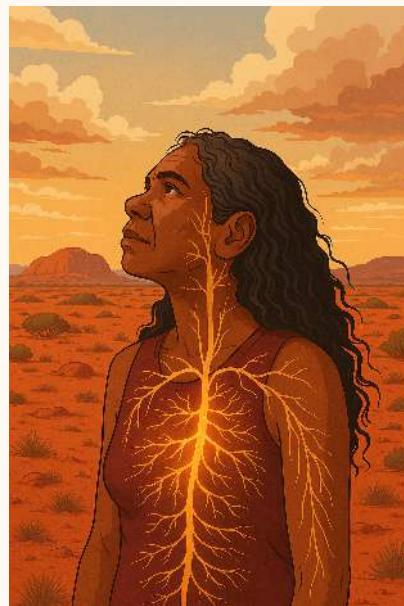
The vagus is also deeply connected to the enteric nervous system, sometimes called the “second brain” in the gut. This connection plays a critical role in intuition, decision-making, and the processing of fear and trauma.

A core theme in Lodestone is that the **Vagus Nerve** is not just a biological structure but a spiritual highway—a bridge between the inner world and outer awareness. Through conscious breath, presence, and vertical alignment, you are training the vagus to become your ally in embodied transformation.

Your nervous system is not fixed. The principle of neuroplasticity reveals that your brain changes in response to experience. Lodestone activates this principle not through mental training alone, but through somatic immersion. Each breath, each shift of posture, each moment of deep interoceptive listening stimulates a recalibration of your brain-body map.

The vagus nerve plays a central role in this recalibration. As the longest cranial nerve, it winds through your vocal cords, lungs, heart, diaphragm, digestive tract, and facial muscles. It is your primary channel for regulating stress and activating parasympathetic calm. Toning the vagus through breath, humming, gentle movement, and awareness not only reduces anxiety but increases resilience, compassion, and intuitive clarity.

4A. Embodied Perception: The Sensory Intelligence of Indigenous Australians



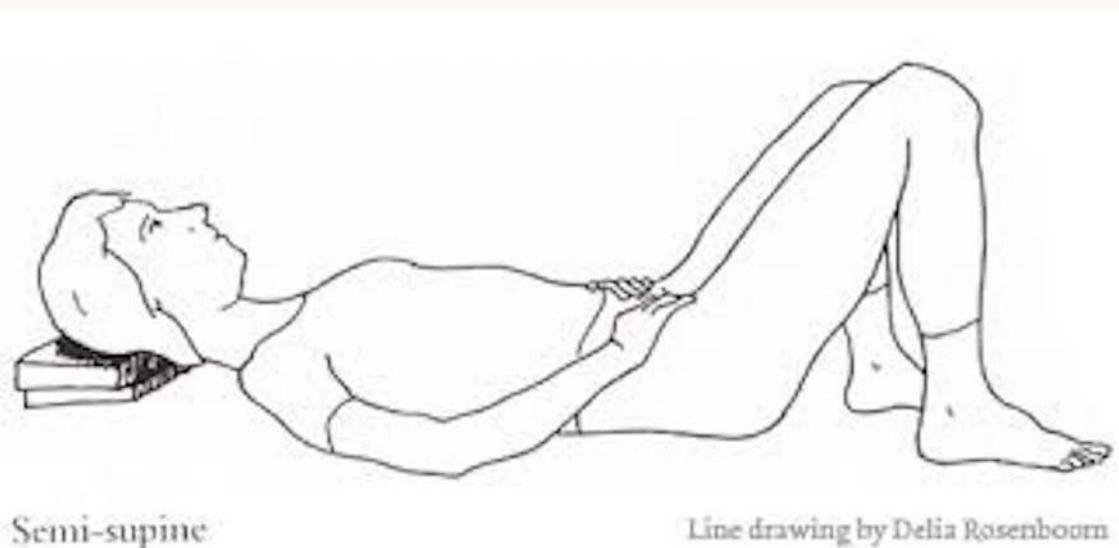
Indigenous Australians possess a profound connection to the land, cultivated over tens of thousands of years. This deep relationship has fostered an acute sensory awareness, enabling them to perceive subtle environmental cues imperceptible to many. Aboriginal trackers, for instance, have been known to detect the faint vibrations of animals—like kangaroos—from as far as 5 or 6 miles away.

This is not guesswork. It is embodiment.

In my own time living among these communities, I witnessed this incredible competence firsthand. I remember sitting with a group of Elders in complete stillness. After a few minutes of silent attunement, one calmly announced: “The young kangaroos are down by the river.” There had been no sound, no movement visible to the eye—only a sensory imprint through the feet, breath, and skin. And sure enough, they were right.

This level of awareness comes not from training the intellect, but from untraining distraction. From inhabiting the body so completely that the Earth becomes a partner in perception. This is what Lodestone gently reawakens—not superstition or magic, but primordial intelligence.

What Is the Alexander Technique?



The Alexander Technique is a subtle yet profound method of neuromuscular re-education. Developed by Frederick Matthias Alexander in the late 19th century, it teaches us how to undo habitual tension, restore natural coordination, and allow the body's structure to operate in harmony with gravity and breath.

At its core, the Technique is not about "doing" something right—it's about stopping what's getting in the way. It reveals how our unconscious patterns of posture, movement, and effort distort the natural functioning of the spine, breath, and nervous system.

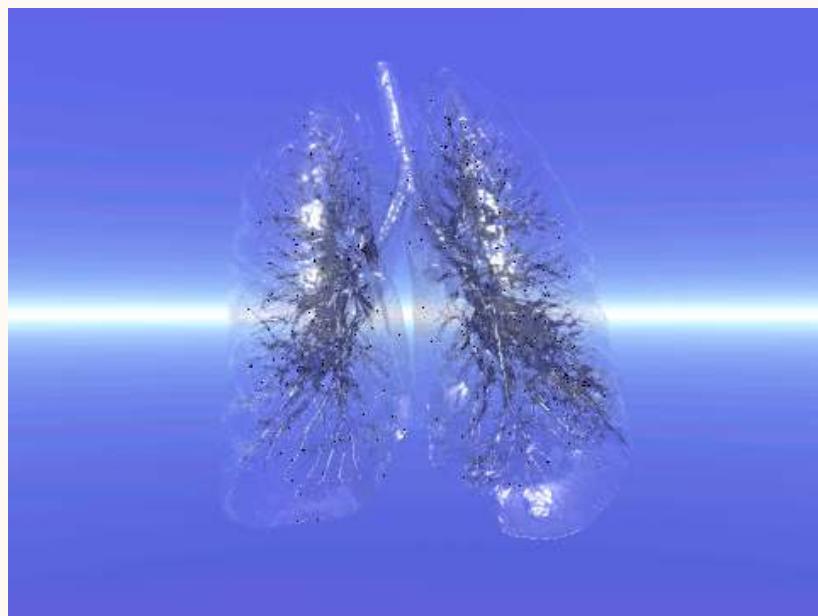
Practitioners guide students to experience non-doing—a shift from unconscious reaction to conscious, poised presence. Rather than correcting with force, we learn to inhibit unnecessary effort, allowing movement and thought to arise from a centered, aligned body.

I trained intensively in this practice for three years with Don Burton, one of Alexander's most enlightened pupils—a professional physiologist and physiotherapist in northern Britain. My early practice focused on working with musicians, actors, and creative professionals, helping them unlock their full expressive range by releasing postural and performance-based tension. Over time, this deepened into work with impaired individuals, which evolved into my work in music therapy and eventually embodiment mentoring.

The Alexander Technique laid the foundation for all I now offer. It taught me to listen with my whole being, to trust the body's intelligence, and to honour the elegance of simply being.

“You can’t do something you don’t know, if you keep on doing what you do know.”

— F. M. Alexander

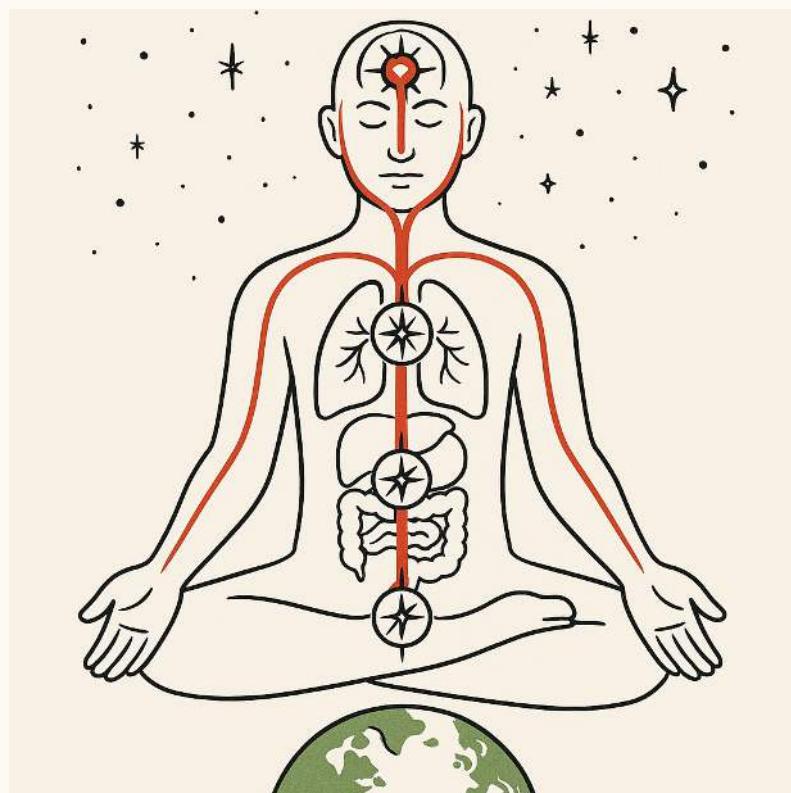


5. The Four Living Compasses

Through Lodestone, you'll awaken four functional compasses within the body:

1. Cranial and Pineal Gland Compass – Perception, reflection, and choice
2. Pulmonary Compass – Breath, vagus nerve, safety
3. Cardiac Compass – Emotional truth and coherence
4. Solar Compass – Instinct, motivation, intuitive knowing

The Spine is the bridge and conductor—your unique conduit of consciousness, integrating ancestral inheritance, DNA encoding, and vertical awareness. The root furnaces energy; the crown receives universal intelligence.



6. The Spine—Conduit of Consciousness



Your spine is not simply structural—it is sacred. Made up of 33 individual vertebrae, each cushioned by fluid-filled discs, the spine forms the flexible, protective housing for the spinal cord—the body's central communication channel. Every thought, sensation, and movement flows through this column—from brain to body and back again.

At its base lies the sacrum, anchoring you to gravity and primal energy. At the top is the Atlas joint, named after the Titan who held up the heavens—this is where your skull balances delicately, allowing your awareness to float upward. Between them runs the entire arc of evolution: instinct, emotion, breath, perception, and higher consciousness.

The vertebrae protect and surround the spinal cord, which branches into nerves that reach every limb and organ. The discs between bones allow for shock absorption and flexibility, making your spine not a rigid pillar, but a responsive instrument. The spine doesn't just support your structure—it expresses your state. It reveals your confidence, fear, fatigue, or grace without words.

The spine is not a ladder to climb, but a conduit to listen through. It doesn't strive or stretch—it awakens. In Lodestone, your verticality becomes a transmitter, not a tower. With every breath, you align not only your posture but your potential.

7. Human Evolution: The 10%/100% Paradox

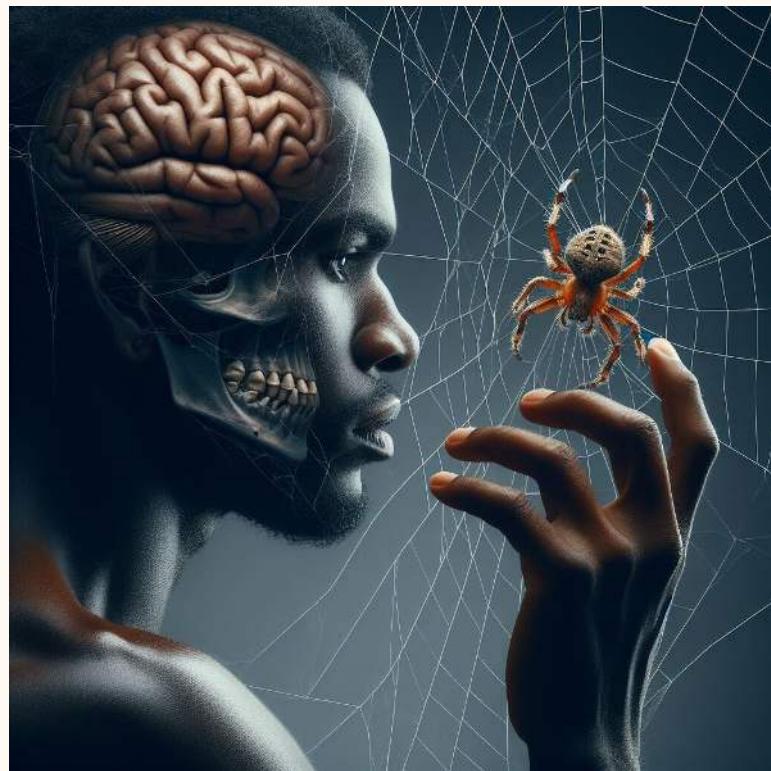


- The human body is already fully evolved.
- Consciousness, however, remains largely undeveloped.
- Lodestone invites a return to natural intelligence.
- Drawing from NLP, Alexander Technique, and somatic literacy, this journey enables a recalibration through “non-doing” and present awareness.

While the human body is already fully evolved—capable of incredible sensory awareness, precise motion, and self-regeneration—our consciousness remains in its infancy. Many of us are disconnected from our physical intelligence, trapped in the mind’s static loops of memory and projection. This is the paradox: our vehicle is ready, but the driver is still asleep.

Most modern societies emphasize intellectual knowledge, performance, and emotional suppression, sidelining the wisdom of the body. Yet our nervous system, fascia, breath, and posture are constantly offering real-time feedback—guiding us back to truth. Lodestone activates this guidance system not through effort or analysis, but through presence and subtle recalibration.

Through tools like the Alexander Technique, mindful breathwork, and ancient practices of non-doing, we awaken latent intelligence within the body. These tools help us bypass cultural programming and allow evolution to continue—organically and inwardly. In doing so, we shift from performing life to inhabiting it.



PART III – THE 30-DAY JOURNEY

8. The 30-Day Framework: Repeating Triads

Every three-day cycle follows the same arc:

1. Outer Awareness – Perception through space, sound, and skin
2. Breath as Anchor – Grounding through pulmonary awareness
3. Vertical Alignment – Embodying spinal presence

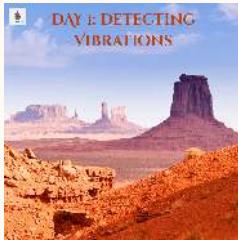
These triads repeat 10 times over 30 days to establish habit, coherence, and somatic sovereignty.

9. Daily Practices

The Lodestone Journey unfolds through ten repeating triads of three days each, guiding you through three stages of metamorphosis:

1. Outer Awareness – perception, sensing, space
2. Breath as Anchor – breathwork, vagal tone, emotional safety
3. Vertical Alignment – spinal presence, inner compass, sovereignty

Each triad is repeated 10 times, forming the 30-day path.



Day 1 – Outer Awareness

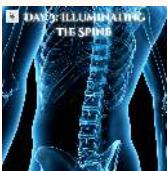
The journey begins with the simplest act: paying attention. Today, you tune your senses outward—not to grasp, but to receive. Light, sound, texture—all become gateways to presence. Let the world enter gently. You are safe to listen.



Day 2 – Breath as Anchor

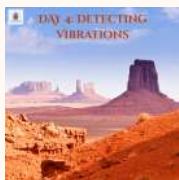
Now we drop beneath surface awareness. Breath becomes the bridge to your inner space. You're not trying to control it—just witnessing it.

- . Your body begins to feel less like a machine and more like a sanctuary.



Day 3 – Vertical Alignment

With perception and breath alive, we now awaken the spine. Not rigid, not effortful—but alive. Today's session introduces vertical integrity—a new kind of strength. Upright, you begin to remember: I am here.



Day 4 – Outer Awareness

Returning to the senses now feels more refined. You notice more—without overwhelm. This is not about stimulation but sensitivity. You begin to understand that the outer world reflects your inner field.



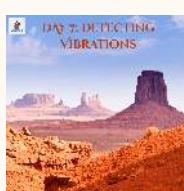
Day 5 – Breath as Anchor

Today's breathwork offers a deeper settling. The nervous system softens. You may feel flashes of grief or calm or memory. Whatever arises, the breath stays with you. It is your first true companion.



Day 6 – Vertical Alignment

The spine now becomes a living conduit. As you gently explore alignment, energy flows upward—intuitively, without force. You're beginning to trust that less effort can reveal more truth.



Day 7 – Outer Awareness

Your senses now function as instruments, not alarms. This session helps dissolve the old boundary between “me” and “out there.” You walk through the world without losing your centre. The compass is waking.



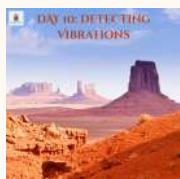
Day 8 – Breath as Anchor

A breath is no longer just a survival tool—it's a message. Today you may feel the pulse of something ancient, something that breathes you. Listen. Let each breath carry you deeper into self without story.



Day 9 – Vertical Alignment

You're no longer “holding” your posture—you're becomes a place of transmission. You stand not to be seen, but to feel This is sovereignty. Quiet. Rooted. Real.



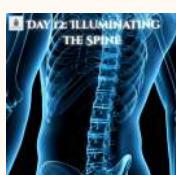
Day 10 – Outer Awareness

The world is more vibrant now, less threatening. With your field sensitised, you begin to notice rhythm, pattern, and signal in the smallest things. Today's session sharpens perception into presence. You see from the whole body now.



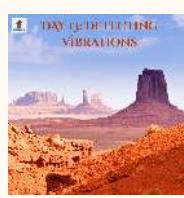
Day 11 - Breath as Anchor

Your awareness is now more relational. Instead of looking at the world, you're listening with it. This practice reintroduces you to space—not as emptiness, but as communion. You are part of the field, not separate from it.



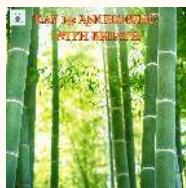
Day 12 – Vertical Alignment

Your breath becomes more trustworthy now—like a wise animal that knows the path. This session offers deeper grounding and shows you that calm is not passive—it's powerful. The breath is shaping your nervous system now.



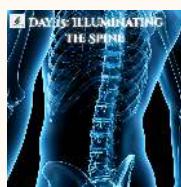
Day 13 – Outer Awareness

The spine and breath move together now like two halves of one truth. This session shows you that alignment is not a technique—it's a return. You may feel the stirrings of your true nature here, quiet but undeniable.



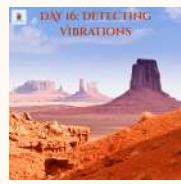
Day 14 - Breath as Anchor

An invitation to listen from the skin inward, softening the edges of identity and merging gently with the world. The practice anchors you in your environment without losing your centre, awakening the early whispers of intuitive perception.



Day 15 - Vertical Alignment

With your field softened, your breath becomes more than just respiration—it becomes direction. Today's session reattunes you to the intelligence of inhale and exhale, reestablishing safety within the body and clarifying how breath steadies the mind. You may find clarity rising where confusion once lived.



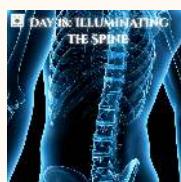
Day 16 - Outer Awareness

The spine today becomes a live axis—a meeting place between instinct and insight. As you explore the subtle rise of breath through the vertebrae, you may feel gravity's quiet cooperation. Here, a new kind of power is born: not from effort, but from vertical integrity.



Day 17 - Breath as Anchor

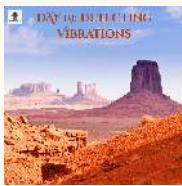
Returning to external awareness now feels different. It's not distraction it's dialogue. You are listening to the world not as an outsider, but as a part of it. Today helps sharpen this relational field, gently reactivating the senses while preserving inner stillness. This is how we live awake.



Day 18 - Vertical Alignment

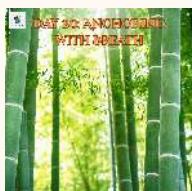
Breath becomes your bridge across emotional currents. This session encourages you to feel without drowning—trusting your breath to regulate, release, and realign. The deeper you breathe, the more you remember: you are safe, and you are sovereign.





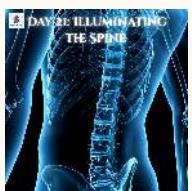
Day 19 – Outer Awareness

Today's spine work helps unify the compass points: crown to root, heart to gut. You may begin to glimpse your core alignment not as an effort—but as a truth. Standing tall doesn't mean becoming rigid. It means becoming real.



Day 20 – Breath as Anchor

You now carry a deeper sensitivity: the outer world becomes a reflection of your inner field. This practice refines your ability to feel space, to read vibration, and to navigate visual chaos without collapse. You're not returning to the outer world—you're re-entering it with new perception.



Day 21 – Vertical Alignment

You've cycled through this triad before—but now your body listens with more trust. Today you reawaken your sense-field not as something to escape from, but as something to receive through. Even ordinary moments shimmer when your awareness is clean. Stay open to surprise.



Day 22 – Outer Awareness

With each breath, your compass sharpens. Today's practice reminds you that your breath is not just a resource—it's your rhythm. You may feel more emotional steadiness now, more willingness to remain in sensation without grasping. Let the breath do the realignment.



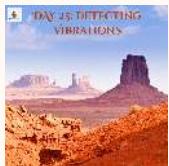
Day 23 – Breath as Anchor

The spine today becomes a lived metaphor: upright, receptive, alive. This practice guides you to stand within your own axis, not leaning forward into urgency or backward into regret. Vertical presence is becoming your default. Quiet power lives here.



Day 24 – Vertical Alignment

The world reflects your clarity. Today, you revisit the space around you as a mirror—rich with signals, invitation, and vibration. You may begin to feel what's unseen, hear what's unsaid. Outer awareness is no longer a threat to inner stillness—it's an extension of it.



Day 25 – Outer Awareness

Today's breath reveals how deeply your nervous system has softened. You may feel grounded even in uncertainty. When breath is trusted, it becomes a companion through change. This is where trauma begins to release its hold—not by force, but by gentle rhythm.



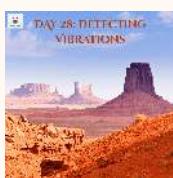
Day 26 – Breath as Anchor

You stand more freely now. The spine remembers its design. This practice clarifies how presence radiates from alignment, not from posture or performance. You're not just standing—you're arriving in your own field of gravity. Let it hold you.



Day 27 – Vertical Alignment

You return to the outer world now with unmistakable clarity. You've softened the line between "inside" and "outside," and today's session reminds you: perception is participation. Let your skin breathe. Let your ears extend. You are not observing life—you are in it.



Day 28 – Outer Awareness

Each breath carries more intelligence now. It knows where to go. Today, allow the breath to rise and fall like a tide inside your being, washing away what no longer serves. The breath leads the integration. Trust its timing.



Day 29 – Breath as Anchor

This is the alignment of a mountain—not rigid, but ancient. Verticality now feels sacred. You are living from your axis. The spine is not just structure—it is your conduit of consciousness, and it's attuning you to a finer frequency of self.



Day 30 – Vertical Alignment (Integration)

This is not the end. It's the beginning of sovereignty. Today's final session invites you to remain aligned without guidance, to navigate without map. You are now living with the compass open. Let stillness speak. Let your breath lead. Let the Earth walk with you.

PART IV – THE TRANSMISSION



What follows is not a metaphor. It is a transmission—an archetypal encounter that began during my years of apprenticeship with Indigenous Elders in the Australian desert.

Seer Gina emerged during the writing of my first two books, *The Training* and *Easy, Happy, Sexy*—works birthed not from imagination but from direct, lived experience. These stories were seeded in the deep silence and elemental rigor of the desert, as I walked alongside Custodians who had left behind the “comforts” and clinical containment of government settlements to return to their traditional way of life in Arnhem Land, the sacred heart of Australia.

In the vastness of that return, where the Earth is still alive and listening, I met Seer Gina—not as a fictional invention, but as a spirit guide. She is the first Custodian of language, story, breath, and embodied truth. Her presence has shaped my writing, my teaching, and this very offering.

This story is not for the intellect. It is for your unconscious mind—the deeper self that cannot be reached through explanation or effort. If you read with an open heart and quiet breath, Seer Gina will meet you at the cellular level.

Together with the Lodestone 30-day audio journey, this story forms a powerful dual pathway of transformation. One works through daily embodied practice. The other through myth, vibration, and deep narrative resonance. Read slowly. Let the rhythms of this story work beneath the surface.

You are not alone. She is already listening.

The Story Behind The Training

Before Seer Gina appeared on the page, she appeared in the desert.

The Training is the first in a series of transformative works born from my years walking with Indigenous Elders in the Australian outback. It tells the story of a young Word-Fella woman who is called away from her high-speed, high-stress urban life into the raw silence of the desert. There, she undergoes a spiritual initiation under the guidance of a Custodian Elder named Ninja – a woman of the Land whose every gesture is infused with sacred purpose and fierce clarity.

The story is not fantasy. It is drawn from lived experience – of sleeping on sacred ground, of traveling across songlines, of letting go of the Western constructs of time, success, and separation.

And it is in the pages of The Training that Seer Gina first arrives – not as a fictional character, but as an archetypal being, a spirit teacher encoded in the mythic body of the Earth. She becomes the first Custodian to return from the desert to the City, tasked with delivering a final, sacred transmission to the Word-Fellas before the planet tips beyond its point of return.

Seer Gina's words are not polite. They are not easy. But they are medicine – spoken in a rhythm that reaches beneath your conscious mind. If you let her speak to your cells, not your opinions, you will not be the same after.

What follows is her first complete transmission.

9. Seer Gina: First Custodian

This is the complete and sacred transmission of Seer Gina, the First Word-Fella Custodian.

What follows is the full, unaltered text written by Linden Thorp—intended not only to be read, but to transform the reader at a cellular and spiritual level.

This section will contain the complete narrative of Seer Gina without omissions.

The audience whispering. The cameras and their operators transfixed dragonflies, thoroughly rehearsed for this first Training. Producers and camera crews ogling their monitors waiting for the signal from Seer Gina's attendants

They fly in silent seats zooming in and panning out. Tensions running high for the very first appearance. The media director flips the master switch for auditorium lights off. Enforced darkness is alien, a threat especially now.

The first Custodian's oratory chamber rising from deep below slower than a sloth. Lights dim its non-reflective glass, a standby glow.

There is no purpose for inane word chatter, words for the sake of them. This slab black silence in the dark City Arena is a novelty but bumping in their anxiety, eyes pumping like pistons, the trainees recognize its fragrance of universal truth.

And someone panics and starts to whimper sobs with such a depth of regret that others weaken. Seer Gina's close custodian assistants gag and remove her and eventually the arrival is complete.

The First Custodian poised to speak.

She knows all physical Word-Fella eyes are blinking thinking recording and spinning their image rolodexes to find a match. But they can't. They betray thoughts that hedge, judge and scheme because their minds habitually face the wrong direction— outwards, glued to the rising of her firefly chamber while they multi-task in their mind caves.

They demand eye-novelty above all, begrudgingly aware of its low humming which matches their palpable desperation.

Everyone present finally understands that this Training is the very last chance to save existence and the planet as they know it. Entrance to the arena is prohibited unless they take the pledge to Earth on entering. Those not present are on the run but Ninja's Emu warriors will sift them out gently eliciting their promise using Desert wisdom not crude physical torture or threats

"You are all in a process—your white-coats call it 'evolution' but you have interfered in it wedging the door shut.

You. Your limited self-cherishing minds."

Each of them must listen, nothing more. The Seer spreads her arms in a wide arc to embrace everyone

"All of you here today have confused becoming with being!

"You are impatient and un-listening
forcing yourselves against the natural body of existence longing to spill."

Her capsule pauses as she lets out the line of truth to the incredulous Word Fellas,
"But in your hurry you dug dirt to cover your origins.

Look! You have buried the age of the sacred in the hole behind you, only interested in going forward; in your generation—the secular
—Universal sacred is old hat.

You are all outside in the cold Earth
Heat having lost contact with your inside, with your heart."

She lowers her arms gracefully

“Nothing except your products, your image collections and your rights and lusty desires are sacred to you now.

The Coca-Cola gods.

The Levi kings.

Rocket ships.

Nuclear weapons.

Government benefits.

Fame and fortune—the list is endless, the options uncountable.”

She stands perfectly balanced and still in the dead centre of the capsule as it begins to light up with sheer truth not electrical connections. She controls it with her pure energy—her True Nature.

“Even now as I guide this start towards awakening the new human, the fully realised human,

the human you have not meddled with,

I know that your minds are not still.

Even now, despite what you have done to the planet and the species.

They are monkey minds

swinging from knowledge tree to knowledge tree snatching fruit greedy, bullying, insincere.

I know your minds are noisy with the din of self,

the constant chatter of what you know and what you feel.

and the tedious commentary on what you see and how you see it.”

The capsule moves closer to the auditorium as she reads each mindset, making them gasp as it swivels through the air neither wired nor engine-propelled.

“I am first Word-fella Custodian Seer Gina come to rivet you to Here-and-Now and to the Stories and Songs of the Lands.

I am Here-and-Now to put an end to your craving for words and pictures for all your human-made products.

Here-and-Now to move you on to the next stage of your evolution.”

Another outburst at the back in the dark is muffled and removed....

“....and you have all been sold a defective product called ‘time.’

There is no such thing.

It is another trick of your monkey minds to distract you from the point, the point of being. Just that.”

She rises to the top of the capsule with sheer breath and hovers steadily.

“Gradually we will be able to stop the monkeys jumping to stay still if only for a second of old-time, of your clock time, of time to kill.”

She rests. She has long-since forgotten the shame of silence. She squirms as words dislodge unexpectedly from the spaces between her teeth and drop on to her ‘ongue. Word-fella invented them and is addicted hopelessly so she must meet them at ‘heir worlds, get their trust before moving them on.

She inserts abnormally long silences in between her batches of words. Making the trainees nervous but keeping them alert in the unnatural darkness of concrete.

“You have forgotten who you are!

You cannot recall the composition of your face or the tone or volume of your voice, how you walk or bend, the size or shape of your ears or eyes but I will show you how to remember yourself by turning inwards by changing direction.

For so long now you have voyaged and rocketed outside convinced that you could hunt all you needed like game, capture it, drag it back into your cave.

You have observed and judged others with a laser placing yourself above them ever-confident that you would find the truth to your existence one day. But you never did.

For you are convinced that death and oblivion are where you are helplessly heading and you have no choice

In fact without any questing or envious staring at other greener grass, you do not know what to do with your existence.
Your time weighs heavy on your hands."

She drops to the capsule bottom crouching like a wild cat then pouncing with word-fella words

"But what about the blood?
What about the devastation?

As Ninija and her clever fella Custodians indicate, you are nothing but a burden to the planet in your present state.

You have manufactured pointless and synthetic missions for yourselves and you dare to glorify the way you live dubbing it civilisation - the ultimate in human achievement.

But I can assure you that the blind and the deaf can see and hear more clearly than you have or do! 'Destruction' would be a more fitting epithet for your tribe than 'civilisation!"

Her capsule zooms around unexpectedly with her passion her anger coming so close that some gasp

"So thanks to you-high-handed word-fellas—the survival of all of us here on Planet Earth is in great jeopardy!"

The Seer slowly lengthens the back of her neck dropping her chin and sending her head up towards the top of the capsule while standing on the tips of her toes in perfect symmetry she knows the trainees are scrutinising her appearance and her ability their minds getting back into old habits ignoring the truth about themselves viewing her as a moth convulsing on a pin.

"However you, we,"

she pauses to open her hand looking down into the palm to calm a faint twinge of emotion close to her throat

"—I was born one of you and successfully made the 180-degree turn inside—have been spared.

Ninija and her loyal custodians are rescuing Planet Earth starting now from the beginning of this first training.

Ninija's first request is that we must all embody our humanness - our natural unadulterated good state - like Ninija and her custodians do.

You know they die if they are forced to Lumaluma's City to live in concrete and pollution as you do. And we must embody our natural state Now-and-Here without a moment's delay! Or die—the alternative!

There are no exceptions. No pardons. And no VIP passes.

It is your choice.

Frantic mumbling and sporadic aggressive head movements in the capsule's glow break out on all sides. Indignant questions behind hands 'why's' 'what's that?' 'why us' surge up and down the standing rows. Gina answers each one indulging them as she hurtles around.

"Yes you heard correctly! Now-and-Here.

Your cunning fairy-tale called 'time' has again conveniently distracted you from the reality of the present moment. You hide in your dark cave of the past or fritter away your time imagining or speculating about the shiny stiletto of a deluded future.

Despot time demands that each of you create a reality to your liking in your minds."

She needs no microphones or earphones or indeed any of word-fella's paraphernalia Her powerful and yet tender voice is an ocean of unique waves addressing each of their hearts directly - a Desert skill technology merely a means-whereby, a convenience, a fad. She cruises around her cubic capsule, the epitome of creaturely length and poise.

She weighs their concentration moving adroitly to clusters of panic or doubt to melt them away with her voice, with her ritual Story words of the Lands

"You Word-Fellas regard your homes and workplaces as precious and in desperate need of guarding and preserving.

But they are synthetic-sealed units designed deliberately to keep you separate from each other and from the Earth."

"The Earth exists and you take everything from it you need to survive.

Your death would be immediate if you could no longer borrow the oxygen in the atmosphere of Earth!

Is it not therefore worthy of your constant care, your respect, your cherishing?"

She propositions them.

"Do you wish to go on living as a member of the most sophisticated of all Nature's creations? Some of you may choose not to go on.

But the choice is simply another kind of convenience, another of your delusions."

She widens her stance and extends her arms high above her head reaching to the four corners of her cubic capsule. Her new position brings on more gasps and initiates competition to get the knowledge of how she can do these things without machine assistance.

She breathes and fills out the space with her curves and radiance and again her capsule explodes with light, illuminating the rapt expressions of the word-fella audience.

"For in reality, Word-Fellas, there are no choices."

She hovers to make them still.

"There are only two things we humans need to embrace.

First deep listening to the planet and each other.

And second, to embody Love - Father Earth's most essential substance-in every one of your so-called 'moments of time!"



The audience is genuinely listening without distraction for the first time since they left the Lands for some of them. They do not object to her urgency or her sarcasm because word-fellas have reached the absolute limit of their survival. They have become used to earthquakes happening regularly, even now under them as they listen. They have learned to shelter from gale-force winds by burrowing like moles below ground to escape from being lifted into the air and slammed into walls and windows, their spines broken like dry twigs.

As a matter of course they wear masks over their noses and mouths, sunshades and goggles to stave off the curse of smoke made by uncontrollable forest fires. All this of their own making Custodianship is the last resort and finally they will listen.

The lighting in her suspended chamber softens as she kneels in its very centre, the x-ray cameras weaving around her above and below to reveal the miracle of her internal organisation, recording and preserving it for training purposes only.

The trainees can also witness the changes she makes in her various vital rates on dials and monitors projected on screens dotted around the arena.

She will not speak anymore today. Instead she will bring her body, mind and spirit into synchrony for all trainees to witness. Under the thermal cameras, gradually by degrees, her body becomes a substantial multi-faceted crystal. The pumps and drains, the forests of synapses and nerve connections glittering and clustering. The human body at its absolute zenith functions without any effort, without any doing, like the Universe and the millions of species.

Humans did not need to achieve anything. All they had to do was to embody everything provided for them as Seer Gina does now-and-here. And to wear it like a beautiful gown in full contentment. Notions like 'work' and 'ambition' are word-fella delusions, offshoots of the monsters called Time and Money which they created to distract them from their emptiness, and from the Earth

The sound and sight of her breath is a spectacle - the Earth's gift of oxygen entering the Seer's mouth and nose flowing down her pulsing throat into two lungs like molten gold. A thousand minuscule explosions take place in the complex lung air sacks as the gold bursts into a million pearls glinting with every colour under the Sun.

The gold is soon turned into the grey of lead once it is purified and she exhales it. These toxins could kill her outright if they remained inside. Spellbound, the audience watches as it moves like volcanic lava back up the canal into the throat and cascades out of her mouth.

Then in turn Earth uses various catalysts to convert those poisons back into oxygen to be breathed in again.

This system is a miracle and all members of the species are blessed with it but without x-ray machines to make it visible, trainees do not appreciate or respect it. However, now there is no excuse because here is the proof broadcast live around the vast Arena. One single breath is a spectacle. One breath encompasses all life all Earthly existence.

Then the complex messages to all vital organs initiated by the brain are spotlit as her effortless breathing continues in the background. The glands throb with primary colours along the spine, starting at the base and climbing up to the crown of the head - red, orange, yellow and green.

Pale blue cools the throat. Bold indigo colours between the eyes at the brow and violet fills the crown of the head.

The messages which maintain the body and brain glimmer on quietly with the breathing, big screens capturing this magnificent firework display.

Spotlights and cameras move around the audience to view our responses, as we watch our images interspersed with the naked Seer's at random. Witnessing the beauty of this relationship between human and planet mesmerises us. Some shed tears because they had never noticed this miracle which occurs with each of their breaths.

For some it is a shock that all this happens without their knowledge invisibly. Others scrutinise Seer Gina's perfect body for implants and bionic technology, while others feel resentment at being controlled in this way.

Ultimately, word-fellas have strived for independence from the Earth. Still now they drop shocked by their dependence on the filthy failing planet and the mandatory training.

I shed tears. I have so much regret.

"Seer Gina, you are right that nothing in word-fella mind could prepare me for witnessing this miracle. My ignorance appals me!"

Finally the auditorium lights brighten but the spectacle of perfect human functioning goes on relentlessly as Seer Gina's chamber begins its descent.

We cannot take our eyes away from this miracle: each of us desperate to own it and access it when it disappears.

But I know you will never give in to such human lust oh Seer!

The word 'embody' is entirely new to us in this context. It takes my breath away and my eyes burn.

Slowly, just like her inhaling and exhaling in partnership with the planet, the electric lights in the auditorium dims down again.

The whole assembly will eventually be plunged into complete darkness to generate a silence and stillness some of us cannot tolerate.

Whimpering or shouting indignantly the rogues are again quickly removed by the assistant trainers.

PART V – INTEGRATION & BEYOND

Audio Closing Instructions



Watch Closing Video [HERE](#).

As this session draws to a close, stay where you are for a few moments.

Feel your body as Earth's child. Notice your spine—still, vertical, listening. Let your breath move like the wind. Let your skin remember the sky.

There is no need to rush back to words or plans. This moment is the point.

When you are ready, return to your day—but not as you were. You are realigned.

10. Reflections and Next Steps

How to sustain the transformation?

Lodestoners Sanctuary

You are not meant to walk this path alone. The Lodestoner Sanctuary is a protected online space where those undertaking this inner pilgrimage can connect, reflect, and deepen the work beyond the 30-day journey.

Inside the Sanctuary, you'll find:

- Space to share personal insights and turning points
- Live community conversations with Linden and fellow seekers
- Invitations to deepen your embodiment practice through seasonal gatherings
- Early access to future teachings and the evolving Lodestone II: We Are continuation

This is not a forum for performance or opinion. It's a quiet gathering space for lived truth, held by shared commitment to presence, humility, and realignment. Each participant brings their own compass—and each compass strengthens the whole.

Join the Sanctuary [HERE](#).

Living with the Compass Open

Now that you've calibrated your inner compass, the real question becomes: How will you live by it?

Living with the compass open means:

- Sensing before deciding
- Listening before acting
- Aligning before advancing

It's a way of life that resists urgency and honours timing. The Lodestone compass is not a tool of control—it's a way to navigate uncertainty with integrity. In everyday life, this might look like:

- Pausing before saying yes
- Allowing your breath to guide you through conflict
- Checking in with your spine when facing a decision
- Letting silence answer what the mind cannot

This is not something to master. It's something to remember each day. Over time, this becomes your rhythm.

Integration Rituals

The real work begins after the practice ends. Integration is not about adding more—it's about anchoring what has already shifted.

Next are three gentle rituals to sustain your alignment:

1. The Morning Compass:

Upon waking, sit for 3 minutes. Sense your breath. Feel your spine.

Ask: What is true north today?

2. The Unrushed Pause:

Before major action (a meeting, a conversation, a purchase), pause. Inhale slowly. Notice what your body already knows.

3. The Night Recall:

Just before sleep, scan your day:

Where did you follow your compass?

Where did you override it? No judgment—just noticing.

You may choose to write, draw, or voice record your insights.
The key is to build small rituals that bring you back to embodied truth in real time.

*You don't need to be perfect. You just need
to stay in relationship.*

Appendix 1: Jounraling Templates

Daily Journaling

Prompts For each day of your Lodestone journey

take 5-10 minutes to reflect using these questions):

What sensations did I notice in my body today?

What thoughts or emotions surfaced during the session?

Did I experience any resistance or distraction?

What helped me return?

Where did I feel most aligned or most disconnected?

What one thing am I taking with me into tomorrow?

End-of-Week Integration Questions (Use every 7 days)

What shifted in my awareness or perception this week?

How has my breathing or posture changed, if at all?

What patterns am I noticing across multiple days?

Where am I being called to listen more deeply?

How has my sense of 'true nature' evolved?

Final Reflection – After 30 Days

What have I recovered or remembered about myself?

Which compass feels strongest within me now?

What does my inner world feel like now compared to Day 1?

What commitment do I want to carry forward?

How will I continue to return to my true nature?

To revisit or continue your journey, explore the following:

- Lodestoners Sanctuary Page: <https://lindenthorp.com/lodestone-1-10-day-sanctuary/>
- Thank You / Product Access Page: <https://lindenthorp.com/lodestone-1-10-day-thank-you/>
- Companion PDF Download (if not already included): https://lindenthorp.com/wp-content/uploads/2025/05/Lodestone_10Day_Companion_final.-docx.pdf

If you have questions, reflections, or wish to go deeper:

-  Email: linden@lindenthorp.com
-  Website: <https://lindenthorp.com>
-  Community & Event Info: Coming soon to the Sanctuary page above

You are part of this awakening. Thank you for walking this path.

13. Credits and Licences

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Seer Gina capsule image created with AI-assisted illustration tools.

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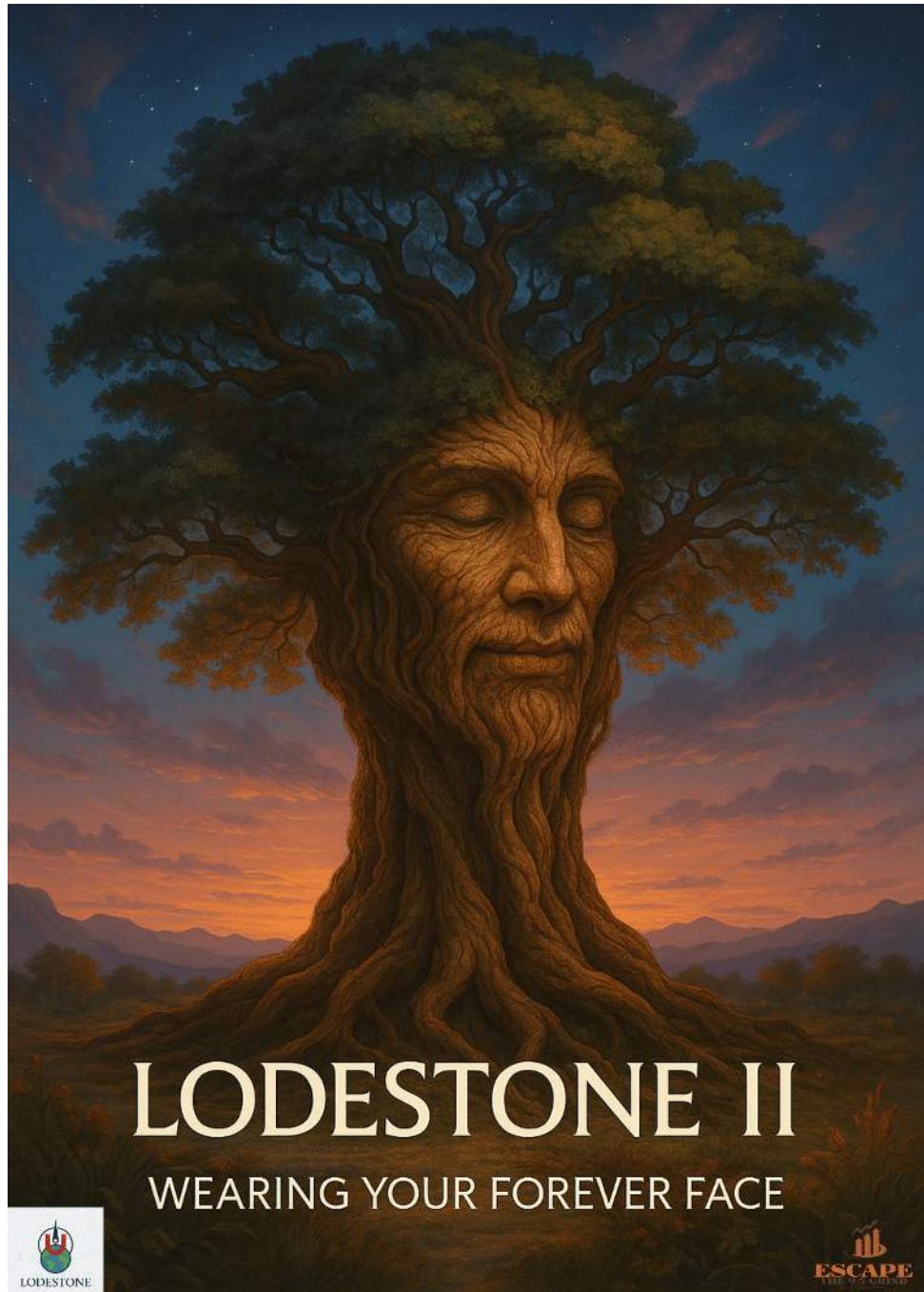
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