



LODESTONE

Glimpse Your True Nature

Creator and Founder: Linden Thorp



LODESTONE



What is Lodestone?

Lodestone is a living method of embodied leadership and practical spirituality.

A lodestone is a naturally magnetized rock — one of Earth's oldest compasses. Long before mechanical compasses, people used lodestones to find true north. The Lodestone method does the same for human life: it restores each person to their true inner orientation through the four inner compasses of the body.

Just as a lodestone aligns with the Earth's magnetic field, the four compasses align us with life, truth, and balance when we learn to listen.

Origins of the Method

Lodestone integrates decades of deep training and practice:

- Buddhist discipline — silence, meditation, embodied awareness.
- Indigenous wisdom — whole-body listening learned with Aboriginal elders, tuning to vibration through skin and hair, orienting with the land.
- Body education — Alexander Technique, Feldenkrais, posture and movement re-education.
- Voice & performance — years working with performers on resonance, presence, and authentic communication.

About the Founder

I am a seasoned broadcaster, mentor, and author of *Your Body Is Your Business Plan (YBBP)*, a cornerstone text for burnout prevention and embodied leadership.

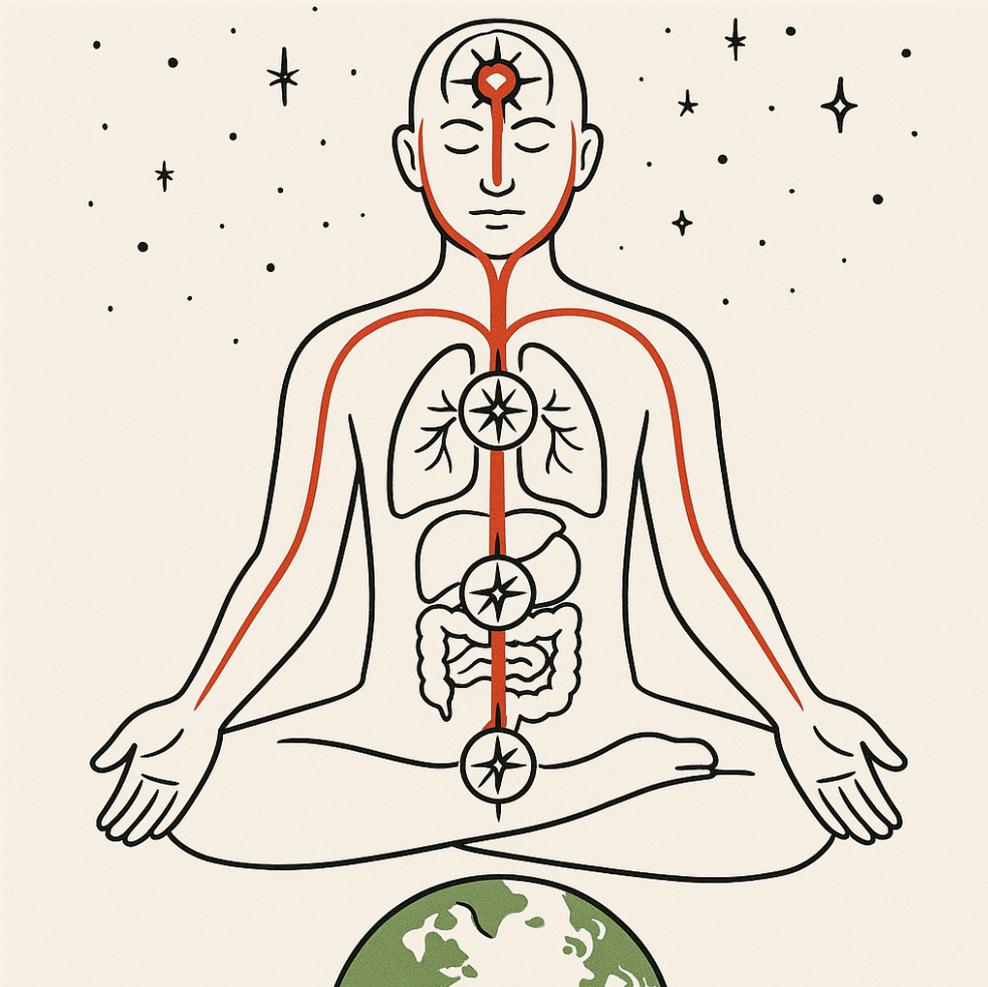


Why Lodestone is Needed

Most people today are trapped in the limited mind – over-analytical, stressed, living “from the neck up.”

They try to solve burnout with thinking strategies, but this mind alone cannot restore balance.

The truth: the body already knows. It carries ancestral wisdom, presence, and sovereignty. Lodestone reconnects people to their bodies – and in doing so, re-orientates their entire life.





THE FOUR COMPASSES

The Lodestone method works through four inner compasses, regulated by the vagus nerve and organized along the spinal column – the living bridge between heaven and earth:

1. Brain, Brain Stem & Pineal Gland
2. Heart & Lungs
3. Solar Plexus (*above the gut at the base of the breastbone*)
4. Base Chakra

Conditions of Use

- Daily practice; repeat as often as desired.
- Best results with a 30-day cycle (Lodestone 1) and beyond.
- Most powerful with personal guidance from me and my team.
- Diagnostics at the start (and again at ~4 months):



- Zinzino blood test (scientific baseline for balance).
- Body Awakening Scan (somatic baseline, mapping embodied awareness).

Lodestone 1 – The First Journey

- Product: 30-Day Embodied Journey
- Format: 30 guided audio practices + support via Sanctuary Page
- License: Lifetime access
- Price: \$97

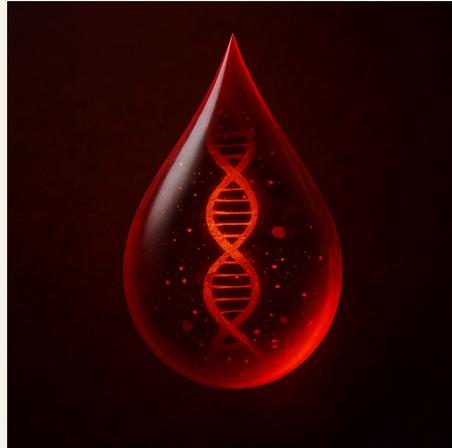
How it's used:

- Follow one guided practice per day.
- Can be repeated seasonally for recalibration.
- Suitable for individuals, coaches, professionals, and teams.

Best when supported by:

- Weekly touchpoints (1:1 mentoring, Lodestone Lunch, Lodestone Q&A).
- ZinZino Balance Oil during the journey.
- Body Awakening Scan at the start and end to track change.





ONE-TO-ONE LODESTONE MENTORING SESSIONS

Overview

Immersive, embodied recalibration sessions — not therapy and not talk-based coaching. Words are symbols; Lodestone goes beneath words into direct experience.

Foundation

- Begin with both a ZinZino blood test and a Body Awakening Scan.
- Repeat both after ~4 months to measure transformation.

Session Elements

- Meditative and mindful practices.
- Somatic embodiment exercises.
- Spiritual teachings for body–mind–spirit balance.



- Sound and voice healing: tuning forks, singing bowls, music therapy, voice work.

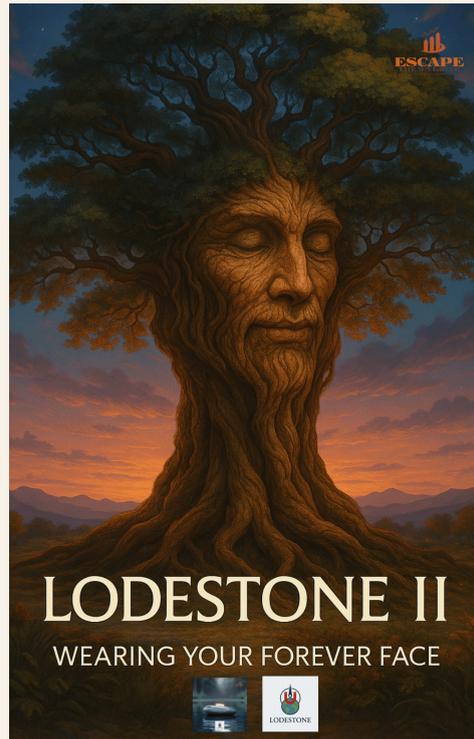
Themes

- Imposter syndrome and identity layers.
- Returning to true nature (pre-conditioning self).
- Shedding masks; reclaiming authenticity.
- Developing self-dependency and inner sovereignty.

Outcomes

- Reclaim the inner zone as supreme ruler of your being.
- Nervous-system balance and deep healing.
- Unlocked creativity; design a personal economy.
- Natural progression into MCP (Millionaire Commitment Path) and Legacy Partnership.





LODESTONE 2 — WEAR YOUR ETERNAL FACE

The deeper journey.

- Guides participants into the inner core where every answer already resides.
- Unlocks ancestral wisdom encoded in DNA and lineage.
- Confirms each person as the supreme ruler of their inner world.
- Helps them wear their eternal face — their authentic, original self.
(advanced training beyond Lodestone 1: in progress)





LODESTONE INSIDE

LODESTONE INSIDE — CORPORATE INTEGRATION

Bring Lodestone into your organization.

- Burnout prevention & resilience for teams.
- Embodied leadership for executives.
- Practical accountability frameworks in the workplace.
- Combines Lodestone practices + Zinzino health protocols.

[Pilot pricing: \$3,000–\$5,000 per company, per month.
Includes guidance, diagnostics (blood test & scan), and tailored practices.]

The Four Core Mainstays

Every client journey is anchored in these four:



1. Your Body Is Your Business Plan: Avoid Burnout (YBBP) – core text, required reading.
2. Zinzino – blood test at start & ~4 months; daily Balance Oil.
3. Body Awakening Scan – diagnostic tool to map embodiment and track progress.
4. Lodestone Practice – Lodestone 1 (daily); Lodestone 2 (advanced).

**A dedicated brochure and corporate scan are being prepared for launch soon. In the meantime, you can enquire or ➤ [Book an Introductory Discussion](#)

Stay Aligned Between Stages

Optional 30-Minute Lodestone Recalibration Sessions

For moments when you feel scattered, overwhelmed, or out of tune with your compass, 30-minute one-to-one recalibration sessions are available.

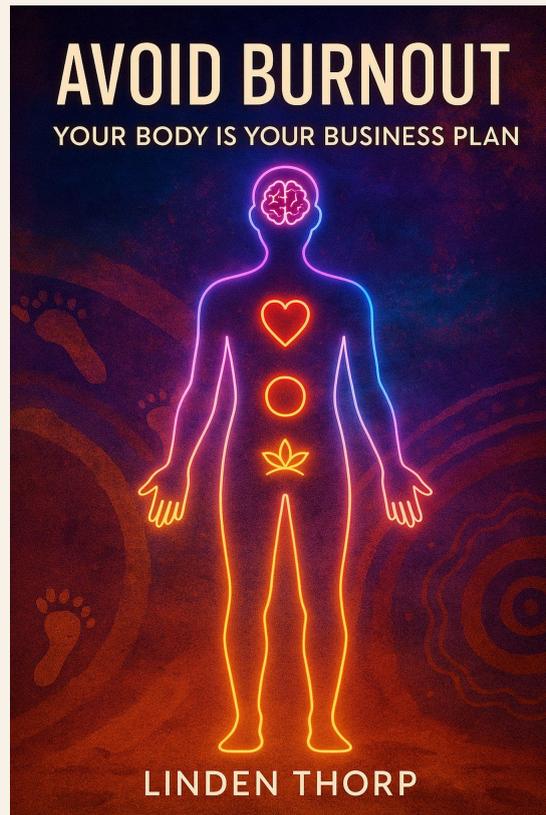
These short sessions restore energetic flow, mental clarity, and embodied presence so you can stay aligned while moving through the deeper Lodestone or Beyond Balance programs.

➤ [Book a Recalibration Session](#)

THE LODESTONE ECOSYSTEM

- [Lodestone Lunch](#) – weekly mentoring for coaches/educators/creators (registration required)
- [Lodestone Q&A](#) – open access.
- Lodestone 1: Glimpse Your True Nature: [30-day Programme](#)
- Masterclasses & Broadcasting – seasoned live presenter. ➤ [See Live Events Page](#)
- Publications – LinkedIn, Medium, Substack.
- My Core Book – [Your Body Is Your Business Plan: Avoid Burnout](#)
- [Website](#)





BEYOND BALANCE — THE PATH AHEAD

Once balance is established with Lodestone + Zinzino + Body Awakening Scan + YBBP, anything is possible:

- [Millionaire Commitment Path](#) (MCP) — 3 tiers: 3-month embodied wealth pathway.
- [Legacy Partnership](#) — long-term leadership and impact.
- To explore tailor-made 1-to-1 mentorship or bespoke Lodestone programs, [arrange a private consultation](#).



What Clients Say

☀️ **Lin Shussler-Williams**

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

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

☀️ **Ebi-Shilia Diете-Spiff**

Self-Love & Mental Fitness Coach

"Linden Thorp is such a gift. Working with her has been a deeply grounding and transformative experience for me. She has a way of holding space that makes you feel safe, seen, and empowered to step more fully into yourself. Through her Lodestone method, she reminds us that embodied leadership isn't something we strive to achieve, it's something already within us, waiting to be remembered."

☀️ **Event Host**

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



**YOUR BODY KNOWS HOW TO GROW
YOUR NETWORK.**

**ESCAPE
THE 9-5 GRIND**

**DON'T CHASE!
JUST RADIATE.**

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Book: [Your Body Is Your Business Plan - Avoid Burnout](#) on Amazon

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