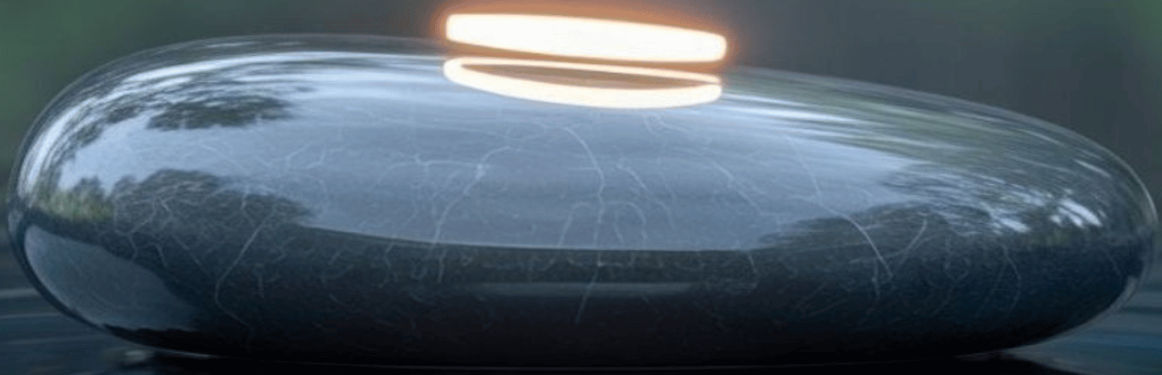


LODESTONE



LODESTONE 1: GLIMPSE YOUR TRUE NATURE

10-Day Companion PDF

CREATOR: LINDEN THORP

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About the Creator

Linden Thorp is a lifelong educator, author, and spiritual teacher based in Tokyo, Japan. She holds a Master's degree in Linguistics and Eastern Philosophy and is an ordained Buddhist priest with decades of experience in mindfulness and meditation. Her professional life spans roles as a university lecturer, published writer, and embodiment mentor. Her approach integrates neuroscience, somatic intelligence, and Indigenous wisdom. Having taught in over 20 countries and worked deeply with Aboriginal elders and Desert Custodians, her work is strongly aligned with Earth-based transformation and spiritual liberation.

Her inspiration for *Lodestone* comes from a lifetime of meditative study, direct embodiment practice, and years of leading mindful journeys for people recovering from stress, burnout, and identity collapse in the digital age.

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.

True Nature

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.

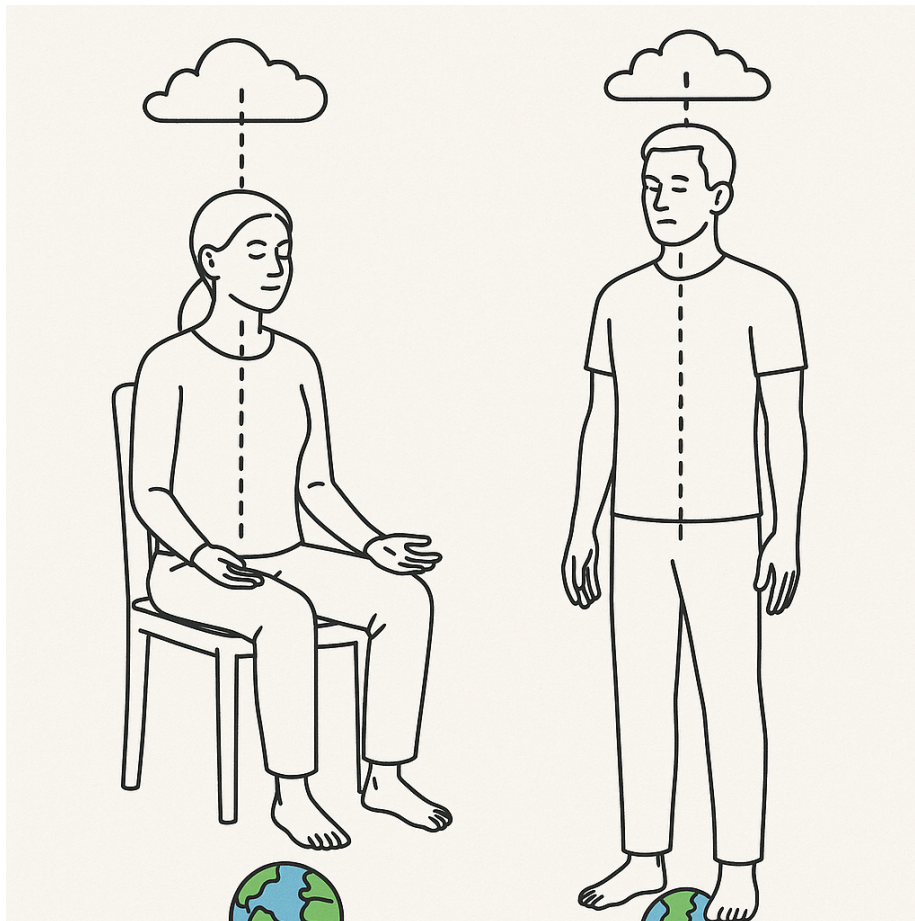
Introduction and Preparation

Welcome. This is your sacred beginning.

Before you press play on today's audio, find a quiet place. You're about to return to your original state—not by doing anything, but by allowing yourself to be.

You don't need to try. Just arrive. Let the Earth support your body. Let the breath guide your presence. Let your awareness settle like still water.

Together, across these 10 days, we'll retrain the nervous system. We'll gently dissolve urgency. We'll rediscover that presence, not progress, is the true path.



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.

(If you prefer to listen to these instructions in your practice situation, then you will find them repeated in the Audio Intro. at the beginning of each session)

Why Lodestone Works

Lodestone activates your body's innate neuroplastic potential—the ability of the brain and nervous system to rewire themselves in response to conscious experience.

Each day's guided audio session uses embodied cues (body awareness, breath anchoring, inner compass visualizations) to:

- Quieten the sympathetic (fight-or-flight) system
- Activate the parasympathetic (rest, digest, integrate) system
- Encourage vagus nerve tone and breath-body awareness
- Create new neural pathways through attention and felt sense

Why handwriting matters

It is recommended that you start a new notebook to write in as you follow this programme. There will be many insights and feelings you will not want to lose.

When you journal by hand, the brain engages multiple regions simultaneously—motor, emotional, and memory circuits—which strengthens neuroplastic learning and internalizes insight.

What to Expect

As you move through the 10 days, participants often report:

- Mental quietness and less internal chatter
- Heightened sensitivity to posture and breath
- Improved sleep and emotional balance
- A sense of coming home to the body
- Spiritual clarity, dreams, and intuitive insights

Lodestone's rhythm builds gradually. Some days may feel subtle; others will bring profound shifts. Trust your pace. You're learning a new way of being.

Daily Practice Flow

1. Sit or stand comfortably. Press play on one audio per day (minimum). Morning and night deepen the transformation.
2. Write with a pen or pencil in a quiet space. Allow insights to emerge through your fingers.
3. Use the prompts below to build awareness and deepen your learning.

Daily Reflection Prompts

- What sensation dominated today's session?
- Where did I feel grounded—or disoriented?
- What arose emotionally or intuitively?
- What shifted in breath, posture, or presence?

The Three Pillars of Lodestone

1. Body as Earth

These practices restore somatic grounding. You begin to recognize yourself not as a head on a stick, but as a unified vertical being rooted into the Earth's energetic field.

2. Breath as Anchor

The breath restores rhythm and coherence to the nervous system. Lodestone teaches you to work with breath in three regions: diaphragm, chest, and throat, creating balance and activating your vagus nerve.

3. Being as Sky

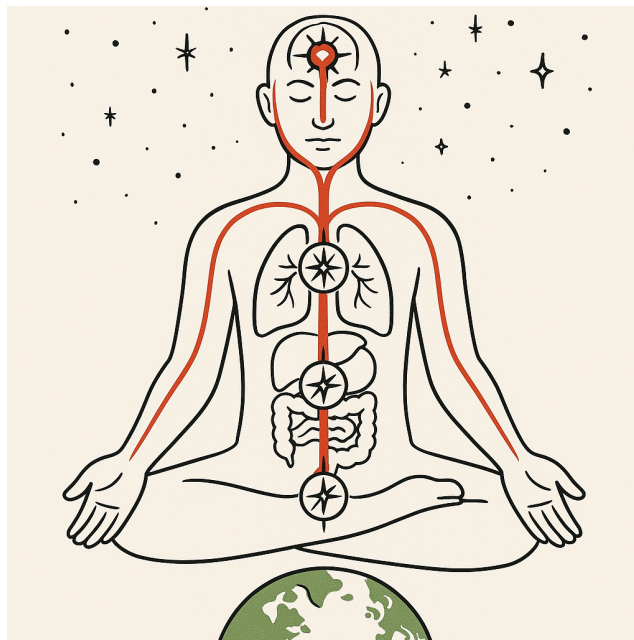
Being is not doing. As you let go of striving and settle into presence, awareness expands like sky—spacious, non-judging, open. This trains the mind to release old narratives and welcome stillness.

The Vagus Nerve

Your vagus nerve connects the brainstem to the heart, lungs, and digestive tract. It is the body's bridge between emotion, breath, and regulation.

When you breathe slowly, hum gently, or rest in safe posture, this nerve activates, shifting the body into integration. Symptoms like anxiety, racing thoughts, shallow breath, or digestive upset often reduce.

Recent studies show that instability in the upper cervical spine can affect vagus function. Lodestone's postural awareness and seated practices offer long-term support by encouraging natural alignment.



Glimpses of the 10-days

*For the best results start with Day 1 and work through to Day 10. Repeat but true transformation comes from the 30-day programme.



Day 1: The Compass Awakens — Sense your inner pull toward truth beneath the noise of daily life. In your sacred core notice sound, texture, light. Let the outer world come to you. No grasping. No chasing. Just gentle receiving.



Day 2: Ground as Home — Drop into the core and feel your nervous system begin to trust again. Breathe consciously and freely. Don't change anything: just follow. Feel how the breath meets your body's truth, not the mind's expectations.



Day 3: Spine as Staff — Let the spine rise like a mountain, connecting Earth and sky within you. Stand Within. Let your spine awaken without effort. Be upright, not rigid. Presence begins here—in the vertical.



Day 4: Breath as Bridge — Anchor awareness in the gentle rhythm of your breath, steady and alive. Soften the Edges. Listen without trying. Walk without defending. Your awareness is a bridge, not a barrier.



Day 5: Listening Through the Skin — Awaken full-body sensitivity to subtle movement and presence. Stay with the Breath. Inhale through sensation. Exhale into stillness. Let breath teach you that you are safe—here and now.



Day 6: Stillness Has a Pulse — Learn to detect life's quiet rhythm within silence itself. Find the Line of You. Feel gravity rising to meet you. Your spine is not a column—it's a current.



Day 7: Safe Inside the Body — Find refuge in your internal world as a sanctuary, not a battleground. Perceive, Don't Perform. Let the world surprise you. You don't need to label it—just let it move through your softened field.



Day 8: The Horizon Within — Expand awareness like the sky, free from thought and fixed identity. Let Breath Lead. Sink below the noise. Each breath is a compass. Let it guide you toward calm, not control.



Day 9: Reclaiming the Senses — Shift from autopilot to intimacy with each sensation and signal. Arrive Without Effort. Don't posture—inhabit. Stand like a tree, not a steel tower. Let the ground rise to meet you.



Day 10: Presence is Power — Feel the strength in stillness, and glimpse who you were before conditioning. Sense with the Whole Body. Step back into the world today with your full being awake. Eyes, skin, breath—each one listening.

Final Words

Lodestone is not about fixing yourself. It is about remembering yourself. Each breath, each still moment, is an invitation to return—to simplicity, to Earth, to presence.

Your Compasses are Awake

You've completed the 10-Day Lodestone initiation. You've sat in stillness, softened into awareness, and begun to glimpse your true nature.

But this is only the beginning.

If these 10 days have stirred something ancient in you—if you've felt a resonance you can't ignore—then the full 30-Day Lodestone Journey is waiting.

This extended version includes:

- ✨ **30 full audio sessions** to deepen your daily practice
- ✨ A beautifully designed, expanded **Lodestone ebook**
- ✨ Bonus access to the private **Lodestoners Sanctuary**
- ✨ The complete arc of spiritual embodiment and return

You'll continue where you left off—refining your awareness, awakening each compass, and restoring the sacred map that always lived inside you.

For just **\$47**, you'll receive lifetime access to the complete Lodestone 1: *Glimpse Your True Nature* experience.

👉 Click [HERE](#) to continue your journey:

(On the page, select the **\$47 option** to unlock the full 30-Day experience.)



From my heart to yours...

This 10-day journey has only just begun.

You've touched something ancient and real ~ your own essence.

If you feel stirred, curious, or quietly changed, follow that feeling.

Lodestone was born from my own journey of remembering, and I am so grateful you've stepped into it.

With deep respect and shared wonder,

Linden

LODESTONE II

WEARING YOUR FOREVER FACE

