



# The Illuminated Woman

YOUR GATEWAY TO THE MOST RADIANT  
& SOUL-CENTRED YEAR OF YOUR  
LIFE - WHILE MAKING YOUR  
DREAMS COME TRUE

Karen  
KNOWLER

MARCH 2022 – FEBRUARY 2023



# The Illuminated Woman

An Illuminated Woman is a woman who knows her own light, intentionally focuses on nurturing and growing her own light and is intent on becoming all that she came here to be.

She is able to do this because she has, and continues to:

- 1 Know and relate to herself first as *soul*
- 2 Prioritises her own well-being – body, mind, heart & soul
- 3 Has a non-negotiable vision for herself and her life that she adores and is committed to bringing to pass
- 4 Has a clear mission or purpose that calls her forward and fuels her to be and do her best for others
- 5 Has an unshakeable trust and faith in life and that everything is unfolding perfectly, no matter how it looks on the outside
- 6 Sets her days up in magical ways that enable her to look, feel and do her best
- 7 Consciously and continually creates more time, space, money and energy for herself in order to live her life to the fullest
- 8 Proactively removes or limits any unhelpful energies that show up in her life from outside of herself and within her own habits and behaviours
- 9 Works with nature and the seasons in order to live rhythmically and in harmony with the world
- 10 Regularly records and reviews all that is transpiring in order to reflect, witness, evolve and enjoy even more.

In short: An Illuminated Woman creates and keeps a clean house inside and out so that her light can be felt, enjoyed and shared without hesitation, limitation or struggle. She lives her best life all day, every day. She is lit up, alive and loving every moment of it.

When you choose to join The Illuminated Woman for the next 12 months, you are saying "YES!" to yourself and your own soul at a level that you may never have done before, and to living the life you have dreamed of - for possibly *many* lifetimes.

It is beautiful in its structure, peaceful in its unfolding and powerful in its application.

Prepare to live your life in all the ways that make you look and feel your very best and enable you to create and live your own personal heaven on earth.

One year from now your life will be unrecognisable.

This is your moment.

# *The 1-Year Journey of a Lifetime*

Our 1-year journey together starts with getting your “logbook” together.

You’ll be sent a beautiful package in the mail that will contain all you need to get organized and aligned with the journey that is to come.

You’ll then receive, month-by-month, beautiful pages, checklists and assignments to add to your binder so you not only know what you should be doing, but can also record your journey in a way that you will want to keep and look back on with awe and gratitude forever!

Your Illuminated Woman binder will become one of the most beautiful keepsakes of your life.



## OVERVIEW

Our year together is split into 3-month chapters (or “missions” as I like to see them).

Each mission has a different focus that is vital and that builds upon what has gone before.

As is always imperative, we will start with significant clearing on many levels – inside and out (this will be fun!) and then move into increasing personal energy for the journey itself via diet transformation and extraordinary self-care. From there you’ll move into creating whatever it is that you want or need more of - be it money or anything else, material or otherwise, and finally, in our fourth chapter together, you’ll spend three months reconfiguring your life into exactly what you want it to be, so that each and every day is your version of you living your absolute best life.

Every step of the way, you’ll still be focused on bringing your 5 Precious Goals to life, handling “life stuff” and taking more steps to prepare you for what is to come in later months, however, what makes this program different and truly invaluable, is that adequate time is given over to transforming each piece in a profound and lasting way that will enable you to rebirth yourself and your life in the ways you feel soulfully-called to do; ways that last a lifetime.

## QUARTER 1 • MARCH – MAY 2022

### MISSION 1: Making space / Clearing / Releasing / Beautifying

**PURPOSE:** To create as much space inside and out as you can, in order to free yourself up to receive as much of your own self and life that you can... AND to make space for what is to come that is superior to that which you have released.

#### DIVINE ASSIGNMENTS:

- Make Space for Magic
- Freedom Plan
- Defining & Applying Beauty.

**WORKSHOP ACTIVITY:** Make Space for Magic - at a whole new level.





## QUARTER 2 • JUNE - AUGUST 2022

### MISSION 2: Energy / Radiance / Self-care / Routines

**PURPOSE:** To re-create your personal energy and radiance using a whole new approach to eating (the Karen Knowler Method), re-inventing self-care by taking it to a whole new level and experience and establishing brand new daily routines (6 in all!) that will transform your life and your experience of it, and yourself.

#### DIVINE ASSIGNMENTS:

- Karen Knowler Method
- Your Power Sources
- Daily Rituals + Routines for Divine, Illuminated Living.

**WORKSHOP ACTIVITY:** Karen Knowler Method + personalized input and feedback.



## QUARTER 3 • SEPTEMBER - NOVEMBER 2022

### MISSION 3: Money / Wealth / Abundance / Manifesting

**PURPOSE:** To clarify what you want and need financially to live the life you really want to live – and to create a game plan for receiving that - and to clarify what else you REALLY need more of in your life (other than money) for you to live the life you desire, and to pro-actively manifest that.

#### DIVINE ASSIGNMENTS:

- Financial Enlightenment
- Financial Gameplan
- Manifesting the Abundance You Desire.

**WORKSHOP ACTIVITY:** Financial Enlightenment + Gameplan Part 1.





## QUARTER 4 • DECEMBER 2022 – FEBRUARY 2023

### MISSION 4: Time / Goals / Schedules / Illuminated Living Embodiment

**PURPOSE:** To re-visit and re-create your relationship to time and where you allocate it, to create Divinely-Led Precious Goals for 2023, to enjoy a new way of living in 2023 that is now possible because of everything that you did in 2022.

#### DIVINE ASSIGNMENTS:

- Slowing Down for Ultimate Impact
- Your 5 Precious Goals + 2023 Plan
- Your Illuminated New Life.

**WORKSHOP ACTIVITY:** 4 hours of Blissful Living – an experience that will change everything.





## *How it Works*

We work to the same schedule every month for 3 months at a time:

- 3x Group Calls per month (the first 3 Mondays of the month at 9am PT / 12 Noon ET / 5pm UK. Call #1 is 2 hours, Calls #2 and #3 are 90-minutes)
- 1x 4-hour Group Workshop (these happen on the first Saturday after the first Monday call of the month in June, September & December at 8am PT / 11am ET / 4pm UK)
- 1x Group Quarterly Review & Completion Call (these run for 2 hours and will take place on the fourth Monday of the month in May, August, November & February)

This translates to 10x Monday calls every 3 months + 1x 4-hour workshop on a Saturday. Total hours = 21 hours every 3 months.

All calls are on Zoom (no more InstantTeleseminar!). All calls are recorded.

### WHEN YOU JOIN YOU WILL RECEIVE IN THE MAIL:

- The Illuminated Woman ring-binder with dividers inserts for organizing your missions, projects and notes across the full 12 months
- The Illuminated Woman journal for day-to-day journaling and processing as you go
- Inspiring postcards to pin up in your kitchen/office/bedroom to remind you of the amazing journey you are on
- And a little extra secret something that you'll have to wait to find out about!

### WHERE IT ALL BEGINS...

Our first 4-hour workshop will take place on Saturday 26 February 2022 instead of in March, as it's a set-up call to help you organize everything you need to make the very most out of this program and to dive into Making Space for Magic in a new and more advanced way – a way that you'll be utilizing throughout the coming year, but especially in the first three months.

## HOW EACH MONTH LOOKS

Our Monday Group calls will be as follows:

### **Monday call #1 of the month – 2 hours**

Meet with Spirit via meditation (10 minutes)

Group message from Spirit via Karen + journaling session (10 minutes)

Create Your Soul-Led Plan for the month (1-hour live interactive workshop)

Receive input + coaching around your plan + group shares (40 minutes)

### **Monday calls #2 + #3 of the month – 90 minutes**

Question of the week + journaling session + share (15 minutes)

Coaching for 4 members of the group (12 minutes per woman)

Biggest take-away sharing (Remainder of time)

## EVERY 3 MONTHS

### **4-hour live interactive workshop**

These will take place on a Saturday in the first month of every new quarter: June 11, September 10, December 10.

One week before the workshop is due to take place, you will receive a Prep List that will give you inspiring pointers for *where* to be for that particular workshop, *what* to have with you and *how* best to prepare. See pages 4–7 for list of workshop topics.

### **2-hour Review & Completion Call**

These will take place on the fourth Monday in the last (third) month of every quarter: May 23, August 22, November 28, February 27.

Each woman will share how her journey has unfolded for each quarter

Coaching will be given individually pertinent to what is required

The February 27 call will also be the very last call of our year together, with the year completing on February 28, 2023.



## ALSO...

### Other pieces you will receive to support and guide you on this journey:

- **Monthly pages** for planning and reviewing.
- **The most advanced versions** of each program/training/assignment that anyone has ever seen.
- **Intuitive readings** (personal to you) as and when required during group sessions.
- **Private Facebook Group and Facebook Messenger thread** to stay connected outside of calls.
- **Additional bonuses & resources** throughout the program depending on what comes up organically within the group.

## SPECIAL BONUSES & UPGRADES

- **Everyone will receive access to** the 7-day *CLEANSE!* program every time the program runs between March 2022 and end of February 2023.
- **When you pay-in-full** you also receive full access to *Eat Cleaner, Live Larger* for 1 year. (Launch date = September 2022)
- **1:1 coaching + Voxer support** is available via the “Ultimate” option (see next page.)
- **Fast-action bonuses** are also available on both pay-in-full options.

## KEY DATES

**Program officially starts:** Saturday 26 February 2022 (4-hour workshop)

**First group call:** Monday 7 March 2022

**Final group call:** Monday 27 February 2023

**Program completes:** Tuesday 28 February 2023

## INVESTMENT DETAILS

# *The Illuminated Woman*

## 1-YEAR TRANSFORMATION PROGRAM

### PAY-IN-FULL

**£10,000\* (Approx. \$13,559)**

**FAST-ACTION BONUS:** The first 3 women to pay-in-full receive a 1-hour 1:1 call with Karen (on Zoom or InstantTeleseminar – you choose) to be used any time within the program year. This call will be recorded.

Pay-in-full Bonus: *Eat Cleaner, Live Larger* program for 1-year, for all pay-in-full investments.

### INSTALMENT OPTION

Deposit of £2000\* (Approx. \$2710) to secure your place, followed by 11 monthly payments of £1000 (Approx. \$1355).

\* VAT is chargeable on all UK and EU orders.





# *The Illuminated Woman*

## 1-YEAR TRANSFORMATION PROGRAM

### ULTIMATE

For **ULTIMATE** accountability & results

This program comprises of all of the Illuminated Woman program PLUS:

- 1x deep-dive 45-minute 1:1 call per month (recorded)
- End of Month feedback and next-level guidance on Voxer

### PAY-IN-FULL

**£25,000\* (Approx. \$33,898)**

Only 2 spots available.

**FAST-ACTION BONUS:** The first woman to invest in Ultimate and pay-in-full will receive an additional 2-hour 1:1 call with Karen (on Zoom or InstantTeleseminar – you choose) to be used any time within the program year. This call will be recorded.

Pay-in-full Bonus: *Eat Cleaner, Live Larger* program for 1-year.

### INSTALMENT OPTION

Deposit of £10,000\* (Approx. \$13,559) to secure your place, followed by 9 monthly payments of £2000 (Approx. \$2710).


\* VAT is chargeable on all UK and EU orders.



## *How to Apply*

Please click the image below to complete the online application.

All applications must be received as soon as possible so that there is time for a call with Karen before the first call on Monday 7th March 2022.



Click here  
to apply

We look forward to hearing from you!