



MAP W³

WELLNESS WEALTH WISDOM

Hey Queen!

When women find MAPW3 (Wellness + Wisdom + Wealth), they are often standing at a crossroads, job-business-relationship-life no longer fits, ready to release what no longer serves them uncertain how to step into what's next but something ancient telling them to wake up: we call this period –

SOULS CALLING YOUR NAME...we see this phase as rupture, being emptied so truth can enter.

Most women live below their full potential, limited by inner blocks that quietly shape their choices in business, career, and relationships. By uncovering and reframing these beliefs, MAPW3 helps free energy, creativity, and purpose.

Wounds become Wisdom!

MAPW3 exists to guide that transition from survival to thriving, from fear to freedom, from living by others' expectations to walking a soul-aligned path. This is where the old story ends and the true self begins to lead. This is where you reclaim parts of yourself that were lost, you reclaim your gifts and your magic.

At MAPW3, we hold space for women to trust their intuition, use their bodies as compasses, and treat every challenge as a guide.

We walk beside them through uncertainty, helping them restore their sovereignty and create lives rooted in authenticity, wisdom, and wealth.

The journey begins the moment you stop chasing the light and start walking as it. ✨

**DM us @mapW3movement
with the word NEWSTART
to begin your journey.**



QUEENPOWER JOURNEY

BODY – MIND - SOUL

01

Your Soul Map & The Relationship with Self Anchoring into the present moment and remembering your essence.

02

Pre-birth, conception & birth reconnecting with the original spark of your life.

03

The mother/ divine feminine healing the womb of origin, restoring your ability to receive.

04

The father/ divine masculine rebuilding the foundations of safety, structure, and creation.

05

The inner child/ divine innocence reuniting with your original light, the heart of pure being.

06

The higher self/ future self activating the guidance of your most evolved frequency.

07

Your purpose & mission aligning your inner compass with your divine calling.

08

The shadow transforming what was hidden into embodied wisdom.

09

Retrieving memory and mastery from other timelines.

10

Soul understanding the sacred agreements shaping this lifetime.

11

Shadow impacts clearing what no longer serves your evolution.

12

Dreams & highest visions co-creating your next life cycle from a place of remembrance.



QUEENPOWER JOURNEY

BODY – MIND - SOUL

Represents eight lifestyle principles that promote holistic health: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust. These principles are interconnected and contribute to overall well-being.



Nutrition

Emphasizes a plant-based, whole-food diet with an abundance of fiber and complex carbohydrates, while limiting salt, sugar, and unhealthy fats. Intermittent Fasting to promote autophagy.



Exercise

Recommends regular physical activity for maintaining muscle mass, improving circulation, and enhancing overall health.



Water

Highlights the importance of staying hydrated by drinking adequate amounts of water, as it is crucial for bodily functions like blood circulation and digestion. Using herbal teas to promote healing.



Sunshine

Emphasizes the benefits of safe and moderate exposure to sunlight for vitamin D production and mood regulation as well as infrared light to repair mitochondria.



Temperance

Promotes mindfulness, inner work healing and shifting from survival to thriving mindset and lifestyle.



Air

Encourages breathing fresh, clean air, which is essential for oxygen intake and overall well-being. Outside air is important.



Rest

Emphasizes the need for adequate sleep and rest to allow the body to repair and rejuvenate itself. Allowing melatonin to promote body rest and cleansing of body systems.



Trust

Encourages building trust in a higher power and ancestors which can contribute to mental and emotional well-being.



Wellness

- Medical consultations and treatments
- IV drips and infusion therapy
- Infrared sauna therapy for detoxification and relaxation
- Ozone therapy for immune system support
- Float therapy for mental clarity and relaxation
- Lymph therapy for immune system optimization
- Ice bath therapy for inflammation reduction and recovery

Wisdom

- Career coaching for professional growth and development
- Personal coaching for self-awareness and empowerment
- Business coaching for strategic growth and success
- Family constellation for understanding and healing family dynamics

Wealth

- Investing in wellness businesses for growth and prosperity
- Strategic investments in health and wellness initiatives

By integrating these three pillars, we aim to support individuals in achieving a balanced and fulfilling lifestyle.

Book your consultation today by emailing info@mapw3.co.za or calling +27 76 178 6049



@mapw3movement

MAPW3 is a Holistic Approach to **Wellness, Wisdom, and Wealth.**

Our approach encompasses three interconnected pillars:



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