



THE  
PILLAR  
PRACTICE

# The Pillar Code 12 Step Program 'Creating Positive Change'

**Mission:** Wake the world, to create positive change - in lives, minds & businesses

**Why:** "Stress" has been dubbed the "Health Epidemic of the 21st Century" by the World Health Organisation with record numbers of mental and physical health issues impacting our communities. People are feeling hopeless, isolated and empty, being 'S'tressed, 'O'verwhelmed & 'S'tuck - in an SOS epidemic resulting in a tragic loss of life and lack of the fundamentals of living, including Truth, Love & Connection (TLC).

**Who:** The Pillar Practice Pty Ltd is an online training and well-being organisation. We focus on tackling the negative affects of stress and loss impacting individuals, leaders and organisations who feel stuck. The Pillar Practice focuses on creating positive change, building resilience, and well-being. We do this by teaching and facilitating holistic based programs to individuals, leaders and organisations.

**The Pillar Code** is our signature program utilising the 9 Pillars of life to deliver specific information and guidance to our clients. It enables your life to transform into the purity of Peace, Purpose and Prosperity.

The Pillar Code is broken into three main areas:  
The first of the three Pillars focusing on being CALM;  
The next three Pillars focusing on being in CONTROL; and  
The last three Pillars focusing on being CONFIDENT.  
This process gives you the ability to move from a place of depression, stress or anxiety to living a life of truth, joy, health and happiness.

This is an exciting and transformational process.



"The information and healing that PJ and The Pillar Team has been gifted is simply amazing! This program has allowed me to see the truth of myself and my life. I feel amazing and am making choices in my life that I only dreamed of before."

Kimberley (NSW)



Decode Your Life - Recode Your Future - Today  
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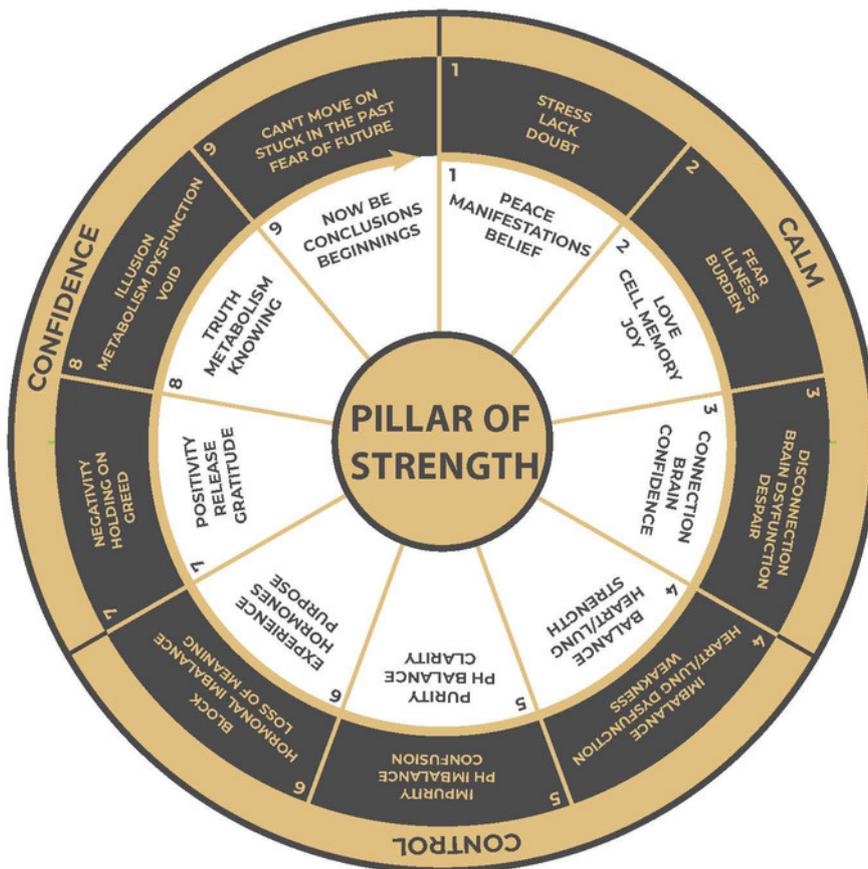
# THE PILLAR PRACTICE

**The Pillar Code:** is a cutting edge, unique program that creates positive change in lives, minds, bodies and/or businesses. Recognised as a modality of healing in 26 countries by IICT (International Institute of Complimentary Therapists), The Pillar Code is our Signature Program that 'Decodes Lives to Recode Futures'.

**The Pillar Code is ideal for you if:**

- You are tired of living with the effects of being Stressed, Overwhelmed or Stuck
- You would like to be calm, in control and confident in life again
- You know there is more to your life and you are ready to connect to it
- You feel you have a greater sense of purpose but can't find it
- You suspect that your internal world is dictating your external reality negatively

## THE PILLAR CODE - A JOURNEY OF HEALING



"My experience and journey with The Pillar Code has been exceptional. It has brought me clarity, confidence and joy! Life changing, mind changing and game changing!"  
Petrina, NSW





# The Pillar Code 12 Step Program

## Decode Your Life - Recode Your Future!

### For Individuals

**Mission:** Wake people up, to create positive change - in Lives, Minds & Bodies.

**Why:** Stress has a dramatic affect on our lives, minds and bodies. It creates anxiety, isolation and a feeling of not being good enough. Everyone deserves the chance to live a life where they feel joyful, calm, in control and confident.

**Who can benefit:** Adults, teens, children, businesses and even animals who are experiencing the negatives affects of stress and who are ready to create positive change - in lives, minds & bodies.

The Pillar Code is a holistic program underpinned by the understanding that there is a Life-Mind-Body connection not yet fully realised by our modern world. The Pillar Code bridges the gap between the wisdom of the intuitive east, and the analytical knowledge of the west. It recognises the effects of mental, physical, and emotional stress, and how it can greatly affect a person's well-being. Through The Piillar Code we can start the journey to lift awareness, remove the sabotaging pain from the subconscious and unconscious states and bring about positive transformation in peoples lives.

#### THE PILLARS OF STRENGTH

Are you  
ready to  
Create  
Positive  
Change?



Move  
from  
Stress to  
Success!

THE PILLAR CODE JOURNEY – CREATING POSITIVE CHANGE

“Such a profound, life-changing experience. I am eternally grateful.”  
Stephanie, NSW





# The Pillar Code 12 Step Program For Individuals

**The Pillar Code is delivered:** Individually and online by a trained and licenced Pillar Practitioner. As a non-invasive modality or healing program we use various tools and techniques to quickly identify then remove the negative affects that are stuck in your subconscious and unconscious, which create negative patterns and sabotage you from reaching your potential of Peace, Purpose and Prosperity.

**Don't be the next statistic:** The World Health Organisation defines stress as "the reaction people may have when presented with demands and pressures that are not matched to their knowledge and abilities, and which challenge their ability to cope." It is not a disease. However if stress is intense and goes on for some time, it can lead to mental and physical ill health (for example, depression, nervous breakdown, heart disease). Workplace stress, if not properly managed, is associated with poor health and well-being, lower productivity and increased sickness absence.

**How do you get started?** Book in a for a complimentary 'Clarity Call' using the contact details below to see if The Pillar Code is a right fit for you and answer any questions.

## The Investment:

The Pillar Code total investment is:

- Weekly ZIP Money payments: \$AUD 120, or
- 1 x payment: \$AUD 2,995, or
- 4 x payments: \$AUD 1,000 deposit & 3 x \$AUD 795

Payments can be made through direct debit, credit card or ZIP Money - an easy payment plan service for Australian bank account holders!

Speak to our admin team for further information and to book in a clarity call.



"The world is rapidly changing with excessive stress, creating havoc in our lives. It is about time to create positive change in our lives, our families and our communities!

If not now, when?"

PJ Ashley - CEO, The Pillar Practice

