



OM LA LA

THE POWER OF POSITIVITY PLAYBOOK

A CONSCIOUS GUIDE TO TRANSFORM LIFE'S CHALLENGES INTO
LESSONS OF LOVE, HEALING AND DIVINE WISDOM

CO-AUTHOR INFORMATION GUIDE

SHARE YOUR STORY
INSPIRE TRANSFORMATION
PROMOTE YOUR OFFERINGS
GROW YOUR BUSINESS
CONNECT IN COMMUNITY

www.consciousness-medicine.com

A NOTE FROM JULIE

I'm so pleased to welcome you to become a co-author in this beautiful collaborative book project. This isn't just a publishing opportunity; it's a doorway to alignment, visibility, and a life that flows with purpose and prosperity.

You're not here by accident. You're ready to be seen, known, and celebrated for the gifts only you can offer. And Om La La | The Power of Positivity Playbook could be the perfect place to share these gifts.

Whether you're just starting out, pivoting on your purpose, or sharing your next body of work, you know that the call to serve on a bigger level is your true path.

This is your moment. To create a vision of your message landing in someone's life when they need it most.

Om La La | The Power of Positivity Playbook's purpose is to remind us that even in the most challenging moments

- ✨ There's always a lesson, a light, or a loving perspective to find
- ✨ Conscious attention, heartfelt presence, and a shift in mindset can transform everything
- ✨ Other people's journeys can inspire us to create a new way forward

This author information guide shares everything you need to know about becoming a co-author — including timelines, offerings, FAQs, co-author benefits, and excerpts from the book to give you a better sense of how your message aligns with the project vision.

My hope is that as you explore the vision of this project, you'll begin to see yourself as part of it: your story, your presence, your medicine.

My first co-author experience was in 2019, when I co-authored *Returning to Love: A Journey of Riches*.



In 2022, I partnered with Brave Healer Productions to co-author *The Energy Healer's Oracle: Tools for Total Transformation*. Laura and her Brave Healer team delivered a level of support, resources, and expertise that is unparalleled.

Publishing as a co-author helped me grow my business, increase my confidence, and align fully with my creative passion. I grew as a person and creator.

Since then, I have written my first solo book, *Movements of the Family Soul* (due out in 2026), and launched a podcast, *Healing Codes*, which is now celebrating its 100th episode.

But what truly exceeded my expectations were the ripple effects of new clients, podcast interviews, collaborations and like-minded connections.

If this journey is calling you, I'd love to walk it with you. Feel free to schedule a free discovery call with me to explore how your words can heal, empower and inspire others.

Email juliequantum@gmail.com today!

With Love, Julie Lynn Williams
Lead Author, Om La La



PROJECT OVERVIEW

There's no one-size-fits-all approach to healing or growth. That's why Om La La brings together 25 co-authors to share their stories, practices, and healing wisdom in the areas of natural health, holistic wellness, personal growth, spiritual development, and conscious business, offering their unique lens, stories, and wisdom.

Where many self-help books focus on what to do, Om La La also delivers the **how-to's** the reader craves. Each chapter offers a personal story and a practical tool, inspiring and empowering readers to take positive action.

★ The Om La La Mission:

- To inspire hope, empowerment, and expansion through diverse voices and practices
- To highlight each co-author as a trusted leader in their field
- To offer a vibrant platform for visibility, connection, and collaboration

🌀 The Reader's Journey

- Be inspired by real stories of transformation and insights
- Learn practical tools to integrate into daily life
- Discover resources and contacts to go deeper with what resonates
- Experience positivity as a contagious life force that accelerates growth
- Feel uplifted, connected, and hopeful about what's possible for conscious living

✍️ For Co-Authors

- Bestselling author status and increased credibility
- New visibility for your business, modality, or message (potential reach over 100,000!)
- A supportive community of expert co-authors and potential collaborators
- A new revenue stream through books, clients, and offers
- Access to cross-promotion and a wider audience

✅ Chapter Guidelines:

- A personal story of transformation, healing, or insight (~2,000 words)
- A tool, practice, meditation or exercise for readers to experience your work (~500 words)
- Your bio + links so readers can connect with your services and offerings (300 words)

📅 Key Dates:

- Publish date: June 16, 2026
- Chapter due date: February 25, 2026
- Writing Support Webinars: February 4,11,18, 2026
- Marketing & launch activities: March - June 2026
- Co-author support: October 2025 - post-launch 2026



WHO ARE THE CO-AUTHORS

✨ You don't need to be a professional writer, just someone with a story, a practice, and a desire to inspire others ✨

We're looking for:

- 🌿 **Natural Health and Holistic Practitioners:** energy healers, reiki, acupuncture, massage, face & skin therapy, animal healers, sound healing, cacao ceremony leaders, etc.
- 🌀 **Transformational Coaches:** life coaches, soul coaches, leadership coaches, NLP practitioners
- 🧘 **Mind-Body Teachers:** yoga teachers, meditation guides, mindfulness facilitators, breathwork practitioners, movement and dance therapists, somatic & trauma healing
- 🌸 **Healing Professionals:** midwives, doulas, bodyworkers, osteopaths, holistic psychologists
- 🌍 **Humanitarian & Social Impact Leaders:** those bringing positivity and healing into communities
- ✨ **Specialists in Conscious Living:** Family Constellations facilitators, Positive Psychology practitioners, spiritual guides, and other unique modalities
- 📝 **Authors & 🎧 Podcast hosts**

📝 Some Tips on What Makes a Great Chapter:

Your chapter is your heartprint. Here's what makes it shine:

- A turning point, moment of transformation, or hard-won insight
 - What's a challenge you overcame that delivered you a valuable life lesson?
 - How has the practice you're highlighting changed your life for the better?
 - What's an insight you've gained through your practice that others need to hear?
- A clear focus with one main approach or theme to make it easy to follow
 - Be specific, it helps your ideal client find you!
- Vulnerability and authenticity with your true voice, including the emotions of the journey
 - This book explores how challenges serve as our greatest teachers. Sharing the emotional arc of how things went from difficult to enlightening is inspiring!
- A practical tool, technique, or exercise that invites the reader into their own experience
 - Give the reader a taster for what you offer, so they can try it then and there!
- A sense of hope, empowerment, or healing that leaves the reader ready for transformation
 - Sometimes, all it takes to take the first step is knowing someone else has achieved what we want. This is the power of inspiration!



WHAT YOU RECEIVE AS A CO-AUTHOR

- ✓ **A professionally published chapter in Om La La | The Power of Positivity Playbook**
Showcase your story, message, and business in a book that inspires readers globally.
- ✓ **Full editing, formatting, and cover design**
Handled for you by a team of experts...you write, we polish and publish.
- ✓ **Two live writing support sessions (with recordings)**
Get guidance, feedback, and motivation to bring your chapter to life.
- ✓ **A complete marketing toolkit + done-for-you launch materials**
Social posts, graphics, press releases, and strategies to help you shine.
- ✓ **Podcast guest feature**
Be interviewed on Brave Healer's podcast to promote your work and reach new audiences.
- ✓ **Business development and author visibility training**
Build credibility and turn your chapter into a client-attracting magnet.
- ✓ **Instant access to Brave Healer Publishing's global network (40K+ reach)**
Step into a larger stage for your work — credibility, visibility, and aligned growth.
- ✓ **Wholesale author copies (~50% off retail)**
Sell for profit, gift to clients, or use as the ultimate business card.
- ✓ **A private co-author group for connection, community, and collaboration**
Get support, inspiration, and high-vibe connections as you grow.
- ✓ **Amplify Your Reach**
This book provides access to a collective global audience of 100K–300K+ through strategic publishing, promotion, and aligned co-author communities.

★ Bonus Gifts ★

- ✓ **Monthly group webinars with Julie**
Receive mentoring, business coaching and group healing
- ✓ **Full access to Julie's On-Demand Family Constellation and Consciousness Medicine library**
Grow your skills and deepen your practice with hours of professional content.
- ✓ **Your co-author bio featured on Julie's website (www.consciousness-medicine.com), social media and Healing Codes Podcast.**



INVEST IN YOUR MESSAGE AND REAP THE REWARDS

Your co-author investment is €995 | \$1150

An 80% savings compared to individual services

For example:

Publishing + Editing: €2,500

Cover Design + Formatting: €1000

Marketing Materials: €600

Writing Coaching: €600

Mentoring: €600

On-Demand Course Access: €500

💎 Total Value: Over €5,000

Upon receipt of your payment, you have access to Brave Healer's network, co-author-only resources and bonus gifts.

Would you like to join in, but need some time to make the whole payment? Payment plans are available upon request. Deposits are accepted to hold your place. Just ask!

Author Return on Investment (ROI) Examples:

As a co-author, you can purchase books at a discounted rate (cost) and sell them directly for full profit. Sell 100 books, pay for your investment.

Visibility through the book, co-author community, podcast feature, and Brave Healer's network makes it easy to generate new leads, clients and customers. The potential reach is anywhere from 100,000 to 300,000 through shared networking and publishing. If you get 10 new clients and charge 100 per session, then your investment is paid!

✅ These profit examples are just the tip of the iceberg! When you share your story with the world, you open new doors for impact, income, and inner alignment.



TIMELINE AND KEY DATES

Here's a bird's-eye view of your journey from "yes" to published.
Save the dates and watch your story take flight!

Author Recruitment Period

Now through February 2026

Author Investment Due

Any time during recruitment — latest: February 3, 2026

Payment grants instant access to the Brave Healer network and the Om La La community

Monthly Author Gatherings

October 2025 – January 2026

Writing & Support

February 4-25, 2026

Live writing support webinars followed by two rounds of editing

Final Chapter Due

February 25, 2026

Launch Planning Call

May 19, 2026

Marketing, sales strategies, and launch energy guidance

Book Launch Marketing Activities

May - June 2026

Podcast Interview Recordings

June 9 – 15, 2026

Record your Brave Healer author interview (3 authors per episode)

Book Publication Date

June 16, 2026

Authors-Only Launch Party

June 23, 2026



TEN STEPS TO BEING A CO-AUTHOR

- STEP 1** **Book your free Discovery Call**
No pressure, no obligation — just a heart-led conversation to explore your ideas and answer your questions.
✉ juliequantum@gmail.com
📱 WhatsApp: +353 87 258 8385
- STEP 2** Tune into your YES by deciding in your heart that this project aligns with your story, your business, and your desire to share your light.
- STEP 3** Submit your €995 (\$1150) investment fee via bank transfer (EU/US accounts) or Revolut.
- STEP 4** Sign your agreements
- Co-author payment agreement with Julie
 - Co-author publishing agreement with Brave Healer Publishers
- STEP 5** You're now part of the Om La La community! Access your bonus gifts and co-author-only benefits.
- STEP 6** Write your chapter: February 2026
- Writing coaching sessions begin Feb 4, 2026
 - Final chapter due: February 25, 2026
- STEP 7** Launch prep: March – June 2026
- Take part in book promotion training, guided social media strategies, and collaborative launch activities.
 - Record your podcast interview with Brave Healer Publishers.
- STEP 8** 🎉 Book Launch: June 16, 2026
- STEP 9** Post-Launch promotions & celebrations.
- STEP 10** Keep Sharing, Keep Shining
- Your story will continue to reach new hearts and open new doors. The journey continues, and so do you. ✨



FREQUENTLY ASKED QUESTIONS

When will the book be published?

The targeted publish date is June 16, 2026.

How long is the chapter, and when is it due?

Chapters average 2500 words (about 4-5 pages). The title is due February 9, 2026, and the final edited chapter is due on February 25, 2026.

Who owns the copyright to my chapter content?

YOU DO! You retain full ownership of your chapter and are welcome to repurpose it into blog posts, talks, your own book, or any other content. This is your story, your voice, your creation.

Will I receive royalties from book sales?

No, the royalties on book purchases go to the lead author and publisher. You will have the option to purchase author copies (directly from the publisher) at a discount of ~ 50 % the cover price, allowing you to sell them at a profit or provide them as a gift or marketing incentive.

How will the book be marketed?

Brave Healer Publishers promote the book through email campaigns, social media, and podcast interviews. Co-authors will market the book to their networks. Once published on Amazon, it will promote the title as a bestseller.

What kind of marketing will I need to do for the book launch?

This is completely up to you. We hope you'll want to shout your achievement from the rooftops! You'll receive your personal book launch toolkit and marketing materials to help you create your own marketing and launch plan that aligns with your brand.

You will also be invited to gather a group of friends, family, coworkers, and colleagues to form your launch team. A group that agrees to read an advanced copy, leave a review, and purchase the book on the day it goes live on Amazon.

Why do I have to pay to participate?

This is a professionally guided, high-impact collaboration that includes expert publishing, editing, marketing, coaching, and global visibility. Your investment gives you access to services that would cost far more on your own, while positioning you as a published author in an inspiring community.

Can I sell the book myself?

YES! You'll have the option to purchase printed copies at a special author rate directly from the publisher to sell, gift or use as part of your business offering (e.g. early sales funnel), client packages or courses.



FAQS

How do I promote my business, book and/or podcast in my chapter?

The chapter itself will promote you and your work through your story and the associated how-to practice.

You'll also include a 300-word author bio at the end of your chapter with your website, social media links, products, books, podcasts, events, services and any gift or offer you'd like to share to get people to visit your links.

Who are you looking for as a co-author?

This project is for heart-led healers, coaches, creatives, teachers and change-makers who want to share their story, deepen their visibility, and be part of a collaborative book community that brings light to a heavy world. It's for those looking for creative ways to market their business and create new (passive) income streams. It's for those wanting to share their knowledge in a community of co-authors and cross-pollinate networks to become greater than the sum of individual parts.

What if I don't consider myself a writer?

No problem at all! Many co-authors have never written publicly before. You'll receive prompts, structure and support to help you bring your story to life in a way that feels authentic and aligned. You don't need to be a polished writer, just someone with a message that matters.

What kind of story should I share?

Your chapter will focus on a real moment of transformation, healing, insight or growth related to the practice, product or service you are promoting. Share how your practice or approach taught you an important lesson or gave you divine wisdom that you want others to benefit from. The earlier you sign up, the sooner you can get started bouncing ideas off your co-author community to refine your message, story and area of expertise.

What if I feel nervous or stuck during the process?

That's natural, and this space is designed to hold you through it. You'll be invited to optional group calls and receive emails, texts and calls to move through blocks and fears.

I want to learn more about the publishing process. Will I have the opportunity for this?

YES! You will learn the tried and true ways of publishing a bestseller from the expertise of Brave Healer publishers, who have launched over 100 titles. From marketing to launch strategy to publishing, you'll learn from the best!



MEET YOUR LEAD COLLABORATORS:

Lead Author & Project Mentor: Julie Lynn Williams

www.consciousness-medicine.com

Julie will guide and coordinate the co-authors throughout this process, helping you build community, gain clarity, and bring your story to life with heart, purpose, and visibility.

- Therapist, teacher, and facilitator with 20 years' experience
- Research and Clinical Scientist in Genetics
- Creator of Consciousness Medicine
- Master NLP Practitioner
- Master Family Constellation Facilitator & Trainer
- Holistic Business Coach
- Naturopath and Shaman
- Co-author of:
 - Returning to Love: A Journey of Riches (2020)
 - The Energy Healer's Oracle (2023)

Julie is passionate about natural healing methods that weave together science and spirituality. She founded the Centre for Consciousness Medicine to share her 1:1 sessions, workshops, courses, and retreats.

✨ **Publisher: Brave Healer Productions, led by best-selling author and visionary, Laura Di Franco** www.lauradifranco.com

Brave Healer Productions is the #1 choice for holistic practitioners and conscious entrepreneurs ready to become published authors and influential voices in the wellness world.

- Publisher of 100+ Amazon bestselling books
- Author of 20 books
- Mentor to over 1,000 healers, coaches, and thought leaders
- Genres include: health & wellness, business, poetry, memoir, children's books, and collaborative titles

Featured Titles Include:

- Sacred Medicine: Mystical Practices for Ecstatic Living
- Suited for Leadership
- The Complete Self-Care Guide for Goddesses
- Inspired Living: Superpowers for Health, Love and Business

WATCH OUT CO-AUTHOR INFORMATION WEBINAR [<HERE>](#)



TAKE A LOOK INSIDE OM LA LA: SAMPLE CHAPTER TITLES TO SPARK YOUR INSPIRATION

Choose one of these as inspiration—or create your own unique title and theme!

My Dog is My Guru

Furry Lessons of Love from Family Constellations by Julie Lynn Williams

Love the One You're With

Feminine Sensuality Empowerment

My Aura Left the Chat

Chakra Healing to Restore Health and Well-Being

My Self-Care Superpower

Yoga as a Portal to Presence

The Magical World of Horses

Diary of an Animal Communicator

Unleash Your Creative Flow

with Family Constellations

Work Your Passion and the Money Will Come

A Journey Through Financial Soul Coaching

The Love Reset Button

Conscious Relationship Coaching

From Burnout to Brilliance

Soul Coaching & Energy Healing in Action

The Language of the Body

Movement as Medicine

You are Your Hormones

The Wisdom of Menopause



TAKE A LOOK INSIDE OM LA LA BOOK INTRODUCTION EXCERPT

By Julie Lynn Williams:

Life isn't always easy.

We face heartbreak, loss, stress, and uncertainty, the kinds of challenges that can shake us to our core. Healing often begins in those moments by asking:

What's wrong? What's the problem? How do I fix it?

And while those are important questions, focusing solely on the problem can leave us feeling heavy, stuck, and searching in the dark. In fact, this mindset often requires us to **recreate the problem state** over and over again just to analyse or "solve" it.

The truth? **Focusing too much creative attention on the problem limits our ability to reach our full potential.** In healing, in personal growth, and in how we show up in the world.

But what if transformation is not just about fixing what's broken?

What if it's also about **remembering who we truly are:** whole, loving, wise, and resilient?

What if making changes in our lives and in the world can be done in **heart-based, creative, and even playful ways?**

This is where the **Power of Positivity** comes in.

Positivity is not about pretending everything is perfect.

It's not about bypassing pain or forcing "good vibes only."

Positivity is a practice.

A mindset.

A choice to meet life's heavier moments with compassion, gratitude, joy, and light.

To know that life's greatest challenges can become our greatest opportunities for growth.

"True healing happens when people learn to turn poison into medicine, to see the challenges as a divine collective purpose... because the goal is not recovery, but metamorphosis."

— Carl Jung

Science continues to show the healing benefits of positivity.

And after nearly 20 years of clinical practice, it's become the foundation of everything I teach, live, and share.

And here's what I've found...



TAKE A LOOK INSIDE OM LA LA CHAPTER EXCERPT

My Dog is My Guru: Furry Lessons of Love from Family Constellations by Julie Lynn Williams

I was deep in my own family constellation.

The air was thick with something ancient and unspeakable.

I had touched a place I'd spent years circling in therapy, breathwork, and energy healing, but had never quite reached. It was dense, terrifying, and every part of me wanted to run.

The facilitator looked at me softly and said, "To move this energy, we need to bring in a resource. Something that brings you joy, comfort and strength."

"My dog, Gabe." The words tumbled out of my mind without thought. The rescue puppy I'd adopted earlier that year, who had become my best friend and official furry baby.

The facilitator nodded with a smile, noting the positive change in my demeanour as soon as he came into my awareness.

Giggles went through the workshop participants as the facilitator brought in someone to represent my dog. They stood there, not pretending to be a dog, not acting anything out. Just being in his presence.

There he was: The love I knew in fur and eyes and tail-wagging presence. But now standing in human form, holding my gaze in a way I hadn't let anyone do before.

The fear that held me back from connecting began to melt away. I started to cry.

Because in the middle of the grief and confusion, here was someone who just loved me.

No agenda. No conditions. No story. Just love.

Not the performative kind. Not the *I love you if* or the *I love you because* kind.

This was the love that saw my shame, terror, trembling inner child and didn't flinch.

"Let yourself receive it." The facilitator gently prompted.

I couldn't. Not at first. It felt like standing in sunlight after being underground for years.

Blinding. Overwhelming. Almost painful in its purity.

But the representative didn't move. Didn't ask me to be different. Didn't need me to fix anything.

Just stood there, heart open, steady and simple. Exactly the way my dog does.

And slowly, I let it in.

"This is what love feels like," the facilitator whispered to me.

Uncomplicated. Unwavering. Unimpressed by my defences. Untouched by my past.

Unconditional and devotional.

He had always known. My dog had been trying to teach me this all along.

Every tail wag when I came home late.

Every curl-up by my side when I cried.

Every unbothered stare when I was spinning in my head. He knew.

And in that moment, through that representative, I remembered:

Love is not something I have to earn.

It's something I already belong to.

Thank you for sharing your time, your vision, and your desire to make a difference. I can't wait to see the magic we co-create together.



*Your story is not just yours - it's the key
that unlocks someone else's healing*

READY TO SHARE IT?



BOOK YOUR
DISCOVERY CALL
TODAY

✉ JULIEQUANTUM@GMAIL.COM
☎ WHATSAPP: +353 087 258 8385
