LIVE YOUR MARK.

Live Your Mark

CORESELF

Your CoreSelf Awaits—Are You Ready to Meet It?

THE TRUSELF™ HUMAN EVOLUTION MAP

BODY WORK & INTEGRATION LABS
TruSelf Bodywork Programs
(Physical, Intellectual, Emotional, Instinctive)

STAGE 0: MAKE SPACE FOR WHAT MATTERS
TruSelf Manifestation Program (TMP)

STAGE 1: COME BACK TO YOURSELF
TruSelf Creation Course (TCC)

STAGE 2: DIVE INTO DEPTH & CYCLES
Deep Work

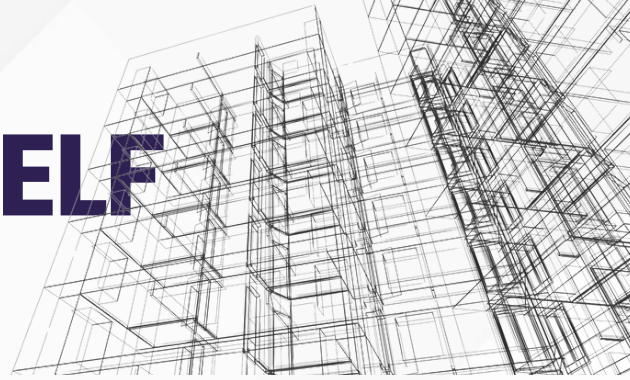
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STAGE 3: FIND THE CORE OF WHO YOU ARE
CoreSelf

STAGE 4: PATHWAYS OF CONSCIOUSNESS
Rebirth, Shadow Work,
Principles of Love & Relationships


READY
TO DIVE
INTO
YOURSELF?
THE START TO FINDING THE
CORE OF WHO YOU ARE.
A ONCE-A-YEAR JOURNEY GUIDED BY KELVIN.

WHAT IS CORESELF ABOUT?



CoreSelf is a transformational journey into the most essential layers of who you are — beyond roles, labels, and conditioning. Building on the foundational work of **TCC and DeepWork**, this advanced program guides you to shed the constructed identities you've outgrown, and reconnect with your unfiltered, original essence.

What is Essence?

Every person holds a unique essence beneath the surface, a core self that exists beyond their personality, habit, or history.

One's essence is a constellation of values, energetic signatures, and intrinsic potentials that form the original blueprint of who you are.

Personality Vs. Identity

The program challenges the assumption that your **"dominant personality"** - the adaptive self shaped by upbringing, roles, and life experiences is the full truth of who you are. While this version of you may be competent and well-developed, it often operates from survival strategies, reactive patterns, and inherited limitations.

Drawing from Jungian individuation, systems thinking, and our TruSelf™ methodology, CoreSelf invites you to loosen the grip of this constructed identity and explore the fuller spectrum of your being, including subpersonalities, repressed impulses, and forgotten potentials. This is not personality work. This is identity work.

The question is: Who are you, really? Beneath the roles, beyond the survival patterns, and before the world told you who to be?

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Ever wondered... Who Are You Without Your Roles?

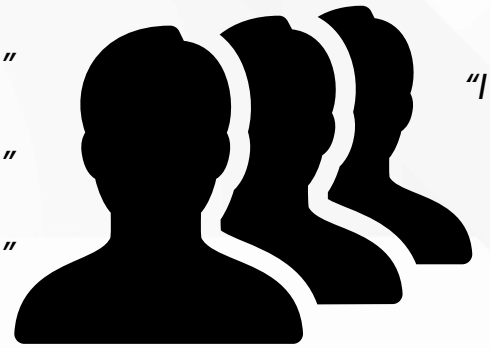
Imagine this. Someone asks: “So… tell me about yourself.”

How do you answer?

“I’m a consultant.”

“I’m a mother of two.”

“I’m the eldest son.”



“I do HR.”

“I work in finance.”

We instinctively reach for roles. Because they’re safe. Recognizable. Accepted. But what if those roles disappeared? Who are you when the titles fall away?

Most people don’t know. But somewhere deep inside, you do. That part of you has always been there. *Maybe buried. Maybe dismissed as “unrealistic”, “impossible”, or “too much.”*

Why CoreSelf?

Many people think they need to "find their purpose" or "figure it out.” But purpose doesn’t drop from the sky. It emerges from the parts of you that have been **waiting quietly to come online**.

At CoreSelf, you’ll:

- Unearth long-lost parts of you you didn’t even know were missing;
- Finally meet the inner voices that’s been quietly shaping your decisions;
- Learn how to work with your selves to make bold, aligned moves;
- Discover how alignment powers manifestation, by becoming the person who can carry your dreams into reality.

LIVE YOUR MARK.

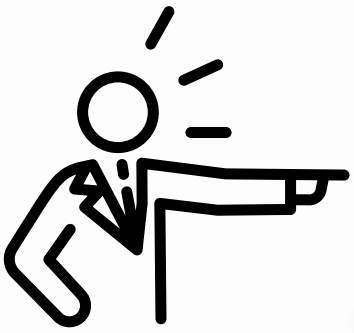
The Concept of Selves

To get a sense of how CoreSelf works, you need to first learn that... We are not just one self. We are a dynamic system made of multiple selves.

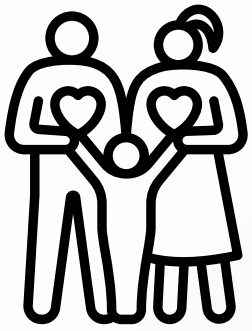
- Each shaped by life experiences, traumas, protective strategies, and cultural programming.
- Each also acts with its own perspective, emotion, and agenda.

They take turns leading the show, depending on what life throws at you.

Have you noticed how you shift depending on where you are or who you're with?



At work, you're firm & decisive.



With your family, you soften, and you're nurturing.



With friends, you're the joker.

These shifts aren't random. They're signs that you're made up of many selves — not just one.

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The Concept of Selves

The different roles we show up with in different situations are just the surface. Beneath them lies a complex system of selves that influence how you show up in each situation.

There are 3 Broad Categories of Selves.

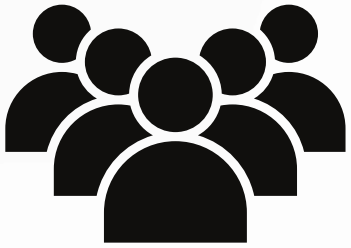


The Constructed Self (Dominant Personality)

The **Constructed Self** is the **overarching identity** you've built unconsciously over time. It's shaped by your environment, upbringing, societal expectations, and the experiences you've had.

Think of it as the "captain" of your internal system—the dominant personality that takes charge in most situations. It's who shows up when you're trying to "get things right" or hold everything together.

This is the **"YOU"** who is operating in this world.



Subdominant Selves (Subpersonalities / Subpersonas)

Subpersonalities are like **"crew members"** on your internal ship. Each formed (usually from trauma) to protect or manage a specific need. While one "dominant self" usually leads, subpersonas take over when we're triggered, tired, or facing old fears.

You've likely felt them in moments like:
- You're about to speak up... but suddenly say "it's okay."
- You're ready to start... but procrastinate for hours.

These subpersonalities takeovers often surface during emotional overwhelm, triggered memories, or inner conflict.



Emergent Selves

Emergent Selves are untapped potentials — not repressed or broken parts, but ones that haven't yet had the space to grow. They usually only surface in deeper programs like CoreSelf. They show up as:

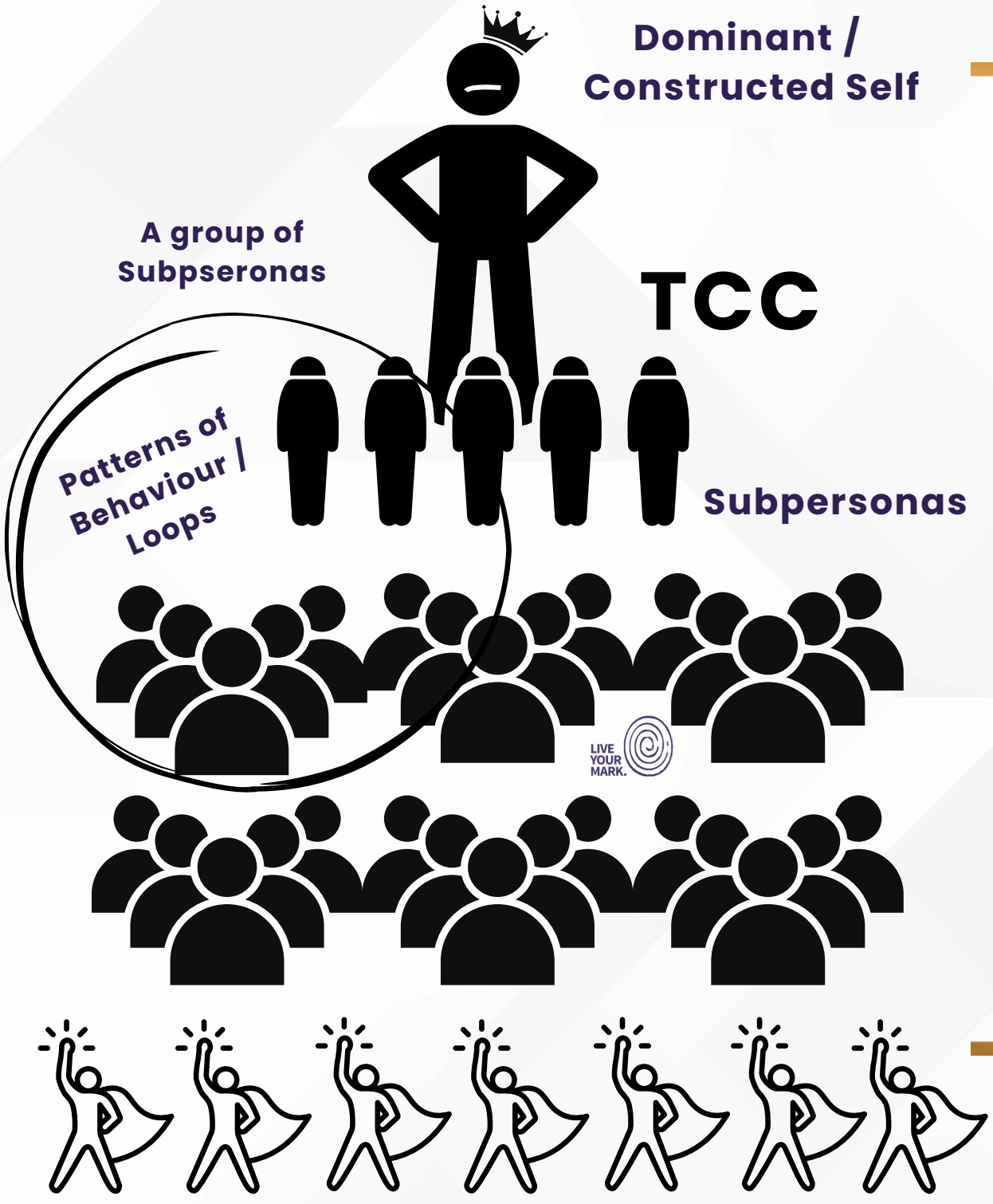
- A quiet longing you can't explain
- A tug toward a life that feels unfamiliar, yet feels deeply right
- A flash of power or clarity before doubt returns

The Emergent Self is the dynamic, evolving expression of your CoreSelf in action. *In CoreSelf, we create space for them to emerge. These selves often hold the blueprint for your next chapter.*

The Concept of Selves

DeepWork

CoreSelf



Emergent Selves

(As a manifestation of parts of your Coreself)

Different selves, be it subpersonalities or emergent selves only emerge when you're ready to deal with and integrate them. You will only be ready when you have done enough work for more pieces to surface.

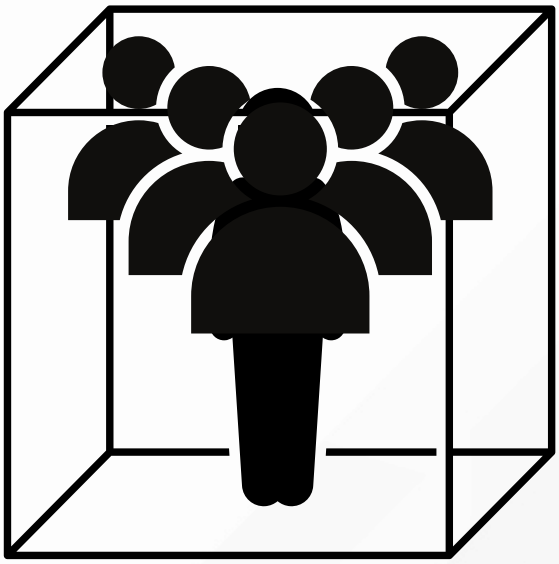
The Relationship Between TCC, DeepWork & CoreSelf

Stage 1: TruSelf™ Creation Course



- This is your first step to diving into your **Constructed Self**—the dominant personality, roles, and masks that have been shaped by external influences, past experiences and survival mechanisms.
- Peeling back the layers of conditioning that obscure your authentic self (TruSelf).
- Begin to realize how much of your self-perception is based on these constructs & defenses and **how little you truly know yourself beyond them.**

Stage 2: DeepWork



E.g. Someone struggling with perfectionism might uncover subpersonas that looks like 1. "fear of failure", 2. "need for validation." DW releases them and "breaks" the pattern.

- You deepen your understanding of the **Constructed Self and begin addressing subpersonas** — protective mechanisms formed by past traumas or unmet needs that trap you in limiting patterns.
- Your **deep seated patterns** of behaviour, loops and cycles are often held together up tightly by many Subpersonas (Selves).
- DeepWork loosens or even dismantles the group of Subpersonas for you to integrate and work on in CoreSelf.

Fun fact! All your personas have their unique strengths, it's about how you learn to orientate them.

STAGE 3: CORESELF



1 REALIGNMENT: RETURNING TO YOUR TRUE CENTER

After building awareness in TCC and working through the abyss in DeepWork, CoreSelf is the **point of convergence.**

- You revisit your **Dominant Self** — not to break it down, but to realign it with who you've truly become and your *essence.*
- Your internal compass starts pointing toward the future you're actually meant to live.
- Here, you are no longer working on just personalities, you're creating an **aligned identity.**

2 REDEPLOY YOUR SUBPERSONAS: MAKE YOUR INNER SYSTEM WORK FOR YOU

You don't *just* meet your subpersonas in CoreSelf, you begin to understand their logic, and their strengths. **Rather than letting them unconsciously take over in moments of stress. You learn to work with them in CoreSelf.**

- That "inner fixer" who used to compulsively jump in? Now becomes your strategist.
- That avoidant part? It becomes your boundary keeper.

CoreSelf turns your inner chaos into a collaborative team.

3 SPACE FOR THE EMERGENT SELF: MEET THEM FOR THE FIRST TIME

CoreSelf gives rise to what's been waiting, quietly, inside you.

- The program is designed to allow **Emergent Selves** that are closer to your core to surface as it creates the safety and readiness to let them through in your internal system.
- Once these Emergent Selves begin to surface, they signal a shift in your internal architecture.
- New energies - creative, intuitive, visionary that resonates with the deepest parts start to rise, **evolve into new subpersonas** and, eventually, into qualities that **reshape your dominant self.**

4 STRENGTHEN THE DOMINANT SELF: LEAD FROM INNER WHOLENESS

With the alignment and reorientation of your Subpersonas, your Dominant Self becomes a **grounded leader** of your internal system.

- Your Dominant Self **levels up in its PIESIn bodies, your abilities, as well as, your perspectives & skills.**
- You can move in the world with more clarity, confidence and congruence.
- With the alignment, ***Life begins to flow***. You start thinking differently, old stuck points start to loosen, and decisions come with more confidence.

AFTER CORESELF



CoreSelf helps you see the full cast of your inner world. Not to control or erase them, but to bring them into alignment. That's when your system moves from internal conflict to internal coherence.

And when your inner world aligns — your external world starts to shift.

It's the space where people say: - "Every single thing on my wishlist came true and more."

CoreSelf creates the strongest manifestations for you.

*These are the **8 domains of breakthroughs** across over 30 individuals who have taken the program in the last 2 years.*

This program is for you if you're currently looking for:

Dream Projects & Wishlist Goals Coming True

One most common takeaway of most, if not all participants in CoreSelf is - **They've met everything they have listed down on their Wishlist.** including items that are "seemingly" out of one's control or reach.

"I mentioned buying a property on my wishlist... The day after CoreSelf, our offer to buy our new home was accepted."
– Premesha

"After 4 months of looking for a location, we finally found something that fits [for my sexual wellness centre]."
-Angela

Massive PIESIn Upgrades (Avatar Upgrades)

With the internal alignment, **your base bodies level up**. Enhancing your vitality, creativity, and ability to act with precision and purpose. This alignment creates a synergy that amplifies your presence and potential in life.

"My whole PIESIn body upgraded... My P is more efficient, my I more clear, My E more resilient without having to numb myself."
-Berto

"I am most pleased with PIE upgrades. P body is working with me; I upgrades - my ability to strategize faster and more confidence in making decision for myself; And more E regulation!"
-Jing Yuan

Uncovering and Integrating Long-Lost Parts of Self

Parts of us that that remain hidden, only surfaces when we are ready to meet them. These parts carry their unique wisdom, insight and even powers. **CoreSelf is designed to allow for this process to unfold for everyone.**

"I was able to meet the parts of me that want to fit in, think I am not good enough, undeserving, and has a bad relationship with winning. The immediate tangible change I am present to, is that I have become more aggressive for opportunities to shine, not in competitive ways, but more from acknowledging the desires in me to want to do it without holding myself back."
-Loong Fuo

Clarity in Purpose and Direction

As you reconnect to your core with the space that CoreSelf creates, your Emergent Selves surface, and you begin to **gain clarity and resonance of your direction & purpose.**

"I deeply saw how the life I had thus far need not define who I am. At every point in my life, I have a choice of the story I want to write."
-Yan Yi

"I have always felt like despite so many years of work, i'm still stuck in the negatives. This time I feel I am facing the direction i want to go, more focused and less wanting to move everywhere."
-Jacelyn

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Improved Relationships & Connections

When you strip away the noise of dominant and subpersonas, you show up in relationships with clarity, authenticity, and emotional resonance. This alignment fosters trust, empathy, and deeper connections.

"Relationally, I can connect with people better and understand their worldview better. My ability to see others' frames increased, and I can use that to bring across my messages more effectively."
– Austine

"I can handle more relationships lines in the various domains. I no longer feel as overwhelmed or closed up. There's a joy that comes along with it. Every CoreSelf seems to open myself to a new level of relationship building and understanding."
-Melyssa

Enhanced Leadership & Confidence

CoreSelf helps individuals transcend reactive patterns, enabling them to respond and with intentionality and wisdom. People become more sure of themselves and are able to step fully into their power, and own their leadership role.

"My biggest breakthrough is being able to shed a lot of self doubt in my head and find a way for me to work through them. This has allowed me to command and lead people better when I can be more bold in speaking my mind."
-Chang Hui

"I am less fearful of stepping up and claiming a lead position and I need to do that for the team now,"
-Angela

Emotional Resilience and Freedom

When you connect to yourself, you gain clarity about what truly matters to you. This dissolves the internal conflicts that arise from trying to meet external expectations or live out roles that don't resonate with you. Your energy begin to shift from resistance to flow.

"I reconciled with parts of me & I feel like fighting for myself, loving myself, and taking myself more seriously."
-Yu-Ling

"I dealt with the helplessness, despair, and resignation that came from believing nobody cared about me. I I no longer feel left out or FOMO like I used to, and I'm sleeping more deeply than before."
-Maryann

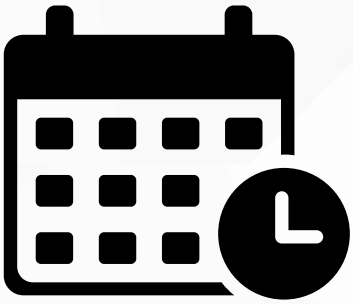
Enhanced Processing Abilities in Programs

As you learn to access the communication channels with your different selves through the program, you'll unlock a new dimension in your processing processes. You will begin to differentiate the different selves in action in processes and be able to learn to give a voice to those parts of you that you may never had given a chance to because you aren't aware that they actually exist!

"After taking CoreSelf, I realized I could go deeper in my processes within other programs by accessing what different parts of me want to express in memories. This has led to mind-blowing insights I would have otherwise missed!"
-Clara

What's Next?

SCHEDULE



CoreSelf typically runs every August for five days and is exclusively led by Kelvin.

In 2025, CoreSelf is running from:
6th August (Wednesday) to 10th August (Sunday).

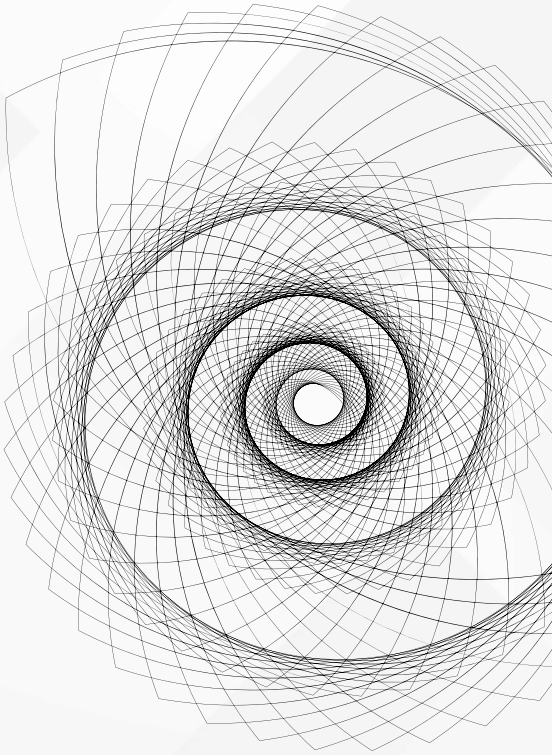
PRE-REQUISITES



- TCC is the pre-requisite for DeepWork.
- DeepWork is the pre-requisite for CoreSelf.
- CoreSelf is the pre-requisite to any programs in the Pathways of Consciousness (POC) category.

Here are tips for you to maximise your breakthroughs & takeaways from the program.

TCC, DeepWork, and CoreSelf form a growth spiral, not a staircase. Each time you revisit the programs, it meets a more integrated, more capable version of you. You find even more parts of you that are finally ready to surface when you have done enough work, or when the time is right.



To prepare for CoreSelf, it's **highly recommended** to first take a version of TCC or DeepWork in the same year. These programs help "loosen" the selves, allowing you to dive deeper into them during CoreSelf.

If you're planning to take any POC programs in the year, **CoreSelf will be a major advantage**. It clears space for even deeper layers to emerge in the POC and the selves involved in the particular POC tend to be pulled along, amplifying your breakthroughs and realizations to an entirely new level.

Contact Us

Website
www.liveyourmark.com

E-mail
clara.chua@liveyourmark.com

Phone
+65 97970710

Social Media
@live.your.mark (Instagram)

