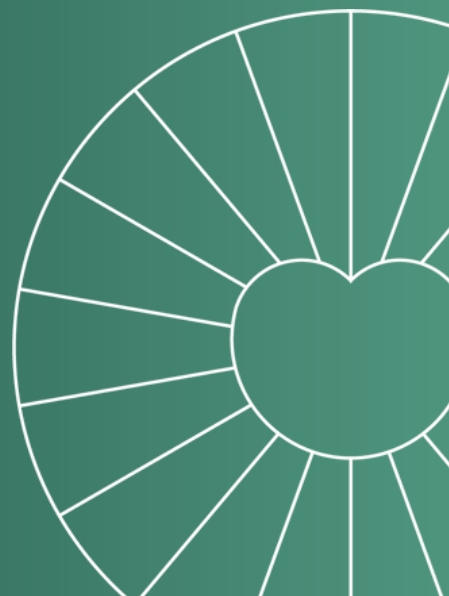


The FLUIDE Guide

To realign your business with your inner energy

➔ 6 steps to reclaim trust, clarity, and
momentum for the new world.



Dear conscious entrepreneur,

If you're reading these words, chances are something deep within you is ready to do things differently.

Less pressure.

Less control.

Less exhaustion.

And most of all: more alignment, flow, and meaning.

I see you. Deeply. Because I've been there. Because my clients go through the same transitions.

And because for years, I've been guiding sensitive, powerful, and visionary entrepreneurs to rebuild their businesses from one solid place: their inner energy.

This guide is an invitation to come back to your inner safety. To rebuild trust, even in uncertainty. And to discover that your energy is, in fact, the key to your expansion.

As you read this guide, you'll begin to understand where your energy is leaking, why your business may feel draining at times, and how to find momentum again without needing to tear everything down.

I'm sharing with you a simplified version of my FLUIDE method—the one I use with conscious entrepreneurs like you. Inside, you'll find real stories, grounded practices, and a soft, spacious place to feel, understand, and start realigning your business in your own way.

Namasté,

Valérie



Hello! I'm Valérie Demont

I'm a conscious business mentor, a healer for spiritual entrepreneurs, and a guide for the future.

I support conscious entrepreneurs—often visionary and highly sensitive—who are ready to create businesses aligned with their energy, their awareness, and the shifting tides of the world.

My FLUIDE method blends intuition and strategy, numerology, Human Design, neurocognitive tools, marketing and energetic practices to radically transform the way we do business.

I work with founders, entrepreneurs, coaches and changemakers who want to lead with clarity and authenticity.

My approach is rooted in body wisdom, in deep listening to the soul of the project, and in the power of aligned decisions.

If you feel like the old ways of doing business no longer work for you-
If you're ready to create differently and navigate with more consciousness and trust—
I'm here to walk beside you.

Come join The Awakened Entrepreneur Tribe by signing up for [my newsletter](#).

Why this guide?

Because doing things “the old way” just doesn’t work anymore.

The old models are crumbling. Cookie-cutter strategies are draining. Rigid frameworks feel suffocating.

When you’re conscious, sensitive, and deeply connected to yourself and the world, you simply can’t build or lead your business the way you were taught.

And at the same time...

The new ways aren’t fully defined yet. They’re being woven as we walk.

They rise from within, from our own rhythms, our energy, and that voice deep inside that knows.

That’s exactly why I created this guide.

To help you:

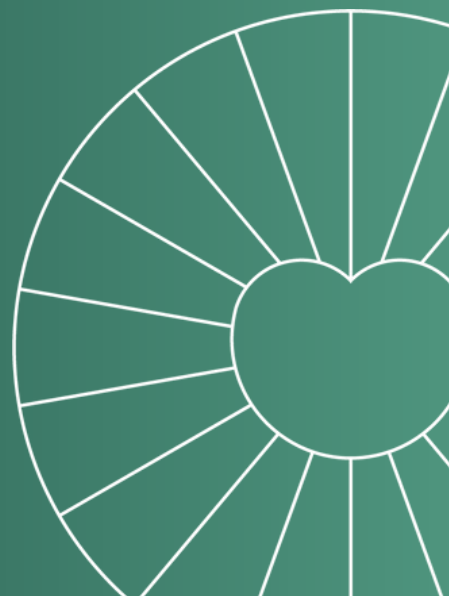
- Identify where your energy is leaking or stuck.
- Come back to your inner sense of safety as your first pillar.
- Move toward more flow—on your own terms.

FLUIDE is a living method for creating your own way of doing business. Not standard. Not linear.

Just deeply aligned with you and your most meaningful aspirations.



The FLUIDE Method — A Compass for Your Business



FLUIDE is so much more than just an acronym.

It's a path of alignment and expansion for entrepreneurs who want to create with consciousness, power, and softness.

This method adapts to each person—it doesn't impose, it guides.

It helps you recognize what's right for you, at your own pace, and at every stage of your business journey.

Here are the core principles that run through it:

- Your energy is your first resource. We always start with you, your body, your natural rhythm.
- Your business is a living entity—a mirror of your inner state (and that of your team or collaborators).
- You combine intuition and strategy—because one fuels the other.
- Each step is an adjustment. Nothing is forced. You follow an organic process.

FLUIDE is made up of 6 steps—linear or not, but definitely cyclical, just like life. The goal? That you can come back to any of these steps whenever needed, to realign as you go. I've tested so many methods—none of them ever worked from A to Z (and certainly not in order!).

Because my life and business are not linear, and even less so in today's complex world. That's exactly why I created FLUIDE, so you can come back to your own natural flow, again and again.

F – FOUNDATIONAL ENERGY & STRATEGY

Identify the visible and invisible foundations of your business:

your strengths, your numerology year, your Human Design, your values, your structure.

Why does it matter? So you stop building on sand—

and start leaning on what's already solid within you.

L – LIBERATION & REALIGNMENT

Clear out old beliefs, outdated conditioning, and stagnant energy.

Realign with who you are now.

Why? So your business reflects your current self—not your past wounds or outdated roles.

U – UNFOLD : EMBRACING YOUR ENERGY

Honor your rhythm, your cycles, your inner seasons. Create from your natural flow.
Why? To avoid exhaustion and bring joy and ease back into your work.

I – INTUITION & INNER GUIDANCE

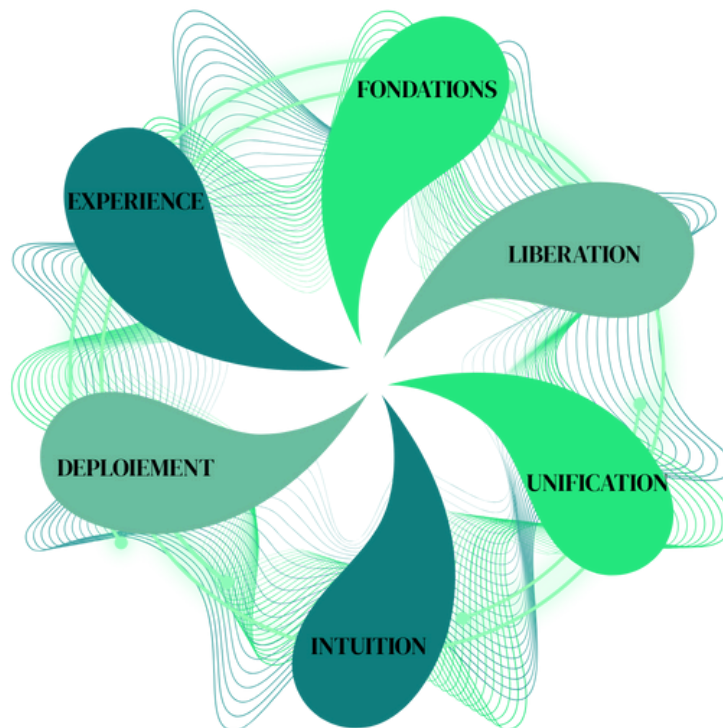
(Re)connect to your inner compass. Learn to listen, feel, and decide from your center.
Why? So you can move forward with trust—even in uncertainty.

D – ORGANIC DEPLOYMENT

Create from what feels true, alive, and aligned. Find your own way to communicate, sell, and make an impact.
Why? So the right people are naturally drawn to you—without needing to push.

E – CONSCIOUS EVOLUTION

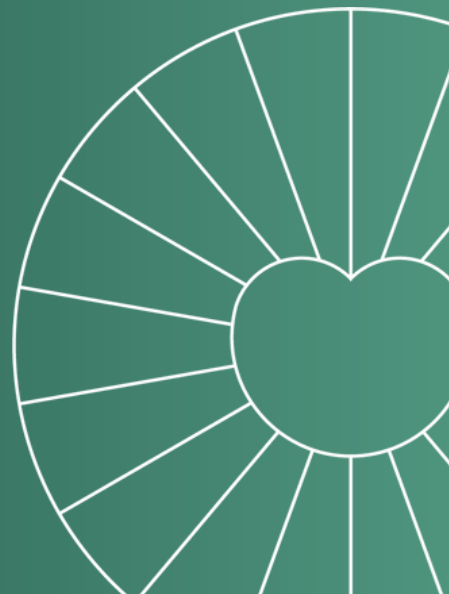
Adapt, adjust, and keep growing. Follow the cycles instead of resisting them.
Why? So your business stays alive, in motion, and aligned with who you are.





6 ÉTAPES POUR RETROUVER CONFIANCE, CLARTÉ ET ÉLAN DANS UN MONDE INCERTAIN

4 Paths, 4 FLUIDE Stories



MY OWN JOURNEY THROUGH FLUIDE

- F: I identified my foundations—my personal branding by integrating my numerology cycles and my Human Design energy (MG, 5/1, Left Angle Cross of the Alpha). I built the confidence to fully embrace my role as a WayShower.
- L: I let go of old models inherited from mass marketing, productivity culture, and loyalty to what no longer served me. I realigned with a business that honors my cyclical energy, my values, and my deepest aspirations.
- U: I learned to deploy my energy at the right moment—feeling the timing, distinguishing ego and mind from my heart and body. I now respect my need for flow, rest, and depth... and above all, I no longer force or exhaust myself.
- I: My intuition became my primary guide. I make decisions through my body, heart, and the soul of my business. I lean into a wisdom greater than me—and I've reclaimed trust and faith in my path.
- D: I chose to speak and show up from a place of vibrant truth, embodying my message through my podcast, writing, and mentoring. My voice shifted, my audience grew, and now the right people naturally find their way to me. I released the pressure of algorithms and reconnected with my true power of expression.
- E: I evolve with the lunar cycles, my personal months and years, and my inner sensations. I adjust, I breathe, I keep moving—always. My organic roadmap, my Peaceful Success rhythm, and my 3F mantra (fluid, fun, full of ease) are part of my daily flow.

Today, I feel fully aligned with who I am—beyond boxes and labels. I no longer doubt my intuitive and cyclical way of doing business. I dare to embody my truth in every word, every choice, every space I create. And most of all, I recognize myself in the fluid, connected, deeply alive sovereignty I now offer to my clients too.

CAROLINE & FLUIDE

- F: We rebuilt her foundations by making her brain and nervous system true allies—anchored in strong human values, her personal journey, and her strengths. The gifts of her Projector Human Design and her Personal Year 6 (responsibility and heart-centered commitment) helped reinforce her current posture.
- L: She released inherited family expectations and loyalty to the old professional world. She realized she could no longer conform to the mold she had grown up with—it was finally time to honor herself and truly choose herself.
- U: She reorganized her schedule, learned to follow her fluctuating energy, and gave herself permission to slow down in order to have a deeper impact.
- I: She reconnected with her intuition through automatic writing and inner silence. Her decisions became more aligned—and she reawakened her creative flow and inspiration.
- D: She completely rewrote the way she presents herself. She dared to show her softness and her sensitive power. She began to assert herself—and received several new orders for her creations.
- E: Each month, she adjusts her projects based on her personal month. She's moving forward—more free, more grounded. And soon, she'll be able to leave salaried work behind.

Today, Caroline feels fully in her place. She no longer questions her legitimacy to create from her softness. She dares to slow down without guilt, knowing it allows her to have a deeper impact. Other people's opinions no longer affect her uniqueness. She simply IS—and she loves herself in it. She now recognizes herself in this sensitive, grounded, and powerful form of leadership she fully embodies — not needing to lead a whole company, but simply... her life, first and foremost.

LE CHEMIN DE NADIA

- F: Together, we explored her Personal Year 11/2, her Life Cycle 5, and her Human Design as a 3/5 Projector. Her foundations were calling her to slow down, explore, and feel.
- L: She released the old “I have to do more to deserve” belief, and started listening to what truly nourished her. She had to let go of her former ways of doing—she had been conditioned to constantly produce and push.
- U: First, she had to allow herself to even feel her rhythm. It was there inside her all along, but she had never given herself permission to hear it. That took time—and courage. Eventually, she structured her schedule around her vitality. She no longer forces herself to do everything, all the time. She began honoring her own timing.
- I: She now consults her intuition for everything: her organization, her offers, her priorities. She honors her inner sensations like a compass. Here too, Nadia showed immense strength—she dared to let go of the controlling mind and embrace her quiet inner voice.
- D: She refocused her work around human connection, deep sharing, and intuitive mentoring. And it resonates—deeply.
- E: She now lives each month as a cycle, with softness. She adjusts, she radiates, and she feels fully in charge of her own rhythm.

Today, Nadia feels sovereign in her choices. She no longer questions her worth outside of constant action. She dares to honor her impulses and her cycles as true creative levers. She no longer feels ashamed for not “achieving” by old standards—she knows her path is iterative. She trusts when it’s time to share her stage, and when to stay in process. She loves the way she functions. And most of all, she recognizes herself in this radiant, visionary mentor she’s becoming, fully aligned with her own timing.

PAUL & FLUIDE

- **F:** Together, we explored his foundations through his numerology, his Human Design (Manifesting Generator 5/1), his “Caves” environment, and “High” digestion style. These elements revealed how much he needed a safe structure and space to integrate. They helped him understand why certain strategies no longer worked for him—and gave him permission to embrace his unique way of leading his team and business.
- **L:** He became aware of how his need for external validation had pushed him to over-adapt, over-deliver, and prove himself—at the cost of his energy, even if the results were there. But at what price? We released this wound, along with the belief that he had to “have it all figured out” to be taken seriously. This shift allowed him to reclaim the legitimacy of his uniqueness—and a massive surge of energy.
- **U:** He recognized the fluctuations in his energy and stopped trying to keep up with others or with an outdated business model. He learned to organize his schedule around his mental and emotional energy peaks, and to prioritize rest and regeneration. He began adjusting his business model and clearly communicating his needs to his team—with both sovereignty and respect.
- **I:** Sitting in meditation wasn’t his style. It was through movement—conscious walking, driving, or sports—that he could quiet his mind and access his inner guidance. He now honors his spontaneous insights as true decision-making tools and trusts his intuitive hits.
- **D:** He shifted his stance in internal relationships—from over-proving to calm affirmation. His message became clearer, even if it no longer fit traditional frameworks. And the cherry on top? He realized his intuitive guidance had always been there. Now, he relies on it—every time.
- **E:** By integrating a roadmap based on his personal and business numerology, he adjusts his projects according to his energy and inner rhythm. He now experiences his business as a living creation, in continuous evolution—no longer a fixed model he has to squeeze himself into.

Today, Paul feels aligned and fully in ownership of his path. He no longer doubts his unique, unconventional way of functioning. He dares to lead and relate at his rhythm, honoring his need for clarity and retreat. And most importantly, he recognizes himself in this living, free, and deeply authentic version of his business. His next step? Bringing his whole team into this new rhythm with him.

WHAT IF YOUR ENERGY CHANGED THE WAY YOU MOVE THROUGH FLUIDE?

Whether you're in a Personal Year 1, 2, or 8... Whether you're a Manifestor, Projector, or Manifesting Generator... Or whether you're in a time of transition, you'll move through the 6 FLUIDE steps in your own unique way.

And that's the beauty of this method: It adapts to you, in every moment.

That's why all of my mentoring is personal and tailor-made. Whether it's a 1-hour session, a Power Week, or a longer journey together, I always take into account your current situation, your context, your deepest intentions and aspirations, your resources, and most of all... your energy.

Through your numerology, your Human Design, your inner structure, and my intuitive connection to the subtle, we identify exactly what fits you.

And of course, we also connect to the energy of your business or project—if needed. Want to know what your energy is whispering to you right now?

Book a 1:1 mentoring session here → valeriedemont.ch/rdvcoaching

When you and your business, your energy and your aspirations, start syncing your rhythms... Then you can finally rest in the right timing. And that's where your true power lives!



6 STEPS TO RECLAIM TRUST, CLARITY, AND MOMENTUM IN AN UNCERTAIN WORLD

And you?
Are you ready to
embrace your
own flow in
business?



La méthode FLUIDE n'est pas un cadre figé ni une formule magique. C'est une boussole énergétique et intuitive qui s'adapte à chaque personne, à chaque moment de vie, à chaque projet.

Pour chaque étape, je t'invite à explorer ce qui est juste pour toi. Il y a une infinité de nuances à ressentir, libérer, incarner. Ce que je te propose ici, ce sont des questions clés pour initier la réflexion, et quelques mots-points pour élargir le champ.

Tu verras que déjà, ces questions ouvrent des portes puissantes.

F – FOUNDATIONAL ENERGY & STRATEGY

- What are the visible and invisible foundations of my business today?
- Do I feel supported by the current structure I've built?
- What are my true strengths—and how can I honor them more fully?

Examples to explore: your values, personal year, Human Design, organization, core needs, inner safety, biological rhythms

L – LIBERATION & REALIGNMENT

- What beliefs, loyalties, or strategies no longer serve me?
- What am I still doing “out of habit” or “to look good”?
- What am I ready to say no to today, in order to honor myself?

Examples to explore: conditioning, fears, wounds, old roles, family patterns, inner rules, outdated identities

U – UNFOLD : EMBRACING YOUR ENERGY

- How is my energy currently circulating in my daily life?
 - Am I respecting my times of emptiness, integration, and rest?
 - What can I do to allow myself to create with more pleasure and alignment?
-
- Examples to explore: natural rhythms, inner seasons, creative energy, personal ecology, priorities, time management, spontaneity

I – INTUITION & INNER GUIDANCE

- Am I truly listening to what I feel... before I decide?
- What practices help me stay connected to myself?
- When was the last time I felt a full-body YES?

Examples to explore: body sensations, meditation, silence, intuitive writing, synchronicities, subtle guidance, inner compass.

Is this step calling you?

Do you want to embody it—not just understand it with your mind?

I've created a meditation to support you. "The Throne of the Heart" is a sacred inner space a place where you can return to yourself, recentre, and receive the guidance that is truly yours.

Grab the guidance on my substack account.

D – ORGANIC DEPLOYMENT

- What do I deeply want to express in my business?
- Is the way I communicate aligned with who I really am?
- How can I sell with more authenticity and alignment?

Examples to explore: your voice, your message, your presence, embodied communication, aligned offers, your relationship to money, natural magnetism

E – CONSCIOUS EVOLUTION

- What patterns or cycles am I currently noticing?
- What adjustments am I being called to make right now?
- Where do I need more softness, trust, or flexibility?

Examples to explore: integration time, personal month, natural movement, learnings, evolutionary alignment, letting go, fluid growth

Reconnection Practice

Your Energy Scan

Close your eyes.

Place one hand on your heart, the other on your belly.

Visualize your business as a living being.

Ask yourself:

- Where is the energy flowing freely?
- Where does it feel stuck, heavy, or unclear?
- What part of you is asking for more love, support, or clarity?

Write down what comes.

Breathe.

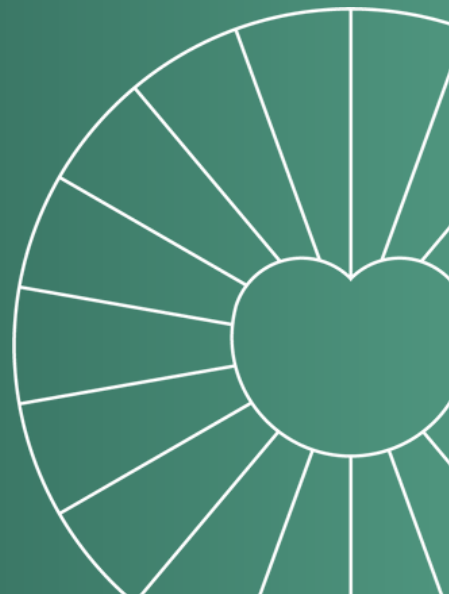
And choose one area to realign this week.





6 STEPS TO RECLAIM TRUST, CLARITY, AND MOMENTUM IN AN UNCERTAIN WORLD

3 Examples of Momentum Practices



FOR F – FOUNDATIONS

If you're craving a solid anchor to help you decide and structure more clearly, try this:

- Four-Point Breath (heart, belly, feet, earth):
- Sit with your feet flat on the ground, hands on heart and belly.
- Breathe deeply and visualize:
 - The air entering your heart
 - Moving down into your belly
 - Then into your feet
 - And finally rooting into the earth

Repeat this cycle 4 times with intention. Then, write freely in response to:
“What feels solid within me today?”

FOR I – INTUITION

Do you need to rebuild trust in your inner sensations?

To make decisions beyond logic?

To find a reliable inner compass amidst the noise of thoughts, expectations, or daily chaos?

- Essential oil: Frankincense (connection to wisdom + intuitive clarity)
- Gentle mantra: “My body knows. My guidance is true. I listen with trust.”
- Simple action: In the morning, place one hand on your heart and one on your belly. Silently ask: “What is my priority today?” Then write down the very first answer that comes—without filtering.

FOR U – UNFOLD

If you're tired of pushing and want to rediscover the joy of creating and being in your business:

- Create without a goal for 20 minutes. Choose any activity that calls you (drawing, writing, movement, sound) with no intention to produce. Let your energy move freely.
- Then reflect: “Did something inside me start flowing again?”

Want more Momentum Practices? Find them every week in my podcast The Awakened Entrepreneur → demontvalerie.substack.com



6 STEPS TO RECLAIM TRUST, CLARITY, AND MOMENTUM IN AN UNCERTAIN WORLD

FAQS

What you might be wondering...



IS FLUIDE FOR ME IF I'M NOT "SPIRITUAL" OR SUPER INTUITIVE?

You don't have to be "spiritual" to feel what's right. FLUIDE doesn't impose any framework. It simply helps you tune into what's already there within you: your sensations, your rhythm, your energy. And often, it's when we think we're "not intuitive" that we actually are, we just haven't learned what that feels like (yet).

DOES FLUIDE REPLACE A CLASSIC BUSINESS STRATEGY?

Actually, yes—because old business strategies don't work the same way in a world that's changing this fast and this deeply. FLUIDE isn't something to do before the strategy.

It's an organic, living, aligned approach to rethink how you lead, decide, structure, and evolve your business. It helps you create fairer governance, a more embodied positioning, and a fluid vision. In other words: FLUIDE becomes your conscious strategy.

I'M IN A FOGGY PERIOD... IS THIS THE RIGHT TIME?

Yes! This is exactly the right time. One of my gifts is helping bring clarity. And when everything feels messy or uncertain, coming back to yourself is the only true direction. FLUIDE helps you take that step without pressure, without a rigid plan. You move forward at your pace, by deeply listening to yourself.

WHAT IF I NEED HELP APPLYING ALL THIS

You're not alone. This guide is a first step.

And if you feel the need for an external perspective, a kind structure, or a space to explore things more deeply... that's exactly what I offer through my mentoring.

Tu peux réserver une session d'exploration ici → valeriedemont.ch/workwithme

DO I HAVE TO CHOOSE BETWEEN AMBITION, CONSCIOUSNESS, AND SOFTNESS?

Absolutely not ;-) You can embody powerful, ambitious leadership and stay deeply connected to your humanity, your inner ecology, and your consciousness. That's one of the biggest shifts conscious entrepreneurs are facing right now: Daring to create impact without getting lost in the doing, without burnout, without domination. FLUIDE shows you another path: The king or guide who inspires without controlling. The queen or lioness who leads with self-respect. With FLUIDE, you'll reconnect with your natural leadership—and embody it.

I'VE TRIED EVERYTHING ALREADY. WHY WOULD THIS BE DIFFERENT?

Because I'm not giving you another external method to apply. I help you remember how you truly function, what naturally supports you, and what flows with your unique energy. You're not here for a "miracle solution." You're here to find your own guidance, your own way forward with someone who can read between the lines, feel what your business wants to become, and walk with you without pulling you away from yourself. FLUIDE isn't "more stuff to do." It's a release. A realignment. It's you, changing the game. And then—you're autonomous.

I HAVE A HARD TIME TRUSTING. I OFTEN FEEL ALONE IN MY DECISIONS.

I get it. Deeply.

Conscious entrepreneurs often walk ahead of the crowd. They feel the world differently. Their intuition is strong. Their instinct is sharp.

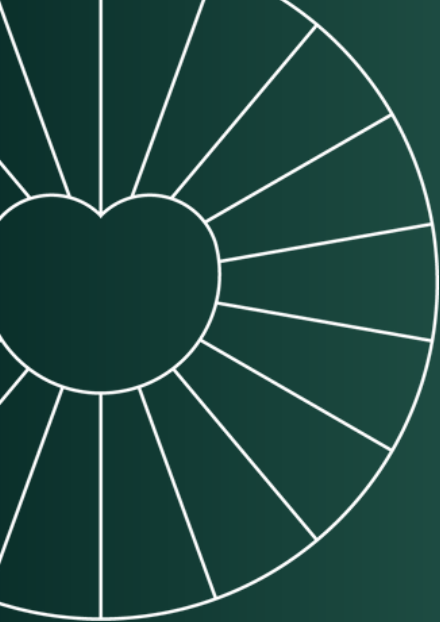
And that can create a deep inner loneliness.

My role is to offer you a space of clarity, resonance, and co-creation.

A space where your voice is heard, where your doubts can be laid down without needing to justify them, and where you can reconnect with a stable inner guidance.

I can show you how to connect with the soul of your business, your quantum advisory board, or even your akashic memories.

You won't be walking alone anymore. You'll move forward feeling supported, seen, and truly recognized.



6 STEPS TO RECLAIM TRUST, CLARITY, AND MOMENTUM IN AN UNCERTAIN WORLD

Did this guide open a door for you? Keep that door wide open and step through it:

Get a fresh wave of inspiration each week with the Awakened Entrepreneur podcast short, energy-aligned episodes to help you stay on track without pressure and nurture your conscious business—week after week. Listen here → demontvalerie.substack.com

Book a 1:1 Mentoring Session (1 hour)

Need personalized support to clarify your strategy, your rhythm, or your positioning? We'll go straight to the point—guided by your energy. Book here → valeriedemont.ch/rdvcoaching

Prefer to move at your own rhythm? Subscribe to my newsletter. It's the best way to stay connected to your energy...and to mine ;-) Every week, you'll receive guidance, practices, and keys to move forward with clarity and ease. Sign up here → demontvalerie.substack.com

Hâte de se retrouver !
valérie