Grief To Purpose Checklist

Note which of below issues applies to you and then number the top 4 with #1 being the loudest / strongest issue you face.

1 unsupported
2 stuck
3 unloved
4 foggy
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5 scattered
6 victimized
7 resentful
8 vulnerable
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9 undeserving
10 exhausted
11 off center
12 Lack of Trust

NEXT
Look which quadrant your #1 is in and read the description that matches your results and next steps. ie If 5 : feeling victimized is your #1, then go below to description for 5-8 to get your reading.

1-4 : Next Steps: Self Healing
Learn to work with your physical, spiritual, emotional and mental bodies

5-8 : Next Steps : Do embodied spiritual practice
Learn embodied meditation to support the awakening of your higher chakras of vision while staying grounded and moving through your process of grief and emotion.

9-12 : Next Step is to Get in the flow with people, prosperity and congruency in your body around your path of purpose.

FOLLOW UP

My signature system AWAKENING MAP Training helps you heal yourself of grief, anger, overwhelm, self-worth, resentment, fear, and anxiety so you can awaken your inner light and manifest a life of passion, flow, and purpose with this unique comprehensive multimedia training.

AWAKENING MAP is the heart of my offer, what the 88-page journal is about (included in all of the following), and the frame that I work with ALL my clients, students, trainees and mentees.

Here are 3 ways you can work with AWAKENING MAP for yourself.

1. Private Mentorship
The fast track to healing and manifesting. Book a discovery call with me

2. Homestudy
Go through working to clean up leaking energy and heal at your own pace while focusing on the path of purpose.

Use code 97DEAL at checkout for huge discount - *Details*

3. Community
Get on the waitlist when doors open as we go through the AWAKENING MAP curriculum together as a group in 2025. Waitlist

Let's Heal Together

Narayani