



SPIRITUAL AWAKENING *Roadmap*

**A MINI GUIDE TO HELP YOU NAVIGATE SPIRITUAL AWAKENING
SO YOU CAN GET MORE PRESENT,
INCREASE YOUR SELF-AWARENESS,
BOOST YOUR CLARITY ON AWAKENING,
& START CONNECTING TO HIGHER SELF**

THE ΔWΔKENED STATE

Welcome to the Roadmap!

12 years ago, I had no idea what was happening to me & I said to myself, "I wish I had a guide to figure this all out."

Hey there Beautiful Soul, our lives have somehow crossed paths and I'm so grateful you stumbled here. When I first woke up to spiritual awakening, I honestly was so lost, confused and fumbling for answers as to what was happening to me.

Through opening up a blog that now has over 60,000 people (later transformed into TheAwakenedState.net) I started realizing other people were experiencing a spiritual awakening too. Then I became obsessed with learning more about the process through listening to other people's awakening stories. **This became my foundation.** Back in 2011, I always wished I had a Personal Roadmap to help me understand what was really going on. Instead, I had to google, research, listen and piece it all together over the years.

Lucky for you, I'm taking out ALL THE GUESS WORK! What you have right here, over the course of 5 days, has taken me over 10 years to understand. I'm gifting you this roadmap to help you navigate successfully your own Awakening Journey.

Welcome to The Community! I hope this workbook deeply serves your journey ahead. May you reconnect to your highest self and Create a True Soul-Aligned Life you love.

Love,
Ash



WHO IS THIS LADY?

I'm Ashley, an Empowerment mindset coach for Spiritually Awakened Empaths (or Lightworkers) who often feel overwhelmed by their emotions and natural intuitive gifts.

Through Mind-Body Healing & Manifestation practices, I teach them how to emotionally empower themselves so they can feel confident and peaceful to live a more present-minded & Purpose-Driven Life made from following Soul. I'm also a Pisces, HD Manifestor, a Momma, a Nature Loving hiker, lover of fantasy, good expresso & dark chocolate. Just so you know...

SPIRITUAL AWAKENING Roadmap

As I mention in the first video, we're going to play a game here where we imagine we're stepping into a Hero's Journey! Think Frodo, Harry Potter, Link, Dorothy, Luke, Buffy (*Hey 90s...*) Because honestly, that's EXACTLY what Spiritual Awakening feels and looks like. So as we start on this adventure, I want you to imagine yourself as different archetypes (*I explain in the video, don't worry it's easy*).

These Archetypes are: **The Soul Wanderer, The Spiritual Seeker, The Pathwalker, The Spiritual Healer, and the Master Manifestor.** Now every adventure isn't complete without a map to guide you. I'm a visual person, I don't know about you, but I think it's required to give you an actual map on this adventure, right?

Below is a rather cartoonish Map of What it feels like to be on this journey of spiritual awakening. Bonus Ruby Points, if you can really get into character here, visualize and feel into what I'm talking about as you follow along with each video.





THE PATHWALKER

THE MANIFESTOR

THE SEEKER

THE HEALER

THE WANDERER

THE ROADMAP
SPIRITUAL AWAKENING

Phase One: The Soul Wanderer

In our first phase of the journey we start out as the Wanderer. If this phase resonated with you, here's some prompts on How can you embrace this phase with more intuition, flow and grace on your path ahead.

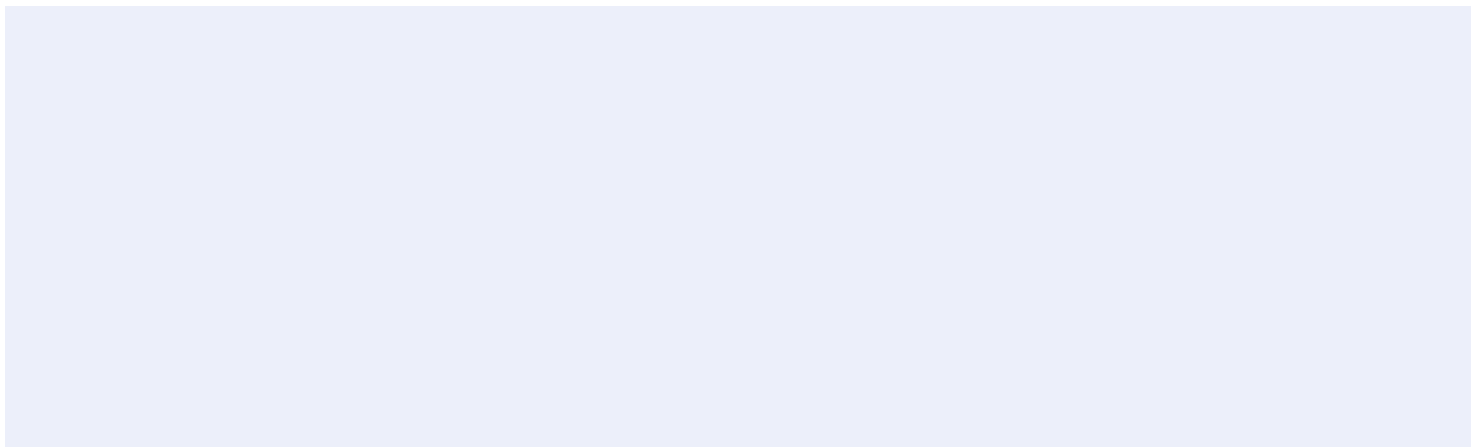
Who is the Wanderer? _____

01. What are the Signs & Messages coming up for you?

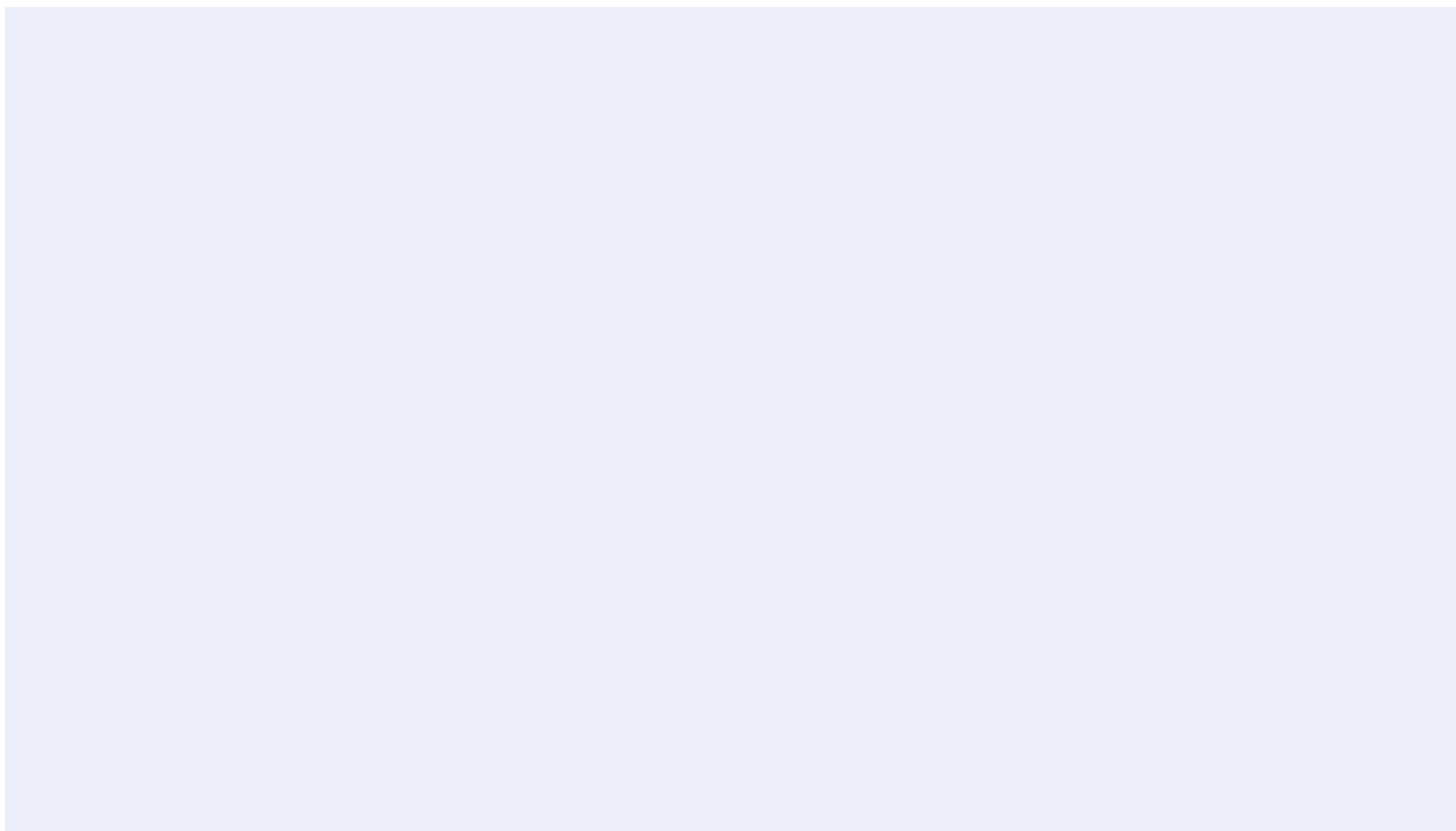
02. What are the Mental & Physical Symptoms coming up for you?

Phase One: The Soul Wanderer

03. EMBRACE MINDFULNESS: What Helps me Become More Consciously Aware?



04. What Actions can I start to take to Help Build my Self-Awareness?



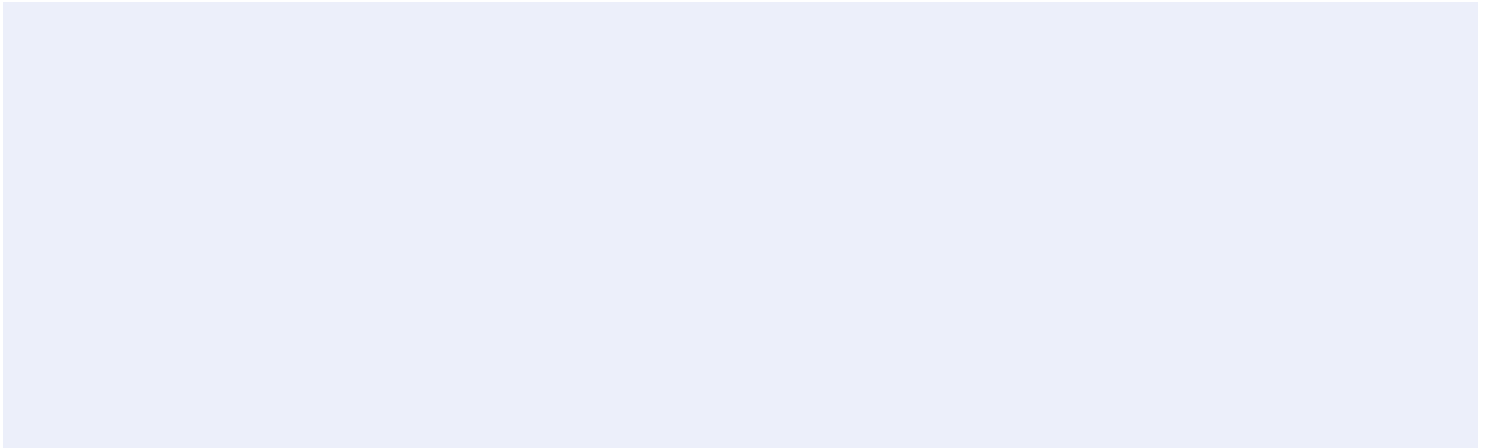
EXTRA THOUGHTS:

Phase Two: The Spiritual Seeker

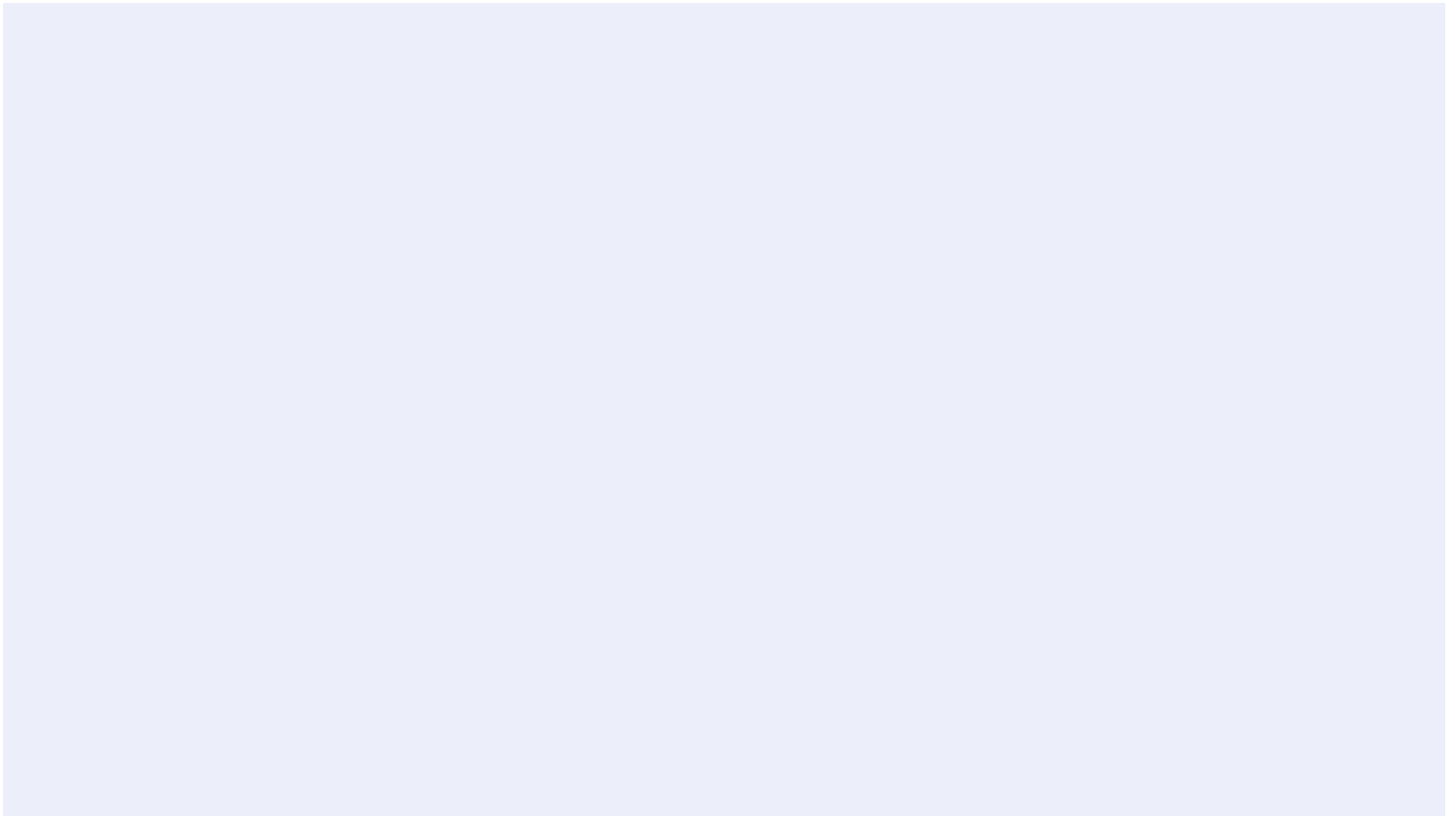
In our second phase of the journey we move out of wandering and into becoming The Spiritual Seeker. This phase is all about choosing your path. If this phase resonated with you, here are some prompts on How can you embrace this phase for radical awareness & healing.

Who is the Seeker? _____

01. What are the symptoms that are coming up for you?

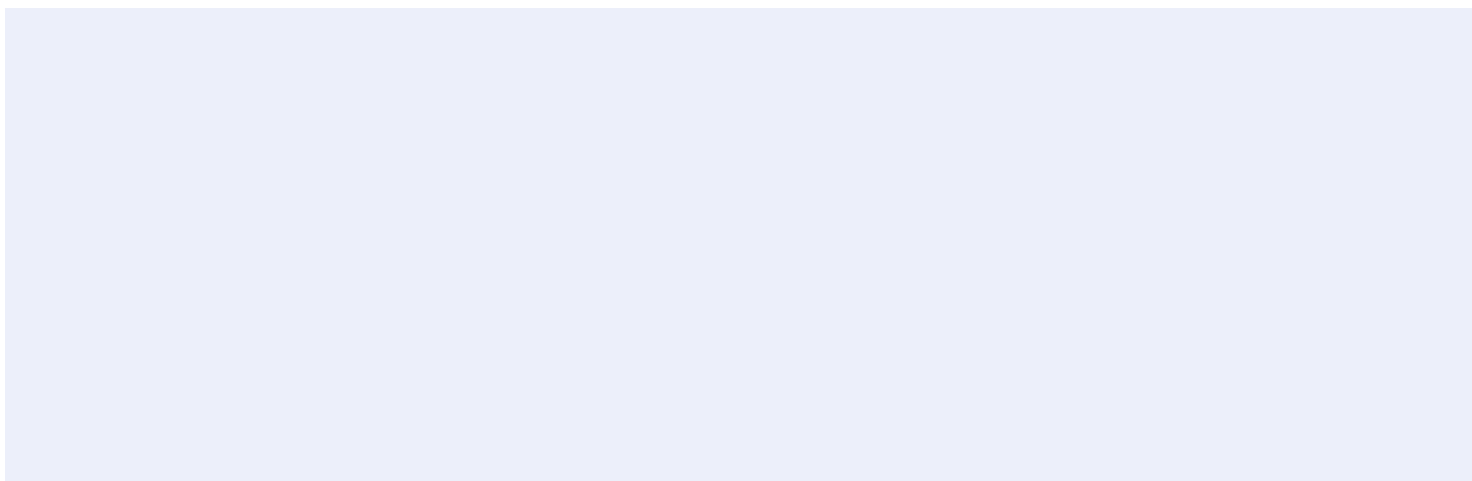


02. What is this symptom trying to teach you about your past?

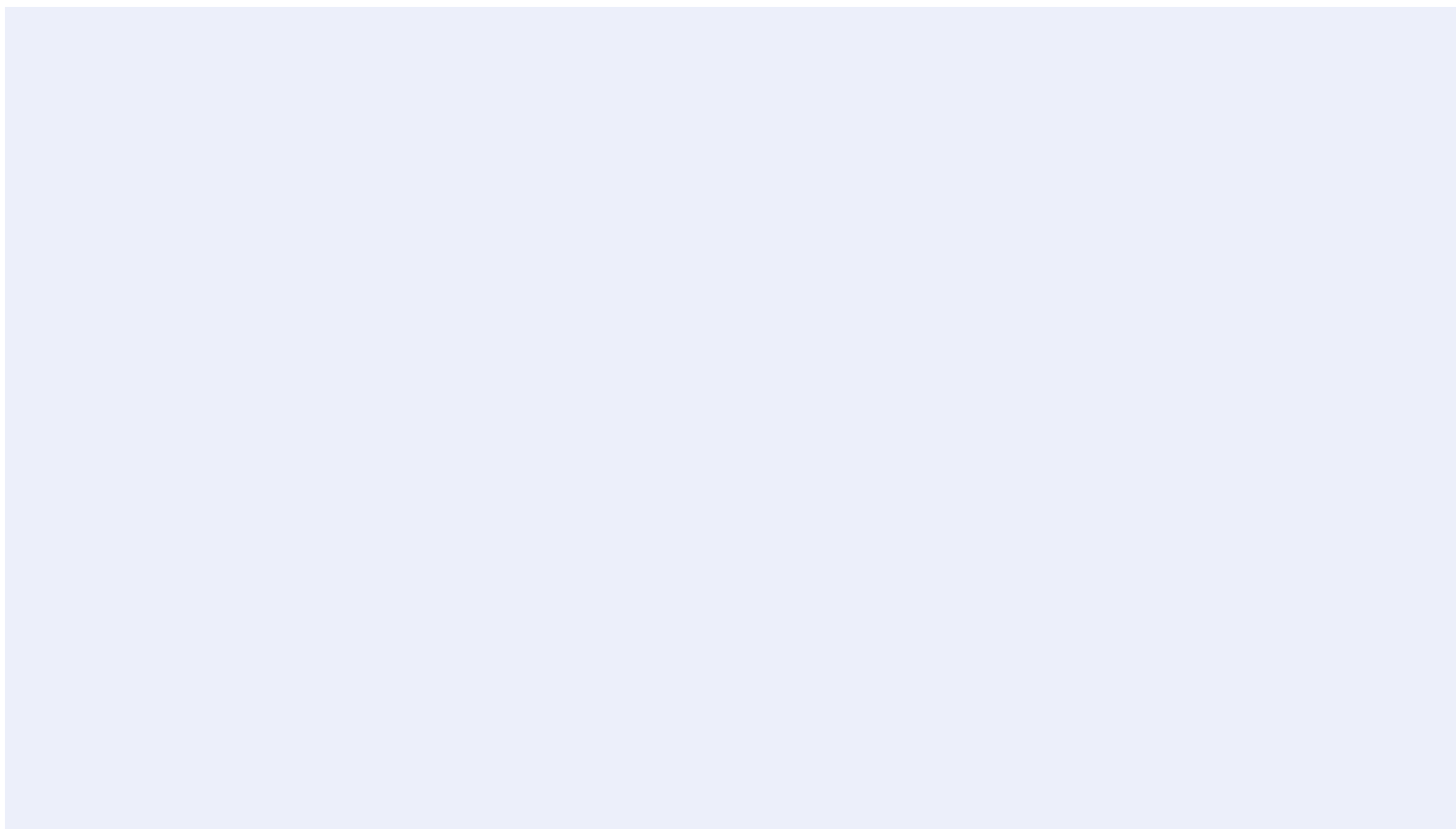


Phase Two: The Spiritual Seeker

03. EMBRACE QUESTIONS: What is spirit/higher self trying to show me?



04. GET OUT OF ABSORPTION: How can I start to Apply the Information I keep Absorbing?



EXTRA THOUGHTS:

Phase Three: The Pathwalker

In our Third phase of the journey we move out of choosing our path and become the Pathwalker. This phase is all about Reconnection to Soul/Higher self. If this phase resonated with you, here are some prompts on How can you embrace this phase for Increased Intuition & navigate your ego easier.

Who is the Pathwalker? _____

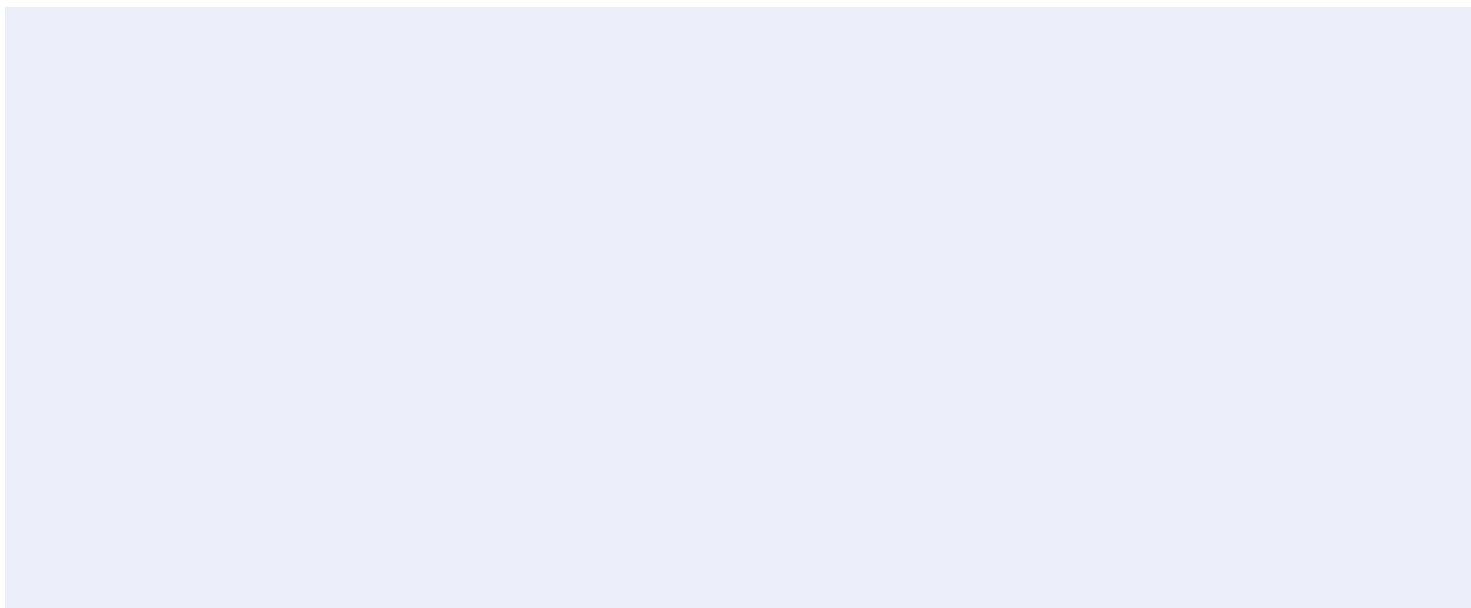
01. What is the Difference between the Lower Mind & Higher mind?

02. What is the true threshold of Spiritual Awakening?

03. How Connected are you to the Higher Mind? Scale of 1 - 10

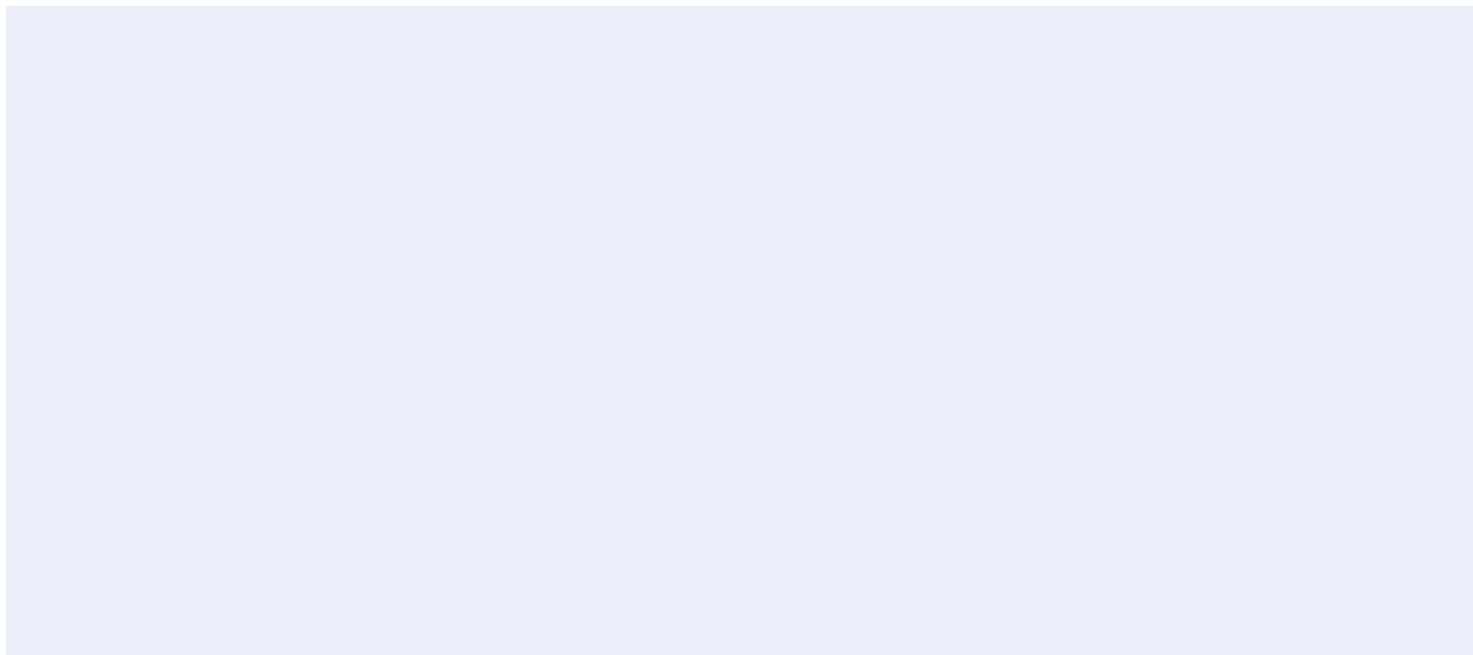
Phase Three: The Pathwalker

04. How can you begin nurturing your Relationship to Higher Self?



05. What is your spiritual practice that helps you connect inward? Is it consistent?

Don't box in your spiritual practice! Focus on what you enjoy



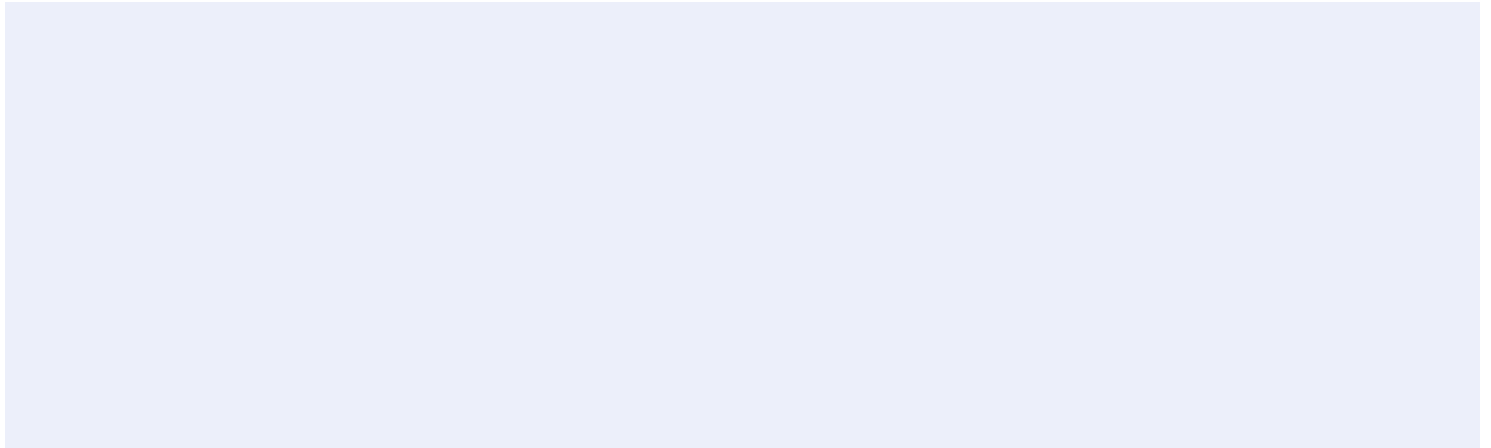
EXTRA THOUGHTS:

Phase Four: The Spiritual Healer

In our forth phase of the journey we suddenly lose our path and through our struggles, challenges and dark night of the soul, we begin healing. This phase is all about embracing Mind-Body Healing. If this phase resonated with you, here are some prompts on How you can ease the healing journey.

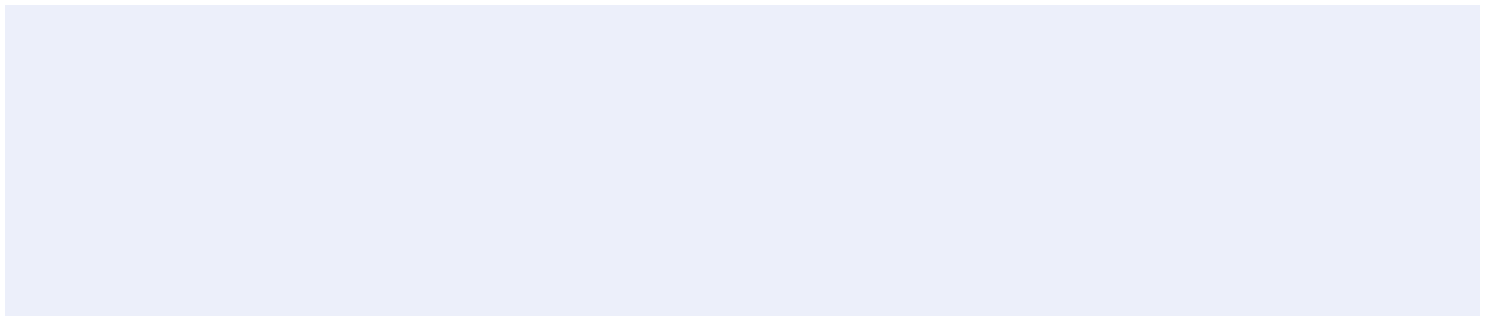
Who is the Healer? _____

01. Why are the symptoms continuously coming up for you?

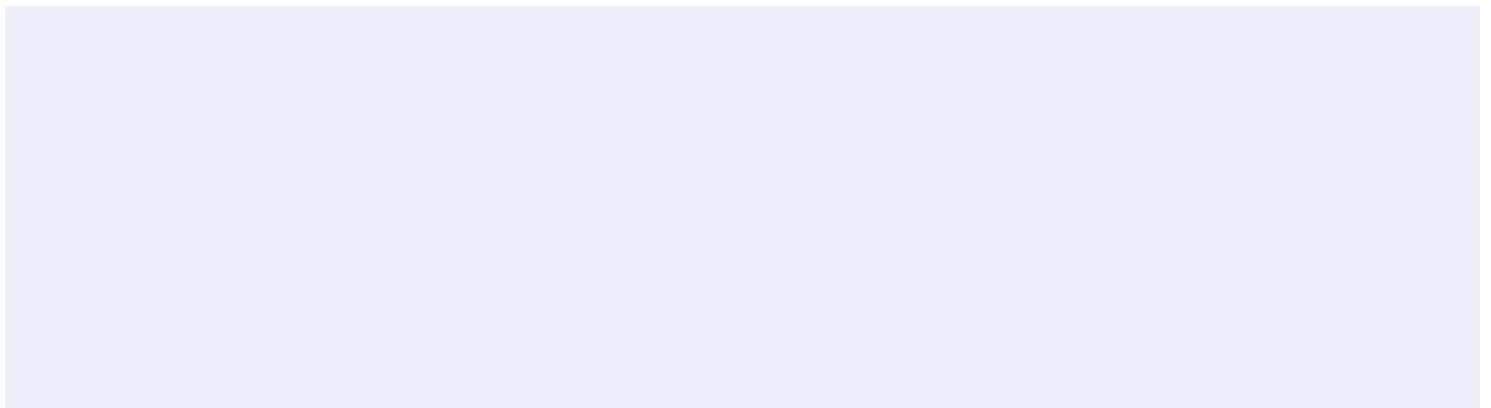


02. What are the symptoms of your Identity Crisis?

(The old Identity is losing the battle: loss of friends, relationships, job, etc.)

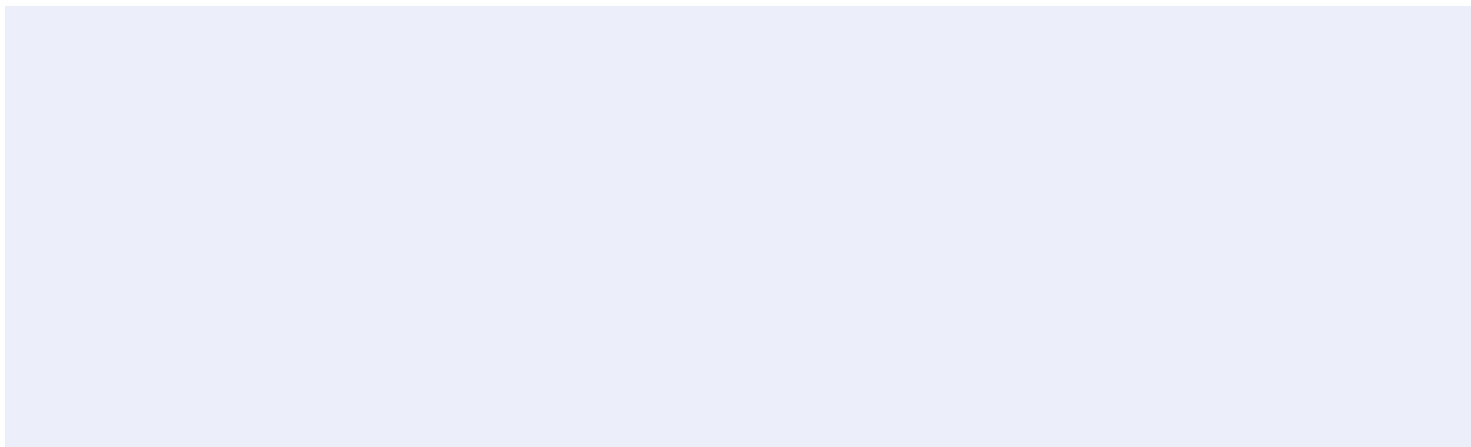


03. BRING AWARENESS IN: What are the Patterns & Behaviors coming up for you?

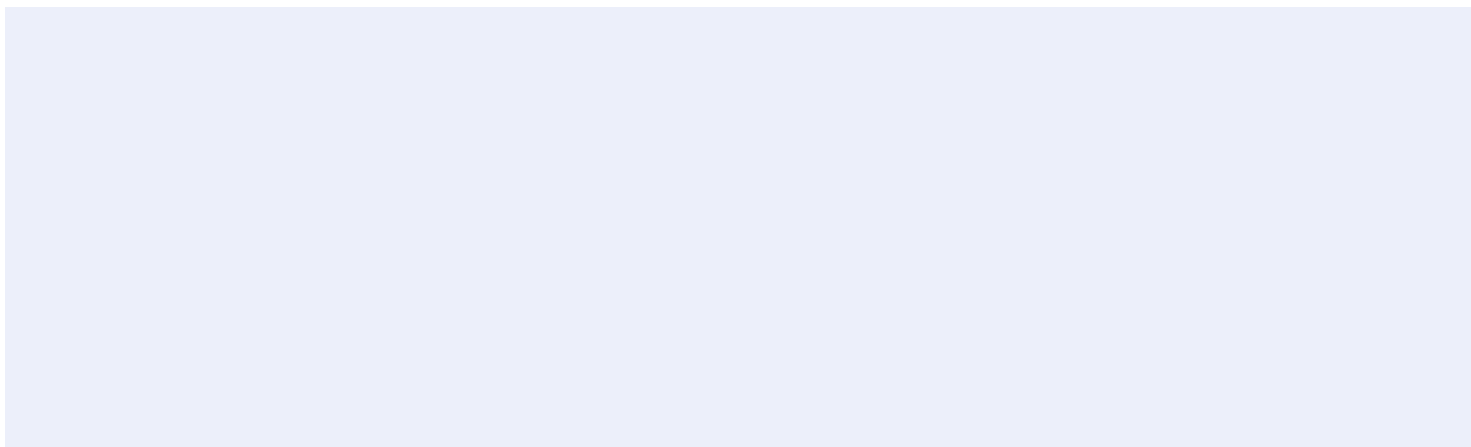


Phase Four: The Healer

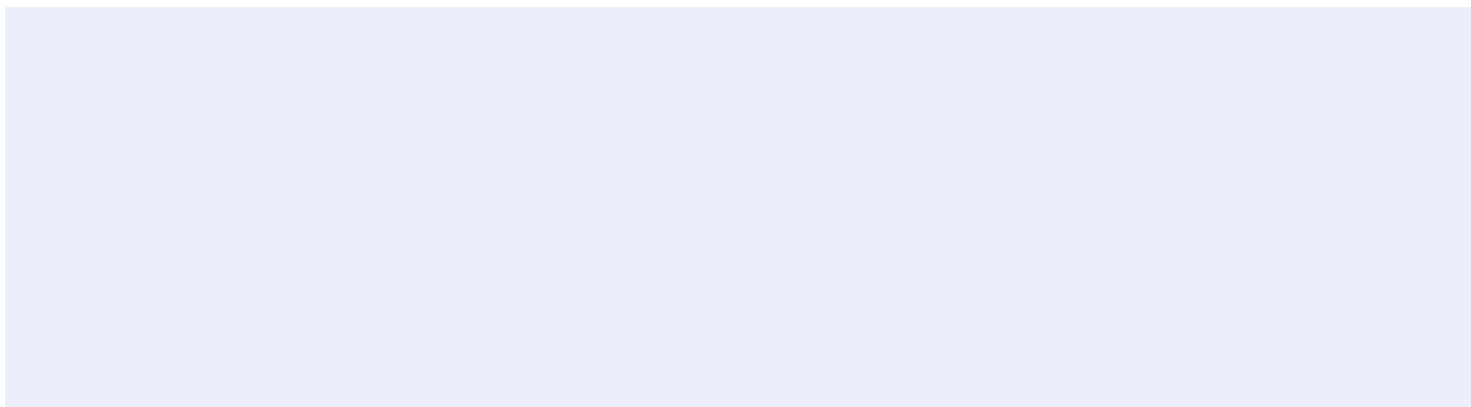
04. QUESTION YOUR EGO: In your Core, what do you feel you are refusing to let go?



05. What limited beliefs or excuses are coming up for you deflecting healing?



06. What actions can you take to Heal & let go easier?



EXTRA THOUGHTS:

Phase Five: The Master Manifestor

In our fifth phase of the journey we move out of healing and learn to Embody our Higher self as the Master Manifestor. This phase is all about Learning to Manifest, Embodying our higher self and unleashing our purpose. If this phase resonated with you, here are some prompts on Learning to Manifest

Who is the Manifestor? _____

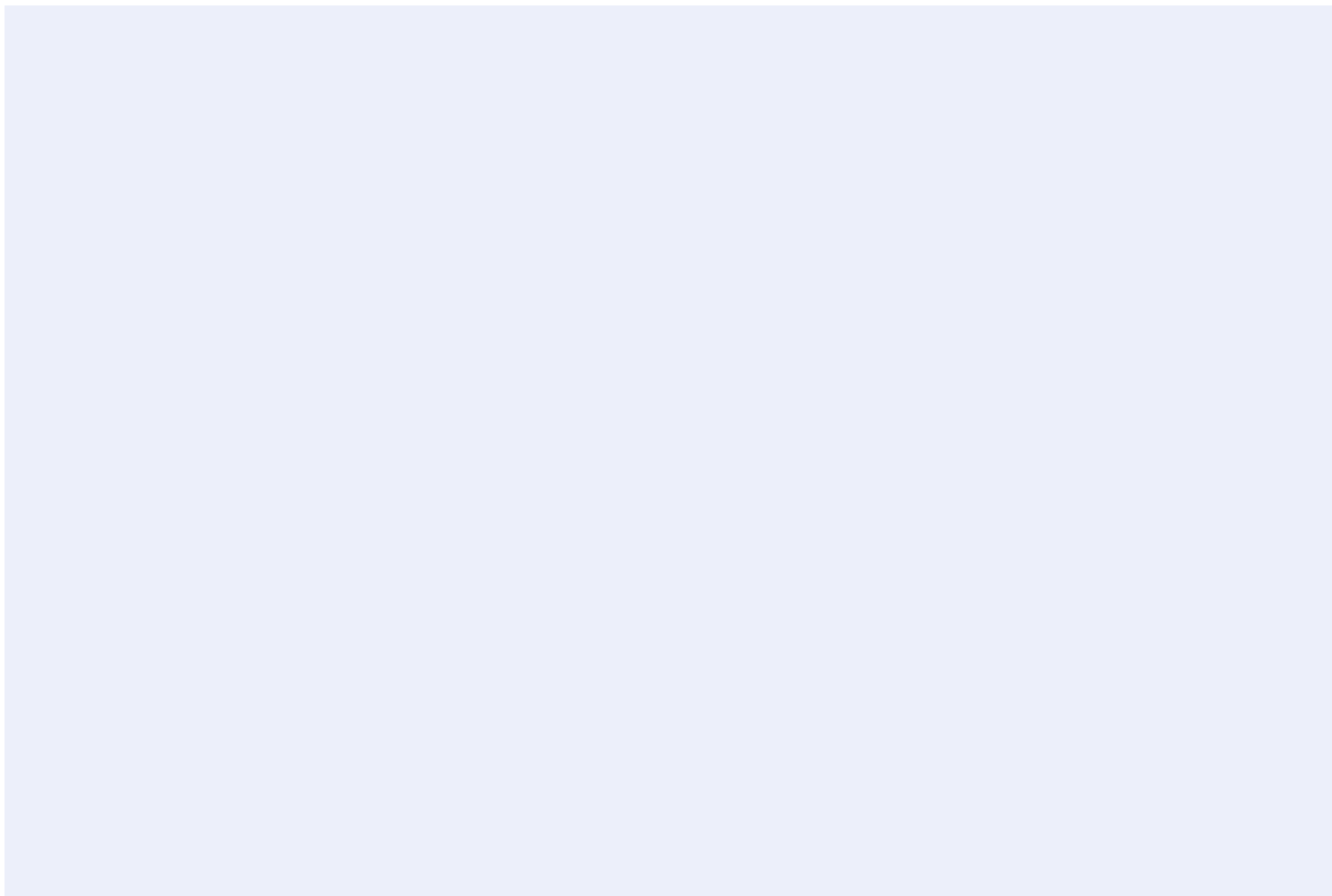
01. How can You Move More into Being vs always "doing" first?

02. Do I have a Manifesting Practice? Do I take time to work on manifesting?

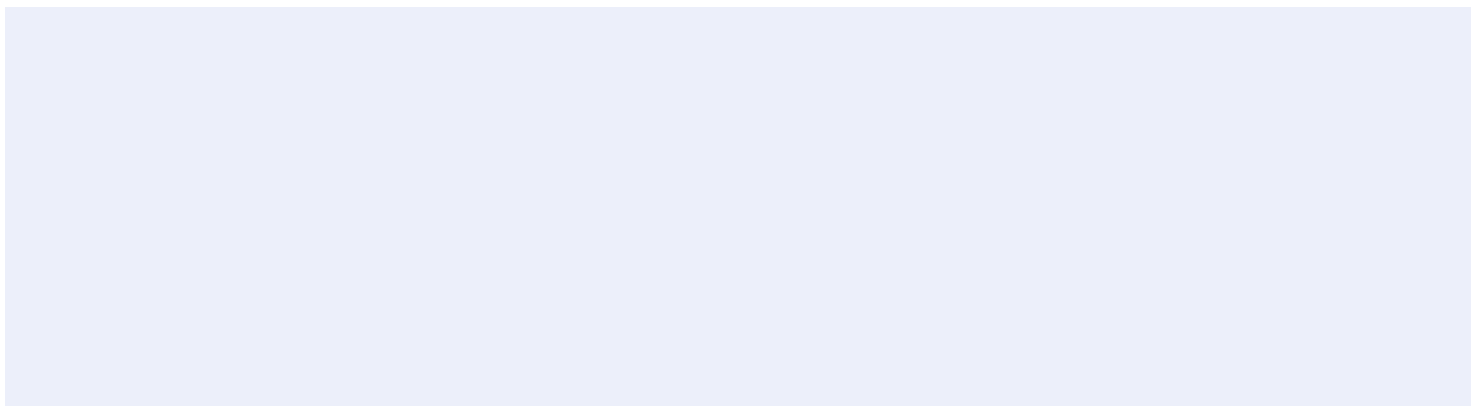
03. If I stepped into being fully unapologetically me, who would I now be?

Phase Five: The Master Manifestor

04. In my Core, What do I truly want, What would I desire to call in?



05. What Empowered Affirmations Help Support this Vision?



EXTRA THOUGHTS:

YOUR ARCHETYPE GAME PLAN

Which Phase do you Most Identify with?

Your Roadmap Archetype is _____

WHAT IS THE MINDSET SHIFT YOU NEED TO EMBRACE MOVING FORWARD?

What is your Critical Action Step:

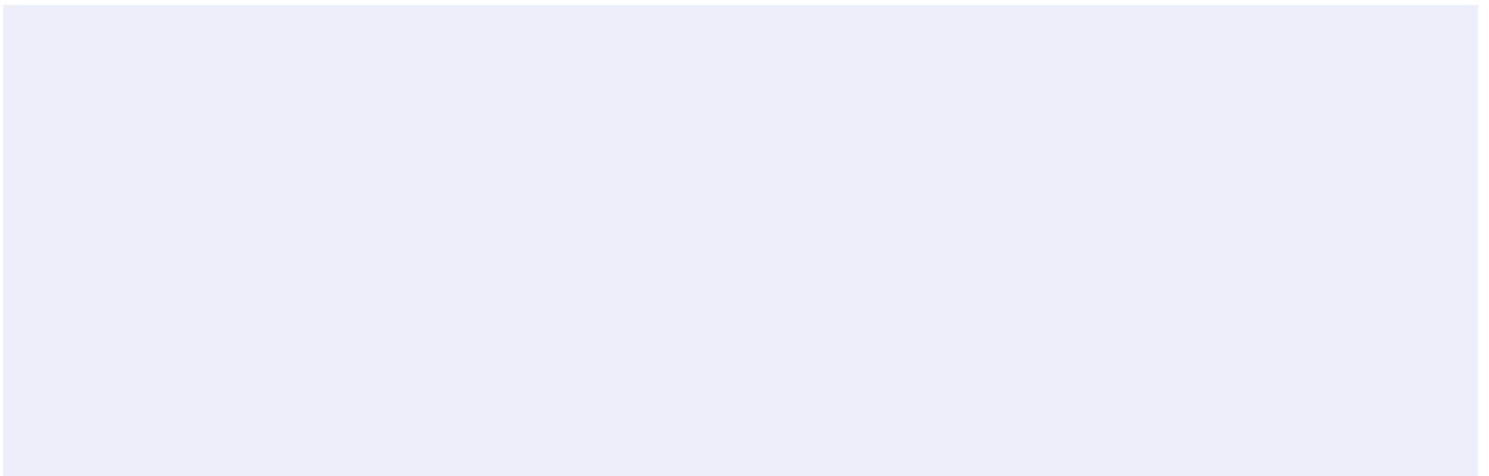
BRAINSTORM A HABIT OR ACTION YOU CAN START TODAY:

YOUR ARCHETYPE GAME PLAN

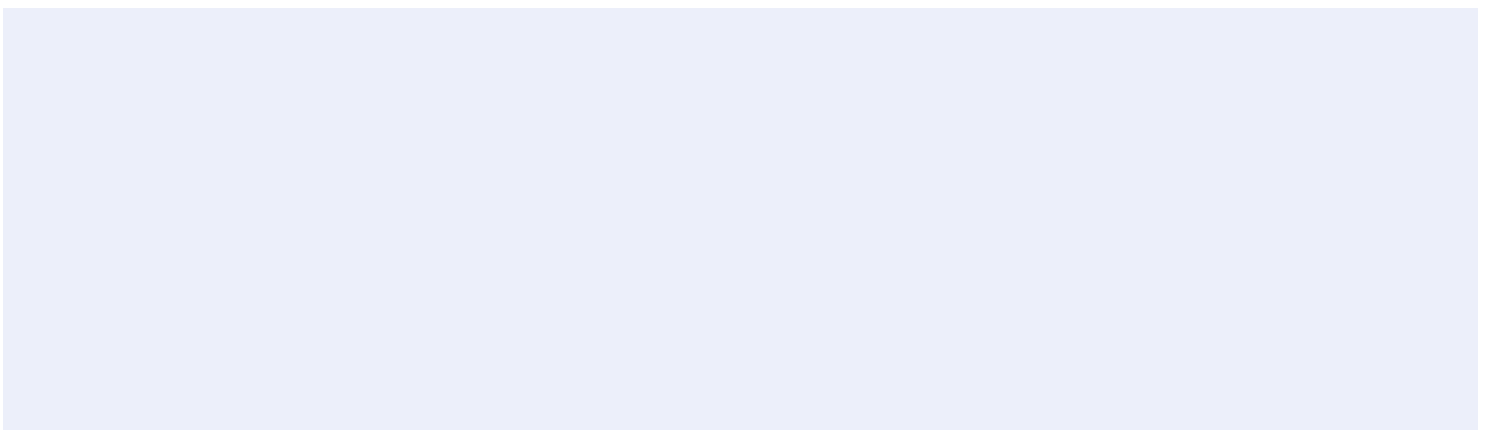
WHAT CURRENT CHALLENGES ARE YOU EXPERIENCING IN YOUR PHASE?



**HOW CAN YOU START A CONSISTENT SPIRITUAL PRACTICE?
BRAINSTORM YOUR IDEAS:**

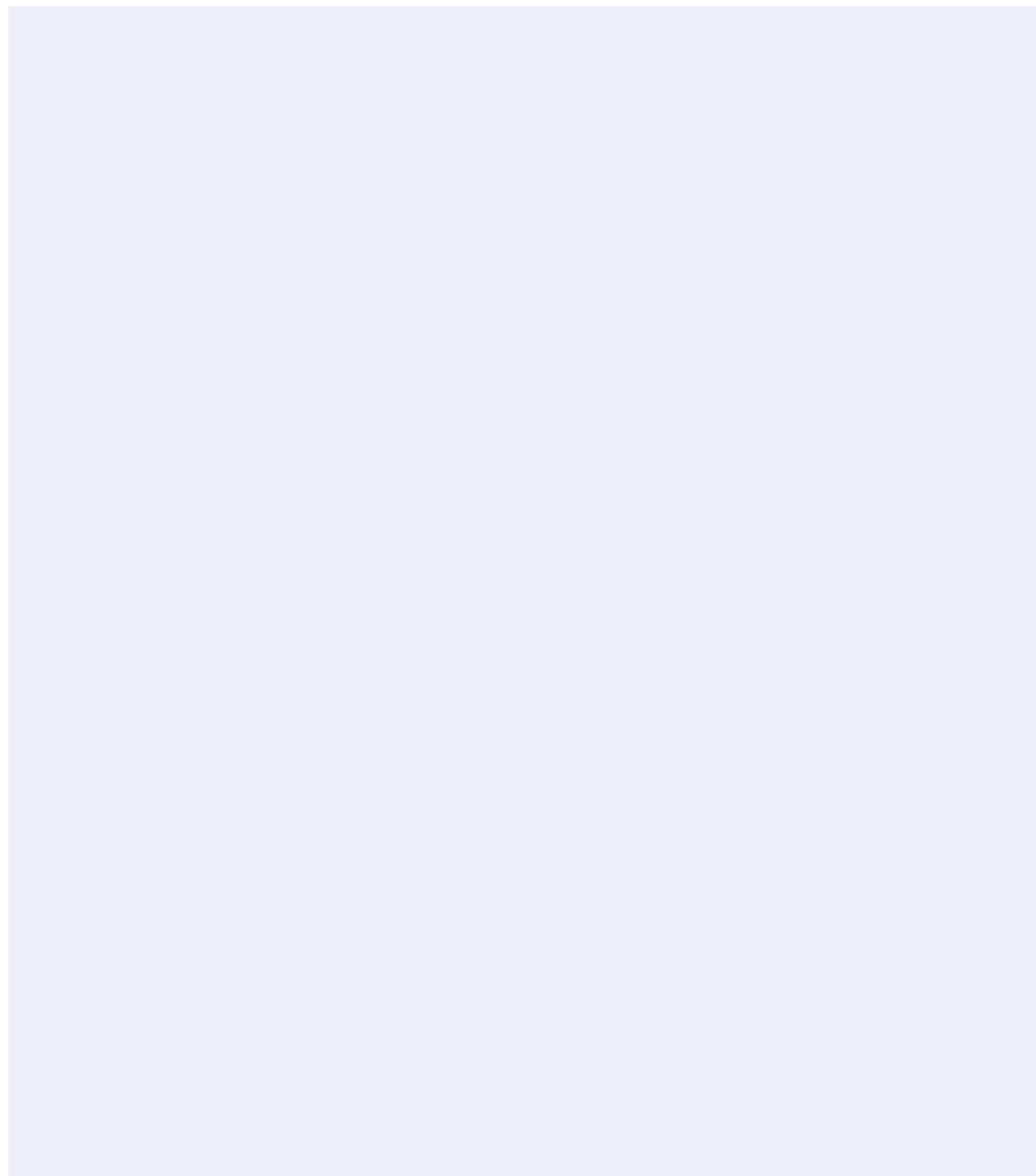


**DUE TO YOUR PHASE
WHAT DO YOU MENTALLY AND PHYSICALLY NEED FOR YOUR GROWTH?**



EXTRA NOTES AND INSIGHTS:

**After completing the Roadmap,
What have you learned for your growth moving forward?**



Now you got your game plan, WANNA LEARN EVEN MORE?

I'm sure you're wondering: where do I go from here after completing my roadmap journey? The truth is Spiritual Awakening is an ever-evolving journey of self-discovery. However it helps to have some resources to further guide you along with a supportive community that GETS it and has been in your shoes. If you're nodding along going heck yeah Ash!

Then You may want to check out my [**Monthly Membership, The Soul-Aligned Life Academy**](#)

You don't have to go about Your Spiritual Awakening Journey Alone. There are others out there just like you!

The Soul-Aligned Life Academy is a membership community built for spiritual Empaths and Lightworkers who are ready to take back control of their thoughts, and create a kick-ass mindset where they believe in the inevitability of their own success with Spiritual Awakening.

Featuring Monthly Release bundled Trainings Covering Topics to help you navigate Spiritual Awakening such as:

**Increasing Intuition,
Moon rituals for manifesting,
Ascending into higher self,
Unlocking your Vision,
Soul Purpose through the chakra System,
Energy Management,
Lightworker Activation,
Manifesting & Mindset
Systems for Success**

[**LEARN MORE ABOUT THE ACADEMY**](#)

EXTRA RESOURCES TO CHECK OUT:

Here's a collection of extra resources to help you learn more about Spiritual awakening, the symptoms, extra tools & Advice. #awakeningtips



The Symptoms

The Signs & Symptoms of Awakening list mentioned on video Phase 2 & 4. This list is made from a survey i did back in 2013 where over hundreds of people submitted in their common symptoms. If you're uncertain about awakening, check out this list.

[READ ON THE BLOG](#)



#Awakening Tips

Check out the Awakening Tips Playlist on YouTube Over the years I've been adding a series called Awakening Tips. Honestly a lot of what i talk about is awakening tips. Here's some from the series on my youtube channel.

[WATCH NOW](#)



Spiritual Life Planner

Get overwhelmed, stuck or frustrated by your spiritual growth? Meet your new bff, the Digital Planner built to help you Track, Chart with the Moon, Intention set and more! Grab the Spiritual Awakened Life Planner today

[PURCHASE NOW](#)



The Podcast

Listen in on the Podcast: Awaken & Manifest Your Best Life Get your Weekly Dose of Alignment! Spiritual Awakening Advice, Manifesting tips & Energy work talk all on the Podcast. Featured on all your fav podcast hosting services such as amazon, stitcher, apple, spotify & google

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It's Time to Enter Your Next Level of Spiritual Awakening

Join me in our new membership community space, The Soul-Aligned Life Academy. So you can embrace more Alignment, Intuition & Purpose-based Intentional Living.

Join here:

theawakenedstate.net/membership

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And Don't forget,

THE UNIVERSE IS INSIDE OF YOU

and you hold the Power to Design your Life