



STARTER KIT

for

Your Soul's
Awakening

from

Awakened Realm

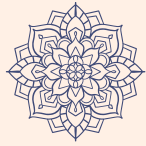
Discover whether your soul is calling you
towards deeper purpose and authentic living.

Written by

Jax Southam

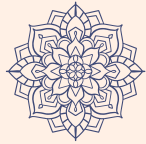


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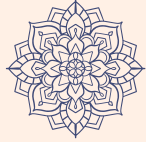
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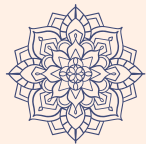
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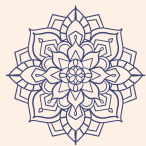
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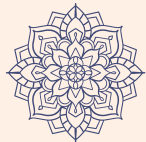
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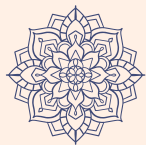
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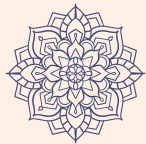
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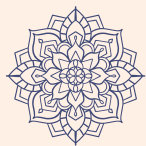
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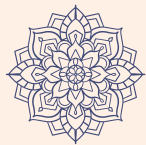
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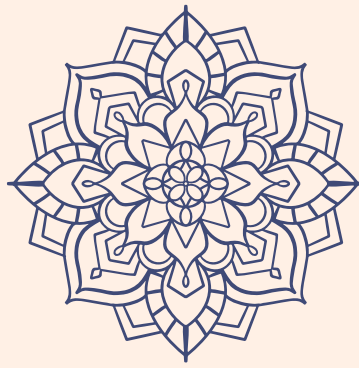
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Introduction

Are you feeling that gentle (or not so gentle!) nudge that something needs to change in your life? That whisper from your soul saying there's more to who you're meant to be? You're not alone, and you're not imagining it.

This guide is here to help you recognise the sacred signs that you're ready for spiritual transformation. Wherever you are on your journey, know that your longing for deeper meaning is a sign of courage and growth. Let's explore these signs together.





I.

You feel disconnected from your true self

Do you ever feel like you're living someone else's life, going through the motions but missing a sense of realness or joy?

This can show up as restlessness, boredom, or even sadness ~ feeling out of sync with your own heart.

Why this is a positive sign:

This discomfort is your soul's way of nudging you back to your true path. It's the first step in awakening: realising you're meant for more.



2.

You're questioning your life's purpose

If you're asking, "Is this all there is?"

or

"What am I really here for?"

you're not lost ~ you're awakening.

Questioning everything is a sacred act.

Dissatisfaction is your soul's compass
guiding you toward deeper meaning.

Mini-reflection:

What would I do if I knew I couldn't fail?

Take a quiet moment to write down your answer

~ no filters, just honesty.

3.

You're drawn to spiritual practices or ideas

Maybe you're suddenly curious about meditation, energy healing, or personal growth books.

You might notice synchronicities ~ meaningful coincidences ~ popping up more often.

Try this simple grounding exercise:

Sit quietly, place your feet on the floor, and imagine roots growing from your soles deep into the earth.

Breathe slowly, feeling supported and connected.





4.

You feel called to help others

You might notice your compassion deepening, or a desire to support others through their struggles.

Healing yourself often opens the door
to healing others.

Journaling prompt:

How do I naturally want to serve?

Write freely, without judgment.

Your gifts are needed.



5.

You are experiencing emotional intensity



Awakening can bring up strong emotions ~ joy, sadness, anger, or even grief.

This is emotional purging, a natural part of the process.

How to honor your feelings:

Allow yourself to feel, but remember you're not alone.

Try this breathing technique:
Inhale slowly for a count of four, hold for four, exhale for four. Repeat until you feel calmer.

6.

You crave authentic connections



Surface-level relationships may no longer satisfy
you.

Your soul is seeking genuine, heart-centered
community.

Affirmation:

I am open to attracting relationships that honor my
true self.



7.

You feel ready to release what
no longer serves



You're becoming aware of patterns, beliefs, or
situations that feel heavy or limiting.

Letting go takes courage, but it's essential for
growth.

Visualisation exercise:

Close your eyes and picture what you're ready
to release. Imagine it dissolving into light,
making space for new possibilities.



Conclusion

If you recognise yourself in three or more of these signs, your soul is ready for transformation.

The question now isn't whether you're ready ~ it's whether you're willing to take the next step on your awakening journey.

Remember, you don't have to do this alone. Every journey begins with a single, brave step.





Next Steps



Ready to dive deeper?

My 6-part course, *Be the You you were meant to be*, gently guides you through each stage of transformation.

You'll find practical tools, healing techniques, and a supportive community of women walking this path beside you.

Curious to learn more?

Visit the Learning Realm at
www.awakenedrealm.co.uk

or

[connect with me for a free consultation.](#)

Your journey is sacred ~ and I'd be honored to walk it with you.