

3
Are you constantly looking outside of yourself hoping to find "the thing" that you've been searching for?

2
Are you indecisive when it comes to making decisions in your life because you're always looking to see what those around you are doing?

1
Do you lie awake worrying about how you are going to make ends meet?

TRUE

TRUE

TRUE

FALSE

FALSE

FALSE

0 Start at Stage 0
FOMO's In the Drivers Seat

4
Are you ready to commit to new small habits that will help your transformation?

5
Are you beginning to recognize winks from the Universe and other beautiful, unexplainable synchronicities?

6
Are you in the process of unlearning to begin integrating new truths?

TRUE

TRUE

TRUE

FALSE

FALSE

FALSE

FALSE

1 Start at Stage 1
Consciously Curious

2 Start at Stage 2
Awakened Awareness

3 Start at Stage 3
Propelling Purge

7
Are you recognizing you don't have it all figured out just yet or maybe are you experiencing some hard truths + growing pains?

TRUE

4 Start at Stage 4
Radical Transformation

FALSE

FALSE

8
Do you feel as though you are beginning to shift your entire way of living + speaking?

FALSE

9
Do you feel like a butterfly beginning to emerge from a cocoon of limiting beliefs?

10
Are you beginning to apply your newfound intuition to your daily life?

TRUE

TRUE

TRUE

5 Start at Stage 5
Freedom of Flow



STAGE
0
FOMO'S IN THE
DRIVER SEAT

In this stage, you are in a constant battle between feeling anxious and doubting your every move. Up until this point, you have built your life upon the fully dialed up limiting beliefs that have always surfaced. The constant worry about money has made you contemplate getting a second or “real job” just to relieve some of the financial stress of it all, but doing that would make you feel like a failure of some kind to do so. The go, go, go and hustle way of living your life is the way you keep the boat from sinking. The good news is there will be some GREAT tools for you in the Foundation Module that will help you to stop burning the candle at both ends. Stay tuned.

STAGE
1
CONSCIOUSLY
CURIOUS

In the Foundation Module, we'll be spending a lot of time REALLY getting clear on the reality of where your life is currently at. This will be SUPER helpful for you in terms of being able to make small shifts that will deeply resonate and will help to raise your overall energy and beliefs. It is during this time that you may be recognizing the fact that you have experienced “weird flashes” or images pop into your head on occasion for most of your life but you have never understood why or what they specifically meant. Don't worry, that is what you are going to get clear on. The clearer you are here, the more effective EVERYTHING else becomes. This is also a good time to get clarity around how you want your life to change because these beliefs will begin to take shape in the next stages.

STAGE
2
AWAKENED
AWARENESS

You are witnessing this is a winding path and the work is never done, but you are embracing the journey. You may experience a spiritual wake-up call where you receive an ah-ha moment. The most common wake-up calls are loss, crisis, financial hardship, or even a prolonged period of frustration with life. The ineffable sensation that something is missing - something is off - something big. It is during this time that things become clearer and begin to flow more easily since you gain a sense of purpose. This can come from a conversation, a book, spiritual practice, etc. You now understand that the “flashes” were meant to merge into a more understandable vision. You see that the signs and symbols held a much deeper meaning; synchronicities replace “coincidences.” However the spiritual wake-up call reaches you, it catapults you into a phase of learning, seeking, and discovery. When it happens you suddenly need to know, understand, and experience more of what you've begun tapping into. You want to read about it, talk about it, and feel it more deeply.

STAGE
3
PROPELLING
PURGE

It isn't all rainbows and Emerald Cities over here, Dorothy. Good thing you are here, because with expansion always comes resistance. This stage is often referred to as the “dark night of the soul.” It is when you begin to doubt that any of what you are learning, witnessing or experiencing is real. You may feel like you are cuckoo for Cocoa Puffs and making it up in your head. This is why leaning into the community and Facebook group is more important now than ever - you aren't alone. It is during this stage that you will begin to purge all aspects of yourself that don't align anymore. Working through the contrasting experiences, shadow work, and lessons while looking at Self all take front and center stage.



STAGE 4 RADICAL TRANSFORMATION

Wow! Sounds like you are beginning to trust self and are operating from a place of ease! That is awesome. You are finally able to identify the truth from the stories that have held you back because you are now merging more and more with flow and the ability to see perfection in all things; your need to label things as right and wrong, good and bad decreases. You are able to identify with your thoughts and feelings or you can step back and see that you are actually not what you're thinking and feeling.

It is during this stage that you understand that our higher consciousness dictates the logical mind. Instead of looking at just a problem, you begin looking at the root cause of the problem i.e. you get a migraine after Kundalini yoga and then realize it is your Crown Chakra opening.

This is a time of both duality and unity. You can see that your thoughts and feelings come and go, your reactions come and go, but something essential is always present. You are firmly grounded in your connection to your higher self and the Universe. Things stop becoming obstacles and start becoming simple events that come in to your field of awareness and then leave. Rather than becoming submerged in challenging emotions and experiences you're able to simply observe these as appearances in your inner world or in the outside world around you.

STAGE 5 FREEDOM OF FLOW

Congrats! You are living in full flow and feeling joyous in fully expressing yourself. Decisions are easy, your intuition is in full flow and trust is the name of the game. You have completely surrendered to the Universal flow of Source. You begin practicing how to be a trusting observer by leaning into this newfound harmony. Magical synchronicities become part of the norm based on how aligned you are with your soul's purpose. Your contribution to the raising of the energetic frequency of the collective is solely due to following your OWN mission. You've mastered how to reside within the heart, not the head.

**LET US KNOW WHICH STAGE YOU ARE AT INSIDE OF
THE ROOTED CONNECTION FACEBOOK GROUP, AND
BUCKLE YOUR SEATBELT FOR MODULE #1 COMING
UP NEXT!**



THE ROOTED
CONNECTION