

2025

Empowered Expansion



SOUL DEEP
WELLNESS

Hello & Welcome



Welcome to Empowered Expansion

Empowered Expansion is an enriching pathway designed to support your journey of self-discovery, resilience and personal empowerment. This transformative experience invites you to deepen your connection to yourself, uncover your inner strength and cultivate a life aligned with your true essence and purpose.

Who Is This Pathway For?

Empowered Expansion is for you if you are:

- **Seeking clarity and direction** in your life.
- **Ready to break through** self-imposed limitations and create positive change.
- **Interested in exploring ancestral healing** and deepening self-awareness.
- **Struggling with feelings of self-doubt**, stagnation, or uncertainty about your path.
- **Looking for a holistic approach** to foster emotional growth and resilience.

This pathway is particularly supportive for those who have already begun their healing journey and wish to build upon their foundation, expanding into a space of empowerment and possibility.

Empowered Expansion

What's included:

- ✓ **Six 75min one-to-one sessions** combining spiritual counselling and somatic practices.
- ✓ **Two one-hour distant Reiki healing session** to support energetic alignment.
- ✓ **Two 90min ceremonies:**
 - **Ancestral Healing Ceremony:** to deepen your connection to your lineage and address patterns that no longer serve you.
 - **Closing Ceremony:** Celebrate your journey with rituals that anchor your transformation.
- ✓ **A Sacred Embodiment Kit**, which includes:
 - A Journal for self-reflection & integration
 - Crystals to support clarity, resilience, and empowerment.
 - A Reiki-enthused candle and holder.
 - Personalised affirmations to support your growth.
- ✓ **Guided practices, prompts and journal reflections** to support integration and self-discovery.
- ✓ **Ongoing WhatsApp support** throughout the pathway for encouragement and guidance.

How does it work?

Each 75-minute session in the Empowered Expansion pathway is tailored to your unique needs, offering a supportive space for exploration, healing and growth. Sessions combine spiritual counselling with somatic practices, creating a holistic approach to your healing journey.

While the exact themes and mix of practices may vary, session to session, here's an overview of what we may explore together:

- **Exploring challenges related to self-worth**, clarity, and life purpose.
- **Healing ancestral patterns** to release limitations and create space for expansion.
- **Cultivating resilience and emotional growth** through somatic and grounding practices.
- **Empowering you to embody your authentic self** and take aligned action in your life.

Energy healing is also woven throughout the pathway, offering a holistic approach to your journey of expansion and transformation.

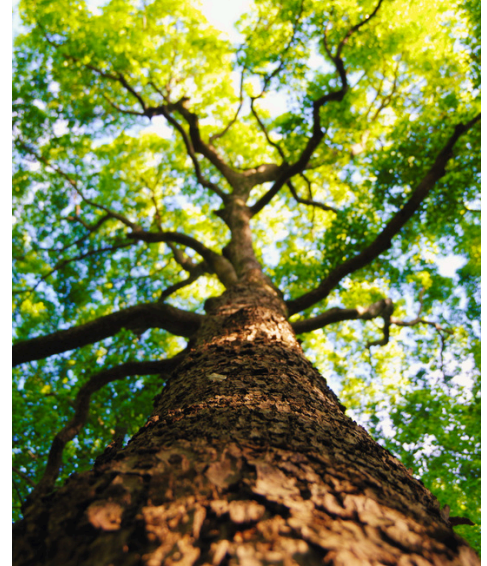
Sessions are designed to be dynamic, intuitive and deeply grounding, ensuring you feel safe and held every step of the way.

For further FAQ's and Policies, visit
WWW.SOULDEEPWELLNESS.COM

Pricing and Payment Options

Investing in your healing

I understand that investing in your healing journey is a significant decision, and I am committed to offering flexible payment options to support you in taking this step. Empowered Expansion is a sacred and transformative experience, and your commitment to this pathway reflects a deep investment in yourself and your growth. Let's work together to make this journey as accessible as possible for you.



Pricing and Payment Options

- Single Payment: £1,650.
- Two Instalments: £825.
- Three Instalments: £560 (to cover processing fees).

If there is an alternative payment plan that may support you better, let's discuss during our clarity call.



Next Steps:

If you feel aligned with the Empowered Expansion pathway, here's how to get started:

- 1. Book a Clarity Call:** Let's connect and explore if this pathway aligns with your needs.
- 2. Secure Your Spot:** Choose your payment option and reserve your place.
- 3. Begin Your Journey:** Receive your Sacred Embodiment Kit and prepare for your first session.

01. What is the purpose of Pathway 2: Empowered Expansion?

This pathway is designed to help you break through limitations, connect with your inner strength and step into a space of clarity, resilience, and empowerment. It's about expanding beyond what holds you back and embracing your true potential.

02. How long does this pathway take to complete?

The duration of each pathway varies depending on your unique pace and scheduling needs. While the number of sessions is set, the timing between them is flexible and collaboratively planned to honour your journey, availability and readiness for each step. Most clients complete the Empowered Expansion pathway within 3–6 months, but this can vary. What matters most is creating a rhythm that feels aligned and supportive for you.

03. What is the distant energy healing session?

This is a 60-minute energy healing session conducted remotely, allowing you to receive deep energetic alignment and healing from the comfort of your own space.

04. What is the Ancestral Healing Ceremony?

This ceremony provides an opportunity to honor and heal ancestral patterns that may influence your current experiences. By connecting with your lineage, you can release inherited limitations and embrace the strengths and wisdom of your ancestors.

05. What is the Closing Ceremony?

The Closing Ceremony is a sacred ritual designed to honour your progress and celebrate the transformation you've undergone during the pathway. It includes:

- Reflecting on your journey and the milestones you've achieved.
- Setting intentions for continued growth and expansion.
- Engaging in a meaningful practice to anchor your transformation, such as creating a personal affirmation or blessing ritual.

FAQ

06. Do I need prior experience with spiritual work?

Not at all. Empowered Expansion meets you wherever you are on your journey. Whether you're new to spiritual practices or have experience, this pathway will be tailored to support your needs.

07. Is this pathway suitable for everyone?

This pathway is best suited for those who have already begun their healing journey and are ready to deepen their work. If you're unsure, we can arrange a clarity call to discuss your needs and ensure this is the right fit for you.

08. What kind of results can I expect from this pathway?

Results vary depending on your unique journey, but clients often experience greater clarity, improved emotional resilience, and a deeper connection to their authentic selves. Many feel more empowered to take aligned action in their lives.



Send any questions you have to:



info@souldeepwellness.com

Thank you for considering Empowered Expansion. I look forward to supporting you on this transformative journey. Let's step into your power and create a life aligned with your true essence.

With love,
Sherise Reid