



2025

Rooted Beginnings



SOUL DEEP
WELLNESS

Hello & Welcome



Welcome to Rooted Beginnings

Rooted Beginnings is a deeply grounding and transformative pathway designed to help you find stability, connection and a sense of rootedness in your life. This journey is an invitation to reconnect with your foundation, release old patterns and step into a space of safety and self-discovery.

Who Is This Pathway For?

Rooted Beginnings is for you if you are:

- **Seeking to feel more grounded** and stable in your life.
- **Struggling with feelings of disconnection** or uncertainty.
- **Carrying unresolved inner child wounds** or ancestral patterns.
- **Ready to build a strong foundation** for growth and healing.
- **Looking for a holistic approach** that integrates mind, body and spirit.

This pathway is particularly supportive for those experiencing challenges with grounding, safety and self-worth or who are beginning their healing journey.

Rooted Beginnings

What's included:

- ✓ **Six 75min one-to-one sessions** combining spiritual counselling and somatic practices.
- ✓ **A one-hour distant Reiki healing session** to support energetic alignment.
- ✓ **Two 90min ceremonies:**
 - **Ancestral Healing Ceremony:** Honour and heal the mother and father wounds, reconnecting with the strength of your lineage.
 - **Closing Ceremony:** Celebrate your journey with rituals that anchor your transformation.
- ✓ **A Sacred Embodiment Kit**, which includes:
 - A Journal for self-reflection & integration
 - Crystals for grounding and stability.
 - A Reiki-enthused candle and holder.
 - Personalised affirmations to support your growth.
- ✓ **Two eGuides:** filled with practices, prompts, and journal reflections to deepen your self-awareness and healing journey.
- ✓ **Ongoing WhatsApp support** throughout the pathway for encouragement and guidance.

How does it work?

Each 75-minute session in the Rooted Beginnings 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:

- **Addressing Challenges:** Explore imbalances related to the root and sacral chakras, such as safety, stability and self-worth.
- **Inner Child Healing:** Uncover and nurture core wounds, cultivating self-compassion and emotional freedom.
- **Grounding Practices:** Strengthen your connection to your body and the earth, fostering a sense of rootedness.
- **Ancestral Patterns:** Gain insights into the ways your lineage influences your present experience and begin healing those patterns.

Energy healing is also woven throughout the pathway, offering balance and support as you move through your process. 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. Rooted Beginnings 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: £1,250.
- Two Instalments: £625.
- Three Instalments: £420 (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 Rooted Beginnings 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 1: Rooted Beginnings?

Rooted Beginnings designed to help you reconnect with your sense of grounding, safety and stability. It focuses on healing imbalances in the root and sacral chakras, inner child healing, and fostering a sense of self-connection so you can feel rooted and ready to move forward in life.

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 Rooted Beginnings pathway within 2-4 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. How does the Ancestral Healing Ceremony work?

The Ancestral Healing Ceremony is a pivotal part of the Rooted Beginnings pathway, where we work to address and heal mother and father wounds, which are often rooted in your ancestral lineage. During this session, we use a combination of energy healing, guided meditations, and sacred rituals to connect with your ancestral lineage and release any generational trauma that may be affecting your sense of safety, grounding, and self-worth. This healing helps to clear blockages and re-establish a sense of belonging, stability, and empowerment. You will also be supported with tools to continue this healing beyond the session.

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

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06. Do I need prior experience with spiritual work?

Not at all. Rooted Beginnings is designed to meet you wherever you are on your journey, whether you're new to spiritual work or have previous experience.

07. Is this pathway suitable for everyone?

This pathway is ideal for individuals ready to commit to their healing journey. If you're unsure, we can arrange a clarity call to discuss your needs and ensure this is the right fit for you.



Send any questions you have to:



info@souldeepwellness.com

Thank you for considering Rooted Beginnings. I look forward to supporting you on this transformative journey. Let's begin the process of grounding, healing and reconnecting to your roots.

With love,
Sherise Reid