THE AWAKENED WOMAN ACADEMY

Becoming Your Higher Self

A Guide to Reclaiming Your Energy and Stepping Into Your Next-Level Identity

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THE OPENING

Something Essential Is Missing

You can feel it — that the life you are living is not the life your soul came here to live.

Like there is a gap between who you know you are meant to be and who you are actually showing up as every day.

MAYBE IT SHOWS UP IN

- ☐ The relationships that keep playing out the same painful pattern.
- ☐ The invisible ceiling you hit every time you try to grow your business, step into visibility, or charge what you are worth.
- ☐ The exhaustion and the feeling of running on empty while everyone around you thinks you have it all together.
- ☐ The inner critic that compares you to everyone and keeps telling you to do more or be less.

Maybe it is all of it.

Here is what I want you to know:

These are not separate problems. They are symptoms of the same root cause — and that root cause is what this guide is about.

There is a part of you beneath your personality, your habits, your goals and even your conscious beliefs that is quietly shaping the way you experience your life.

I call it your Energetic Identity™

It is the inner blueprint through which you see yourself, relate to others, make decisions, receive love, pursue money, express your gifts and move through the world.

This is why two women can have the same opportunity, the same relationship, the same room — and experience completely different realities.

Your reality does not begin on the outside. *It begins within you.*

Your Energetic Identity is the blueprint. Your Higher Self is the woman who can rewrite it.

And when you become conscious of the identity running underneath your choices, you can change the way you live, love, lead and create.

But most women are leaking energy before they ever get there.





YOUR GUIDE

Meet Elena

Energetic Identity™ Coach · Spiritual Mentor · Author · Speaker · Retreat Facilitator

After burning out on Wall Street as a VP of Finance, I went on a decade-long journey of self-healing and self-discovery — travelling to sacred sites around the world, working with top healers and coaches, and being initiated into various mystery schools.

I got certified in Spiritual Psychology, became Reiki master, energy healer and a life coach, who loves to bridge ancient knowledge with modern neuroscience and energetics. And here is how it practically manifested in my life:

- I completely changed my career, now living in abundance doing what I love
- I healed my visibility wound and fully stepped into my soul purpose
- I stopped competing with women and found a genuine sisterhood
- My biological age reversed by 20 years, confirmed by bloodwork
- I became a better mother and wife — more present, more connected, more passionate
- I truly love and value myself without needing to prove anything

I am not teaching theory. I am teaching what I have lived and helped thousands of other women

PART ONE

3 Energy Leaks

And the root cause beneath them

I



ENERGY LEAK 01

The Mental Leak

A fear and scarcity program running 24 hours a day that was installed by your parents

HOW IT SHOWS UP

- Overthinking and replaying conversations
- An inner critic auditing every day
- Comparing yourself to people on social media
- More, faster, better, again — and validation before relief
- “I should be further along by now”

WHY IT MATTERS

You were rewarded for this pattern — praised for being the responsible one, the one who had it together. Your nervous system learned that hypervigilance equals safety, and perfection equals love.

Your brain consumes twenty per cent of your body's energy. Looped in fear, the drain is enormous.

Not a mindset problem — a nervous system pattern.

ENERGY LEAK 02

The Emotional Leak

You have unfelt emotions stored in your body — and they are running the show.

Every emotion never fully felt did not disappear. It was stored — in the body, the nervous system, the fascia, the tissue. The grief never grieved. The resentment swallowed. The anger not allowed.

These are not just “old wounds.” They are active energy drains. Every emotion you pushed down, performed past, or “rose above” did not disappear — it went underground.

Understanding your emotions is not the same as releasing them. The body holds what the mind has explained away.

SIGNS THIS IS YOU

- You feel randomly triggered by small things and do not know why
- You have a wall up — even with people you love
- Your body holds tension, pain or heaviness with no medical explanation
- You feel numb, disconnected, or watching your life from the outside

WHAT IS ACTUALLY HAPPENING

Your inner child is holding emotions your adult self decided were “too much.” It's now leaking your energy and shows up asexhaustion, anxiety, self-sabotage and disconnection.

I call this Frozen Light — energy that had somewhere to go and was stopped.

ENERGY LEAK 03

The Sacral Leak

The sacral life force is the sexual energy behind creativity, magnetism, vitality and desire

— The sacral leak starts early in childhood, when a girl is shamed for her sexuality. And then it drains further in intimate relationships, when the sexual cords to past lovers are never cut and healed.

WHEN THE ENERGY IS LEAKING	WHEN THE ENERGY IS FLOWING
Low libido, loss of desire	You create freely
Early aging, hormonal shifts	You express without apology
Aliveness fades; everything flattens	You magnetize effortlessly
Intimacy and emotional distance	You trust your intuition
Creativity and visibility blocked	You inhabit your body as home

When it is healed, relationships transform, creativity returns, health and vitality improves



THE ORIGIN

Where the Leaks Began

They started before you were seven — with the people who first taught you what love, safety and belonging meant. It became your blueprint. And then it compound in your career and romantic relationships.

WOUND ONE

The Mother Wound

Shapes your relationship with yourself.

The first mirror: what it means to be a woman, what is allowed, what must be hidden to be loved. Active, it becomes over-giving, self-abandonment, and an inner voice that is never satisfied.

WOUND TWO

The Father Wound

Shapes your relationship with the outside world

Men, money, authority, the world — whether you are valuable, safe, supported. Active, it becomes over-achievement, weak boundaries, and fear of visibility.

The question is not whether you have them. It is whether you are ready to heal them.

THE DIAGNOSTIC

Diagnose Yourself To Identify Your Leaks

These drains are related to your mother and father wounds, check how many you may have. Be honest with yourself. And know these can be healed.

ONE · MENTAL

1. ☐ I overthink decisions and replay conversations
2. ☐ My inner critic is rarely satisfied
3. ☐ I compare myself to other women online
4. ☐ I feel constant pressure to achieve more
5. ☐ I need validation to feel on track
6. ☐ I feel guilty when I rest
7. ☐ I apologise when done nothing wrong
8. ☐ I say yes when I mean no
9. ☐ I over-function at work and at home
10. ☐ I feel anxious when things go well

TWO · EMOTIONAL

1. ☐ A heaviness/ numbness can't explain
2. ☐ Reactions bigger than the situation
3. ☐ Resentment towards parents or ex
4. ☐ Can't find joy in simple moments
5. ☐ Struggle to cry when I need to
6. ☐ Went to therapy but still feel stuck
7. ☐ My mood depends on others
8. ☐ I attract emotionally unavailable partners
9. ☐ I feel full, but not of good things
10. ☐ Chronic tension or fatigue with no diagnosis

THREE · SACRAL

1. ☐ My libido has decreased significantly
2. ☐ I live from the neck up
3. ☐ My creativity feels blocked or blank
4. ☐ Being seen feels unsafe or exhausting
5. ☐ Hormonal shifts and energy crashes
6. ☐ I don't feel feminine
7. ☐ I no longer know what I want or enjoy
8. ☐ I undercharge and downplay my value
9. ☐ I procrastinate on what matters most
10. ☐ A spark that used to be there has gone quiet

Check Every One That Resonates

YOUR COUNT —— / 10 PER SECTION · —— / 30 TOTAL

THE DIAGNOSTIC

Where Are Your Energy Leaks?

Thirty statements — ten for each drain. Mark every one that resonates, then read your count per section.

0–3	Mild drain — coping strategies are working, but the leak is present beneath the surface.
4–6	Moderate drain — actively consuming your life force, your relationships and your potential.
7–10	Significant drain — running for years and compounding daily. Likely the pattern beneath everything.

Fifteen or above across thirty: not a personal failing — a depleted system.

PART TWO

8 Hidden Truths

And the path to upgrade your energy and identity

II



TRUTHS ONE TO FOUR

What Is Creating Your Life

01

Your Energy Comes First

Before strategy, mindset or action, there is the state you're creating from. You cannot build a new life from the same energetic identity that created the old one.

02

Your Body Keeps The Score

What you haven't fully processed doesn't simply disappear. Your body often knows what your mind has learned to override.

03

Your Inner Child Still Runs Your Life

The little girl who learned how to survive can quietly become the woman making your adult decisions. Until you become conscious of her, she can keep choosing for you.

04

Your Identity Creates Your Reality

You don't just experience life—you experience it through the identity you hold. Change the identity, and different choices, relationships and possibilities become available.

Where the Change Happens

05

Healing Happens In Spirals

You may meet the same wound more than once, but you are not going backward. Each time you return, you are meeting it from a deeper level of consciousness.

06

Your Wounds Hold Your Gifts

The sensitivity, intuition, empathy and depth you developed to survive can become your greatest strengths. What once helped you survive can become the very thing that makes you powerful

07

Your Identity Needs Upgrate

The version of you who got you here was built for the life you were living then. She may not be the woman who can take you to your next level.

08

Your Higher Self Is Embodied

Becoming your Higher Self isn't about becoming more spiritual or escaping your humanity. It is becoming more sensual, intuitive, confident, magnetic and fully alive.

“She is not just someone you are becoming. She is someone you are remembering.”



THE SHIFT

From Wounded Inner Child to Higher Self

WHO YOU HAVE BEEN

Wounded Inner Child (Survival Identity)

The overachiever who cannot rest

The people-pleaser who says yes while her soul says no

The invisible woman who hides her gifts

The anxious partner who loses herself to keep love

The strong one who carries everything, receives nothing

WHO YOU ARE BECOMING

Higher Self (Empowered Identity)

Grounded confidence, needing no confirmation

Magnetic presence — she attracts rather than chases

Deep self-trust, deciding from knowing

Emotional freedom and creative fire

Radiant vitality and aligned abundance

PHASE ONE

See it.

PHASE TWO

Heal it.

PHASE THREE

Become it.

THE OTHER SIDE

What Becomes Possible

SELF-WORTH

You trust your inner voice and build boundaries without guilt

RELATIONSHIPS

You stop chasing and attract relationships where you are loved and supported

MAGNETISM

People feel you before you speak. Opportunities begin to find you.

IDENTITY

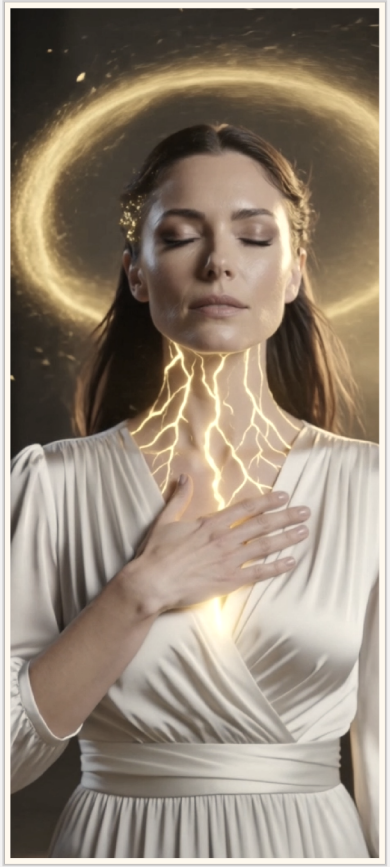
Self-sabotage stops. The gap between who you are and could be closes.

ABUNDANCE

You get a promotion or charge what you are worth doing what you love

VITALITY

Hormones regulate, sleep deepens, aliveness returns to the body.



All six begin in one place: healing the wounds that created the leaks.

THE PATH FORWARD

The AWAKE Method™

Not a course to consume — a woman to become.

A	Awakening	The patterns, leaks and survival strategies become visible, so change can begin.
W	Wholeness	The hidden, abandoned and suppressed parts of you return; worth is reclaimed.
A	Alchemy	Stored pain releases; frozen energy returns as freedom, wisdom and power.
K	Keys	Body wisdom, sacred sexuality, spirituality and creativity unlock your next level.
E	Embodiment	The healing integrates into body, energy and choices. A new identity emerges.

- This is my signature method that took 10 years to create and transform hundreds of women
- I take women through it in my program, AWAKENED WOMAN.
- The first step of that program is COMING HOME — to heal the inner child.

THE DOORWAY IN

Coming Home

A three-part masterclass to heal your wounds and step into your Higher Self

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PART ONE

Healing the Mother Wound

How it shaped your self-love, your relationships and your inner voice — and how to release it.

PART TWO

Healing the Father Wound

Worth, men and money, visibility, boundaries, the ability to receive and no fear of being seen..

PART THREE

Stepping Into Her

You integrate healing and step into creation with the clarity and alignment with your Higher Self.

— WHAT YOU RECEIVE: three masterclasses and the vault of tools, practices and guided meditations to heal, integrate and embody the teachings.

YOUR INVESTMENT IN YOURSELF — $97

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YOUR INVITATION

Becoming Your Higher Self

You are ready for something different, where you don't just study your patterns but begin changing them

Coming Home is where you begin.

Instant access — begin tonight

Lifetime access, heal at your own pace

Hundreds of women already came home to themselves

FROM A WOMAN WHO CAME HOME

"This workshop was revealing and showed me where a lot of my hidden wounds stem from. A wide array of emotions and memories came up for me, I grieved a LOT and processed what was — and I am finally feeling lighter. It is a journey, but Elena shares great wisdom and compassion in a well-thought-out way. Highly recommend this workshop if you are ready to remember who you truly are."

LISA

Three masterclasses + Higher Self activation + meditation + integration guide

$97 — INSTANT ACCESS

CLICK HERE FOR THE LINK

A year from now, you will wish you had begun today.