



TAKING THE
Spiritual Leap
4 STEPS TO SPIRITUAL ALIGNMENT

By Sophie Frabotta
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Welcome

I know you have a big dream inside your heart and it is my mission to help you turn that dream into a real spiritual career! I want to show you how to make that happen in 4 simple steps that will ignite your trust, access your heart, transform 4 limiting beliefs and connect to your soul-love + acceptance!



I AM THE SOUL WHISPERER

Hello, I am Sophie Frabotta, and they call me the SOUL whisperer because my work opens up a channel in you that sounds like a whisper, and long after you have completed your work with me, you can still hear it.

Together we will AWAKEN Your Soul's Magic by activating the most powerful healer within, YOU!

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STEP ONE



TRUST THE TIMING OF YOUR LIFE

Deep within you exists every answer to every question you could possibly have. As you build this type of spiritual relationship, the Universe and your Spirit team have a better chance of communicating with you.

TRUST

YOU ARE RIGHT ON TIME

I believe so deeply in my heart that YOU are in the exact place you are meant to be right now. You are not late, you are not early, you are right on time.



Open up to the Universe

Meditation is like the wireless technology to the Universe. It is the stillness that strengthens your signal. And your relationship with the Universe is as similar to a relationship that you may build with anyone else. You just have to start the conversation. So step one is to begin to Trust on a much deeper level, you are right where you are supposed to be, right in this very now moment.

STEP TWO



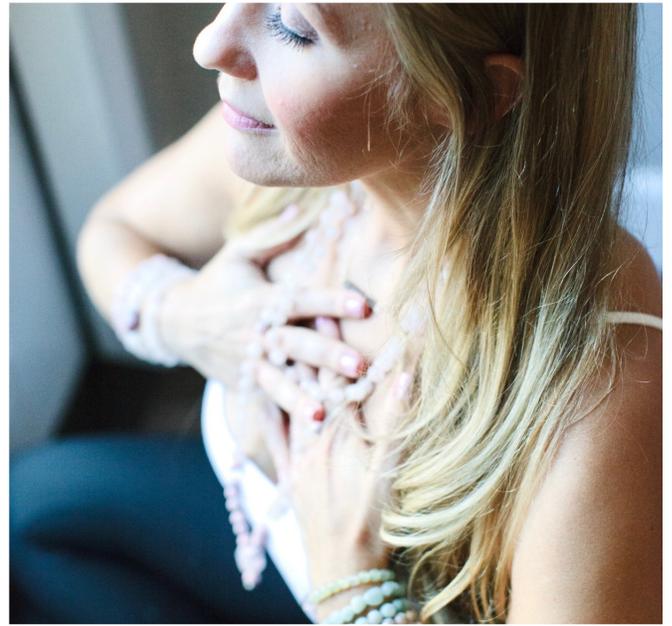
COME INTO YOUR HEART

You can turn what is in your heart into a spiritual business that supports your entire life. Let me show you how.

HEART VISUALIZATION

Let's take a moment and tune into your heart. Close your eyes, and settle in. Really see your true self. Now imagine YOU are completely aligned with work that lights you up. What are you doing? Who are you with? What does it feel like?

Really see yourself stepping into your ideal, most fulfilling workday, doing the work you love. See that and feel into it.



Discovering Your Blocks

Ok, when you envisioned that, what happened? Did you begin to see it and feel it and did it feel amazing? But something happened. We had to leave that space and something in you shifted and you had to come back to your reality where this ideal space is not yet your reality.

This, my friend, is the space where all our doubts and fears arise. And these are the fears that come from a false belief system that are subconsciously blocking you. This is the space we need to heal to make room for you to live the life and career you are so greatly seeking.

STEP THREE



TRANSFORMING FALSE BELIEFS

There are 4 repeating false beliefs that show up for most people. In this step you will learn what they are and the new mindset shift you can embrace to transform them.

THE 4 FALSE BELIEFS

#1: FEAR OF FAILURE

First of all, I don't believe in failure. If something doesn't work out the way you thought it should, you will probably learn something pretty big, and that is called growth! Or if something does not go the way you thought it "should", you have two choices: get mad and shut down; or begin a conversation with Spirit to see what you are being asked to learn. I see every experience as a learning opportunity. So if something doesn't work out for me, I know I am being asked to grow, expand, or transform in some way.



#1: MINDSET SHIFT

Failure only comes when we stop trying and make that initial outcome the end of the story. Imagine Thomas Edison giving up on the light bulb after his 98th try. We would all be sitting in the dark. However, when we look at "failure" as a conversation with the Universe and see the outcome as a way to learn, we will always be growing. Therefore, you can now drop any fear about making decisions, because what doesn't go your way - will grow you!

THE 4 FALSE BELIEFS



2: SELF-DOUBT

I had a client who became a dear friend. She was very hesitant towards her own spiritual gifts, and doubted herself in every aspect. She knew she had some spiritual gifts, but thought that was a weird thing to say. However, the second we started to unpack them in a way she understood, she had an awakening. Very shortly after, she manifested her dream job, healed her relationships with some family members and since then has even learned that some of those same family members have similar spiritual gifts. They even meditate together now!

2: MINDSET SHIFT

When you are willing to step into your true self, you will align your energy with your innermost truth. Once you touch this place, doubt turns into trust and your life will become a reflection of that truth—in all areas. It is so cool to watch this happen for my clients + students.

THE 4 FALSE BELIEFS

#3: LACK MENTALITY

Lack Mentality is one of the biggest false belief systems I see blocking people. It is the belief deep down that you do not have enough. Whatever that may be: not enough money, time, energy, etc. I remember when I first started my coaching business, I thought, "how the heck am I going to get enough clients to support myself and my lifestyle?" I realized this scarcity mentality was stopping me from tapping into the abundance of opportunities that awaited me.



#3: MINDSET SHIFT

Transforming this false belief system comes from deep trust + belief in the Divine. When I learned to deeply trust + listen to my intuition I was able to see the infinite abundance that Divinity was holding for me. As I surrendered, and allowed myself to be a channel of Divinity, I started to realize that the right client always shows up, the money is available, and opportunities become endless when you shift from, "there is not enough," to "there is infinite possibilities as long as I am connected to Source." In our Spiritual Life Coach program we teach you how to activate this space, by igniting your spiritual gifts, finding your scarcity blocks, removing them and reprogramming that space with a prosperous mindset.

THE 4 FALSE BELIEFS



#4: RESISTANCE

Spirituality is an action journey, it's not a hope and wait journey. There is nothing more spiritual in my eyes than facing yourself and having the courage to follow your hearts calling. Resistance pops up when we are afraid to go within. We will find anything and everything to distract us from meeting our true self on the inside, but it is your "within" that holds all your Divine answers to your worldly questions.

#4: MINDSET SHIFT

When we start anything, there will be a learning curve. And that is ok. I love the quote by Joan Cooney, the creator of Sesame Street, who said, "never take a job you're qualified for", because then how would you grow? There is nothing like having the courage to do the inner work that will free your soul and align you with your true life's spiritual mission. This is just a choice. You just have to start where you are and be willing to go one step deeper. This choice will lead you down a path where your wounds will unlock freedom. So release that fear of your innermost self, and invite in the courage to step into your beautiful spiritual self!

STEP FOUR



BEING CONSISTENT

CONSISTENT [con·sist·ent/kən'sistənt/]

Acting or done in the same way over time; unchanging in nature, standard, or effect over time.

BEING CONSISTENT

I encourage you to just show up for yourself. Even if it is only one tiny thing. Start with that one thing and keep doing it. Make this commitment for at least 60 to 180 days. And I promise you it will be a game changer for your life.

This Awakening process is not about just putting bandaids on broken bones, or covering up insecurities with statements you don't believe. Taking the Spiritual Leap is about seeing the depths of your own darkness, recognizing your judgments + limiting beliefs, and still choosing to show up for yourself no matter how difficult it may feel. Making the decision to be consistent on your Spiritual Awakening, is the key to unlock your true authentic self.



If we don't look at these spaces then we will continue to be blocked from our soul's magic. When you do the transformation work to remove those inner blocks you will be able to find the freedom to own your spiritual journey and turn that into the most fulfilling and meaningful work.

This authentic spiritual journey will take you from statements like, "I should be, I should do, I should have or feel," into "I know who I am, I know where I need to be, and I know what I am here to serve. I am the voice of my soul, I listen, I honor, I expand, and I'm reflective. The opinions out there don't have as much strength as the truth within me."

BEING CONSISTENT

STEPPING INTO DEVOTION

When you are totally devoted to you, there is no space for comparison, only room for acceptance + soul growth.



Become a Spiritual Life Coach

This program is a metamorphosis of changing roles, from where you are now, healing your innermost self, and then stepping into your inner greatness to become a Spiritual Life Coach. That is what I am offering here. I will be your guide, through thick and thin.

It is time to tune in and listen. Do you feel something calling you to join us? What if I could transform the next ten years of your life in just 5 months, by showing you a process that can heal the blocks that have been holding you back from your soul's calling?



I'm Sophie Frabotta

THE SOUL WHISPERER

I teach ambitious women to AWAKEN their Soul's Magic and step into their spiritual gifts through a process of consciousness techniques that result in whole life healing + transformation!

With 10,000+ hours of 1-1 spiritual healing sessions, and doing my own spiritual healing work over the past 2 decades, I have learned that the three key components to your transformational journey are awareness, healing, and soul-love.

If you are ready to Become a Spiritual Life Coach and bring light and wisdom into your soul by going through your own transformation first, then I invite you to fill out your application using the link below.

www.awakenwithsophie.com/online-pricing

Take your transformation to the next level with us and AWAKEN Your Inner Healer by becoming a Spiritual Life Coach!



Join Us

The Spiritual Life Coach program includes an 8 Day Virtual Retreat + 19 Weeks of training that guides you through 4 modules: Inner Healing, Spiritual Awareness, Spiritual Visioning, and Becoming a Spiritual Life Coach. Our Spiritual Life Coach certification will teach you to:

- ☆☆ Feel safe within + build your inner mansion
- ☆☆ Discover the outdated energy inside of you and release it for good
- ☆☆ Go on an inward journey to discover your soul's calling and understand the vision for your life
- ☆☆ Stand up your spiritual business, with your clear mission, vision, + intention; and a deep understanding of your spiritual gifts!

LEARN MORE:

www.AwakenwithSophie.com