

THE WAY IN *sou/guide*

Hello.

Welcome to The Undone.

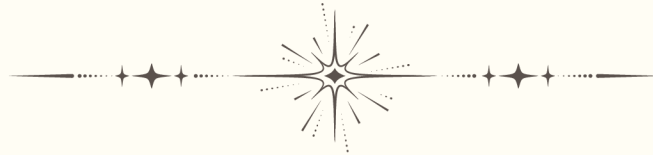
This is for the woman who has carried
the weight of being available, capable, strong...
even when her soul was aching for softness.
The one who always knew there was something
deeper, but life was too loud to follow the whisper.

Let this be your turning point.

Andrea Radi xo



Table of Contents



Not another tool...	4
To The One Who Always Knew...	5
About The Undone...	6
Portal One – Sacred Pause ...	8
Portal Two – Go With Your Flow ...	10
Portal Three – The Inner Temple ...	13
Portal Four – The Path ...	16
Frequency is the Field ...	18
Portal Five – The Way She Manifests ...	20
Portal Six – Various Shades of You ...	24
Unshakeable ...	25
Closing Blessing ...	26

This is not another tool...

It's a remembering. A return to what's already alive inside you — beneath the striving, the performing, the bracing.

Let these words meet you like breath. Let them find the places within you that have been waiting to be felt.

Integration isn't instant. It's sacred.

You are the way in.





To the One Who Always Knew

*You, wild one—
you with the eyes that see too much,
the body that braced too soon,
the heart that never stopped listening—
I see you.
You've been walking between the worlds
since before they gave you language for it.
You've been holding the medicine
and hiding the ache
because no one ever made space for both.
You learned to smile with your mouth full of silence.
You learned to nod while your soul screamed no.
You learned to survive by disappearing
into the roles
into their rhythm
into the room.
But I need you to know something now.
Not as a mantra.
Not as a lesson.
But as a remembering that lives in your bones:
You don't need to hide anymore.
Not your fire.
Not your tenderness.
Not your knowing.
Not your rage.
You don't need to apologize for being awake.
Your bigness was never the problem.
Your sensitivity is not a flaw.
You were never too much —
you were just too true for a world built on pretending.
So come in.
Take off the armor.
Drop the name.
Melt the story.
Let it all fall at the altar of now.
Because this?
This is the place where the hiding ends.
This is the place where the real you rises.
This is The Way In.*

About The Undone...



This same woman kept appearing in my life, over and over again... everywhere I roamed. She was *The Sacred Edgewalker*. She just didn't know it yet.

I knew her secret longings, her pain, and her truth — because I was her, too. She lives in me.

The path she walks is ancient. The story of myth, of quiet rebellion, of a woman who finally stops holding it all together. A woman who can no longer pretend to belong in a world that was never made for her.

She begins as The Outsider — not by choice, but by sensitivity. She feels everything. Sees everything. She holds what others project. She questions what no one else seems to notice. And quietly wonders: where do I belong?

Then she becomes The Edgewalker — half in, half out. One foot in survival, the other in the unseen. She learns to track it all. To carry it all. To perform, to endure, to look okay. Until... she can't. Until her body whispers: I can't hold it all anymore.



*That's where she enters **The Undone*** — not a breakdown, but a sacred unraveling. A falling apart that creates space for what's been waiting to be seen, felt, heard.

She stops holding on, fixing, managing, staying 'strong'... and starts living her truth. And from that fertile ruin, she returns to herself — not the version shaped by pressure, but the one led by presence.

She reclaims her rhythm. She begins to flow again from her own inner knowing. She becomes the **Sacred Outsider**. The **Sacred Edgewalker**. Not perfect, but perfectly her. She lives by desire. By devotion. By deep trust in her body's knowing.

She arrived by softening — by *surrendering to the wisdom of her unfolding*.

The Portals of Remembrance

The following pages are *doorways*.

Each Portal ends with a soft contemplation.

There are no right answers.

Only what's real for you now.

Simply notice what arises in those moments.

Here, we welcome all of it. All of *You*.

Because every feeling you welcome...
transforms you.

PORTAL ONE



The Sacred Pause

A remembering... A beginning (ritual included in the audio)

This seemingly small ritual — the pause — can change your life. Because it creates space for what's already here: *presence*. It's the beginning of sacred creation.

You've been conditioned to move fast, to figure it out, to get it right. But the truth is, your real life — the one that feels like you — doesn't begin when everything's in place. *It begins the moment you stop.*

Just long enough to remember: *I am here*. I AM. And that's powerful. You are LIGHT, being.

It's your intention, your feeling that shapes everything. So, we begin here — not with answers, but with space. We begin with the pause.

Soft Reflection

Anchor in, using the gesture from The Way In audio transmission.

Close your eyes. Notice what's alive in you now. Simply notice the sensations in your body.

- ✧ *What arises when I breathe without expectation?*
- ✧ *What happens in my body when I allow sensation to be, without needing to understand it?*
- ✧ *Am I the power of presence or the thoughts that arise within it?*

Remember: "I am here. Stillness is not emptiness. It is where my soul speaks the loudest."



*Pause for
sacred integration.*



PORTAL TWO



Go With Your Flow

Reclaiming the rhythm that already lives in you

You've probably heard the phrase "go with the flow." But here's the truth: it's only helpful if you're flowing with your own current — not someone else's.

This isn't about surrendering your power or blindly accepting what comes. It's about reclaiming the essence that already lives inside you. The one that moves in alignment with your values, your desires, your inner yes.



When you start honoring that rhythm, life stops feeling like a performance. You no longer twist yourself into who you think you should be — you become deeply attuned to what's true for you.

Flow isn't about being calm all the time. It's about being clear. It's knowing what lights you up. It's trusting the pace and pulse of your body, even when it's different from what the world expects. It's knowing your worth so instinctually that you no longer need external validation to move.

When you choose yourself — your truth, your values, your rhythm — life rises to meet you. That's real flow. That's resonance.

Soft Reflection

Anchor in with the gesture.

Let your breath guide you inward.

✧ *What does my flow actually feel like?*

✧ *What would shift if I trusted my own rhythm?*

Stay in your body. No need to fix or plan. Just notice. Let your truth move within you. If it feels like there's a block to your 'flow', that's okay. Simply place your attention on THAT sensation and say 'I see you'. And let that be enough (because it is).

Remember: "I am here. My rhythm is sacred. My truth is enough."



*Pause for
sacred integration.*



PORTAL THREE



The Inner Temple



There's a whole world inside of you. Not just one "self," but many. Each with her own voice, her own sacred role.

The part of you that's always on alert — scanning, managing. The one who's tired but won't stop because she doesn't know how. The part who's quietly wounded — who never felt seen - so she learned to stay small to stay safe. The one who protects — with perfection, with distance, with over-functioning. And the one who just wants to be held.

They've been trying to help — in the only way they knew how. I call them the sacred family. Mother Spirit. Father Spirit. Child Spirit.
This is the portal where you meet them all.

To listen and to say:

"I see you.

I hear you.

You don't have to hold this alone anymore."

Your body is not a battlefield between "should" and "soul." It's a living temple — where all of you is welcome. Where your nervous system holds the memory... but also the map.

And when the inner 'energies' are finally met with reverence, they stop fighting for space. They soften... and feel safe to return to their original frequency. Integration happens.

THE ONE WHO KNOWS (Soul Self)

She is *the one*... the presence beneath every part. The calm in your chaos, the light that's always been with you. In Being Light world, we call her Higher Self. She doesn't push or perform; she waits... for you. She is your truth, your rhythm, your joy - the essence that lives beyond the noise. She is the one who knows — not with thought, but with *being*. We meet her more deeply in Edgewalkers. But it's enough that you remember her here as sacred and loving.

Soft Reflection

Let your body respond, not your mind. Just be with what stirs as you read.

✧ *Who has been running the show lately — the protector, the ache, or the one who knows?*

✧ *What would it feel like to let them all belong?*

✧ *Where in your body do you feel that longing for safety... or that sense of soul?*

Let the answer come as sensation, not strategy. No need to understand it all.

Welcome to your Inner Temple.

Everything is sacred here. Everything belongs.

Remember: "I am here. Every part of me belongs. I am held within."



*Pause for
sacred integration.*



PORTAL FOUR



The Path

Your embodied rhythm of remembering

This is the moment the path becomes visible. Present. Awake. Aware of your field.

FLOW is your return. To your Self. To your frequency. To the living field that generates your reality.

FLOW is the rhythm that has always been moving through you. You just forgot how to *be with it*.

FLOW is your field in motion — your unique embodied rhythm of remembering. It is the process I use to return, daily, and the space from which everything I create emerges.

As the acronym suggests, it's a flow. A living spiral to return to again and again. It evolves as you evolve. In The Way In, it begins as a return to what's real and brings you home to wholeness. FLOW is used to remember, heal and create.



Each letter holds a pulse — a way of being with yourself that rewires your nervous system and restores your power to create a life that feels like you.

F is Focus

This is about turning the light of awareness back towards itself. (Use your anchor.) Instead of focusing on the world to decide how you feel, you start by noticing: who is focusing? This simple shift drops you into presence — the space before the, the energy that empower the thought into form.

L is Listen

Listen to what arises in your body, right now *from the point of view of Infinite Spirit*.

This is how you come into direct contact with what's real. It's your energetic connection to your past, being lived in the present. (In my deeper containers, we learn how to 'listen' and what to listen for.)

O is Own

Own with conviction your power to reframe the false. Your power to know that your desires are already done!

W is Walk in Worth

You move differently when you know you're worthy. You listen to your body. You choose from resonance. You no longer perform your value — you live it. Worth is not something you have to prove. It's something you return to. It's saying: *I am here. My desires are sacred. And that is enough.*

When you move in FLOW, you begin to create from FLOW. And reality rearranges to meet you here.

Soft Reflection

Close your eyes. Feel your breath.

- ✧ *Where in my life have I been moving from urgency, not resonance?*
- ✧ *What's the sensation beneath the thought I keep having?*
- ✧ *What might happen if I welcome how I feel, instead of turning away?*

What rises in you is not random. Even the quietest awareness is powerful. Let it ripple through you.

Remember: "I am here. My body remembers the way."



Frequency Is the Field

Your Nervous System Is Not Just Your Body —
It's Your Signal

Your nervous system once learned to read your environment for safety.

It adapted. It braced. It protected.

And the ego followed — building stories to survive the sensations.

But now... you remember.

You remember you are not just the one who feels —
you are the one that chooses how to feel.

(read that again)

Because how you feel isn't just a mood — it's your vibration.

Your frequency is your invitation.

It's what the world responds to.

You don't have to push harder to shift your reality.

You just have to attune to a different rhythm.

A rhythm that begins in the body — and echoes into everything.

Being Light isn't something you become.

It's who you are when you stop trying to be anything else.

And when you remember this?

You can shift your vibration at will.

Let presence be your 'practice'.

Let truth be your tone.

Let bliss be your compass.

This is how we create our lives —
not from pressure, but from frequency.
Not from force, but from remembrance.
Being Light reminds you how.





*Pause for
sacred integration.*



PORTAL FIVE



The Way She Manifests

Living from the Inside Out - The ENCHANTED one

The moment you soften into your truth, life begins to meet you there. This is the path of manifestation — not as something you 'do', but as a reflection of who you are. The doing follows, in alignment.

Before you ever had thoughts or beliefs, you 'had' a living, feeling intelligence. Your energy field, your nervous system, your inner compass. It always knew what was true for your Soul.

But somewhere along the way, you were taught to override that knowing. To silence your signals. To mistrust your own feeling. So instead of moving with your map, you braced against it.

Life got built from that tension — from survival, not soul. And now, you may find yourself doing more, trying harder, just to feel okay again. Trying to "get back to yourself."

But... what if you never left? *What if manifestation isn't about chasing something new — but remembering what's already yours?* What if the emotions rising in you, are portals. What if your desires aren't demands — but divine directions? Invitations to return to what your soul already knows.

Pause. Look around. So much of what surrounds you now... you once longed for. You brought it into being. And maybe you didn't feel it happen — because you were in survival. But you've always been creating.

The next shift won't come from effort. It will come from reverence. Appreciation is a frequency. And what you appreciate, you invite more of.

The Enchanted Manifestation Spiral - Returning to what's already yours



PRESENCE (Focus)

It begins here. With a body that breathes. With a moment fully felt. Presence opens the portal to everything. When you stop rushing toward the future, you remember what's already alive in you. This is the foundation of your power — because you can't clearly choose from a past you've outgrown or a future you're chasing... but in the *you* who is here now.

ATTUNEMENT (Listen)

Let your system reveal what's real, what's resonant, what's alive now. Even if your body is bracing — that's information. It's a signal from a part of you that learned to survive. Attunement means listening to the quietest truth — the one beneath the tension. Your nervous system doesn't lie, but it may still be speaking the language of protection. Your job isn't to override it. It's to be with it — gently... until it begins to feel safe telling you the truth again (your excitement, your bliss, your sacred desires).

CHOICE (Own)

You choose from who you are being. From the now-self — the woman who is already free. Every choice is a ripple — an energetic signature that shapes your field. You don't become her later. You unfold her now.

Feel the vibration you want to live as. Let it move through your cells. Let it become your home frequency.

DEVOTION (Walk in worth)

Stay close to your frequency. Not the outcome. Not the plan. Tend your field with reverence. Notice what you already have. Notice how it feels when you stop resisting your life. Desire will rise — and when it does, meet it like a sacred guest. Honor. Listen. Trust. You are not here to push your life into place. You are here to remember what your life already wants to become.

You are the map.

FLOW is your gentle return to feeling enchanted again..

And Unshakeable is where we clarify and deepen your signal, until it becomes the way you live.

Soft Reflection

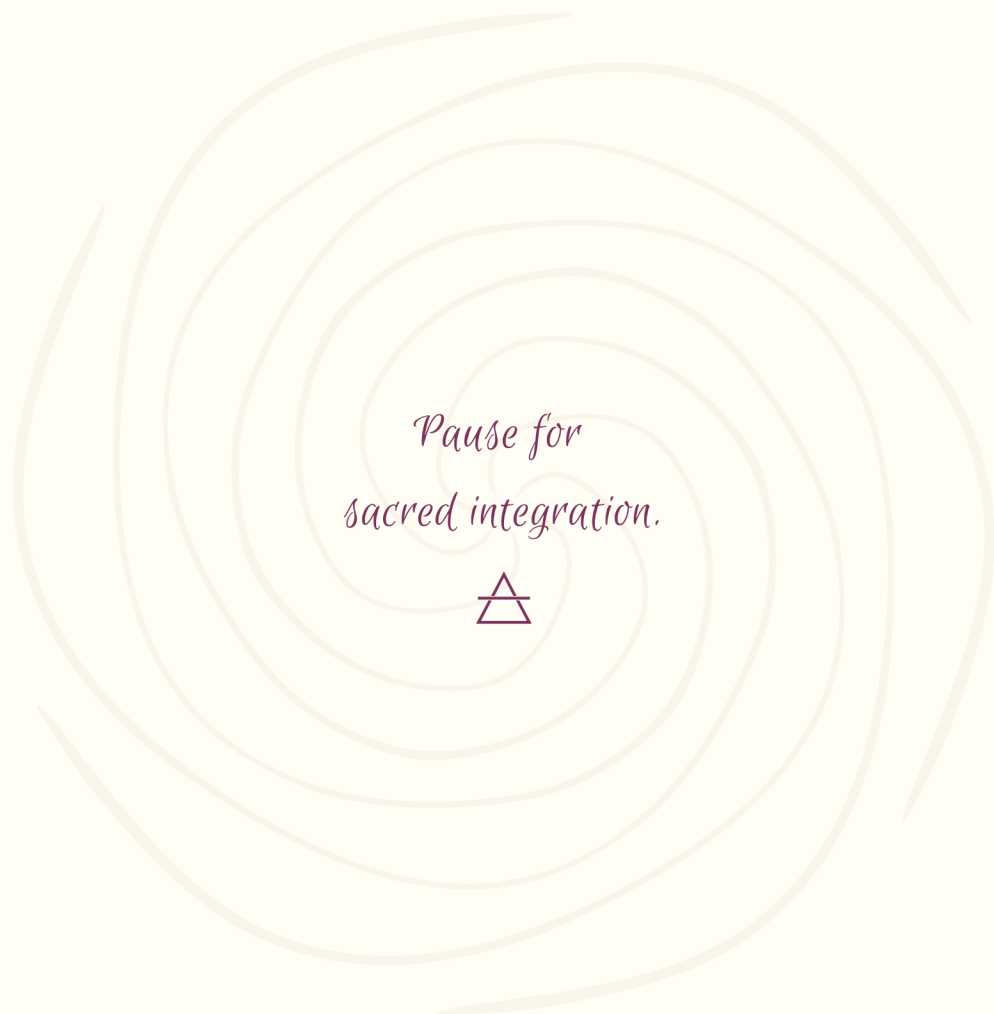
Let this be a moment to feel, not to figure out.

Breathe. Let the questions meet you like a ripple.

- ✧ *What if the freedom I'm seeking is already living in me?*
- ✧ *What shifts in my body when I stop trying to make something happen?*
- ✧ *What desire (big or small) feels gentle, real, and quietly alive in me now?*
- ✧ *If I already felt safe, supported, and true... how would I move today?*

Remember:

"I am here. I don't manifest by force. I remember the frequency. I already hold what I seek."



PORTAL SIX



The Various Shades of You

Integration through wholeness, not perfection

You are the child and the elder. The human and the divine. The ache and the ecstasy. You are the softness that wants to rest, the fire that wants to rise, the fear, the joy, the numbness, and the knowing. All of it belongs. All of it is sacred.

This portal is not about becoming more. It's about recognizing what's already here and letting that be enough. The parts you've rejected don't need to be fixed — they need to be witnessed. They're not mistakes; they're missing pieces of your own wholeness calling to be felt.



When you allow yourself to take up space in all your contradiction and color, you don't dilute your light — you deepen it. You stop striving to be consistent and start allowing yourself to be complete. You don't need to fit into one version of yourself to be worthy. You are many things. And they are all allowed.

You are not a brand. You are not a role. You are not a task to complete. You are a mystery in motion. You are the field remembering itself. And you are ready.

Soft Reflection

What's alive in you, right now?

- ✧ *What parts of me have I pushed away to appear “whole”?*
- ✧ *Where have I mistaken contradiction for confusion, instead of depth?*
- ✧ *What would shift if I gave myself permission to be many things at once?*

Remember: "All of me is holy. Nothing is left behind. I am here."

UNSHAKEABLE

Invitation to go further in...

Unshakeable: For the woman ready to live what she remembered.

You've opened something.
Your current.

The Way In is only the beginning.
If you feel the nudge to go deeper...
to live what you've remembered here...
to let go of what's no longer yours to carry —
and live in FLOW.

Unshakeable (the full journey) is the space for that.



Other gentle offers include

- *Private Telegram support*
- *Custom Soul Audit*

Email: support@andrearadi.com or check out my website: www.andrearadi.com

Closing Blessing..

Thank you for being here, remembering with me. For honoring your rhythm, your truth, your return.

You don't walk this path alone. Every breath you take back into your body... every truth you allow yourself to feel... echoes far beyond you.

You are not becoming. You are unfolding. And in your unfolding, you give the rest of us permission to come home, too.

This is how the world begins to soften, one woman remembering at a time. Let the world rearrange itself around your soft return. Our return.

Thank you for being part of the wave.
Now go live it.



My contact information is below...
Send me an email or DM what
shifted for you.

With love,

Andrea xo

support@andrearadi.com

Instagram - @theandrearadi

www.andrearadi.com

