

Hello Lovely Human,

I have something very exciting to share with you. It's something I've been working on for years. It's a dream I've been cultivating for decades. And I'm ready to share it . . . with you . . . now!

***It's a sanctuary for spiritual seekers, a community of curious minds,
come together with the common desire to awaken.***

***It's a refuge for soul nourishment, a school with a divine curriculum,
where spiritual self-sovereignty is the desired goal.***

***It's a home for heart and mind, a temple for self and soul,
a place where healing happens;
for Self, for Others, for ALL!***



MYSTICS RISING

***An Awakening Academy for
Modern Mystics & Future Light Leaders***

A place to receive the **SUPPORT** you need,
(the discipline, community, accountability, inspiration, & motivation)

To live in wild, free **SOVEREIGNTY**,
(as a courageous, confident, conscious master of yourself, able to dispense the medicine you need)

So that you can truly be of **SERVICE** to this world!
(rise up as the embodied solution, & offer your unique gifts to this world)

MYSTICS RISING consists of three components:

- 1) **Membership**
- 2) **Mentorship**
- 3) **Leadership**

The intention of the Membership is to offer transformative **support** for the collective awakening. Through live group coaching calls, ceremony & ritual, and a library of recorded resources, members will find a place of refuge and sacred community that is both nourishing and truly transformative.

The intention of the Mentorship program is to offer top-notch, life-transforming, private coaching, from a variety of quality, certified coaches. The Mentorship experience focuses on cultivating the quality of relationship needed with oneself to truly awaken, as well as learning to embody one's spiritual **sovereignty** in the world.

The intention of the Leadership aspect of MYSTICS RISING is to provide a training academy for those who want to rise in **service** in this world. It will offer continued transformative mentorship as well as a quality curriculum for embodying leadership in life and business.

The 3 components of MYSTICS RISING (*membership, mentorship, & leadership*) correspond to the 3 stages of awakening: **-Disciple -Initiate -Apprentice**

Stage 1: **DISCIPLINE** - *Become a Disciple of Your Highest Self (not the small ego self)*

DISCIPLESHIP is the stage that a rising mystic must establish early on - it is foundational and integral. It is where we cultivate *Sankalpa* - Intention - as well as *Sadhana* - our Daily Practice. It's where we shift our paradigm from attacking ourselves (*living through our small ego self*) to living as Disciples of our Selves (*the Highest Self*). This 'stage' lasts forever, and deepens and evolves over time. This is the spiritual well that you dig for yourself and will drink from for the rest of your life (*and also future lives too!*).

To offer the **SUPPORT** you need to create, cultivate, and sustain your spiritual awakening practices, Mystics Rising offers a monthly **MEMBERSHIP**. Thru transformative coaching, ceremony, classes, workshops, and awakening resources you will receive the inspiration, accountability, community, and discipline you need to stay the course (*and go further than you ever believed possible!*)

Stage 2: **INITIATE** - *Claim Your Desire to Awaken, Become the Medicine You Need*

INITIATION is an inevitable part of life, but walking thru the portals of an initiation consciously is a whole different level! At the stage of Initiate, a rising mystic decides to truly befriend themselves, and walk through life united, instead of divided. This decision is not minor, can be life altering, and can be exponentially increased through spiritual **MENTORSHIP**. MYSTICS RISING offers private, transformative coaching with qualified, dedicated awakening coaches.

Our **MENTORSHIP** program offers 3 levels of coaching:

-Initiation - 3 month mentorship

-Master's in Me - 9 month mentorship (plus a 1 month Graduation Project)

-PhD in Me - 9 month mentorship (plus a 1 month Graduation Project)

These are all designed to radically transform your relationship with yourself and your understanding and embodiment of spiritual **SOVEREIGNTY**. An Initiate is one who is ready for more - who feels both excitement & fear at the thought of working with a mentor - but ultimately cannot drown out the call to awaken. At this stage, you will naturally desire a spiritual teacher, plus let's be real, to radically awaken a guide is essential. In fact, as all of our coaches can confirm, without a teacher, a mentor, or a guide, none of us would be where we are today.

Stage 3: **APPRENTICE** - *Embody Your Service, Become a Light Leader in this World*

APPRENTICESHIP is a whole vibe. An embodiment. An attitude of gratitude. It's a mission and a purpose in and of itself, because an Apprentice is one who desires to be of **SERVICE** to this world. It is one who embodies both humility and inner power. It is one who is ready to consciously shift from living for oneself to living for all, from awakening for oneself to awakening for all, and from hiding oneself to sharing one's all. It is the natural progression of Mystic to Mentor.

MYSTICS RISING Light **LEADERSHIP** program is for our mentorship graduates who are ready to go big (*or at least go bigger!*). Bigger in their life, bigger in their business, bigger in their ability to fearlessly shine their light and voice.

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Here's some more detailed info on the 3 components of MYSTICS RISING:

*-the **Membership** for Awakening Support,*

*-the **Mentorship** for Spiritual Sovereignty,*

*-and **Leadership** for Embodied Service.*

MYSTICS RISING MEMBERSHIP

The path of awakening can be long and arduous . . . if you're alone!

The MYSTICS RISING Membership is designed to prevent the worst obstacles on the path; loneliness, depression, confusion, indecisiveness, non-commitment, self judgment, and jealousy. Instead, we are here to facilitate conscious community, sisterhood & brotherhood, sacred space, healing of trauma, cultivation of self practice, and the exploration of new ideas and potentialities.

The **MEMBERSHIP** Includes:

- Weekly LIVE Monday Mystic Meetings
(60-90 min Group Coaching Virtual Calls, Held at 5pm Pacific/ 8pm Eastern)
- 1st of the Month Mystic Message plus accompanying recorded resources:
 - +Mindset +Meditation +Mantra / Music +Movement
- Library of ReSources
- 1 Solstice / Equinox 2 Day Online Retreat per Quarter
- Conscious Community of Compassionate Soul Friends

MYSTICS RISING **MENTORSHIP**

Level 1 - **INITIATION** - a 3 month journey

Enrollment in the MYSTICS RISING Mentorship program begins with a powerful 3 month deep dive into the art of "**Initiation**." This 90 day journey is a guaranteed catalyst to your awakening/ healing process and is designed to provide immense clarity, confidence, and ability to move forward on your path like never before, especially through the hard stuff.

Through 9 powerful, one on one, transformative coaching calls and a mentored self led retreat, expect big momentum in your life from this journey together. This private mentorship includes all the membership perks, plus supportive weekly text messages, and private access to your coach thought the entire experience.

This mentorship is customized around your goals, learning style, interest, and intention. Can include diving into meditation, chanting, breath work, and more, or simply sticking with transformative coaching. This is about finding what is medicine for you.

No experience required, and no obligation to move forward through the program afterwards. This journey is complete within itself, or can be your Initiation into the MYSTICS RISING Master's Program.

Level 2 - **MASTER'S IN ME** - a 9 month journey

After experiencing the potent 3 month deep dive into *Initiation*, you will be ready to do the work required for the level of transformation you truly desire. With your mentor at your side, we will crawl courageously into the depths of your shadow, as well as climb to the highest mountain ranges of your Soul. Through 9 months of private transformative coaching calls, quarterly online retreats, a customized personal spiritual practice, as well as a curated curriculum, you will truly become a Master in healing yourself and sustaining your personal awakening process. Get to know yourself at a level rarely experienced, and at a level required for your profound spiritual advancement.

Completion of *Initiation* is required to advance to the Master's program. Full membership perks are included, as well as access to your coach throughout the entire experience. Although there is a curriculum to this program, it is extremely customized.

Level 3 - **PhD IN ME** - a 9 month journey

The MYSTICS RISING PhD Program is available to those *Master's in Me* graduates who desire even more; more healing, more awakening, and more service as a healer in this world. In the Doctorate program we learn to truly dose out the medicine we need; the love, the forgiveness, the accountability, so that we can live as medicine for this world. This 9 month program is for those to want to rise in service, in purpose, and in impact in this world, all the while continuing to awaken to new heights (and depths) of spiritual connection.

Completion of the *Master's in Me* program is required to advance to the PhD program. Full membership perks are included, as well as access to your coach throughout the entire experience. This program is extremely customized to the student.

BONUS Level - **GRADUATION JOURNEY** - a 1 month project

After both the MYSTIC RISING Master's program and PhD program there is a 1 month Graduation Project/Journey. This unique experience includes a self project and self pilgrimage - including the option to participate in a private Awaken Adventure with Shae (*locations include Tennessee, Hawaii, & Costa Rica, plus more*).

The full MYSTICS RISING MENTORSHIP program includes:

-3 Month **INITIATION** Deep Dive

-9 Month **MASTER'S IN ME** Program

-1 Month **GRADUATE PROJECT**

-9 Month **PHD IN ME** Program

-1 Month **GRADUATE PROJECT**

- Each program can be repeated.
- Each program is independently purchased.
- Custom payment plans offered as well.

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For those Mentorship Graduates who want to embody Light Leadership in their personal and professional lives, MYSTICS RISING offers the opportunity to rise even further in service to self and others

MYSTICS RISING LEADERSHIP

Become an embodied example of Light Leadership in order to serve this world!

HONE YOUR MEDICINE

The MYSTICS RISING Light Leadership Program helps healers heal themselves, first and foremost, and then offer their medicine over to this world.

RISE IN SERVICE

This quality training program is for awakening mystics who desire to rise in service. Thru transformative mentorship and custom curated curriculum, take the holy journey from Mystic to Mentor.

EMBODY YOUR LEADERSHIP

Light Leadership, whether personal or professional, requires embodiment of love, forgiveness, and patience. Having done the work themselves, Light Leaders are ready to show others by example.



For Self, For Others, For ALL!

FREQUENTLY ASKED QUESTIONS / ISSUES

I get overwhelmed easily. This sounds like a lot of work!

Please remember that this experience is COMPLETELY CUSTOMIZED around your current life situation. There is no pressure to do more than what helps. At different times we can handle more study, more exploration, more practices, etc, and at other times we need to simply be held in deep nourishment. MYSTICS RISING is here for both, and everything in between. You never need to be anything other than your real, authentic self. Sometimes that self is a rockstar, and sometimes we need support from others. We got you boo. And our motto is always, *You Do You!*

What if I'm not religious and don't have a spiritual practice of any kind?

For the record, I'm not religious either, but I am spiritual AF and my life's work is all about helping people define their spiritual connection for themselves. You will be encouraged the entire time to reference yourself for definition and for direction. Your path is truly yours. We are here to simply support that journey to spiritual sovereignty.

I don't invest in myself like this normally and I feel fear at committing financially.

I get it. This isn't a minor commitment financially, emotionally, or consequentially. There are actual consequences to taking this step, as it will require you to show up in many uncomfortable ways, one of which is perhaps financially. This move requires a leap of faith in yourself (*and me*), and demonstrates that you believe that with this undertaking you will come out improved / healed in some way that you need. I guarantee you that I will show up for your healing 100%. I will meet your commitment whole heartedly, with enthusiasm. And as a person who has invested tens of thousands of dollars (*that I didn't have at the time*) in myself over and over again, I can attest that I have NEVER regretted an investment that I showed up for.

I'm not a huge fan of group calls. Do I have to attend them?

I hear ya. As a highly sensitive introvert, groups used to bother me immensely. And honestly, they're still not my favorite, because they give me the very medicine I need which is outside my comfort zone. It's only been in group coaching settings where I allowed myself to be witnessed in sacred space by my peers and mentor. Talk about an initiation! I have found some of my very best friends through group coaching containers. And my current Mystic Mentees are reporting back just how helpful our Mystic Meetings are for their growth. So my advice is to try them first, but they are definitely not required by any means. We don't force anything at MYSTICS RISING. You are always invited. Show up only if it's medicine for you.

TESTIMONIALS AND CLIENT STATEMENTS

How would you describe the ‘you’ before our work together?

Linear and sterile. I was living in fear of myself, other, and the future. I was ignorant but still aware that there was potential to be more.

What were you struggling with the most?

Chronic anxiety, insecurity, and uncertainty. I was always grasping for something: the perfect body, grades, music performance, peer acceptance. Regardless of what I did or did not achieve, I sunk deeper into feelings of unworthiness.

What was your greatest pain? *Deep seated loneliness.*

How would you describe the ‘you’ before our work together?

The me before our work was much more dependent on validation from others/outside. I spent so much of my life looking outward for validation, acceptance, healing, belief. . . I was always waiting to be invited in/ asked to join “the group” rather than feeling that I could just enter / just be. I had shut down A LOT. I have always known that I was “highly sensitive” but never really thought of myself as “empathic”. I was constantly feeling so much that I was always on overload. Added to this was that expressing strong feeling was not encouraged in my family. Because I couldn’t deal with all the inputs I just shut down to cope and stopped feeling - both good and bad. I had a lot of stored up and unprocessed grief and sadness - years worth.

Can you remember what the ‘you’ before our work together was scared to say aloud to another person about herself or her life?

That she was a ‘loser’ or ‘social misfit’. That she would never be enough or best - pretty enough, well-dressed enough, socially graceful enough. She was scared to admit how much she sensed and felt and how deeply she saw and felt.

In what ways have you changed from our work together?

I have changed so tremendously this is a hard question to answer. I have processed much of my “backlog” of sadness/grief. I am coming to terms with the fact that only I can love/validate/approve of myself. That I no longer want to give others the power to make that choice or take that choice away from me. I am also just beginning to come to terms with being empathetic. I now understand that this can take so many different forms and that all empaths are not the same. These changes have manifested in my ability to be more joyful, to be happy again, I am finding ways to shift to higher states of being and the understanding that with the joy comes its opposite and that I need to process through the sadness/grief, etc.

What has our work together helped you with the most?

The knowledge that I need to be okay with myself; that I need to love and trust myself. That I am enough. That I actually like myself and want to get to know the real /higher-self me.

What has our work together helped you with the most?

You have helped me see and given me tools to spiritually “level up.” I don’t live in a paradigm of chronic anxiety and fear anymore. Now I can see the extent of how exhausting, terrifying, and challenging daily life was before we worked together. It’s also a blessing to not be medicated anymore and to feel a broader range of emotions but not necessarily be dictated by them. I now have the willingness and know-how to stop thoughts from vomiting up everywhere. You help me navigate the world without bitter, acrid fear overshadowing this life.

In what ways have you changed from our work together?

I'm tapped into the flow and glow of the Universe, happy, more grounded, confident, alive, awake, aware, present, and capable of so much more. I'm NOT regularly: fearful, angry, in active denial, wearing rose colored glasses, in story, tolerant of bullshit. I have my boundaries back better than before because I see and understand more clearly now.

What's your favorite thing about working with me?

That there are no rules. Nothing is out of bounds. Nothing is off limits. All things are possible. You are limitless in your teaching and encourage limitlessness in me. I respond to and resonate with this more than anything I've experienced.

What's your favorite thing about working with me?

You re-taught me how to laugh at life, myself, the ego, and other people. In order to disentangle myself, I literally had to learn to loosen up. Working with you is like farming. It's grueling sometimes, but the practice is brightening, strengthening, and invigorating. Sometimes bad weather comes, or unforeseen circumstances, but I know with tending and time, I'll reap the fruits of our labor.

What's your favorite thing about working with me?

I love the candor and the 'no bullshit' nature of working with you; I love that you call me out on my shit and I love that all our work takes place in a space of non-judgement.

How might you say our work together has changed /evolved over time?

I feel that I have become more comfortable talking about any and everything. Our work is probably the most consistently least judgmental space I exist in (even in my own head). I have developed a level of trust with you and myself that I value greatly. It is a space where I can truly be myself - the real me; the one I want to get to know better and grow into.

How might you say our work together has changed/evolved over time?

You continue to meet me where I am, which has changed a looter our time together, and are able to "bring it" no matter the flavor; you always deliver the tools, knowledge, and wisdom that are needed.

How would you describe "what I do" to others?

That's a great question. Soul soother. Mirror holder. Truth teller. I recognize the importance of defining what you do. Though, I honesty don't feel like you should be contained or can be fully defined. You are both esoteric and concrete. Your work is transformative - like chrysalis to butterfly. Your work is freeing - like limitlessness. Your work is filled with awakening - like nothing/absence and everything/abundance. Enlightening.

Who do you think would be a good match for this kind of work?

Anyone and everyone who can take your truth seeing and truth telling. . . . People with curiosity and willingness; who need or want change; who have hungry souls - You serve up a mean filet.

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***So are YOU feeling the stir, the pull, to awaken;
to rise up in this world, free of fear and full of joy?***

***Do you feel a sense of hopelessness when you look at the world,
and yet, deep within you, still remains an unwavering hopefulness?***

Do you know you'll die with regret if you don't "do something" with your life?

***And do you long for sacred support, a conscious community, transformative
training, and a gifted guide to assist you along the way?***

If so, then perhaps you are a rising modern mystic or a future light leader!
Or maybe you're more of a mystic misfit! Ha!

What matters isn't the label, but the truth you feel inside.
You are here for more. That's what matters.

And MYSTICS RISING is here for more. More of your healing. More of your authenticity.
More of your sovereignty. More of your medicine being brought into this world.

No dogma. No limits. No shame. No objectives other than YOU.

So wanna join the party?!?

The doors are open, the invite is offered, and it's yours to seize.

SIGN UP STEPS:

- 1) **MAKE THE MOVE** - Reach out. This is often the hardest part, just reaching out. Remember there's no pressure or commitment to enroll, you're just curious to know more about me and the academy.
- 2) **CONNECTION CALL** - I'm old school and prefer authentic connection, so after you reach out I'll send you some open times for our free connection call. This call is casual, and usually lasts from 30-60 minutes over the phone or virtually, your preference.
- 3) **APPLY TO ACADEMY** - From our call you'll know if this journey is right for you. A yes will feel like excitement mixed with a little fear; fear of the unknown, fear of change, and maybe some fear of failure. Despite the fear, we want this to be a hell yes for you!
- 4) **GOOD TO GO** - After I receive both your application and your agreed upon deposit you are enrolled! Yippee! Welcome to MYSTICS RISING AWAKENING ACADEMY!