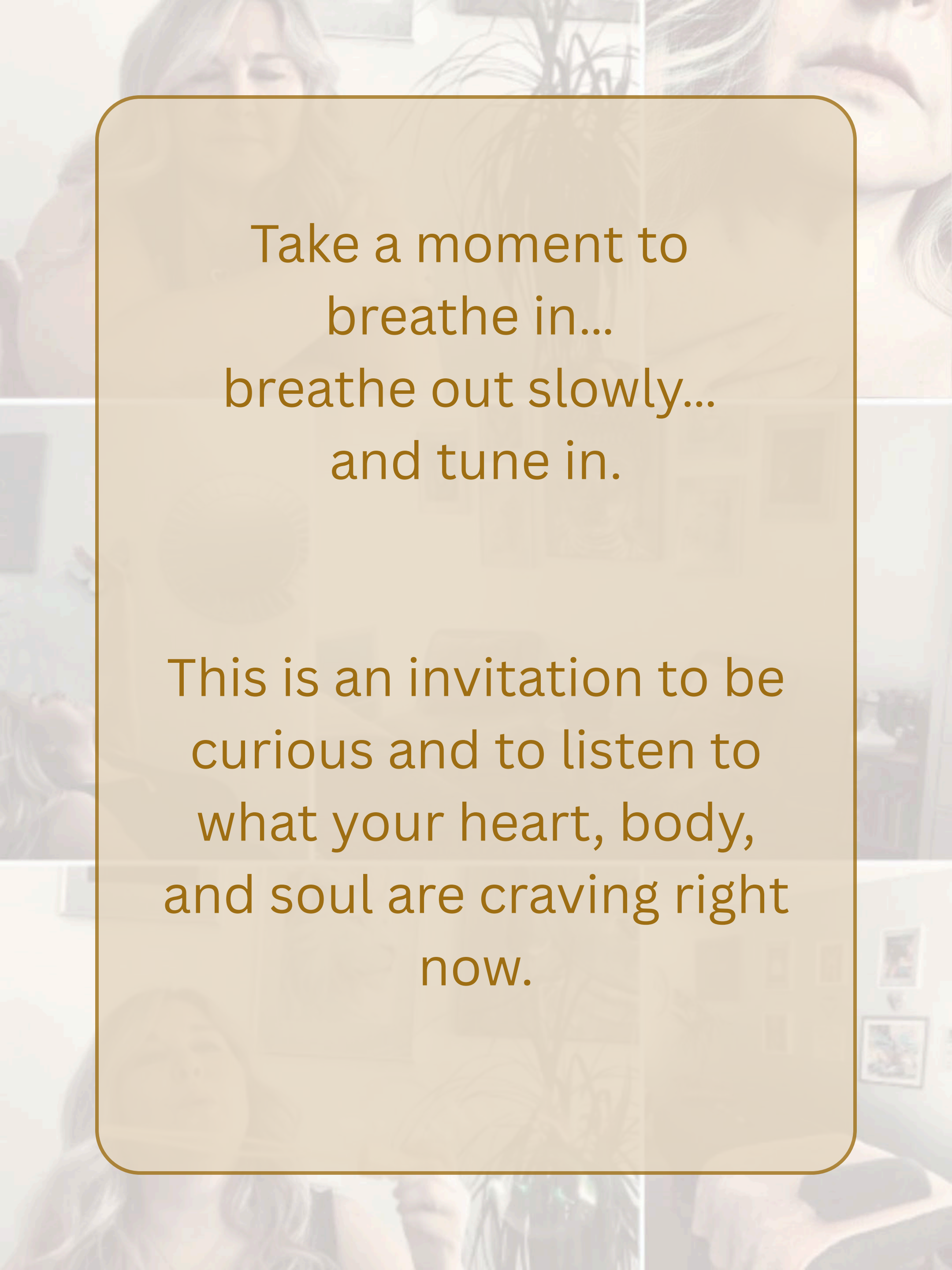


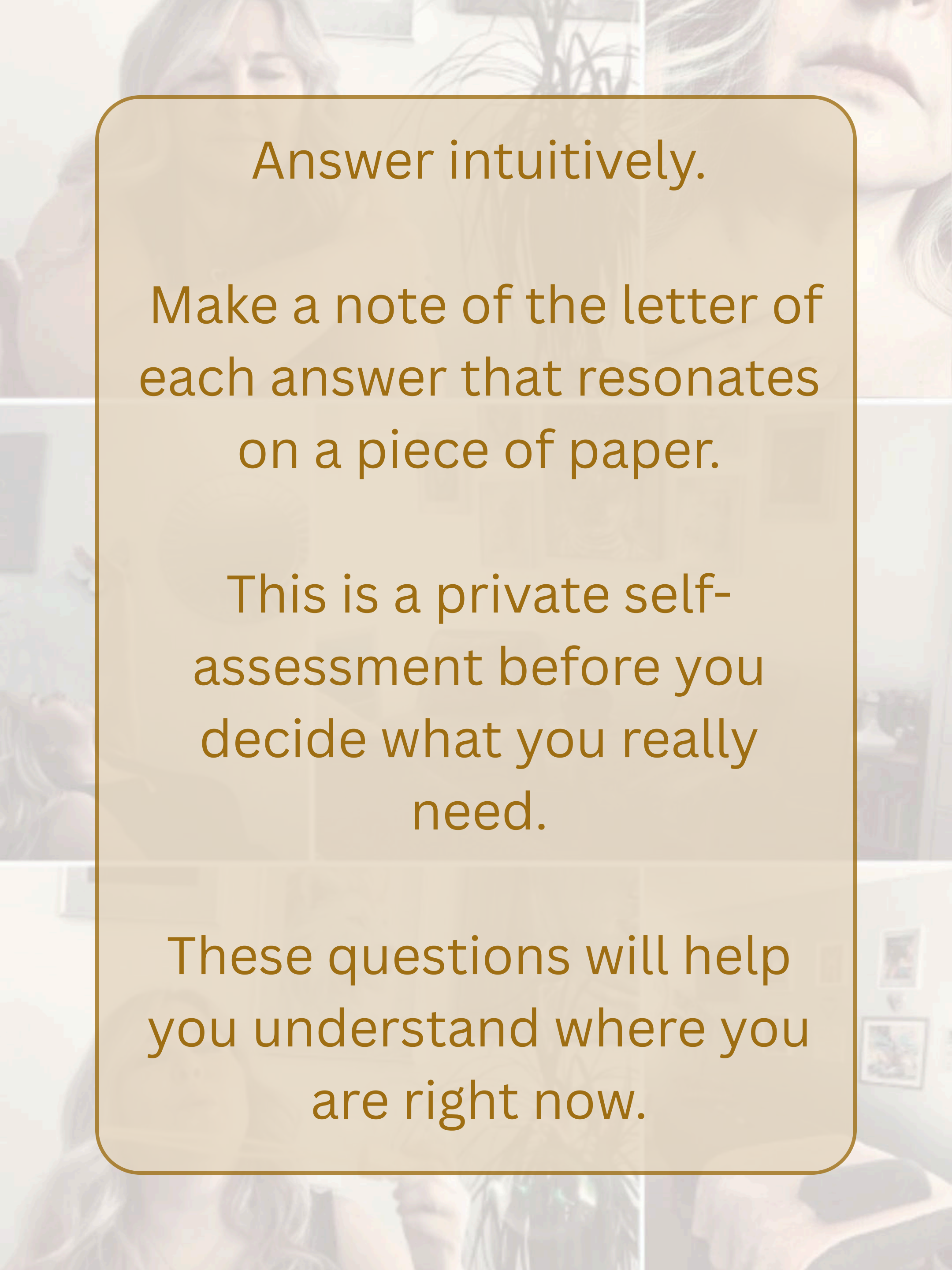
Start Here

Questions to help
you pause, reflect
and understand
where you are right
now.



Take a moment to
breathe in...
breathe out slowly...
and tune in.

This is an invitation to be
curious and to listen to
what your heart, body,
and soul are craving right
now.

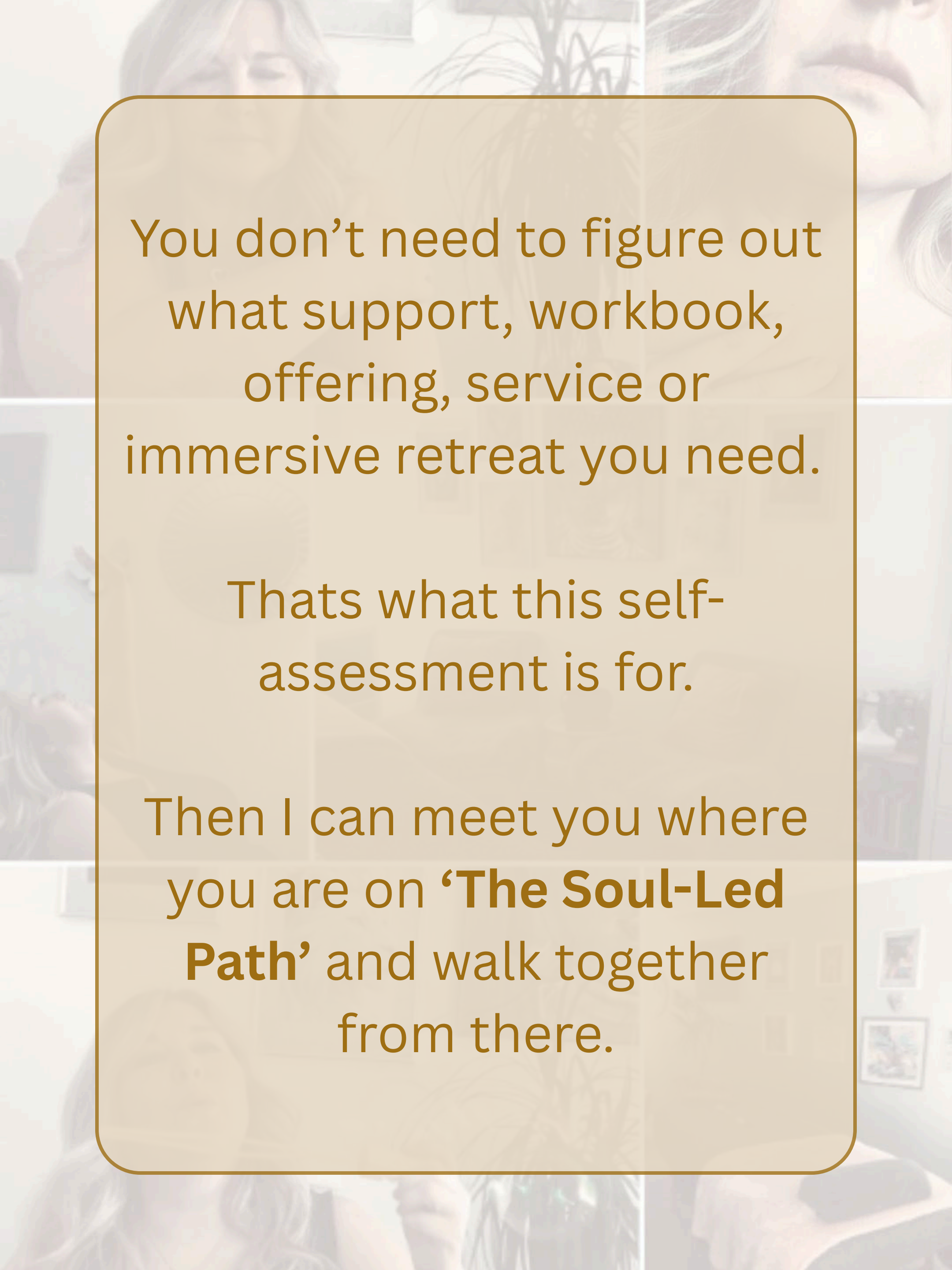
A soft-focus background image featuring a woman's face on the right side and a green plant on the left side. The image is overlaid with a semi-transparent orange rectangle containing text.

Answer intuitively.

Make a note of the letter of
each answer that resonates
on a piece of paper.

This is a private self-
assessment before you
decide what you really
need.

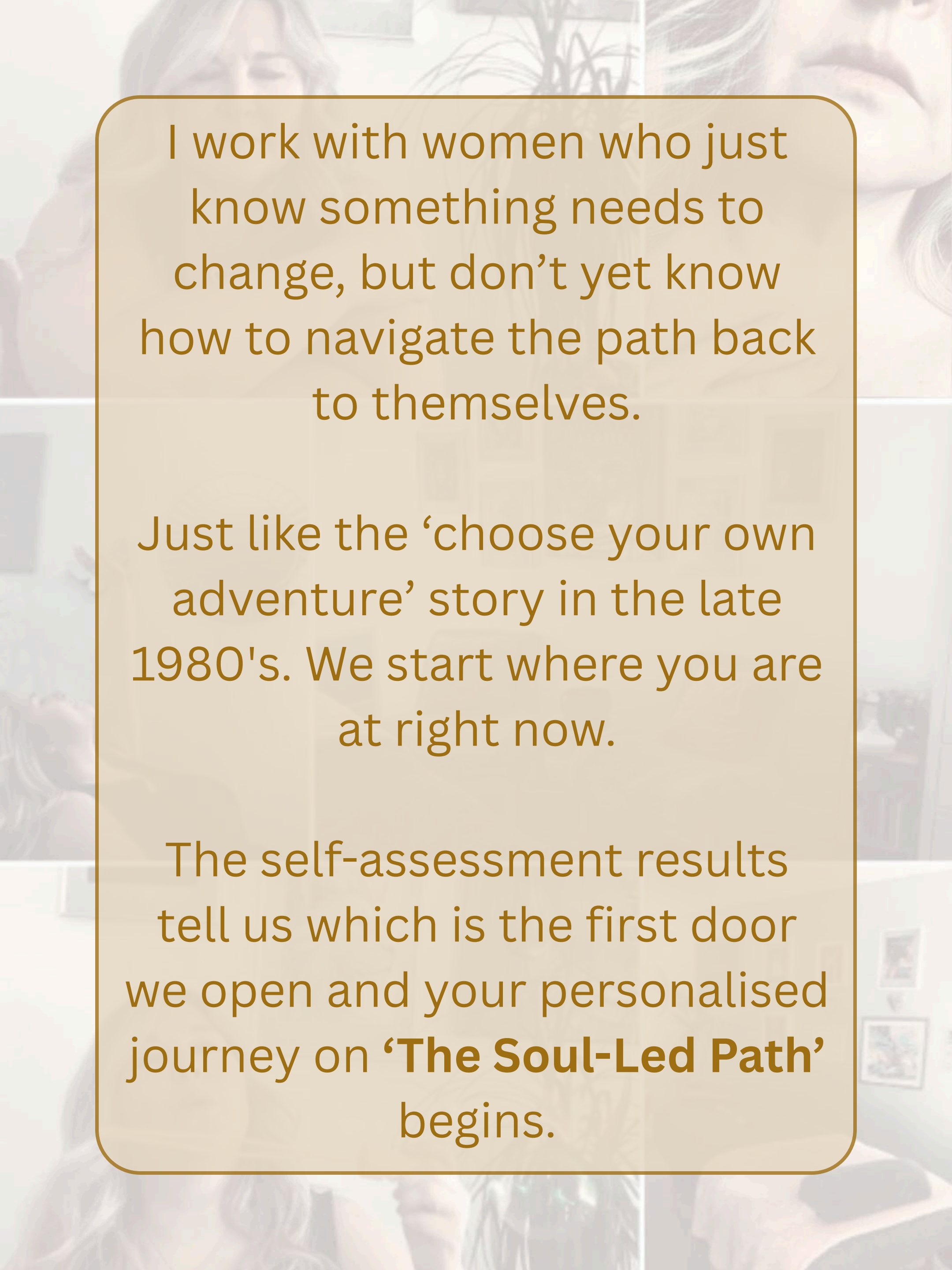
These questions will help
you understand where you
are right now.



You don't need to figure out
what support, workbook,
offering, service or
immersive retreat you need.

That's what this self-
assessment is for.

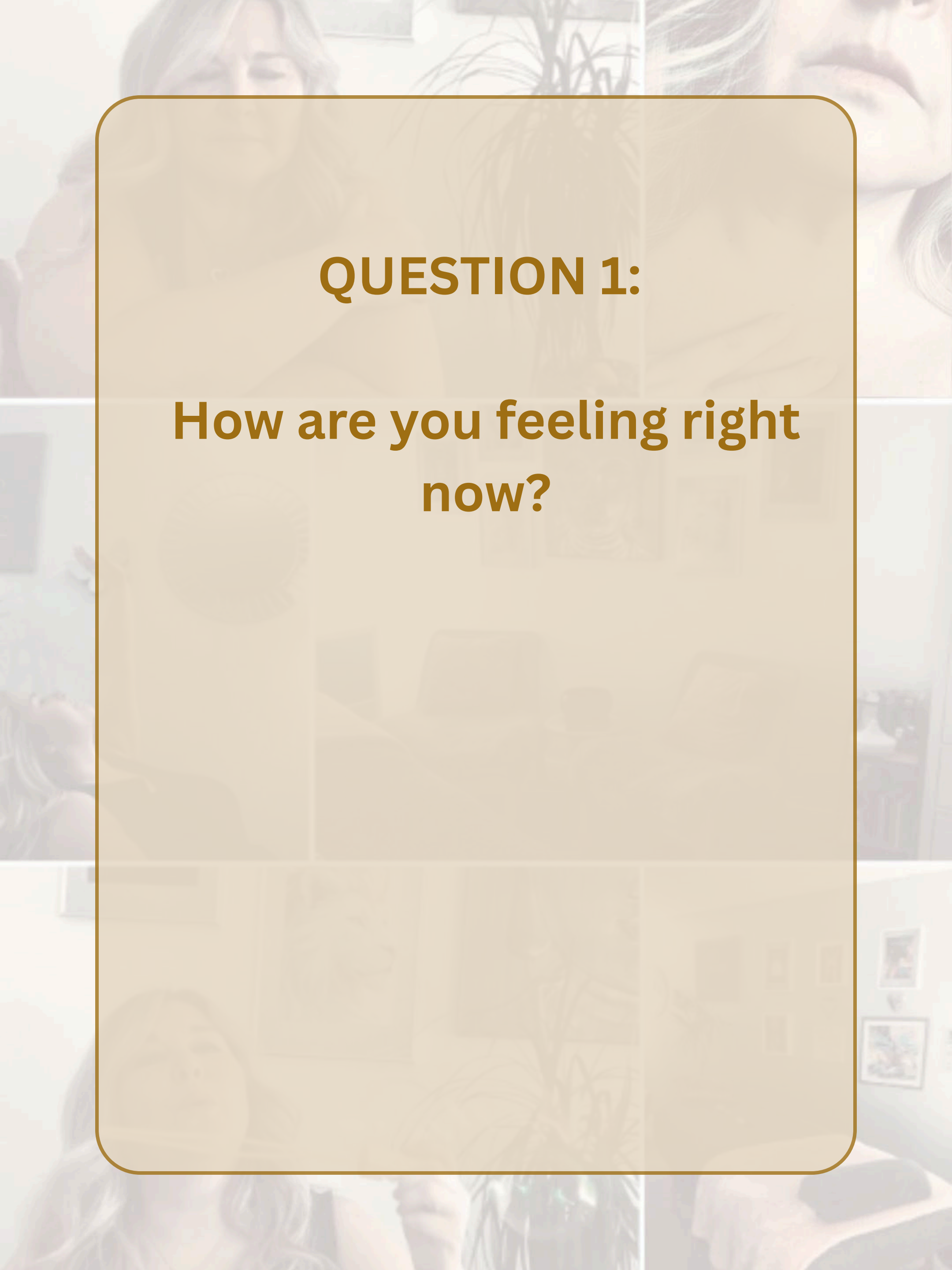
Then I can meet you where
you are on '**The Soul-Led
Path**' and walk together
from there.

A soft-focus background image featuring a woman's face on the left and a green plant on the right, both partially obscured by a large, rounded rectangular text box.

I work with women who just know something needs to change, but don't yet know how to navigate the path back to themselves.

Just like the 'choose your own adventure' story in the late 1980's. We start where you are at right now.

The self-assessment results tell us which is the first door we open and your personalised journey on '**The Soul-Led Path**' begins.



QUESTION 1:

How are you feeling right now?

1A.

Tender, tired, or emotionally raw.

“I just need to feel safe and held in a peaceful space and be looked after.”

1B.

Overwhelmed and exhausted.

“I crave rest and deep peace.”

1C.

Constantly ‘on’.

“I need to unplug, disconnect, and just ‘be’.”

1D.

Motivated but distracted.

“I want space and time to finally finish my big project. I know I have a legacy to build”

1E.

Stretched thin as a parent.

“I want calm, connection, and fun with my family.”

1F.

Going through perimenopause or menopause.

“I crave support and a community of women who get me!”

1G.

**Ready to reconnect with my
essence.**

*“I long to remember who I truly
am.”*

1H.

On the edge of transformation.

*“I feel called to deep healing and
renewal.”*

1I.

Awakening.

*“I’m ready to embody my soul’s
mission and reclaim my
sovereignty.”*

1J.

Remembered my mission.

“I know who I am and I am ready to find my tribe and connect with others on a mission.”

1K.

Something has to change. I’ve had enough. I cannot keep going like this.

“I want to change the repeating pattern”

1L.

Overwhelmed by everyone else's demands.

“I want time to hear myself again. I need permission to stop”

1M.

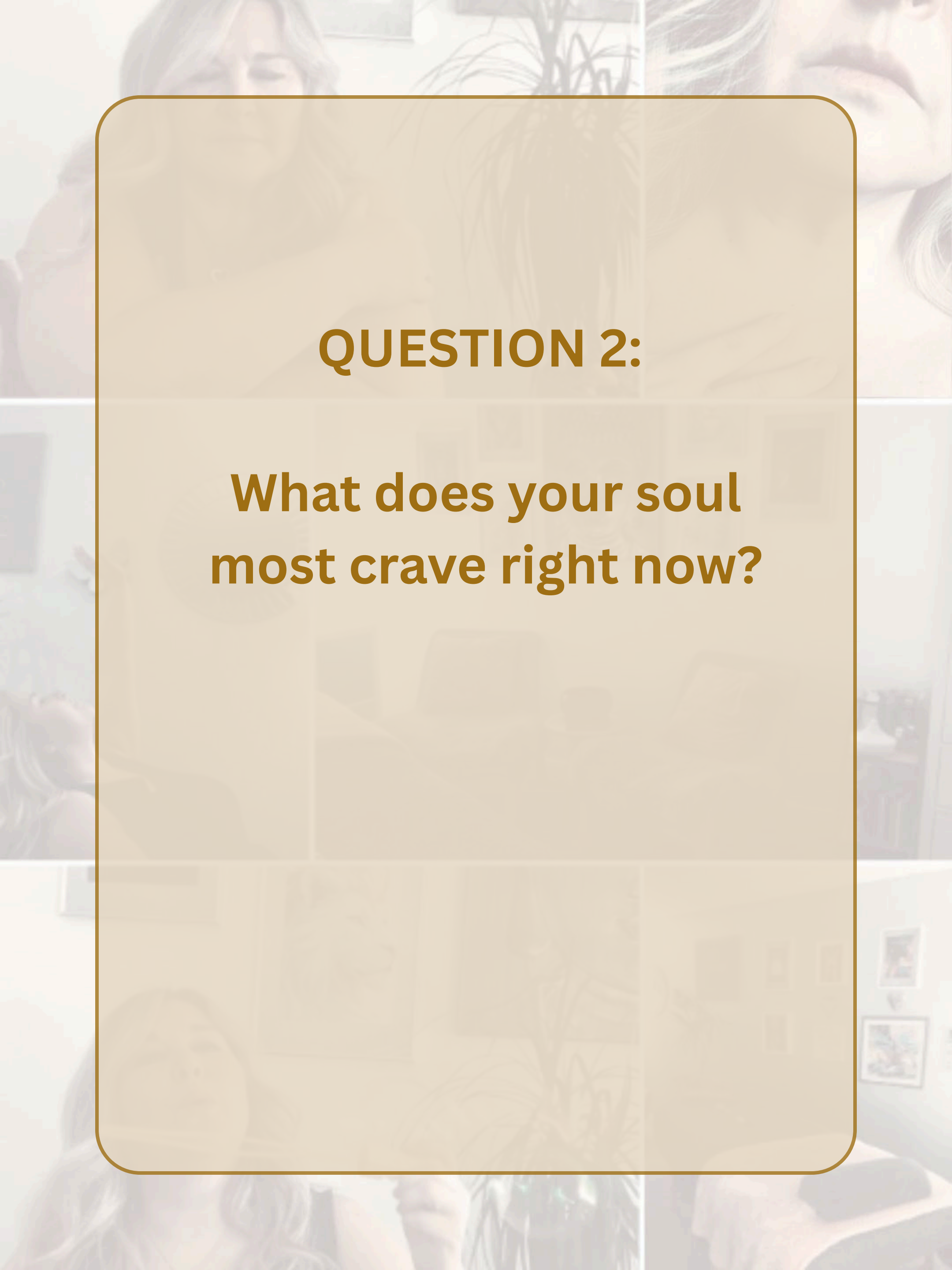
Feeling stuck or lost. What do I do now?

“I need to know what to do next.

1N.

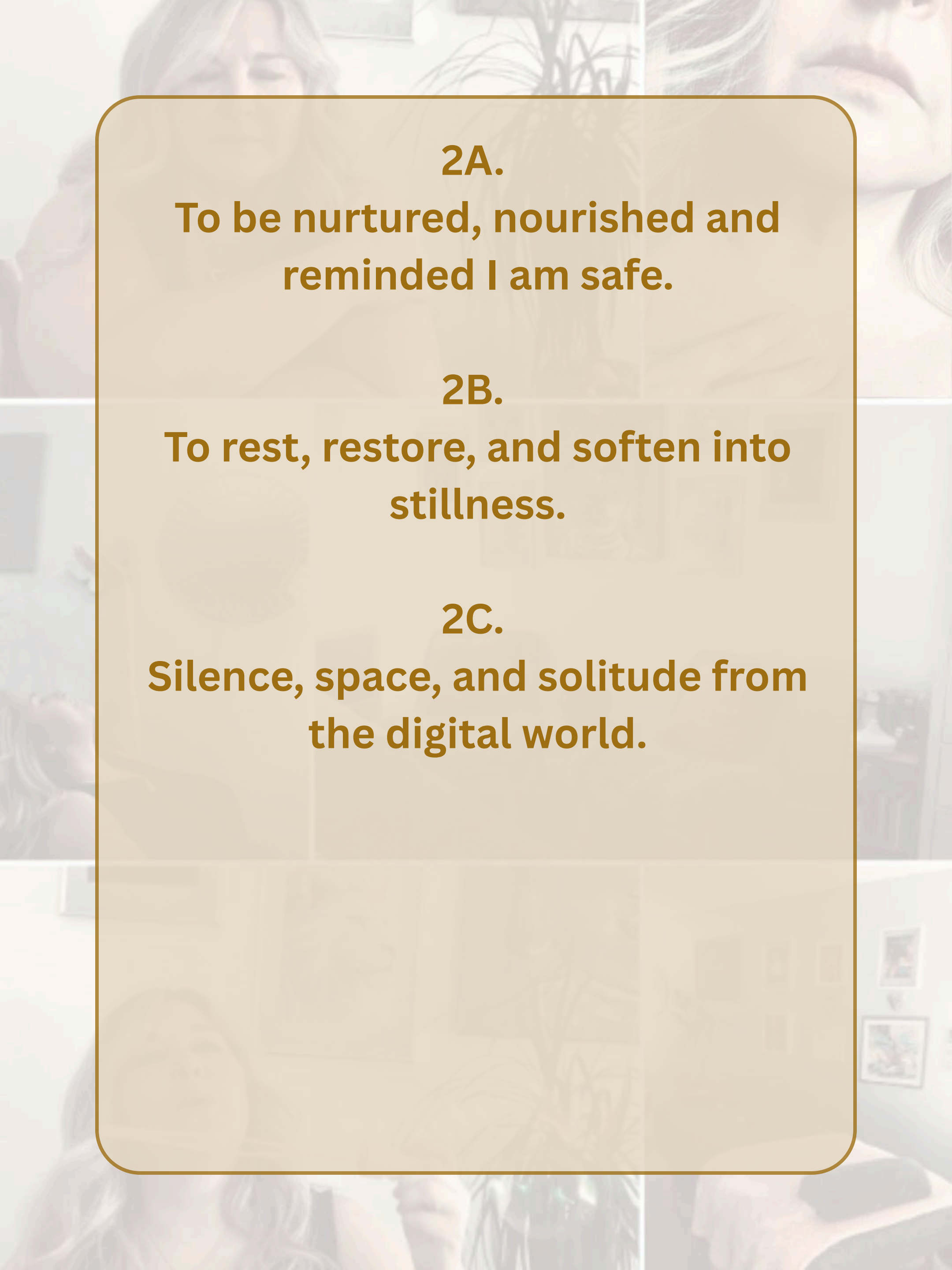
Craving deeper connection to my body. I can't stop crying.

“I want to reconnect with my body. Put myself first and let go of what I have been carrying that has weighed me down.”



QUESTION 2:

**What does your soul
most crave right now?**



2A.

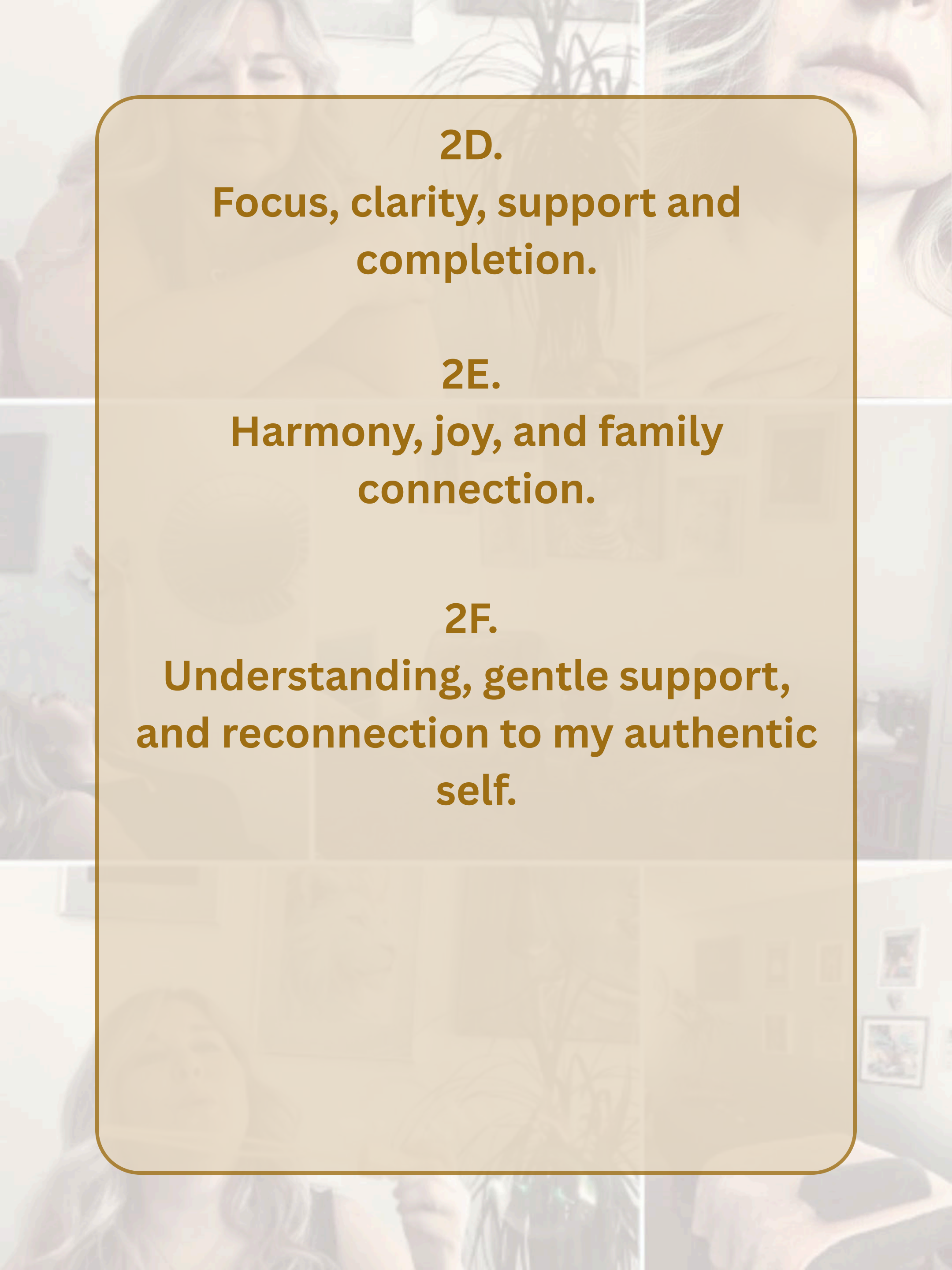
**To be nurtured, nourished and
reminded I am safe.**

2B.

**To rest, restore, and soften into
stillness.**

2C.

**Silence, space, and solitude from
the digital world.**



2D.

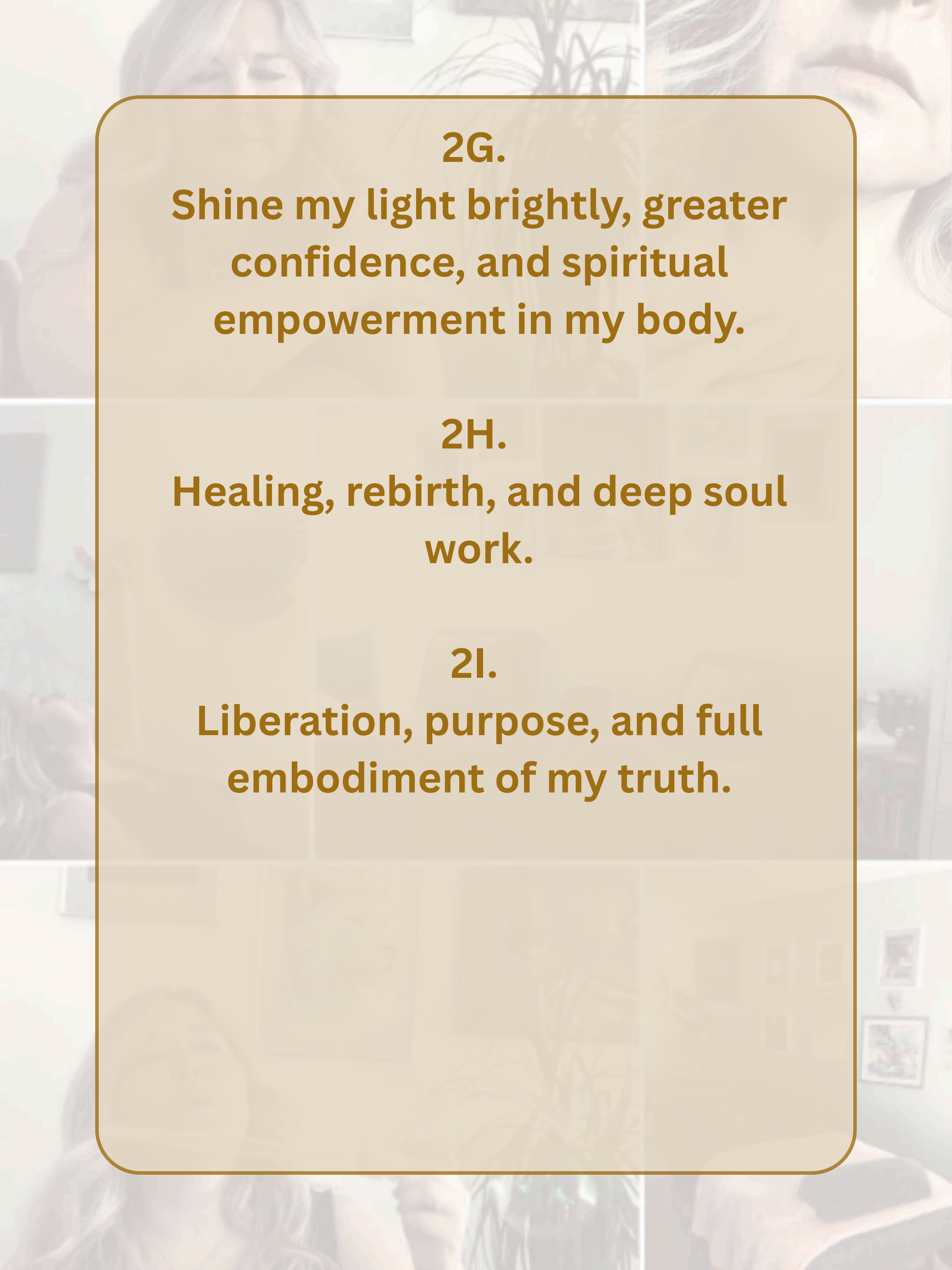
Focus, clarity, support and completion.

2E.

Harmony, joy, and family connection.

2F.

Understanding, gentle support, and reconnection to my authentic self.



2G.

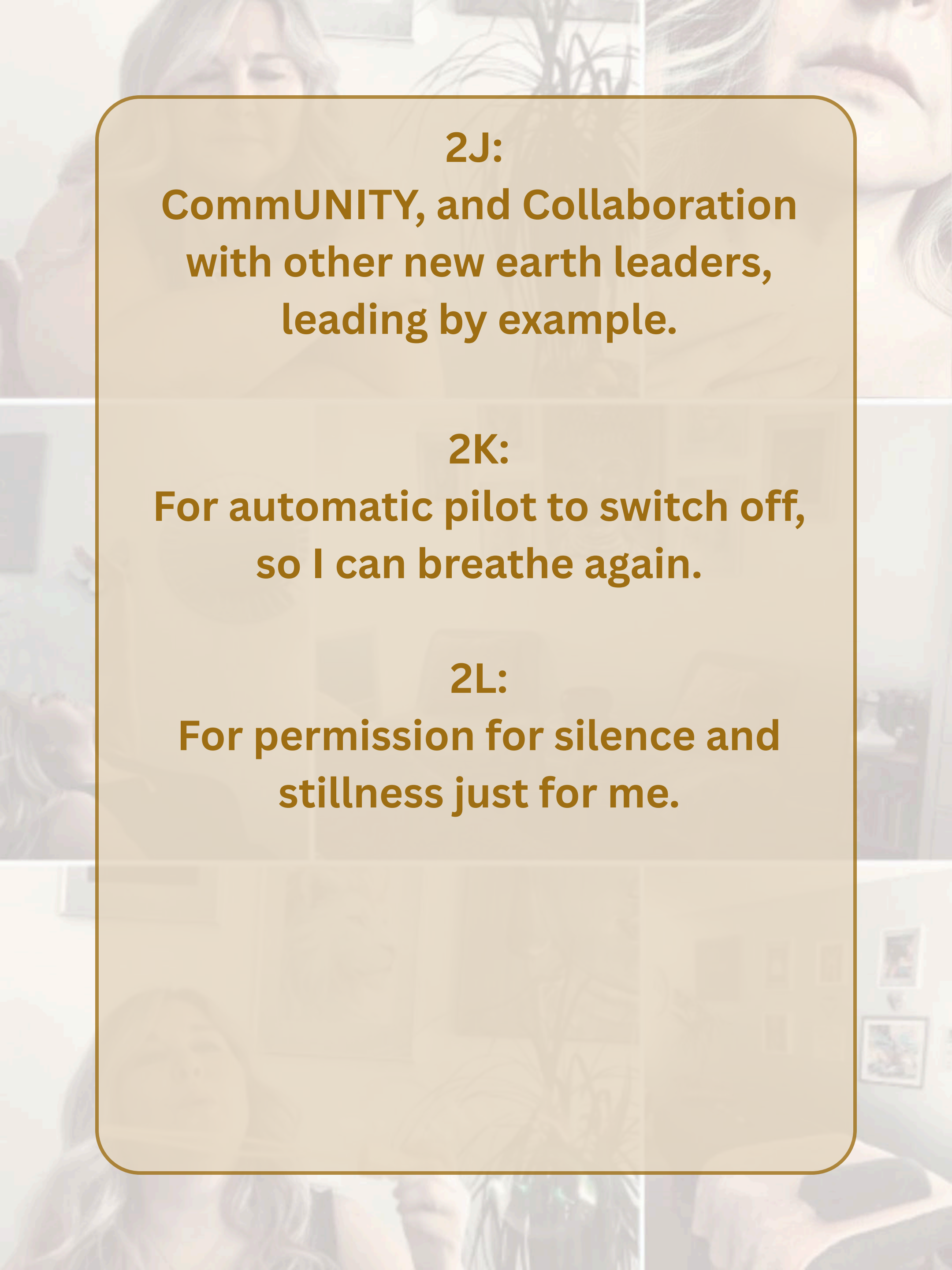
**Shine my light brightly, greater
confidence, and spiritual
empowerment in my body.**

2H.

**Healing, rebirth, and deep soul
work.**

2I.

**Liberation, purpose, and full
embodiment of my truth.**



2J:
CommUNITY, and Collaboration
with other new earth leaders,
leading by example.

2K:
For automatic pilot to switch off,
so I can breathe again.

2L:
For permission for silence and
stillness just for me.



2M:

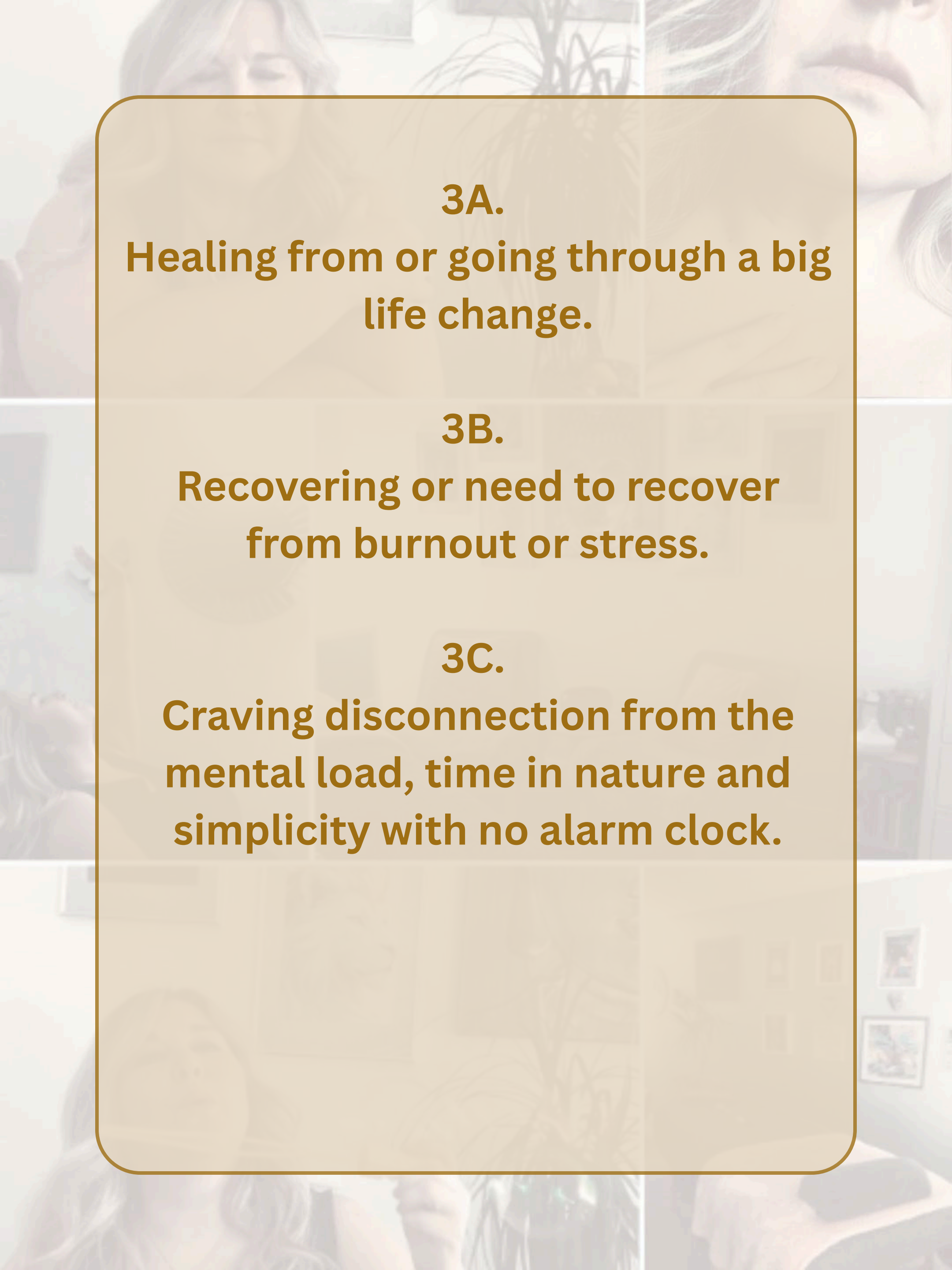
**Clarity after talking it through to
seperate the noise from what
really matters.**

2N:

**Recalibrate, release and realign my
body.**

QUESTION 3:

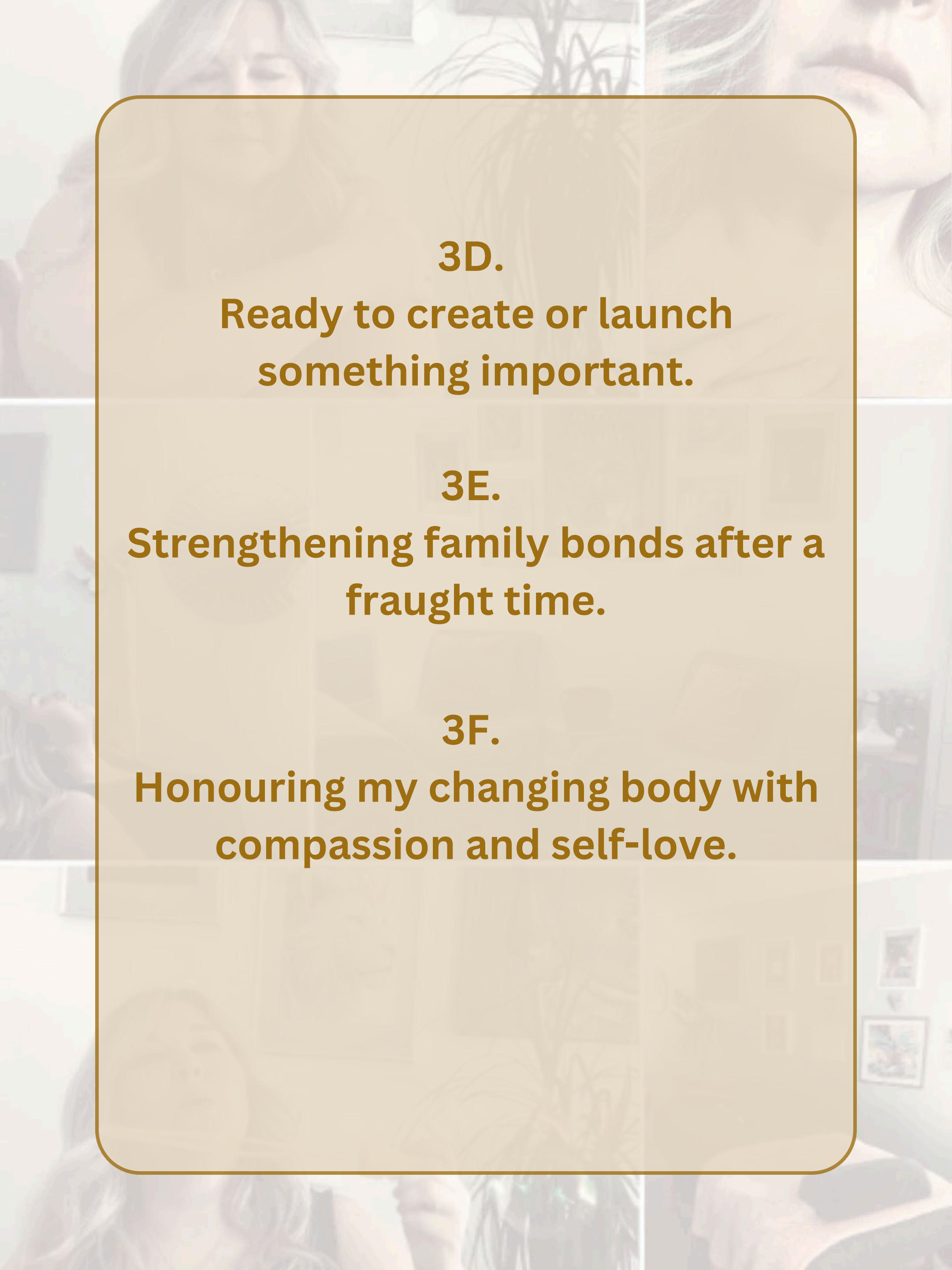
**What feels most aligned
with your current
chapter in life?**



3A.
**Healing from or going through a big
life change.**

3B.
**Recovering or need to recover
from burnout or stress.**

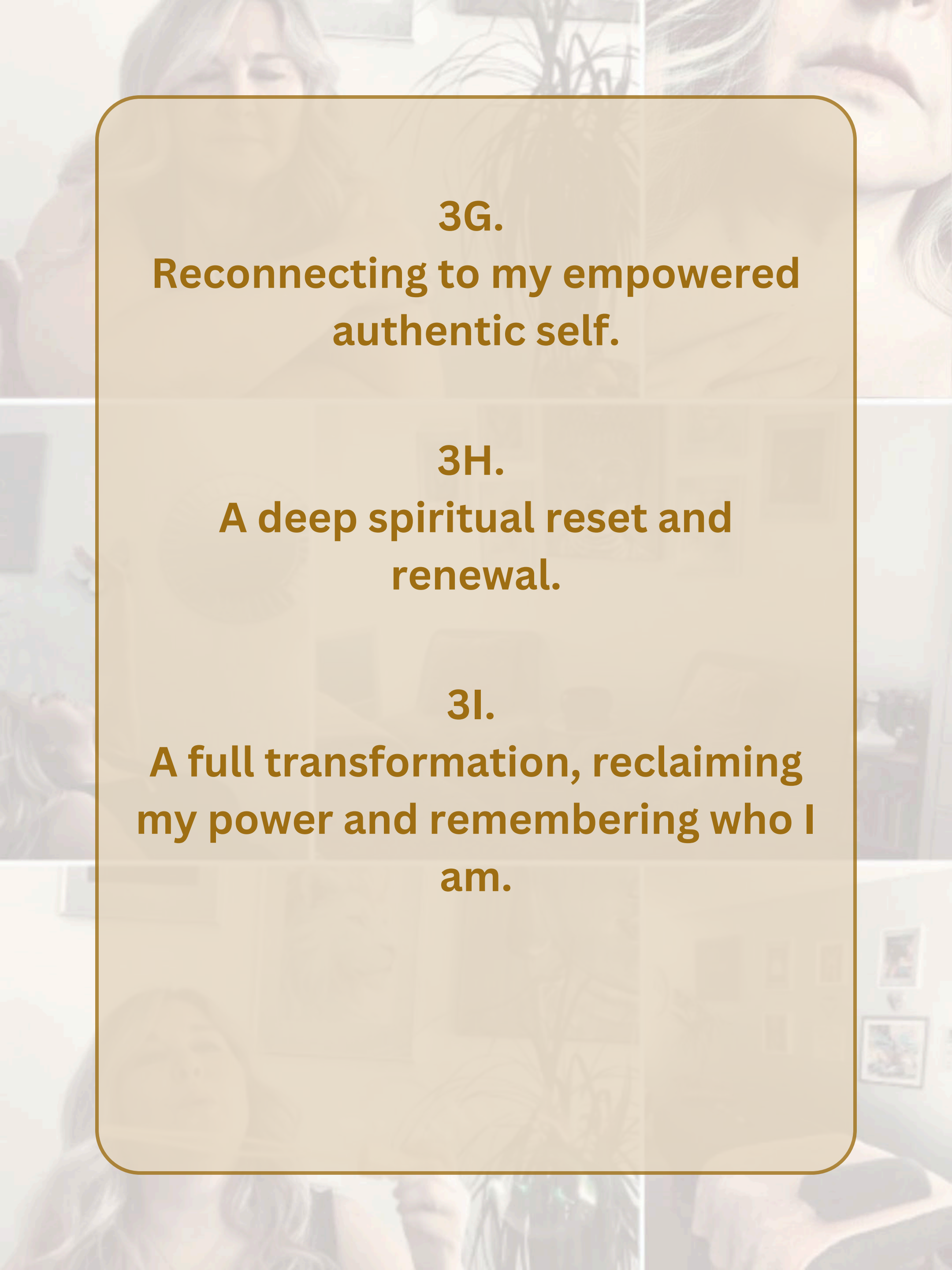
3C.
**Craving disconnection from the
mental load, time in nature and
simplicity with no alarm clock.**



**3D.
Ready to create or launch
something important.**

**3E.
Strengthening family bonds after a
fraught time.**

**3F.
Honouring my changing body with
compassion and self-love.**



3G.
**Reconnecting to my empowered
authentic self.**

3H.
**A deep spiritual reset and
renewal.**

3I.
**A full transformation, reclaiming
my power and remembering who I
am.**

3J.

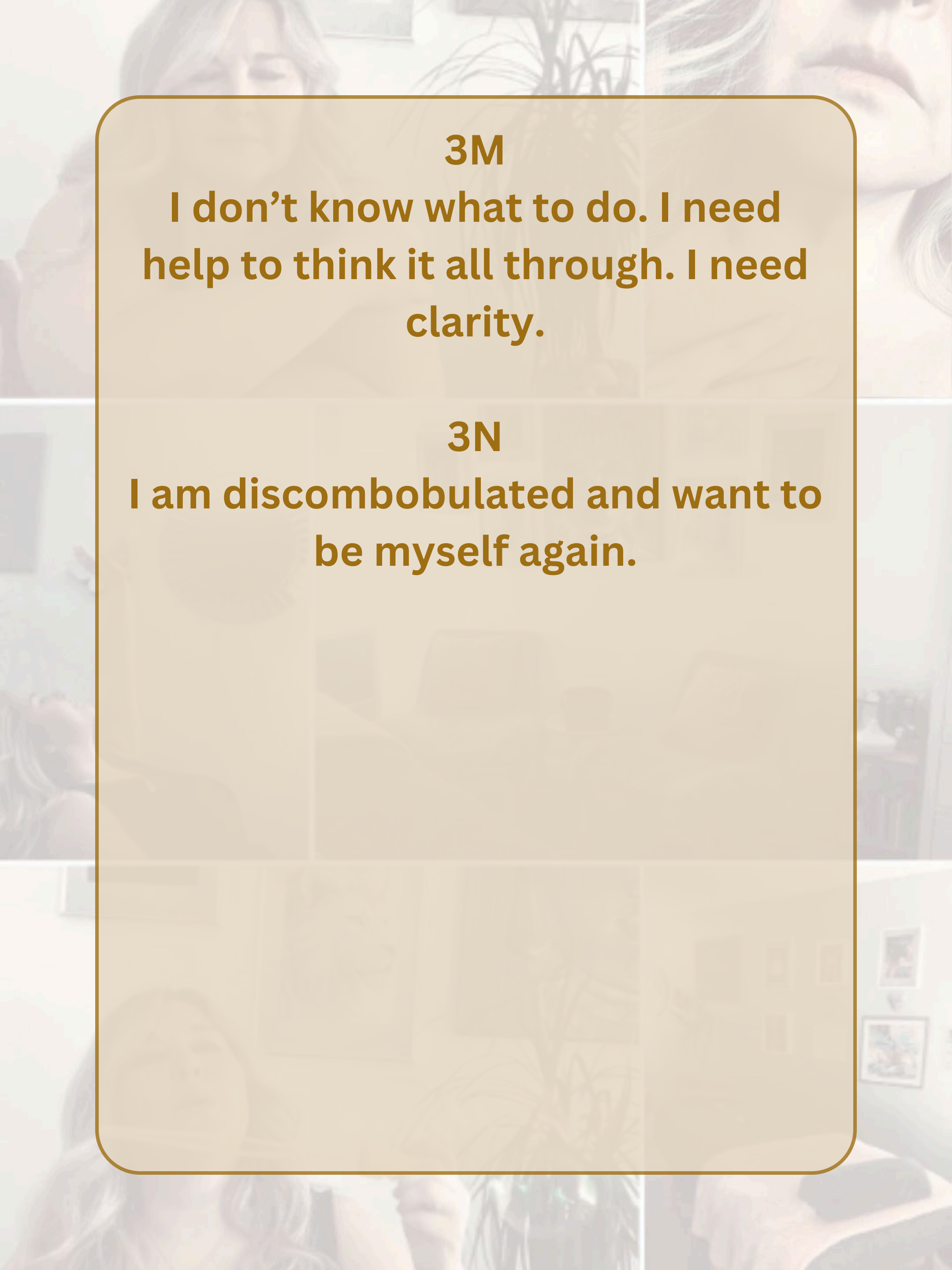
**Ready to rise into Sovereign
Leadership and my Divine
Purpose.**

3K

**Existing patterns keep pulling me
back into the same loop. I need a
break.**

3L

**Everything is overwhelming and I
just need silence and the world to
stop needing me for a while.**



3M

I don't know what to do. I need help to think it all through. I need clarity.

3N

I am discombobulated and want to be myself again.

RESULTS

Now looking at the letter you
chose for questions
1, 2 and 3.

Which letter came up most often?
Select the relevant button.

If you have two or three different
letters, your answers suggest you
may be at a crossroads. There isn't
one obvious doorway yet. Begin
with the answer that feels most
important to you right now, and
we can explore where you are and
what you need next.

Mostly A's

You may be navigating a deep life shift and longing for somewhere you can finally exhale.

Perhaps you've spent a long time holding things together, adapting to change or simply trying to keep going. You may not need another thing to achieve right now.

You may need space to rest, be cared for and reconnect with yourself.

Welcome Home is a gentle two-night immersion designed to give you that space.

A sanctuary to slow down, nourish yourself, receive support and begin remembering who you are beneath everything you've been carrying.

**“Welcome Home”
Immersive Retreat in Devon**

Mostly B's

Your body and mind are craving stillness. It is time to slow down and surrender to peace.

This is your sacred pause. A gentle return to stillness, softness, and self. You may need time away from the demands of everyday life to rest, restore and reconnect with yourself.

Two days of restoration designed to soothe, settle and gently restore your nervous system.

Imagine leaving feeling lighter, calmer and more deeply connected to yourself, with space to simply breathe and be.

**“Stressed to Deep Rest”
Immersive Retreat in Devon**

Mostly C's

The world's noise has become too loud.
You are ready for quiet, clarity, and
reconnection to what is real.

This is your invitation to step away from
the constant noise and return to yourself.

You may need time without phones, Wi-Fi
or outside demands — just you, your
breath, creativity and nature.

A soul-soothing two-night escape into
Sacred Stillness, where the noise fades,
the world waits, and you finally remember
how to simply be. Imagine leaving feeling
clearer, lighter and more connected to
what truly matters to you.

“Unplugged”
Immersive Retreat in Devon

Mostly D's

Wonderful! You are ready to create, complete and bring your vision to life.

You may have a project, purpose or legacy inside you that is ready to move from idea into reality – but life, noise and competing demands have made it difficult to give it the attention it deserves.

This is your dedicated space to step away, reconnect with your purpose and focus on what truly matters. Up to seven nights of inspiration, structure and spaciousness to help you create, complete and move forward with greater clarity, confidence and flow.

Imagine returning home with your vision no longer sitting on the “one day” list – but becoming something real.

**“Focus, Flow & Finish”
Immersive Retreat in Devon, Cornwall or
Spain**

Mostly E's

Your family is your heart, and you are ready for more calm, connection and joy together.

You may be longing for time away from everyday pressures where everyone can slow down, reconnect and simply enjoy being together.

A chance to explore simple tools for calm connection and co-regulation, while creating memories together.

Four nights of play, presence and heart-centred connection, with space for parents and children to explore ways of regulating, bonding and being together more consciously.

A chance to step away from everyday life, spend meaningful time together and explore what helps your family feel more connected.

“Cool, Calm & Connected”
Immersive Family Retreat in Devon

Mostly F's

You are in a season of change, and you are ready to listen to what your body, mind and heart are asking for.

You may be navigating perimenopause, menopause or simply a new chapter of womanhood, and longing for space, understanding and time to reconnect with yourself.

A four-night sanctuary created for women to slow down, rest, share, reflect and explore the wisdom already within them.

Time to pause from everyday demands, spend time with other women and gently explore what this next chapter means for you.

A space to rest, reconnect and listen to yourself.

**“Wise Women Rising”
Immersive Group Retreat in Cornwall**

Mostly G's

You are being called home to yourself.

You may be ready to reconnect with your own truth, listen more deeply to yourself and explore what it means to live more fully as you.

A four-night immersion offering space to pause, reflect and reconnect with your own inner wisdom and feminine energy and integrate your new identity.

Time to step away from everyday demands and explore what it means to empower and embody more of who you are.

A space to reconnect with yourself and explore the woman you are becoming.

**“Empowering and
Embodying You”**

Immersive Retreat in Devon

Mostly H's

You are ready for a deeper pause — a space to step away from everyday life and reconnect with yourself.

You may feel ready to release what you have been carrying, listen more deeply to your body, mind and soul, and explore what is calling you into your next chapter.

A seven-night 1:1 immersion offering time, space and personalised support to slow down, reflect, reconnect and explore what lies beneath the layers of everyday life.

A private space to rest, release, reconnect and remember more of who you are with time in sacred sites for deep intergration.

Imagine having seven nights dedicated to you, with nowhere else you need to be and nothing you need to prove.

**“Sacred Renewal”
Immersive 1:1 Retreat in Devon**

Mostly I's

You are ready to step more fully into your own truth, freedom and sovereignty.

You may feel that an old way of being is ready to be released, and that you are being called towards a deeper connection with who you are and what matters to you now.

A deeply held seven-night 1:1 immersion offering time, space and personalised support to pause, reflect, release what no longer serves you and explore your authentic self.

A private journey of descent and rise, creating space to reconnect with your own inner wisdom, values and sense of direction.

A space to explore what it means to live and lead from your own truth, with greater freedom, self-trust and authenticity.

**“Sovereign Awakening”
Immersion 1:1 Retreat in Devon**

Mostly J's

You are ready to gather with like-hearted people who understand that something new is calling you forward.

You may feel drawn towards deeper connection, shared purpose and a community where you can explore your own path without having to walk it alone.

A sacred group immersion offering space to rest, reconnect, share, collaborate and explore what your next chapter of mission and service could look like.

Together, we create a living space for community, connection and reflection, with time to rest deeply, recalibrate and explore what it means to step more fully into your own leadership.

A space to connect with your tribe, reconnect with your purpose and explore what you are here to contribute.

“Gathering Our Tribe.”

Sacred Immersion Group Retreat Cornwall

Mostly K's

You are ready to step out of the familiar and create space for a different perspective.

You may have been moving through the same routines, thoughts or patterns on automatic pilot and know that something needs to shift.

Pattern Interrupt is a deliberately designed experience combining personalised clarity with movement, sensory change and time to process.

Begin with your personalised clarity session, then use the private gym, hot tub, red-light sauna blanket and massage chair to step away from your usual environment and give yourself space to think, move and reset.

Created for women who value their time, privacy, expertise, personal development and meaningful change.

A few hours away from the usual routine can create the space to see things differently.

“Pattern interrupt.”

3 hour Exclusive Immersive Experience

1:1 or private group of 3 friends

Mostly L's

You may not need another plan, another goal or another thing to fix. You may simply need permission to stop.

When life feels full and everyone seems to need something from you, it can become difficult to hear what you need.

Sacred Stillness gives you a simple, guided way to pause, reflect and create your own space for stillness at home.

A workbook of guidance, reflection, journal prompts and a seven-day commitment to step away from the noise and begin listening to yourself again.

You are not being asked to transform your entire life. You are being given permission to stop, recalibrate and create a little more space for yourself.

“Sacred Stillness”

Your 7 Day Reset Workbook

And if a workbook and your own space at home aren't quite enough, you can step through the next doorway:

PAUSE — Your 7-Day Sacred Stillness Workbook

REST — An overnight private 1:1 Sacred Stillness immersion in Devon

REFRESH — A weekend private 1:1 Sacred Stillness immersion in Devon

Choose the level of stillness that feels right for you.

Mostly M's

You may not need someone to tell you what to do.
You may simply need space to pause, untangle what
is happening and hear what you already know.

You may be at a crossroads, facing a decision, feeling
uncertain about what comes next, or simply know
that something needs to change.

This is your opportunity to have 60 minutes of
private, grounded and experienced guidance without
being told how to live your life.

No fixing.

No judgement.

No telling you what to do.

Just space, perspective and direction.

A chance to reconnect with what matters to you,
explore what you already know and identify your
own Next Right Step.

You leave with greater clarity about what feels
right for you now and one step you can choose to
take forward

**“The Next Right Step”
1:1 Clarity Session on Zoom**

Mostly N's

Sometimes your body knows before your mind does. You may feel overwhelmed, disconnected, tense, exhausted or simply not quite yourself — without being able to put your finger on why.

You may have been carrying stress, tension or emotions for longer than you realise, and feel ready to slow down and listen more closely to what your body is telling you.

This is a deeply personalised two-hour experience combining gentle hands-on bodywork, experienced guidance, breath, awareness and personalised techniques.

A space to slow down, listen to your body and explore what you're carrying.

To release what you're ready to let go of.
And to reconnect with yourself.
Recalibrate. Release. Realign.

“Hands On Transformational Therapy”
1:1 Deeply Personalised embodied experience.

Mandeja[®]
HEAVENLY

www.mandejaheavenly.com

07985 191351

Retreats | Healer | Coach

Classic | Signature | Transformational