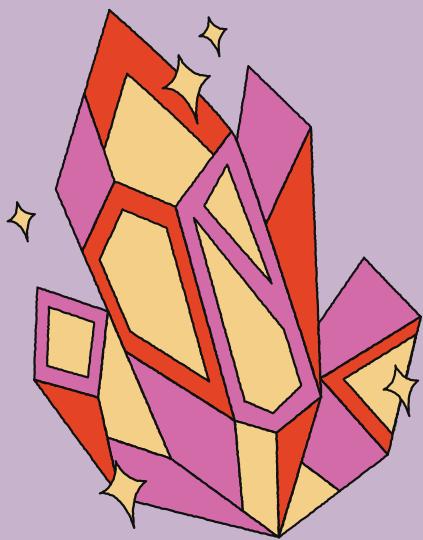


# UNLOCK YOUR SOUL

## 3-DAY SOUL EXPERIMENTS



WHAT WILL THIS BUNDLE GIVE ME?



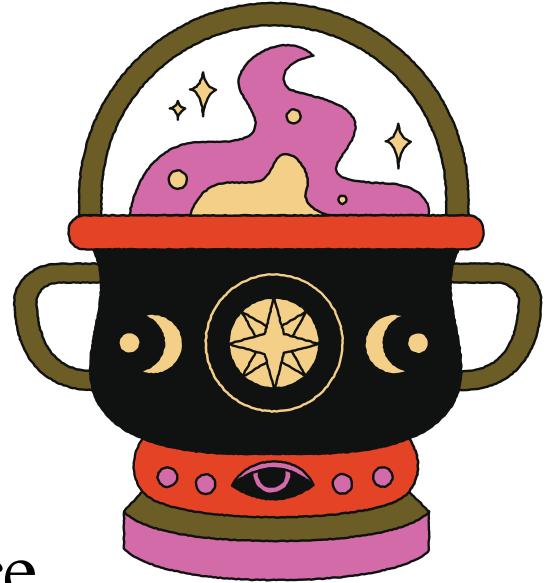
✨ Hello, juicy soul and welcome to the 3-day soul experiments bundle! ✨

I have crafted this 3-day journey for you to kickstart your soul evolution. These playful yet powerful mini-missions will help you to

- 🌿 hear your raw, unfiltered truth
- 🎭 unmask the roles that no longer serve you
- 👑 step into the energy of your future self

I urge you to commit to planting the seeds for the growth and transformation of your soul.

# DAY 1. Soul Code of Truth



🌿 Intention: to hear the truth of your own voice.

🌀 Activation exercise:

- Find a space, where you feel completely safe to be yourself.
- Sit in stillness and ground into your body.
- Open your front camera or video recorder.

Press record and speak for at least 10 minutes about why you felt called to get this bundle and do these exercises. **Let yourself talk about anything that comes to your mind: dreams, fears, pain, visions, etc.**

Let it be raw, messy and real. Do not pause the video recording: if nothing comes up, just look at your own reflection in the camera. Welcome any reaction or emotion that comes. You can cry, pause, laugh, go silent but don't stop. Keep peeling layers.

🔮 Journal prompt (after recording the video):

- What surprised me about what came through?
- Which version of me is longing to be seen and expressed more?

# DAY 2. THE MASK PARADE

🌿 Intention: to gently unmask the personas you've worn to survive, belong, or be loved and honor the moment you choose who you no longer have to be.

🌀 Activation exercise: Stand in front of a mirror. One by one, **act out 3-5 roles** you've played in life that don't feel like your full truth anymore (e.g. good/nice girl, overachiever, the wise and strong one, or the always-happy friend, etc.)

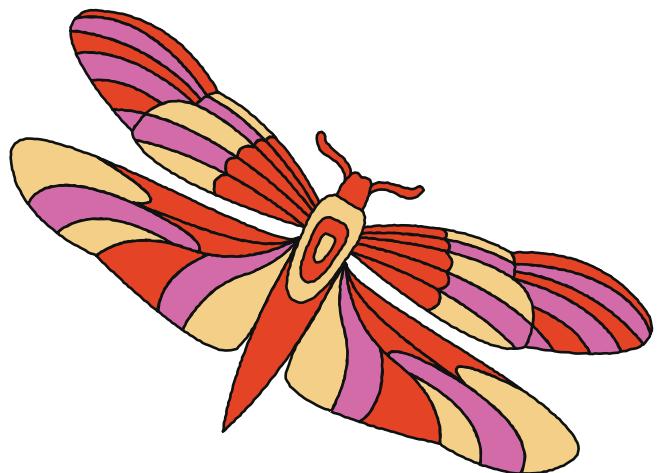
**Name each mask out loud.**

Feel into how it shaped you, protected you and what it cost. Then, release it with gratitude. Say: “I see you. I thank you. I set you free.”

Let this be a farewell ceremony for who you are no longer pretending to be.

🔮 Journal prompt (after the unmasking):

- Which mask was the hardest to let go?
- Which one have I outgrown the most?
- What energy or truth is emerging now that space has been cleared?



# DAY 3. The Mirror of Becoming

🌿 Intention: to dissolve the gap between who you are and who you're becoming by choosing to act, move, speak and decide from your future self's frequency.

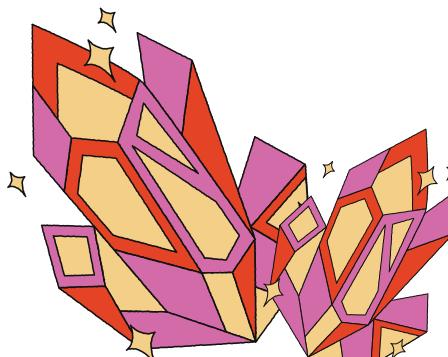
🌀 Activation Exercise: **Choose one person who represents your next-level energy. It could be your friend, a mentor, a celebrity, god/goddess or anybody that inspires you.**

Once chosen, embody him/her for one full day. Walk as he/she walks. Dress, text, speak and make decisions as if you already are him/her. Move through the world like he/she does. Let this be a sacred performance, not for others but for your nervous system and soul memory.

You are practicing the reality you are becoming.

🎥 Journal Prompt (after your embodiment day):

- Which parts felt natural, like home?
- Which parts felt unfamiliar, edgy or too much?
- What did I learn about the man/woman I'm becoming and the one I've always been?





# FINAL WORDS

Lovely soul, I am proud of you. You have just completed three soul experiments but this is not the end.

This is the just the beginning of your soul's deeper journey.

**You have confronted yourself and peeled back layers.**

**You were bold, authentic and stepped in to hear your truth.**

**You have tasted your becoming.**

And now... the real adventure begins.

Let this bundle be your doorway

into a life led by soul,

into choices that feel like freedom,

into a reality shaped by your truth, not your trauma.

Keep going. Keep listening. Keep becoming.

There are more portals waiting.

And I'll be here to walk you through them if you feel resonated to let me be your soul guide. DM me if you are interested in unfolding your journey with me.

With devotion,

Your feral priestess Arpi ❤