

Awakening the Forgotten You
A Guide for Those Who've Lost Their Spark
With Angela Devani

A Soulful Journey Back to Your Power, Purpose & Inner Peace

Are you the person who...

- **Gives to everyone**—your kids, your partner, your job—but feels invisible and exhausted?
- Feels **lonely**, even when surrounded by people?
- Is **afraid to leave** an unhappy situation because of money, fear, or uncertainty?
- Has **lost touch** with who you are, what you love, or what you even want?
- **Craves something more**—a whisper of freedom, a flicker of magic, a return to self?

You're not broken. You're not alone. And you don't have to stay stuck.

✨ **What You'll Discover in This Free 10-Page Guide:**

🌸 **The 5 Signs You've Disconnected From Your Inner Power**

Learn how the signs of burnout, people-pleasing, and emotional disconnection are actually calls from your soul.

🔥 **The Energetic Cost of Staying Small**

Why staying in misaligned relationships and environments drains your life force—and how to start reclaiming it.

🌞 **A Ritual to Begin Reclaiming Your Voice**

Angela shares a gentle but powerful Elemental Magick ritual to reconnect you with your own truth and spiritual sovereignty.

🌿 **Plant Allies & Elemental Energies for Reawakening**

Discover which herbs, elements, and energies can support your healing—especially when you're feeling trapped or hopeless.

👣 **Next Steps to Real Transformation**

How you can go deeper into this sacred work through Akashic Readings, elemental healing, or 1:1 mentorship with Angela.

Dear Beautiful Soul,

Welcome. I'm so honored you've found your way here. Whether it was through a whisper from your heart, a late-night scroll, or a deep ache you couldn't ignore — you're here. And that matters.

I want to tell you something important right from the start:

🌟 **You are not broken.**
You are remembering.

You're remembering who you were before the world told you to be quiet, to be smaller, to take care of everyone but yourself. You're remembering the wild, wise, radiant version of you who still lives beneath the roles, responsibilities, and routines.

This guide was created with love — as a gentle invitation back to your own truth.

It's for the woman who gives so much but receives so little.

For the one who's always strong, but quietly tired.

For the one who smiles, but secretly aches for something more.

You are not alone.

As you journey through these pages, may you begin to soften.

To feel again.

To trust again.

To reclaim your voice, your needs, your joy, and your sacred power.

This is a remembering.

This is a return.

Thank you for being here.

You are so loved.

Sending you Much Peace and Love

...and with a deep belief in you,



Angela Devani

Elemental Magick

🌿 The 5 Signs You've Disconnected From Your Inner Power

1. You care for everyone—but feel invisible.

You're the strong one. The reliable one. The giver.

But deep inside, you feel unseen. You are rarely asked how you are.

You've poured from your cup for so long, it's cracked—and you're still trying to fill others from it.

2. You stay in situations that drain you—because you're afraid to leave.

You feel stuck in a job, relationship, or role that no longer feeds your spirit.

But fear whispers:

“What if I can't make it on my own?”

“What if I ruin everything?”

So you stay... but every day chips a little more away from who you are.

3. You've forgotten what lights you up.

When someone asks what you want—what you need—you don't know how to answer.

Your desires are buried beneath years of “shoulds” and long forgotten dreams.

The spark that once made you you feels distant, maybe even gone.

4. You feel lonely... even when you're not alone.

You're surrounded by people—family, coworkers, even friends.

But no one sees the real you.

You crave soul-deep connection, but feel emotionally adrift, like a ghost in your own life.

5. You wonder: “Who am I, really?”

Sometimes, in the quiet, you hear it:

A longing. A question. A whisper.

“Where did I go?”

This isn't just sadness. It's your soul calling you home.

These signs aren't failures.

They're invitations.

Whispers from your higher self saying:

🌟 “It's time to come back to you.” 🌟

The Hidden Energetic Cost

“Staying in a space where your Soul is not lit up costs you your life force.”

– Angela Devani

There’s a quiet fatigue that creeps in when you’re living a life that no longer fits.
It’s not just physical.
It’s soul-deep.

When you stay in relationships, jobs, or identities that your soul has outgrown, you begin to fracture – not all at once, but in small, almost invisible ways.

This is **soul-fragmentation** – when parts of your spirit retreat in order to survive.

Maybe it looked like you biting your tongue when something felt wrong.
Maybe it was putting your dreams on hold “just for now.”
Maybe it was settling for comfort instead of aliveness.

Each time, a little piece of you stepped back. Not because you were weak – but because you were protecting yourself the only way you knew how.

But that protection has a cost.

When you abandon yourself long enough, your light dims.
Your desires go quiet.
Your body aches with unspoken truths.
And you begin to forget who you were before you became everything for everyone else.

✨ *But here's the truth:*

You can call your energy back,

You can re-member your wholeness.

You can choose to grow into the life your soul is aching for.

This guide is your invitation to begin.

Ritual: Calling Your Energy Back

An Elemental Ceremony for Reclaiming Your Power

When we give too much, stay too long, or silence our truth, our energy scatters. This ritual is a sacred invitation to **call your energy home** – gently, intentionally, and with the support of the Elements. You don't need fancy tools – just presence, intention, and a few simple items to anchor your ritual.

Step 1: Create Sacred Space

Gather one item to represent each Element. Arrange them in a circle or on a small altar.

- Earth – A stone, leaf, or small bowl of salt (grounding)
- Water – A bowl of water or a seashell (cleansing, emotional flow)
- Fire – A candle (transformation, spirit)
- Air – Incense, a feather, or simply your breath (clarity, vision)

Turn off distractions. Light the candle. Breathe deeply. Place your hands over your heart.

Step 2: Speak the Invocation Aloud

"I release all energy that is not mine from all people, places and moments throughout this day.

I let go of this energy with the highest intention for it to be sent to The Creator, cleansed and cleared and transmuted into its Highest Good."

"I call my energy back from all people, places, and moments where I've left myself behind.

I call it back, cleansed, cleared, and fully mine.

I welcome my power, my voice, my light.

I am whole. I am safe. I am home."

Repeat 3 times, slowly and with intention.

Step 3: Visualize Your Return

Really take the time to **FEEL** your body release all energies that are not yours and bring your energy back to you.

Close your eyes. Imagine golden threads of your energy returning to you – from conversations, old memories, former identities.

See yourself glowing more brightly with each breath.

Feel your body receiving yourself fully again.

Let this moment be sacred.

Step 4: Journal Prompts

Write in your journal after the ritual. Use these prompts to integrate the experience:

- Where in my life have I given my power away?
- What part of me is asking to be remembered right now?
- How did it feel to call my energy back?
- What support do I need to keep moving forward in my truth?

Angela's Note:

I use this ritual often — especially after hard conversations, emotional overwhelm, or those moments when I feel over scheduled and too busy...when I'm fading into the background of my own life.

It helps me return.

It helps me remember Me and Who I Am.

I invite you to use this whenever you feel lost, scattered, or disconnected.

You are always welcome and able to return to yourself.

With love & remembrance,

Angela Devani

🌿 Plant Allies & Elemental Tools

Reclaiming Your Power Through Nature's Wisdom

The journey of remembering yourself isn't just about mindset — it's about reconnection.

- To your body.
- To the Earth.
- To the unseen forces that have always supported you.

🌿 Plant Allies

In every forest, garden, and wild place, there are plants waiting to support your return to yourself. These **Plant Allies** hold ancient wisdom — not just for the body, but for the soul.

They whisper truths you've forgotten.

They ground you when you feel lost.

They open your heart when you've closed it to survive.

🌿 Example Plant Allies:

- **Rose** – Softens the heart and heals emotional wounds. Reminds you that you are worthy of deep, nourishing love...especially from and for Yourself.
- **Mugwort** – Awakens dreams, enhances intuition, and invites shadow integration. A powerful ally for remembering your spiritual gifts.
- **Yarrow** – Strengthens energetic boundaries. Perfect for empaths reclaiming space for themselves.
- **Lavender** – Calms the nervous system and helps you trust that rest is a sacred act of healing.

🌿 Essential Oils:

- **Lavender** - see above
- **Rose** - see above
- **Ginger** - Breaks the feeling that things are beyond your control. Ginger gives you confidence and courage to seize life's opportunities and be fully present
- **Geranium** - Supports self-love, self-acceptance and self-respect. Geranium helps you give and receive love at the same time.

These plants aren't just remedies — they are **friends**, teachers, and energetic mirrors.

✨ Elemental Tools for Reconnection

The Elements (Earth, Air, Fire, Water, and Spirit) offer a language your soul remembers.

By working with them intentionally, you awaken ancient codes within yourself.

- **Earth** – Ground your energy with barefoot walks, herbal baths, or clay masks.
- **Water** – Cleanse emotional stagnation with water: ritual baths, tears, river, creek, lake, ocean offerings.
- **Fire** – Reignite passion through candle ceremonies, burning old beliefs or sitting in silence with the flame.
- **Air** – Use breath work, incense, or singing to shift stuck thoughts and bring clarity.
- **Spirit** – Meditate with intention, journal your dreams or create altar space to call your guides near.

🌟 Crystals:

- **Shungite** - Supports you with preserving your energy and deflecting away the energies of others
- **Selenite** - Clears away energies that are not yours
- **Smoky Quartz** - Grounding and protective
- **Rose Quartz** - Supports self-love and heart healing
- **Black Tourmaline / Black Obsidian** - Grounds your energy and helps you stay more present

🌟 Remember:

The Earth wants you whole.

The plants remember your name.

The Elements recognize your soul.

You don't have to do this alone — your allies are all around you.

☀️ Next Steps: Your Journey Is Just Beginning

You've taken a powerful step by opening this guide.

You've already begun remembering some long forgotten dreams and desires.

You are remembering those nuggets of Remembering from your Soul:

- You are sacred.
- You are powerful.
- You are ready.

If something stirred in you as you read...

If a soft voice inside whispered "This is exactly how I feel" or "She's talking to me"...

Then I invite you to take the next step.

📅 Book Your Free Clarity Session

This isn't a sales call.

It's a **soul conversation** — a space for you to breathe, be seen, and feel into what you truly need.

Whether you're ready to dive deeper, or simply want to explore what's next for you, this free session is a gift — from me to you.

👉 [Book Your Free Clarity Session Now](#)

👉 [Sign up for my upcoming "Awakening the Forgotten You" Webinar being held July 30](#)
Let's remember who you are, together.

💬 What Others Are Saying

"Angela's soul reading was a Divine gift that gave me deep clarity and insight—I'll treasure it forever."

"For the first time in over a year, I felt sensation in my foot after Angela's powerful energy session!"

"I was amazed at how accurately Angela described my intuitive blocks—her guidance unlocked something profound in me."

"Angela's healing session was transformational, deeply guided, and filled with spiritual presence—I'm forever grateful."

You don't need to walk this path alone.

Come remember, with me. 🌱

📅 [Schedule Now](#)

With Love, from Angela

Dear Beautiful Soul,

Thank you for journeying through this sacred guide. I hope these practices, insights, and invitations have stirred something ancient and powerful within you—something ready to reawaken.

You are not broken—you are remembering.

Remembering your power.

Remembering your truth.

Remembering that your desires are sacred.

As you continue to reclaim your energy, reconnect with your body, and honor your Soul's voice, know that you are never alone.

The Earth, the Elements, and your Plant Allies are here to walk beside you.

If you're feeling called to go deeper, I'd be honored to support your path. Let's connect for a free Clarity Session and explore what's next for your healing and becoming.

Sending you Much Peace and Love,

Angela Devani

 www.elementalmagick.net