

INTO THE VOID



A SOUL GUIDE TO MEET
YOURSELF IN THE SPACE
BETWEEN

by – simply sarah



01 THIS ISN'T A WORKBOOK - IT'S A REMEMBRANCE
there's nothing to "complete". you don't need to fix or change yourself. this is a soft landing place for your soul. a mirror. a reclamation.

02 GO AT YOUR OWN PACE
no deadlines. no pressure. skim it. soak it in. keep the tab open and forget about it until your soul calls on it again. your timing is divine.

03 YOU DON'T HAVE TO FEEL READY – JUST HONEST
this guide is for the cracked open version of you. the one that's so comfortable showing up messy and vulnerable and real. she's actually begging to come out.

04 TAKE WHAT RESONATES – LEAVE THE REST
not everything needs to land, let it filter through your inner wisdom. you're not here to take on more beliefs, you're here to uncover your own.

05 LET IT BE A RITUAL – MAKE IT CUTE
light a candle, make a cacao or tea, put on music, give yourself permission to sink into whatever energy feels the most you.

06 THIS IS A CO-CREATION
you're not just reading, you're meeting yourself on these pages. the real magic happens in how you respond, how you feel, how you reflect.

I PROMISE YOU'RE NOT BEHIND – YOU'RE RIGHT ON TIME, BOO. THIS IS JUST THE OPENING AND YOU'RE THE CREATOR OF EVERYTHING THAT FOLLOWS

HI I'M SARAH



okay so think –

fairy godmother meets soul expander meets bestie gal
energy...

that's me here, for you 🧚💋

this guide is not about fixing you. quite the opposite
actually – it's to help you remember that there's literally
nothing wrong with you.....

sure, you might be still shaming or guiltting yourself for
carrying a bunch of beliefs and patterns that have never
served you but – that's all part of the plan anyway.

and that's why you're here.

because you're ready to let go of the resistance and
meet yourself in the space between.

the space where nothing makes sense, everything's dissolving and the old template has expired.

welcome to the void, boo 😭

I know it feels scary, but you've already done the hard part – deciding to lean the fk in...

now the rest gets to feel fun, sexy, empowering and real.

because coming home to yourself? that's the greatest adventure.

this your invitation to remember who you are without all the noise.

to untangle from survival loops and walk yourself home.

to feel aligned with yourself again – not in theory, but to the depths of your soul.

I wrote this for the version of me that has walked through this portal already.

confused, cracked wide open, yet **deeply** ready.

so if that's where you are too – here's your fairy dust babes.

and your permission to stop pretending you're lost..

because you're actually just remembering xx

THE VOID: WHERE THE MAGIC BREWS



so you've left something behind, maybe a job, a relationship, an identity, an era, perhaps you've entered your sweet saturn return.. and now you're here.

the weird in-between, where you're no longer who you were, but you're not quite who you're becoming. welcome babe. it's not the end, or the absence of anything, it's the presence of potential. the deep inhale before the next chapter begins.

IT FEELS INTENSE BECAUSE...

there's no clear next steps. there's just space. you're craving clarity but also wondering if there even is a next chapter. the old identity & structures are melting away, but the new ones haven't formed yet.

YOU'VE CALLED YOURSELF INTO THIS SPACE –

to dissolve the illusions and whatever else no longer fits. to reveal what you were never meant to carry. to sink into deeper self trust and come back home to the version of you that's aligned & unshakeable. the feminine thrives in this space – where your intuition gets louder, and you remember that being is just as powerful as doing.

the void is the universe's sexy little wink at you like,
**“don't worry my love, you're not broken, you're just
recalibrating”**

THE UNRAVELLING

you're here because you're unlearning the old way, and that
takes courage, mi amor.

you weren't taught to trust in your own intuition.
so of course it feels scary. of course you want to grip, control,
analyze every next step... that was your only option for safety
at the time. the masculine is asking to be softened.

BECAUSE YOU WERE NEVER HELD THERE

never shown how to feel fear and still soften. to surrender. so
you picked up guilt and shame. and the belief that if you had
just been better/smarter/more aware – you wouldn't be
hurting.

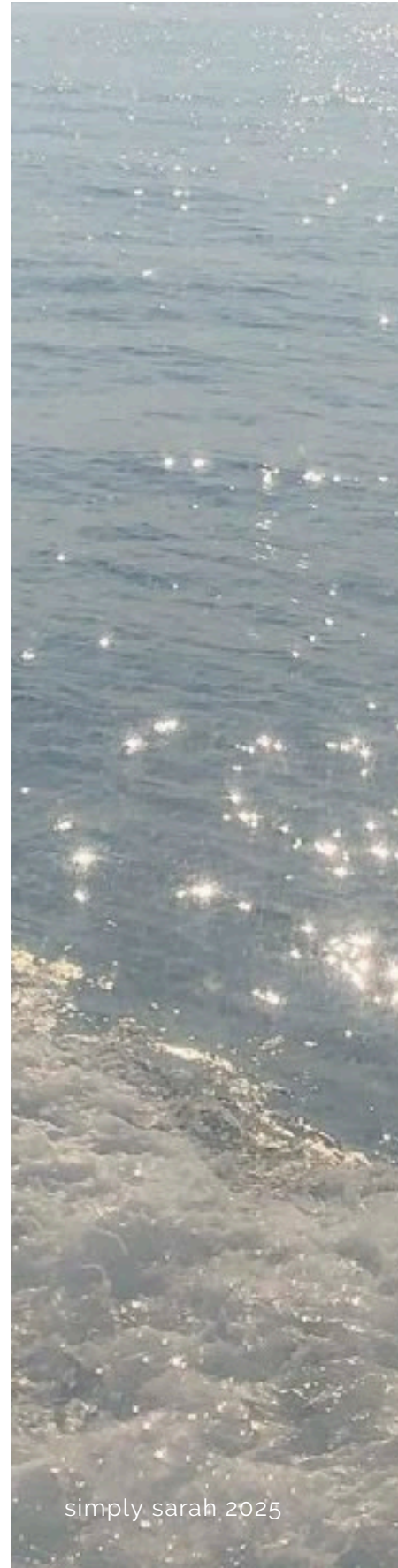
but babe, you were always doing your best with the
awareness and tools you had. and the fact that you're here
now? proves that your soul knows it's safe to shift.

YOU DON'T NEED TO CARRY SHAME INTO YOUR NEXT CHAPTER

you don't need to keep judging the past version of you for not
knowing what you're only just learning.

the part of you that was just doing it's job, simply surviving.
so we don't shame it – we thank that part. for being strong
and carrying it all. but let this be the moment you let it all go
because now you're remembering a deeper sense of what
aligns. you can make different choices – not from fear, but
from trust.

so drop the baggage boo, because you don't need it where
you're going.



LETTING IT HOLD YOU



this part? it's not about figuring it out,
it's about being with yourself. letting yourself soften and name
what you're feeling, what's shifting.
let your system catch up to your soul.
you're here to be present. so ask yourself, gently and curiously...

WHAT AM I GRIEVING RIGHT NOW? LETTING GO OF?

WHAT PARTS ARE ASKING TO BE SHED...IDENTITIES, BELIEFS,
HABITS THAT NO LONGER ALIGN?

WHERE DO I FEEL PRESSURE TO "MOVE ON" OR "GET IT
TOGETHER"? AND DOES THAT VOICE DESERVE ATTENTION OR
THE BACK SEAT?

WHAT SIGNS HAS MAMA UNIVERSE BEEN GIVING ME RECENTLY?
WHAT PARTS OF ME HAVE BEEN QUIETLY EMERGING?

WHAT FEELS LIKE IT WOULD ACTUALLY LIGHT ME UP
CURRENTLY?

AND MOST IMPORTANTLY... WHAT WOULD IT FEEL LIKE FOR ME
TO FULLY TRUST IN THIS BECOMING?

being here is not a punishment, it's a sacred pause.
breathe into it, because you have time.
and you're deep in the becoming.

LEANING IN

THIS IS THE SPACE WHERE THE INNER WORK
GETS FELT AND EMBODIED.

you've softened into the pause, you've named what's
leaving, now to ask yourself..

WHAT WOULD IT FEEL LIKE TO LIVE IN
ALIGNMENT WITH WHAT YOU KNOW?

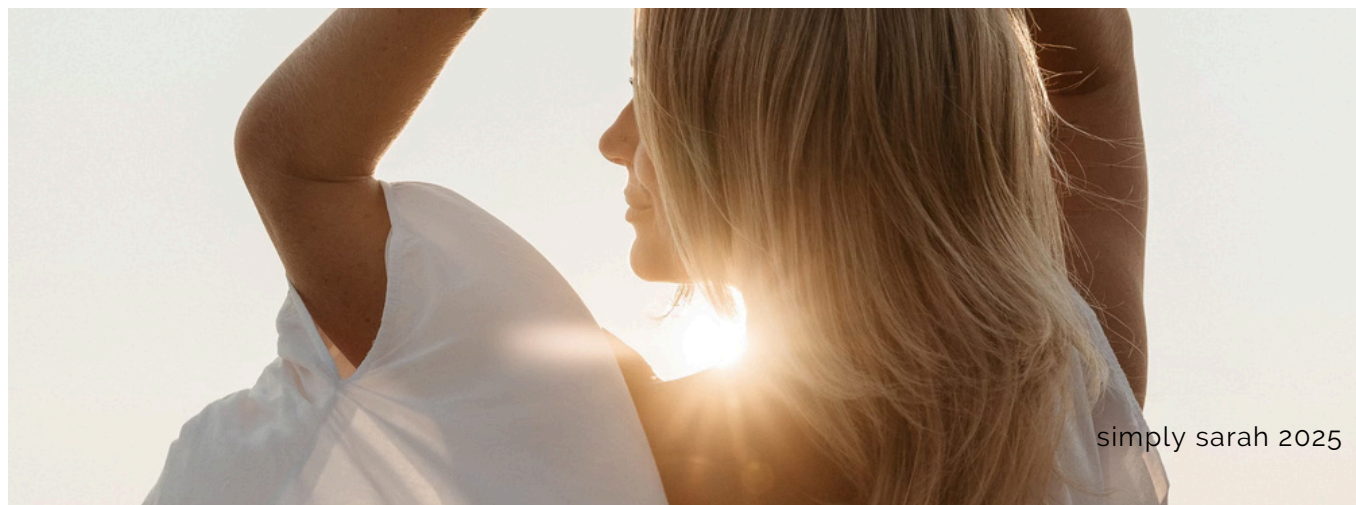
embodiment is when you've built the capacity to
move from your truth. where you've shed the old
ways, reconnected back to your most aligned self, and
remember who the fk you are.

WHERE YOUR BODY BECOMES A SAFE
PLACE FOR YOUR SOUL TO COME HOME TO.

it's the way you breathe deeper after setting a boundary
even when your voice shakes. or the pride you feel when
you don't abandon yourself again. or when you make the
decision that feels scary, but you know your soul is urging
you towards.

YOU DON'T NEED TO RUSH THE
INTEGRATION PROCESS

just keep making micro shifts, notice when your
nervous system feels the "yes", as well as where
there's room to continue but please, for the love of
LOVE, do not forget to honour yourself along the way.
because you're not performing here, you're living your
truth and that is worth celebrating.





let's shift the tone 💋

because the whole point of alchemizing is turning your experience into art and expression.. and maybe it's my taurus rising or simply my deep connection to my divine feminine –

but I'm here to embody sensuality.

pleasure is a pathway to your truth, playfulness is high level frequency.

yes, healing looks like candlelit journaling while crying or somatic movement...

and it's also dancing half naked in the kitchen to Enrique Iglesias while making yourself dinner.

alchemize your shadow work into joy, play, curiosity, and pleasure.

experiment through portals of deeper self trust. give yourself grace in the process because at the end of the day –

it's not that deep but it IS deeply meaningful.

take your healing seriously but not yourself!! let the sacred and the silliness coexist, that's where the magic is.

you're not here to be perfect, you're here to be present in the journey of becoming.

and that requires you to let your divinity run free, be wild, flirtatious and unapologetic.

sometimes you just need to shake ass and be turned on by your own existence ✨

EMBODIED TRUTH

here's where you turn the volume all the way up on
your most authentic and connected self.
this is the post-void, post-seduction, post-reclamation
space – where you either emerge from the void space,
or at least dance within it – dripping in your own truth
and unapologetic in your essence. where you're:

SPEAKING YOUR VOICE EVEN (ESPECIALLY) WHEN IT SHAKES

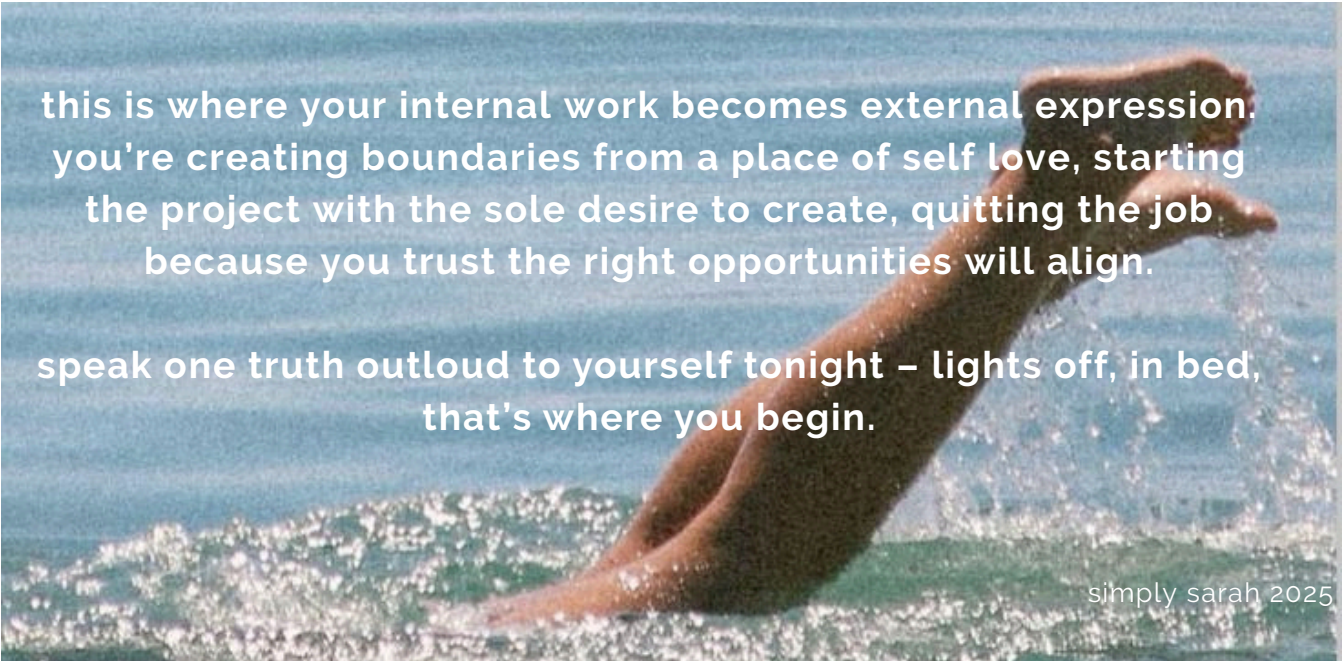
NO LONGER LEANING INTO A MOLD THAT SOMEONE ELSE
CREATED FOR YOU

CHOOSING RESONANCE OVER RECOGNITION OR VALIDATION

REPLACING PEOPLE PLEASING WITH DEVOTION TO SELF

WILLING TO BE MISUNDERSTOOD AS THE COST OF BEING
FULLY YOU

KNOWING YOU'RE NOT TOO MUCH, YOU'RE JUST NO
LONGER DILUTING YOURSELF

A photograph of a person jumping into the ocean, creating a large splash of water. The person is in mid-air, with their arms and legs extended. The water is a deep blue, and the splash is white and foamy. The text is overlaid on the left side of the image.

this is where your internal work becomes external expression.
you're creating boundaries from a place of self love, starting
the project with the sole desire to create, quitting the job
because you trust the right opportunities will align.

speak one truth outloud to yourself tonight – lights off, in bed,
that's where you begin.

THE BONUS PORTAL



okay – let's zoom out.
not to alarm you but, the void isn't a one
time thing.
it comes back around as silence, stillness,
old patterns disguised as new
love/relationships/opportunities, etc.

THIS RECURRENCE – IT'S A GIFT FROM THE UNIVERSE

you may feel like "I thought I already did this.."
but often before another level up or timeline shift, the void
shows up again as a quiet room with no feedback.
a job that doesn't excite you, a fling that has no resonance, a
message that doesn't get answered...
they're not failures, they're just review periods. it's the universe
asking "can you hold your own now? can you trust when
nothing is happening? can you walk away not to prove a point,
but rather to stay rooted in your truth?"

YOU'RE BEING ASKED TO REAFFIRM AND ROOT IN WHAT YOU'VE LEARNT

you're not regressing, you're embodying your next level. the
real integration is where you choose you when nobody's
watching.



WHAT'S ONE RECENT MOMENT OF PAUSE OR CONFUSION THAT
MIGHT BE AN INITIATION? CAN YOU BE WITH IT WITHOUT LOSING
THE PATIENCE AND TRUST THAT YOU'VE CULTIVATED

simply sarah 2025

THANK YOU, FOR JOURNEYING HERE

you made it 🧡

through the unravelling, the remembering, the
reclamation.

I hope you continue to cry, dance, laugh, maybe dissociate
for a sec.. because that means you're feeling it all.

I hope this guide helps remind you of your innate power.
your inherent truth, your capacity to be with yourself again.

this isn't a goodbye, but rather a welcoming home.

you can return to these pages whenever life hands you
silence, uncertainty, or the space to be still again.

take your time, come back soft, leave bold. there's no rush,
only flow.



at first the void felt like the end..

now I only see it as a sacred
beginning. I don't fear the emptiness
anymore – I trust it.

because I've met myself here. again
and again. and each time I emerge
clearer, softer and yet stronger.

I'm so grateful to be on this path
alongside you, because wherever we
are along the journey, we're
connected. if you desire deeper
support, guidance or ritual – you know
where to find me. now go live your
sacred, sexy, embodied truth.

simply,
Sarah xx