

RSN8, INC

A DEVOTIONAL GUIDE TO MAGNETIC
LEADERSHIP

@AMES_MAI

SOUL-LED BUSINESS

E-BOOK





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This guide is for the business owner who knows that force is not power — alignment is.

Soul-Led Business invites you to lead from clarity, not hustle; from trust, not urgency. This is not about doing more. It is about refining your energy so your work can meet you in resonance.

Move through this guide slowly. Let your body lead. Let simplicity become your strategy.

MODULE ONE



SIMPLIFIED SELF-LEADERSHIP

True leadership begins with self-trust. This module supports you in reclaiming authority over your energy, choices, and internal compass — so your business no longer runs you.

REFLECTION PROMPTS

ALLOW HONESTY WITHOUT
SELF-JUDGMENT.
AWARENESS IS THE
ACTIVATION.

- What roles or identities am I performing to feel valuable?
- What do I believe I have to “do” to be loved or supported?
- Where am I outsourcing authority over my own energy?

ENERGETIC PRACTICE

PRACTICE WITH NEUTRAL
QUESTIONS FIRST TO BUILD
TRUST.

- Stand or sit comfortably.
- Ask your body a simple yes/no question.
- Notice forward movement (yes) or backward/contracting movement (no).
- If using a pendulum, observe its natural response.

EMBODIMENT EXERCISE

FOR ONE
FULL DAY:

- Track what feels energizing versus draining.
- Notice where you acted out of obligation rather than alignment.
- Gently mark moments of self-betrayal without criticism.

INTEGRATION TRACKER

I listened to my body’s yes/no

I made one choice from alignment instead of obligation

I allowed rest without guilt

MODULE 2

MAGNETISM IS NOT CREATED THROUGH PRESSURE — IT IS CULTIVATED THROUGH CLARITY, TRUST, AND ENERGETIC INTEGRITY. THIS MODULE REFINES YOUR BUSINESS FIELD SO IT CAN HOLD MORE EASE, SUPPORT, AND ALIGNED GROWTH.

REFLECTION PROMPTS

- + WHERE IN MY WORK OR BUSINESS AM I LEAKING ENERGY?
- + WHAT PART OF MY SCHEDULE OR OFFERINGS IS ROOTED IN FEAR RATHER THAN TRUST?
- + WHAT WOULD SIMPLE, SACRED SUCCESS FEEL LIKE IN MY BODY?

ENERGETIC PRACTICE

BUSINESS FIELD CLEARING + VISION TUNING

- + CLOSE YOUR EYES AND IMAGINE YOUR BUSINESS AS AN ENERGETIC FIELD AROUND YOU.
 - + RELEASE HEAVINESS, PRESSURE, OR OUTDATED EXPECTATIONS.
- + CALL IN YOUR IDEAL CLIENTS, COLLABORATIONS, AND CHANNELS WITH CLARITY AND SOFTNESS.
- + ANCHOR THE FEELING OF EASE RATHER THAN THE OUTCOME.

EMBODIMENT EXERCISE

CONDUCT A GENTLE AUDIT:

- + REVIEW YOUR SCHEDULE, OFFERS, SYSTEMS, AND TECHNOLOGY.
- + PAUSE, DELETE, OR SIMPLIFY ANYTHING THAT FEELS MISALIGNED.
 - + NOTICE WHERE SPACE IMMEDIATELY CREATES RELIEF.

INTEGRATION TRACKER

- + I CREATED FROM OVERFLOW, NOT PRESSURE
- + I RELEASED A MISALIGNED OFFER, HABIT, OR COMMITMENT
- + I RECEIVED SUPPORT WITHOUT SHAME OR JUSTIFICATION

Closing Integration

YOUR BUSINESS DOES NOT NEED MORE STRATEGY. IT NEEDS YOUR PRESENCE, YOUR TRUTH, AND YOUR WILLINGNESS TO LEAD FROM WITHIN. RETURN TO THIS GUIDE WHENEVER YOU FEEL PULLED BACK INTO FORCE, PERFORMANCE, OR FEAR. ALIGNMENT IS THE BUSINESS MODEL.

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The practices, reflections, and energetic rituals shared within this book are rooted in personal experience and spiritual exploration. They are offered as tools for self-inquiry, embodiment, and intentional living. Experiences and outcomes may vary from person to person.