



COURSE APPLICATION

SOVEREIGN WHOLENESS: The 8-Week Awakening

with Kristi Lynn Rosenheart | The Krystic Field

This is not an open-enrollment program. Sovereign Wholeness is a high-touch, deeply transformational experience designed for people who are READY — ready to come home to themselves, reclaim their sovereignty, and step into the life they were always meant to live. This brief application helps us determine if this program is the right fit for you — and if you are the right fit for it.

Please answer honestly. There are no "right" answers. There is only YOUR truth.

SECTION 1: ABOUT YOU

Full Name:

Preferred Name / How You'd Like to Be Called:

Email Address:

Phone Number:

Location (City, State/Province, Country):

Age:

Pronouns:

How did you hear about Sovereign Wholeness?

SECTION 2: WHERE YOU ARE NOW

1. In 2–3 sentences, describe where you are in your life RIGHT NOW — emotionally, physically, spiritually, relationally. Don't filter. Don't perform. Just tell the truth.

2. What is the #1 thing you are struggling with most right now?

(Check the ones that resonate most — you may select up to 3)

- Feeling disconnected from my body — living "from the neck up," numb, or physically depleted
- Emotional overwhelm OR emotional numbness — I either feel too much or can't feel at all
- Carrying unresolved trauma, grief, or pain that I've been avoiding or suppressing
- People-pleasing, over-giving, and chronic boundary issues — I lose myself in others
- Feeling like I'm living someone else's life — performing a role that isn't really ME
- A silenced voice — I swallow my truth to keep the peace and I'm dying inside because of it
- Feeling purposeless, directionless, or like I'm meant for something MORE but can't access it
- Burnout, exhaustion, or nervous system dysregulation — I'm running on fumes
- A deep, persistent feeling that something is fundamentally WRONG or MISSING, even though my life looks "fine" on the outside
- Other: _____

3. How long have you been experiencing this struggle?

- Less than 6 months
- 6 months – 1 year
- 1–3 years
- 3–5 years
- 5–10 years
- Most of my adult life

- As long as I can remember

4. On a scale of 1–10, how URGENT does this feel right now?

(1 = "It's mildly bothersome" | 10 = "If something doesn't change soon, I don't know how much longer I can keep going like this")

Rating: ____/10

SECTION 3: WHERE YOU WANT TO BE

5. If this program delivered EVERYTHING it promises — if you came out the other side fully grounded in your body, emotionally intelligent, shadow-integrated, boundaried, voiced, and aligned with your sacred purpose — what would your life look like? Paint the picture. Be specific. Be bold.

6. What would this transformation mean for...

Your health & body:

Your relationships:

Your career or calling:

Your daily lived experience — how you FEEL when you wake up each morning:

7. What have you already TRIED to create this change?

(Check all that apply)

- Therapy / counseling
- Other coaching programs or courses
- Self-help books / podcasts / online content

- Meditation / mindfulness practices
- Yoga / breathwork / somatic practices
- Plant medicine / psychedelic-assisted work
- Energy healing (Reiki, craniosacral, etc.)
- Religious / spiritual practices or communities
- Medication
- I haven't really tried anything structured yet — I've been hoping it would resolve on its own
- Other: _____

8. What worked? What didn't? What has been MISSING from your previous attempts?

SECTION 4: YOUR READINESS

These questions matter. Sovereign Wholeness is not a passive information program — it is an ACTIVE transformation container that requires your full participation, vulnerability, and commitment. We need to know you are ready.

9. Are you willing to commit to 8 weeks of deep inner work — including weekly live sessions, daily practices (25–30 minutes/day), and weekly homework assignments — even when it gets uncomfortable?

- Yes — I am fully committed and ready to prioritize this
- I believe so, but I have some concerns (please explain below)
- I'm not sure

If you have concerns, please share them here:

10. Are you currently in a mental health crisis, actively suicidal, or in an acutely unsafe living situation?

(This program is NOT a substitute for crisis intervention, psychiatric care, or emergency services. If you are in crisis, please reach out to the 988 Suicide & Crisis Lifeline (call or text 988) or your local emergency services.)

- No — I am not in crisis
- I am currently working with a therapist/mental health professional who supports my participation in this type of work
- I would like to discuss my situation privately before applying

11. Are you currently working with a therapist, counselor, or other mental health professional?

- Yes — and they are supportive of this type of transformational work
- Yes — but I haven't discussed this program with them yet
- No — but I am open to it if recommended
- No

12. Sovereign Wholeness is a premium investment in your transformation. The program fee is \$_____. Are you prepared to make this investment in yourself?

- Yes — I am ready and able to invest at this level
- Yes — I may need a payment plan (payment plan options are available)
- I need to discuss this with a partner/spouse before committing
- I have financial concerns I'd like to discuss

13. What is your #1 fear or hesitation about joining this program?

(Be honest — we've heard it all, and your honesty helps us support you better.)

SECTION 5: YOUR COMMITMENT

14. Why NOW? What is it about THIS moment in your life that is telling you it's time?

15. Complete this sentence:

"I am ready to let go of _____ and step into
_____."

16. Is there anything else you'd like us to know about you, your situation, or what you're hoping to experience in this program?

AGREEMENT & SIGNATURE

By submitting this application, I understand that:

✓ **This is an APPLICATION, not an enrollment.** Submission does not guarantee acceptance. All applicants will be contacted within 48 hours to schedule a brief Discovery Call to ensure mutual fit.

✓ **This program is a transformational experience, not therapy.** While deeply healing, Sovereign Wholeness is a coaching and personal development program. It is not a substitute for licensed mental health treatment.

✓ **My results depend on MY participation.** I understand that transformation requires my active engagement, vulnerability, and commitment to the practices and assignments. The program provides the framework — I provide the effort.

✓ **Confidentiality is sacred.** Everything shared within the program container — by me and by other participants — is held in strict confidence. I agree to honor the privacy of all participants.

✓ **I am applying with honest intentions** and a genuine desire to transform.

Signature (type your full name):

Date:

WHAT HAPPENS NEXT

1. ✉️ **You submit this application** — it takes less than 15 minutes
2. 📞 **We contact you within 48 hours** to schedule a complimentary Discovery Call (15–20 minutes)
3. 💬 **On the call**, we'll discuss your goals, answer your questions, and determine together whether Sovereign Wholeness is the right fit
4. ✓ **If accepted**, you'll receive your welcome packet, onboarding materials, and everything you need to prepare for your transformation
5. 🔥 **You begin the journey home — to yourself**

We don't accept everyone. Not because we're exclusive for the sake of exclusivity — but because this work is SACRED, and the container must be protected. We are looking for people who are genuinely ready, deeply committed, and willing to do whatever it takes to come home to themselves.

If that's you — we can't wait to meet you.

Apply now. Your sovereign self is waiting.

 **The Krystic Field**

Consciousness · Expansion · Transformation