

Your Season of Becoming

Summer

The Unleashed Season



A guide to moving through
this season with intention

You Are Here on Purpose



If you landed in Summer, it's not random.

This is a season of ignition.

You're not circling the idea anymore.

You're in motion.

Your voice feels clearer. Your standards are rising. The version of you who once hesitated is stepping forward and taking up space.

Summer is where desire becomes action.

You're not warming up.

You're building.

Hi! I'm Mel Morris



I'm an Embodiment Expert and the founder of This Is What's Next and Shine Sanctuary. For over 30 years, I've helped people rebuild self-trust, regulate their nervous systems, and take bold, aligned action.

My work weaves embodiment, intuitive insight, and practical structure so growth isn't just inspiring, but something you can actually live inside of. If you're in a season of transition, you're exactly the kind of human I built this work for!

I created this guide to get you started understanding what you may be experiencing right now and how to embrace this season of your life.

No matter where you're at, you have amazing gifts to offer the world, so let's start preparing for what's next.

What's Actually Happening Beneath the Surface

Summer isn't hype. **It's expanded capacity.**

This is what it feels like when your system decides it can handle more.

More visibility.

More responsibility.

More impact.

You may be waking up with ideas already moving. Thinking in strategy instead of fantasy. Feeling less tolerant of anything that wastes your time.

There's forward energy in you.

And sometimes it's a lot.

In your body, this can show up as:

- A steady hum of activation in your chest or gut
- Increased focus paired with impatience
- Heat in your body when you speak about your vision
- A faster pace of speech or thought
- Trouble relaxing because your mind is building

Your nervous system is mobilized. Not frantic, but charged. And if you're not careful, that charge can tip into overstimulation.

Beneath the Surface, cont.

This doesn't mean you're doing it wrong. It means your capacity is expanding faster than your recovery practices.

Summer often carries a strange paradox. You may feel powerful while also feeling the weight of that power.

You may start seeing yourself differently.

- More capable than you ever admitted
- Less willing to tolerate mediocrity
- Slightly intimidating to people who knew your smaller version
- Responsible for outcomes you once only imagined

Sometimes it can even feel like too much of a good thing.

Like your ambition is louder than your comfort zone.

Like your visibility is stretching your identity in real time.

That's not ego. **That's embodiment catching up to expansion.**

The work now isn't to generate more energy. It's to direct it wisely. It's not about proving how powerful you are.

It's about stabilizing that power so it becomes sustainable.

That's Summer.

Common Patterns in Summer

Summer often sounds like:

- “I’m ready.”
- “I can feel this working.”
- “I just need to focus.”
- “I want clarity so I don’t waste this momentum.”

You may feel energized and clear one moment and intensely driven the next.

That’s expansion meeting responsibility.

What to Stop Forcing

- Stop saying yes to things that dilute your focus
- Stop mistaking busyness for progress
- Stop underpricing or undervaluing your work
- Stop shrinking when your power makes others uncomfortable

Summer isn’t about doing more.
It’s about doing what matters.

What to Start Practicing Instead

- Clear decision-making with timelines
- Strategic focus on one or two priority moves
- Asking for support at your current level, not your old one
- Protecting your energy like it fuels something sacred

Precision builds power.

Reflection Prompts for Your Summer Season

Take your time with these. You don't need perfect answers.
Let them open something within you.

- Where am I fully ready, but still playing cautiously out of habit?



- What would committing deeply to one direction look like right now?



- Where am I confusing urgency or busy work with alignment?



- If I trusted that I'm worthy of being more visible, how would I show up differently this month?



Your Next Aligned Step

Summer doesn't require more inspiration.
It requires clarity.

If you're ready for precision, direction, and direct insight, you're ready to book a **Soul Session**. Designed for seasons like this, it's focused. Strategic. Intuitive.

You bring the fire. We make sure it moves exactly where it needs to. These sessions help you narrow down on what's actually important to you right now and make a plan to move your priorities forward.

And if something else feels aligned, there are other ways we can work together. Check out **ThisIsWhatsNext.com** for more support.

This season is about channeling your power with intention.

Seasons change. So will you.

When they do, come back and take the quiz again to see what season you've moved into next.

Stay Magical!

Mel
