

THE WAY OF THE SIX

Stop guessing. Start seeing what is actually happening within you.

NICOLE MARIE | ROOTS OF PURPOSE

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A MESSAGE FROM YOUR GUIDE



Nicole Marie

There are moments in life where something shifts beneath the surface.

Not loud.
Not always clear.

But undeniable.

Like standing at the edge of something you can't quite name.

I've met myself in those places more than once.

In seasons where everything felt like it was changing.
In moments where I didn't recognize the version of me I was in.
In the quiet spaces where I had to be honest about what wasn't working anymore.

And what I've learned is this:

Clarity didn't come from having the answers.

It came from learning how to stay with myself long enough to see what was true.

You might be here because something in your life is asking for that same kind of attention.

A transition.
A loss.
A question that won't leave you alone.

Or a quiet knowing...
that there is more available than what you're currently experiencing.

Wherever you are—this meets you there.

Not to tell you where to go.
But to help you see where you are.

OPENING

YOU DON'T NEED TO HAVE IT ALL FIGURED OUT TO BEGIN.

IF YOU'RE HERE, SOMETHING IN YOUR LIFE IS ASKING FOR YOUR ATTENTION— SOMETHING SHIFTING, SOMETHING UNCLEAR, OR SOMETHING THAT NO LONGER FITS

THE VERSION OF YOU YOU'RE BECOMING. THIS GUIDE WAS CREATED FOR THOSE MOMENTS. NOT TO GIVE YOU ALL THE ANSWERS, BUT TO HELP YOU UNDERSTAND WHERE YOU ARE SO YOU CAN MOVE FORWARD WITH CLARITY.

This is not something you "finish." This is something you return to when things feel off, unclear, or heavy. Not to find answers—but to see what is actually happening within you.

As you move through these pages, notice what resonates. You don't need to force yourself to understand everything. If something stands out, pause there. If a question lingers, sit with it. The goal isn't to analyze—it's to become aware.

When something in your life feels unclear, come back to one simple question: Where am I right now? From there, allow yourself to respond instead of react. You don't need to move through everything at once. You just need to start where you are.

PART I- THE WAY

YOU DON'T HAVE TO CONTROL WHAT YOU'RE GOING THROUGH. *YOU JUST HAVE TO UNDERSTAND WHERE YOU ARE WITHIN IT.*

What Is The Way of the Six?

The Way of the Six is a framework that helps you understand where you are within yourself — so you can stop trying to fix everything at once and respond to what is actually happening in your body, mind, emotions, and energy.

Why This Framework Exists

Most people don't struggle because they aren't trying — they struggle because they're trying to solve the wrong problem. They think they need discipline when they're exhausted, clarity when they're overwhelmed, or action when something deeper needs attention. This leads to cycles of burnout, confusion, and feeling stuck. The Way of the Six exists to interrupt that cycle by helping you focus on what actually needs to be seen.

Finding Where You Are

Before anything can change, you have to know where you are. Not where you should be or where you're trying to go — just where you are. When you can recognize what part of you is asking for attention, your next step becomes clearer. You stop guessing, stop forcing, and start responding to what's real.

They say you can't teach an old dog new tricks — but I believe you can learn anything, if you're willing. You don't need to have it all figured out before you begin. You don't need to understand every part of this right away. You just need a starting point — and a willingness to meet yourself there.

The Way of the Six gives you a way to recognize what part of your inner world is active, so instead of trying to navigate everything at once, you can begin by meeting yourself exactly where you are.

Most people are taught to look outward first.

When something feels off, they adjust their environment, their behavior, or their circumstances—without ever learning how to understand what is happening within them.

Your inner world is not random.
It is responding to something.

Your thoughts, your emotions, and your physical responses are not things happening to you.
They are signals.

When those signals are not understood, they accumulate.
What begins as subtle tension becomes overwhelm.
What starts as discomfort becomes anxiety.
Not because something is wrong—
but because something has not been recognized.

The moment you begin to pay attention, something begins to shift.
You stop reacting automatically and start recognizing patterns.

You begin to notice what is happening within you before it reaches a breaking point.

This framework helps you recognize what part of your inner world is active—so you can move from reacting unconsciously to participating consciously in your own experience.

How This Shows Up in Real Life
You are not just in one gate.
Your body, your mind, your emotions, and your energy are connected.

When one part of you is not being supported, it does not stay contained.
It shows up somewhere else.

You might push through your day—skipping meals, running on coffee, telling yourself you are fine. *Then by the evening, your patience is gone. You are short, distant, or completely shut down.*

You might think about something all day, trying to get it right. *Then you notice you feel irritated or disconnected—*
even though nothing actually happened.

You might ignore what you feel, telling yourself it is not a big deal. *Then it shows up in your tone, your reactions, or the way you pull away.*

This is how it shows up.
What starts in one place does not stay there

PART II- THE SIX GATES

EARTH — THE BODY
AIR — THE MIND

Earth — The Body
Your body is your foundation.
It tells you what you need before anything else does.
When this is in alignment, you feel steady. You have energy.
You are eating, resting, and taking care of your body in a way that actually supports you. You are not fighting your body—you are working with it.
When it needs attention, you feel it.
You are tired but keep going.
You skip meals or grab whatever is easy.
You rely on coffee or sugar just to get through the day.
You start to feel disconnected from your body, but you keep pushing anyway.
When this is not being met, you run on empty long enough that your body eventually slows you down—whether you are ready or not.
Question:
What does my body need right now?

Air — The Mind
Your mind helps you make sense of your world.
It gives you perspective, clarity, and direction.
When this is in alignment, your thoughts feel clear.
You can think something through without getting stuck in it.
You are able to step back and see what is actually happening.
When it needs attention, your mind does not slow down.
You go back and forth.
You replay conversations.
You try to find the "right" answer and end up more confused.
You are thinking—but not landing.
When this is not being met, you stay in your head instead of moving forward.
Decisions get delayed.
Clarity feels just out of reach.
Question:
What am I making this mean?

PART II- THE SIX GATES

WATER — THE EMOTIONS
FIRE — THE MIND

Water — The Emotions

Your emotions show you what is moving within you. They are part of how your body processes your experiences.

When this is in alignment, you can feel what you feel without getting lost in it.

You are able to move through emotions as they come.

You do not hold onto them, and you do not shut them down.

There is space to feel, and there is space to come back to yourself.

When it needs attention, it shows up.

You say you are fine, but you are not.

You feel irritated, overwhelmed, or shut down.

You try to move past it, distract yourself, or tell yourself it is not a big deal.

But it does not go away.

When this is not being met, it comes out in other ways.

In your tone. In your reactions.

In the way you pull away or disconnect.

It does not disappear — it just shows up differently.

Question:

What am I actually feeling right now?

Fire — The Spirit

Your spirit is your drive, your energy, and your sense of direction.

It is what gives meaning to what you are doing.

When this is in alignment, you feel connected to your life.

You have energy behind what you are doing.

There is movement, even if things are not fully clear yet.

You feel a sense of purpose or at least a pull toward something.

When it needs attention, you feel it.

You keep showing up, but something feels off.

You are doing what you are supposed to do, but you are not fully in it.

The energy is not there, even if everything looks fine on the outside.

When this is not being met, things start to feel flat.

You go through the motions.

You feel disconnected from what you are doing.

Over time, it becomes harder to create, lead, or move forward in a way that feels real.

Question:

What feels alive for me right now?

PART II- THE SIX GATES

ETHER — THE ENERGY
SHADOW — THE VOID

Ether — The Energy

Your energy is how you move through your day.

It is not just about how much you get done — it is about how it feels while you are doing it.

When this is in alignment, things feel lighter.

You are not forcing everything.

You are able to move, respond, and adjust without constant strain.

There is a sense of flow, even when things are not perfect.

When it needs attention, you feel the difference.

Everything takes more effort.

You are doing more, but it does not feel like it is working.

You keep pushing, trying to make things move, but it feels heavy.

When this is not being met, you stay in that push.

You overextend yourself.

You take on too much.

You keep going, even when your energy is already low.

Over time, this leads to burnout, frustration, and the feeling that nothing is really clicking.

Question:

Where am I'd forcing instead of allowing?

Shadow — The Void

Your shadow is not something to fear.

It is the part of you that has not been fully seen, acknowledged, or understood.

When this is in alignment, you can be honest with yourself.

You are able to look at your patterns, your reactions, and your choices without avoiding them.

There is awareness, even when it is uncomfortable.

When it needs attention, you feel it.

You get defensive.

You avoid certain conversations or situations.

You notice the same reactions showing up, but you do not want to look at them too closely.

When this is not being met, the pattern continues

Different people.

Different situations.

But it feels the same.

At some point, you begin to see that it is not random.

It is something within you that has been asking to be seen.

Question:

What am I not wanting to look at right now?

PART III- INTEGRATRION

SEEING YOUR CURRENT STATE YOU DO NOT NEED TO FIGURE EVERYTHING OUT AT ONCE.

Start with one question:

Where am I right now?

Notice what feels the most active.

Your **body** — are you tired, tense, or running on empty?
Your **mind** — are you clear or stuck in your thoughts?
Your **emotions** — are you steady, or is something building underneath?
Your **energy** — are you moving with ease, or forcing your way through?
Your **direction** — do you feel connected to what you are doing?
Or is something repeating that you have **not fully looked at**?

You do not need to search for the right answer.
You are looking for what is already there.
When you can name where you are, even simply, something shifts.
You stop reacting blindly.
You start seeing what is actually happening.

That is where something actually shifts.

Moving Through the Gates
Once you see where you are, stay there.
You do not need to move through all six gates. You do not need to fix it immediately.

Ask the question that belongs to that gate.

Keep it simple. Let the answer be honest. Then respond. *Maybe* your body needs rest. *Maybe* your mind needs space. *Maybe* your emotions need to be felt. *Maybe* your energy needs you to stop forcing.

One small shift is enough. When things feel off. There will be moments where things feel unclear. You *may* notice the same thoughts, reactions, or patterns showing up again.

When this happens, come back to the question:
What is active right now?
Start there again.

PART III- INTEGRATION



This is not something you move through once. It is something you return to—again and again —until you learn how to work with yourself.

Trusting Your Inner Compass
Over time, this becomes natural.
You begin to notice sooner.
You catch yourself before things build.
You start to trust what you are seeing.
Your inner world is not working against you.
It is guiding you.
You are not here to control it.
You are here to learn how to work with it.

Tools to Support You
If you are unsure where you are, you can start with the **Wayfinder Quiz** by visiting www.rootsofpurpose.life

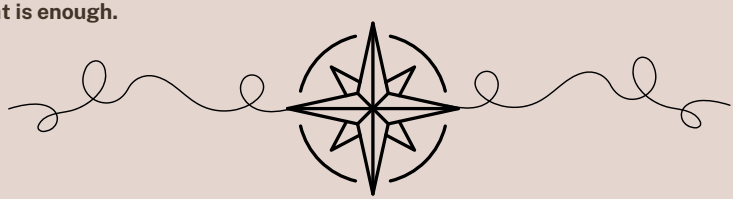
It will help you see which part of your inner world is asking for your attention right now, while also suggesting ways to be present with yourself with what is alive in you currently.

If you already know where you are—but feel stuck moving through it— you can use the **Compass.** It gives you simple questions, guided prompts, and grounded practices to help you respond instead of react.

These are not things you use only once.
They get to become apart of your inventory and you can return to them as often as you may need—***especially*** in the moments where you would normally push through, ignore what you feel, or override what your body is telling you.

Start simple.
One check-in.
One question.

One moment of awareness.
That is enough.



CONCLUSION-
A RETURN TO YOURSELF

THE WAY OF THE SIX IS A WAY TO UNDERSTAND HOW YOU MOVE THROUGH YOUR LIFE.
NOT IN THEORY—BUT IN REAL TIME.

You have a body that responds. A mind that interprets. Emotions that move. Energy that shifts. A sense of direction that pulls you forward. And patterns that repeat until they are seen. When you do not understand how these parts of you work together, life can feel reactive.

You stay in situations longer than you should. You push through when you need rest. You overthink instead of moving. You ignore what you feel until it builds. You burn out. You lose connection to what once felt meaningful.

This is not because something is wrong with you.

It is because you were never shown how to work with yourself.

The Way of the Six gives you that.

It gives you a way to recognize what is happening within you — so you can respond with awareness instead of reacting without it.

There are things in life you cannot control, but you can learn how to meet yourself in what is happening. You can learn when to pause. When to move. When to feel. When to step back. When something is aligned — and when it is not.

This is how you create less resistance.

Not by fixing everything outside of you — but by understanding how to move within yourself. Over time, this changes how you show up, in your relationships, in your work, in your decisions and in how you use your energy.

You begin to see what is happening instead of being inside of it without awareness.

And from there, **you have a choice.**

That is what this work gives you.

Not control.

Clarity.

Awareness.

And a way to move with yourself instead of against yourself.