

NADIA S. KRAUSS

From Dreaming to Done

A Soul Map
for Finishing What You
Were Born to Do

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PRAISE FOR DREAMING TO DONE

Turning Precious Gifts into Living Dreams!

From Dreaming to Done creates a bridge for those precious gifts we carry within to find their way out into the world, so we can finally see our dreams mirrored in reality.

- Laura Hollick, Artist & Creator of the Soul Art® process

What a powerful guidebook!

What a gift this book is! So many of my clients have been caught at one stage or another with making their big ideas real. Through the power of story, personal experience, and powerful exercises Nadia Krauss has brought into being a powerful guidebook keeping inspiration alive. She knows how to help you fan your own flames, shining light where it is needed, and prompting you forward. A dream not realized keeps you in a state of longing. This book can show you the way out of that kind of stuckness. We need this.

- Laurie Seymour, Founder/CEO at The Baca Institute

Medicine for the highly sensitive soul!

Nadia Krauss has written the book I wish I'd had during my own spiral dance between dreaming and doing. This isn't another manifesting manual or productivity hack; it's a soul map for the woman who's tired of circling her deepest calling and ready to finally land it.

What strikes me most about Nadia's approach is her unflinching honesty about the messy, non-linear path of bringing dreams to life. She doesn't promise quick fixes or bypass the emotional work required for true transformation. Instead, she offers something far more valuable: a framework rooted in embodied wisdom, gentle courage, and the kind of self-love leadership that actually sustains long-term change.

From Dreaming to Done is medicine for the highly sensitive soul who's been everything for everyone else and is finally ready to be everything for herself. If you've ever felt the ache of an unlived dream, this book will meet you exactly where you are and walk you home to yourself.

- Hal S. Eisenberg, L.M.S.W., CEO Eisenberg Leadership, Inc., Bestselling Author, Whispers in the Rain: 48 Lessons on the Roadmap to Love and Enlightenment

From Dreaming to Done is true soul food!

This gem of a read reminded me to get back to a way of being and to stop measuring life against my to do list. Thank you Nadia for guiding me home to my body and its somatic messages. Nadia's guide to soul alignment

reminds me to stay rooted in my progress and to remember I am on soul time. The creator and artist of my life. Nadia's Soul Map is a powerful and moving answer for those looking to finish what they started.

- Joanne Clark, Bestselling Author of Exquisitely Bored, Fractional CMO

It felt like an energetic hug!

Nadia's book, "Dreaming to Done" is an incredible guide straight to your soul's journey and to your heart. As I read more and more, I could feel such a profound soothing of her words as if I was being held and loved the entire time. So many truths that everyone can relate to and depth that can truly be captured by those like me who have a huge conviction to staying true to my soul's dreams and mission on this planet. I know where to turn to, when I need an energetic hug!

- Ellie Laliberté, Award Winning Author of Letters From You to You, Self-Awareness Coach

So refreshing!

If you've ever stared at a half-finished vision board while eating cold pizza and thought, "Wow, I'm crushing life," this book is your wake-up call. Nadia doesn't just make you dream bigger, she shows you how to actually finish the thing. It feels like a soul workout wrapped in a cozy chat. You'll laugh, you'll nod, and at some point you'll probably mutter, "Fine, Nadia, I'll do it." By the end, you're not just dreaming, you're actually doing.

- Jenn Noble, Relationship Coach, Speak Honest LLC

A masterpiece for self-care!

Without a doubt, this book is LIFE inspiration and whole heart happiness for me. It gives me a delicious ease I've been seeking. Transformative and heart-led, it invites action, self-care, and dream-to-done purpose — with art and doodling that spark joy and deepen embodiment. Highly recommended.

- Shelley A Murdock, Bestselling Author of In Search For Longevity, Longevity Coach

A truly transformative and grounding read!

I just finished reading From Dreaming to Done and was so touched. Nadia's words held up a mirror, showing me places where I wasn't fully in harmony with my soul's desires. The reflection questions, personal stories, and creative tools helped me see where I'd been hiding from my dreams, while offering practical, spirit-led steps to move forward.

- Tara Preston, Evolutionary Guide for Midlife Mothers & Leaders, Akashic Teacher, Transformational Space Holder

Heartfelt and uplifting!

Dreaming to Done is such a warm and empowering book. Readers are invited to embark on a soulful journey of self-discovery, learning to trust their intuition and embrace their unique path. It's a heartfelt reminder that true success comes from within, offering practical guidance on aligning with one's soul map. An enlightening and uplifting read for anyone ready to

follow their heart's desires!

- Heather Colman, Bestselling Author of Our Money Narrative, MBA

Empowering and deeply insightful!

Nadia's book is nothing short of fantastic! Filled with soft guidance and profound teachings to help you build emotional resilience. It beautifully illustrates the journey from breakdowns to breakthroughs, emphasizing the power of inner guidance and emotional root systems. A must-read for anyone seeking to reconnect with their true self and rise above life's storms!

- Danielle C Baker, Bestselling Author of Bringing Up The World, RECE

Filled with clarity and courage!

"I don't help you dream more. I help you finish the dream your soul has never let go of." This is the heartbeat of Nadia's book. From Dreaming to Done is about starting imperfectly, embracing embodiment, and making progress over perfection - because done is better than perfect. With clarity and courage, Nadia shows how to move from circling to completing, from dreaming to living. The results from following her guidance are outstanding. Thank you, Nadia, for this gift - may your readers and your mission flourish as they finish what truly matters.

- René "Impact, Income & Freedom" Baratella, Business Coach

Time to bring your dreams to life!

When our presence fades, our dreams get pushed aside. But they never stop whispering: 'I'm still here.' When you're ready to bring your dreams to life, there's no one better than Nadia to guide you through the portal of creation and find your own finish line. She offers a pathway using art, creativity, and your own soul for birthing your dreams and becoming your true essence. If you have been asking for a guide, Nadia is it. Read this book, take the steps along your path that Nadia describes, and watch your dreams and your life blossom.

- Jennifer Rinehart, Rebel Oracle + Keeper of the Pollinator Codes

This is a Must Read!

What's your dream? I highly recommend "From Dreaming to Done," where Nadia lovingly guides you through her unique process of dream completion. If you have a dream that is sitting on a shelf, "From Dreaming to Done" will help you dust it off and put it into powerful action and successful completion. This is a must read for anyone ready to come into full bloom with their purpose and passion.

- Joy Balma, Bestselling Author of Crack Your Good Girl Code

Good For the Soul!

Nadia's book, *From Dreaming to Done*, is truly good for the Soul. The conversational style felt as though she was speaking directly to me. It was refreshing to be guided to realize our Soul's purpose within a safe space, without being told that the only way to succeed is to 'grind.' I appreciated the reminder that self-care is vitally important to complete what we are born to do, and I enjoyed the practical exercises and key takeaways to integrate learnings at the end of each chapter. I highly recommend this beautiful heart-led book.

- Lisa Anna Palmer, Founder & CEO, International bestselling author, and podcaster. Co-Founder & Co-Chair of Mustakabali Wetu-Our Future NGO

What a Gift to the world!

Reading *From Dreaming to Done* felt like sitting across from my sister, hearing her share her heart. Nadia has a gift for putting into words the struggles and hopes so many of us carry, and for showing a way forward that feels gentle but powerful. This book isn't theory. It's lived wisdom, and it speaks to anyone who has ever had a dream they don't want to leave unfinished. I couldn't be prouder of her.

- Nadim Braun, Head of Operations

Dedication

To the Heart Leaders who have inspired, supported, and believed in me — thank you for holding the vision when I could barely see it myself.

To you, dear reader and fellow Heart Leader, about to embark on this *From Dreaming to Done* journey with me: this is for every dreamer who dares to finish what their soul began.

To my younger self and my future self — thank you for your stamina, clarity, perseverance, and unwavering heart to complete what truly matters.

To Eric, my partner in every adventure — thank you for believing in me, in us, and for choosing *us* through every season. You have made our shared life a dream worth living. My gratitude to the one who walks beside me, in sunshine and in shadow, always returning to the choice of us.

To Laura Hollick and the Soul Art® Certification training that has shaped me, and for her encouragement to step more fully into my own

creative identity while honoring the roots I've received from Soul Art®

And to the Divine — for guiding my hands, my heart, and my path — and to all the hearts who walk alongside me, now and always.

My Dream

I dream of a world where heart-led women win big not just for themselves, but for the good they can do when they rise.

I am here to turn dreamers into finishers, guiding them to complete the visions their soul began, so their work can circulate wealth, love, and change in the world.

Through the sacred weaving of art, healing, and business, I help women embody their essence, align with their deepest truth, and build the structures that allow their dreams to flourish.

Because when we finish what we were born to do, we don't just transform our own lives; we ignite a ripple of generosity, joy, and impact that outlives us.

*"I don't help you dream more. I help
you finish the dream your soul has
never let go of."*

— Nadia S. Krauss

PREFACE

*"An empty lantern provides no light.
Self-care is the fuel that allows your light to shine
brightly." — Author Unknown*

What if self-care was the highest form of
manifesting and self-actualizing your dream?

Hello, brilliant heart and beautiful Soul. I'm so glad
you found your way here, reading these pages. I
began writing this book with that quote and this
question because not taking exquisite care of myself
was the reason I kept circling my truest dream, what
I was born to do, for far too long.

This is the first spark of the **Soul Map Spiral
Process™** — what I call the **Dreamspark**. Every
dream begins with a flicker, a yearning that lights up
from within.

It's why every business I started seemed to end in
burnout. Each burnout wasn't the end, but part of
my Spiral — inviting me to go deeper and returning

me again and again to that original spark until I finally learned how to nurture it.

You see, I knew how to be everything for everyone else. I was skilled at using my highly sensitive perception to attune to my environment and meet others' needs. I excelled at people-pleasing, at the cost of my own peace and fulfillment. I had no boundaries, and as long as everyone else was happy, I believed I was too.

For years, decades even, I peeled back the layers of co-dependency, enmeshment, and overgiving, all while being a high-achieving, Type A personality and a naturally born leader. I know you can relate, because you are, too.

I know you are deeply feeling. Like me, you've experienced a lot, emotionally, spiritually, and professionally. You are not a beginner when it comes to soul exploration.

Deep inside you lives a dream, a vision you've never quite let go of, yet one you've never fully brought to completion. You find yourself in a space of inner transition: ready for more, yet tired of push energy, depleted by systemic structures, and weary from the pressure to perform.

You are a soulful leader, intuitive, resilient, and quietly powerful. You've been the strong one for others, and now you are learning that softness isn't weakness; it's a deeper kind of strength. This next chapter isn't about proving your power. It's about embodying it, fully and gently.

I wrote this book for you. For me. And for all of us, highly energetically sensitive souls who stepped into high-achieving, high-performing roles just to feel like we belonged.

I wrote this book because, just like you, I refuse to leave my dream unfinished.

And because I believe, just like you, that my heart and soul came into this body and world to *win big and do good*.

We are living at a crucial turning point in human evolution. It's clear we face challenges we can no longer avoid. We will either rise to the occasion or succumb to self-destructive patterns. I know I'm here to rise, and now I'm showing others how to rise, too.

I'm showing up with big dreams to change the world, one brilliant heart and beautiful soul at a time, because:

I've lived the in-between:

The fire of the vision and the stillness of the stall.

I know the ache of circling the same soul dream for years.

And I've found the pathway to finish what truly matters, so we all can win big and do good, becoming the change we wish to see.

This book is a **Soul Map Spiral™** process and a sacred permission slip.

Not just for creatives. But for anyone whose dream still whispers, *Don't forget me*. Through these pages, I'll walk you through the 7 layers of the Spiral — from the first spark of a dream to the deep integration of living it fully.

With this book, you're entering a portal to discover your magic.

From dreaming to done.

From delay to devotion.

From fear to full embodiment.

Because I know:

You didn't come this far to leave your dream unfinished.

From one dreamer to another,
It's time to finish what you were born to do.

**Big love,
Nadia**

As you turn the page into the Introduction, notice how this book begins to shift from my personal story into your Soul Map.

Here, you'll see how the Soul Map Spiral™ process becomes the gentle framework guiding you step by step — from spark to completion. Let's walk this path together.

INTRODUCTION

"I don't help you dream more. I help you finish the dream your soul has never let go of."

— Nadia S. Krauss

This book is a safe space where your depth is not seen as a weakness, but as a gift. It's structured without pressure. A gentle container for your creative flow.

A companion and guide to help you authentically complete your Soul's vision.

It offers support to activate safety in your nervous system for expansion.

It provides *reminders* instead of motivation, a return to what you've always known deep inside.

This book does not skim the surface. It won't push you to act out of alignment with your true nature. It's not about lofty spiritual concepts without grounded implementation. It's not a path that will activate

stress, force, or grinding energy in your body. It will not leave you feeling lost in the noise of life or stuck in unproductive loops. Quite the opposite.

It offers *gentle leadership*, not hyped-up hyperbole.

It activates *body intelligence*, not just mental processing.

It guides you through sacred self-care rituals, infused with rhythm, healing, and repetition. This is a creative field that will not overwhelm you; it will bring you home.

My Role in This Journey

I am not a coach, and I won't tell you what to do.

I am a guide, reminding you of the wisdom you already carry.

The wisdom that forms your Soul Map for finishing what you were born to do.

I help you take that final step:

From *eternal searching* to *sacred completion*.

I bring you back to the dream your soul has never given up on, and help you embody and self-actualize it:

In love.
In aligned action.
In rhythm.
In pause.
In presence.

I don't help you dream more.
I help you finish the dream your soul has never let go of.

This book will guide you through the process of understanding your unique Soul Map framework within the context of:

1. Hearing the Call
2. Initiating the Shift
3. Cultivating the Practice: Honoring the Timing
4. Doing the Work: Trusting Yourself
5. Walking the Talk: Giving Yourself Permission
6. Gentle Courage: Your Dream Fulfilled
7. From Dreaming to Living as Joy in Motion

You are:

- Creative, by nature.
- Whole, by design.

- Powerful, by claim.
- Magic, by heArt.
- Sexy, by an empowered body.
- Talented, by your Soul's gift.

This book and your engagement with it will remind you of that.

Now that you've felt into the essence of this journey, we step onto the spiral itself.

The first layer of the Soul Map Spiral™ process is the Dreamspark — that initial whisper, yearning, or spark that ignites your Soul's call.

Chapter One begins here: hearing the call that awakens the dream within you.

CHAPTER ONE

Your Dream Is a Soul Map to What Matters Most to You

"Hearing about your Divine potential and your Soul's gift is an entirely different thing than embodying your Divinity by applying your Soul's gift."

— Nadia Shana Krauss

Hearing the Call: A Whisper From the Past

I first heard the call at 11 years old. This was my Dreamspark moment, the very first flicker of a Soul dream that would not let go.

Watching my parents, unhappy in themselves and unfulfilled in their relationship, constantly fighting about money, I felt a deep yearning stir inside me. Even though I didn't know exactly how, I *did* know in my bones that I was going to do things differently. I was going to create a legacy filled with meaning, great relationships, and financial well-being.

My parents did the best they could with what they had, I see that now. They often spoke about Divine potential and the importance of contributing one's gifts to the world. But they didn't know how to *apply* their Soul's gifts. They never truly embodied their Divinity in a way that allowed them to win big and do good.

It was heartbreaking to witness. And it led me to make a firm decision. That decision was my Soul Yes — a vow to live differently, to create something new. Not just repeat the same old story. Little did I know, I'd walk a 39-year journey of trial and error, spirals of healing and empowerment, patterns of stalling, and rhythms of breakthrough. It took until I turned 50 to truly understand how to connect with my Soul Map Spiral™ and how to *finish* what I was born to do, and most importantly, how to guide other heart-led dreamers to do the same.

Writing, publishing, and sharing this book with you is a full-circle moment of completion, for my heart, my soul, and for *you*.

You've Heard the Call, Too

You, beautiful dreamer, have heard the call many times, just like I have.

You know there's no turning back. And that's a

good thing.

You carry the frequency of transition within you.
You live on the edge of growth spurts, between
what *was* and what's *not yet tangible*.

Your outer world may say, "You have everything."

But your inner world whispers, "I'm just functioning."

You are sensitive, often masked.

Spiritual, though you may not call yourself that.

Intelligent, but tired of always thinking.

Present for those who count on you, yet absent
within yourself.

You long for something you can barely name:
Security in the midst of your own depth. [This is
where the Spiral Step In begins: choosing to listen to
the ache of your Soul instead of ignoring it.] You no
longer want to just "know"; you want to *become*. Not
the "next version of yourself," but your true *essence*.

You are not a beginner. You are a soul traveler.

And you are also tired, deeply tired.

What you need isn't a kickstart.

What you need is *you*, as a haven of peace, as a
mirror, as a reconnection.

The Challenge: Staying With the Dream

Across these 39 years of coming into my own and
finishing what I was born to do, I've often been
tempted to give up, sometimes inwardly, sometimes
outwardly, and sometimes both.

But I stayed. Because my heart and soul wouldn't
let go of the dream. [This is the work of the
Preservation Chamber — staying with the dream
even when it feels fragile, protecting it until it can
grow.] I stayed as true to myself as I could be in
each moment, in my body, one stepping stone at a
time, each bringing me closer to my vision. That was
no accident. That was *gentle courage in motion*.

Let me guide you through short 10-30 minute
creative processes to help you cultivate this same
staying power. What I call *emotional resilience*.

The Mirror Is You:

1. Where in your body do you carry the energy of the dream that keeps calling you but has not yet been completed by you?
 - Do you feel it as pressure in your chest? As a longing in your heart? As restlessness in your back?

The answer to this question shifts the dream from “project” to embodied truth.

If you would like to receive a guided meditation and visualization of this 3-question process to help you remember that this dream lives within you to be carried to term through you, you can go here to receive a Soul Map Gift.

<https://bit.ly/SoulMapGift>

“You don’t have to invent your path to finishing the dream — you can just receive it. Right now.” - Nadia Shana Krauss

2. What has your intuition been trying to tell you for months that your head keeps

putting off?

- Is there a clear yes that you are minimizing? A truth that you’ve known for a long time?

This question is about the stop sign for self-sabotage. This guided presence process doesn’t ask: What do you think you can do? It asks: “What are you ready to receive now?

3. If your dream were your body, what would it ask you to do today?

- Listen? Create space? Take a small courageous step?

[This is your Alignment Checkpoint — where you pause, listen, and realign your choices with your dream’s wisdom.]

The answer to this question puts an end to overthinking. It brings manifestation into the moment — not with to-do lists, but with present embodiment.

My Soul signature in writing this book and guiding you through the From Dreaming to Done Journey is this:

"If mindset is king, then embodiment is queen, and you don't have to push your dream. You get to inhabit it." - Nadia S. Krauss

[This is the Expression Gate opening: where what once lived as thought becomes embodied action, visible in your life.]

It has worked for me. It can work for you. And it most certainly has worked for others.

Testimonial/ Case Study:

A Journey of Clarity, Transformation & Deep Connection

"I was feeling a lack of direction and encountering blocks to my progress. Clarity was elusive, and I was working far too hard without seeing the results I desired.

Having been immersed in the Energy World for over three decades, it's rare for me to encounter something truly new. However, the Soul Realignment® reading and process introduced me to a fresh, transformative energy. Nadia's magic, combined with her well-crafted and intentional steps, made me feel safe, seen, heard, and understood at a profound level. Her compassionate nature

and eloquent way with words allowed me to perceive aspects of myself that had long been hidden.

The results were extraordinary. I gained so much more clarity, serendipity, and lightness. Burdens were lifted, and powerful mantras were created that keep me aligned, help me remember my Essence, and attract what I truly desire with increased confidence and peace.

Nadia, YOU are the magic and the medicine. Your way with words, your gifts, and your process have truly deepened my love for myself and humanity. I love you!

To anyone considering this journey, know that the gentle and profound transformation offered by Nadia's process is like providing your Essence with the nourishment it needs to flourish." - Christina Courtwright Jenkins, U.S.

What echoes in you from her story?

Christina's results reflect the power of Done / Integration — where the spiral comes full circle and a new wholeness is lived.

Chapter Recap

To walk with the dream your Heart & Soul still hold

1. **The Awakening: A Vow to Live Differently**

A sacred seed was planted in childhood — a vow born not from rebellion, but from remembrance. You knew, even then, that you were here to do life differently: with depth, devotion, and divine meaning.

2. **The Spiral Path: Becoming Takes Time**

Your dream did not unfold in a straight line. It spiraled through decades of growth, unraveling, healing, and return. Completion is not about speed — it is the soul's slow devotion to what truly matters.

3. **The Threshold: Between Who You Were and Who You're Becoming**

This book — your mirror — is here now. You are welcome as you are. Masked, sensitive, and weary. Within you the ache of sacred longing, a pulse of purpose, a truth too vibrant to ignore. This is the place where magic begins.

4. **The Medicine: Staying With the Dream**

In a world of hustle, you can choose presence. Your medicine is emotional intelligence,

gentleness, and the art of staying. This is what finishes the dream — not force, but fidelity to your Soul's whisper.

5. **The Embodiment: Making the Invisible Visible**

Through Soul Art®, the dream speaks in symbols, colors, and truth. This is how you remember. This is how I returned to myself. Now I offer you, the reader, this same pathway — a mirror, a map, a movement back to your true nature. Home.

Soul Map Ritual - A Spiral to Come Home to Yourself

A Guided Inquiry

Take a moment to pause.

Close your eyes.

Feel your breath enter your body like a sacred guest.

Let this question land softly in your heart:

Where am I on my Soul Map right now?

There is no right answer. Only resonance.

Gently read each milestone again and notice:

* Which one stirs you?

* Which one feels like home?

* Which one feels like a stretch you're ready for?

Now place your hands on your heart or womb-space and ask:

What do I need to trust this part of the path?

Breathe.

Listen.

Write what arrives below:

I am here: _____

My message from this place: _____

My next loving step: _____

Return to this ritual any time you feel lost or unsure.

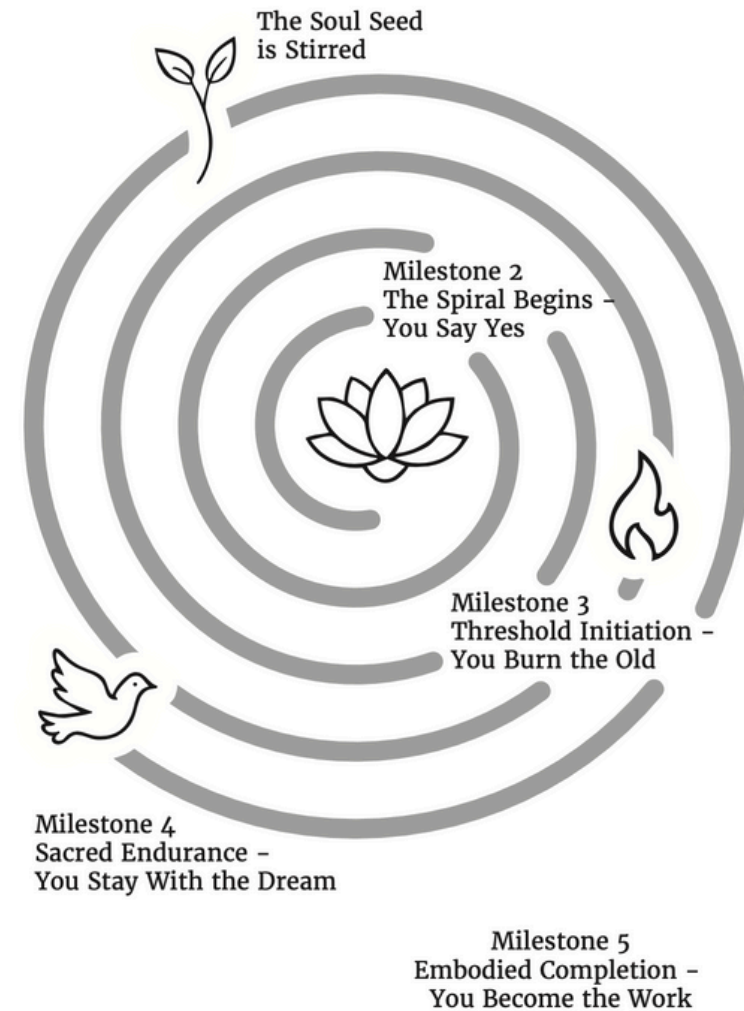
Your Soul always knows the way.

The Soul Map Spiral™

A visual portal to locate your journey

Imagine a spiral path moving from the outer rim toward the luminous center — each ring representing a stage of your heroine's journey.

THE SOUL MAP SPIRAL



Mark the place that feels most alive to you right now.

Let the spiral show you what is ripening, what is resting, what is reawakening.

Draw, doodle, write in the margins.

- *What has this reflection shown you?*
- *What sacred step wants to emerge from this place?*

What you've just walked through is the rhythm of the Soul Map Spiral™ Process — from Dreamspark to Integration. You'll see these layers woven throughout this book as guideposts on your own journey.

*“Every spiral contains its own
rhythm of becoming. Trust yours.”
— Nadia Shana Krauss*