

Use Magic to Enhance Your Life

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Glamour  
SAFETY  
Audit

DECODING WHY YOUR NERVOUS  
SYSTEM RESISTS VISIBILITY,  
WEALTH & POWER

*A 7-Minute Identity Assessment + Color Ritual Reset*

*Mika B.*

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Greetings, My Friend!



If you've ever:

- *Felt uncomfortable being “too dressed up”*
- *Minimized compliments*
- *Avoided standing out in rooms*
- *Felt guilt spending money on your appearance*
- *Softened yourself to avoid intimidating others*
- *Wanted more visibility... but shrank when you got it*

*This is not insecurity.*

This is nervous system protection.

Glamour magic is not about beauty.

**It is about safety.**

Your body **will not allow** you to embody:

- wealth
- visibility
- leadership
- magnetism

...if those identities feel unsafe.

This audit will help you decode:

- *Why power feels uncomfortable*
- *Why attention feels overwhelming*
  - *Why wealth feels destabilizing*
- *Why “being seen” triggers contraction*

And most importantly — **how to reset it.**

*Let's begin.*





## The Glamour Truth

Before we assess your patterns, we need to clarify something:

*You do not lack confidence.*

*You lack safety in confidence.*

There is a difference.

Your nervous system learned what visibility cost.

It learned what happened to women who:

- *Spoke boldly*
- *Dressed confidently*
- *Took up space*
- *Commanded attention*

If attention once led to:

- *criticism*
- *jealousy*
- *punishment*
- *rejection*
- *abandonment*
- *shame*



Then your body adapted.

**It made invisibility safer.**

*Not weaker.*

Safer.

**Glamour work is nervous system re-education.**

*Not performance.*

*Not manipulation.*

*Not illusion.*



**But alignment.**

Now let's **decode** your pattern.



## The Glamour Resistance Assessment

For each statement, rate yourself:

**1 = Rarely true**

**2 = Sometimes true**

**3 = Often true**

**4 = Almost always true**

1. I feel uncomfortable being overdressed in a room.
2. I minimize compliments or deflect praise.
3. I feel guilty spending money on my appearance.
4. I avoid bold colors or strong silhouettes.
5. I soften my voice to avoid seeming “too much.”
6. I downplay my achievements.
7. I feel anxious when receiving attention.
8. I shrink when someone comments on my presence.
9. I prefer blending in over standing out.
10. I feel exposed when I look powerful.

11. I worry people will judge me for dressing boldly.
12. I feel more comfortable supporting others than leading.
13. I avoid being the most noticeable person in a space.
14. I associate beauty or glamour with vanity.
15. I feel safer when I look “approachable” than authoritative.

**Total your score.**



# Your Glamour Pattern

15–25 Points



## The Softened Sovereign

You have leadership energy.

*But you've learned to soften it.*

**Your nervous system associates power with emotional consequences.**

You may:

- **Over-accommodate**
- **Dim your visual authority**
- **Minimize your magnetism**
- **Dress “safe” instead of aligned**



Core Fear:

**“If I am fully powerful, I will be rejected.”**



# The Invisible Protector

26–40 Points

*You learned that invisibility equals safety.*

You may:

- **Avoid attention**
- **Feel exposed when complimented**
- **Shrink when noticed**
- **Dress neutrally to avoid scrutiny**

Core Fear:

**“If I am seen, I will be attacked or judged.”**



## The Overperforming Siren

41–50 Points

**You are comfortable being visible — *but it may be performance.***

You may:

- **Use aesthetic for validation**
- **Feel pressure to maintain an image**
- **Associate attention with worth**
- **Feel destabilized without external affirmation**

Core Fear:

**“If I am not impressive, I am not valuable.”**



## The Collapsed Queen

51–60 Points

You May:

- **Dissociate from your appearance**
- **Avoid self-expression**
- **Feel guilt around beauty**
- **Minimize yourself consistently**

Core Fear:

**“My power is dangerous.”**



Pause here.

Take a breath.

None of these are flaws.

They are survival adaptations.

And survival adaptations can be rewired.

# The Glamour Reset Ritual

Based on your result, begin here.



## *For The Softened Sovereign*

Color Reset: **Purple**

Why:

**Purple signals sovereignty and authority.**

Ritual:

**Wear purple intentionally.**

**Stand upright.**

**Place your hand over your solar plexus.**



Say:

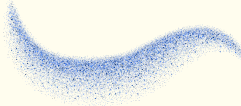
**“It is safe for me to lead.”**

Journal:

**Where have I abandoned my authority to maintain  
harmony?**



## *For The Invisible Protector*



Color Reset: **Blue**

Why:

**Blue signals trust and safety.**

Ritual:

**Wear blue.**

**Look at yourself in the mirror.**



Say:

**“It is safe to be seen.”**

Journal:

**When did visibility first feel unsafe?**



## *For The Overperforming Siren*

Color Reset: **Green**

Why:

**Green grounds identity beyond attention.**

Ritual:

**Wear green.**

**Sit calmly and intentionally.**

Say:

**“My worth exists without performance.”**

Journal:

**Who am I when no one is watching?**



## *For The Collapsed Queen*

Color Reset: **Gold**

Why:

**Gold signals value and divine authority.**

Ritual:

**Intentionally wear gold accessories.**

**Embrace the feeling of status, power, and authority.**



Say:

**“I am safe to exist fully.”**

Journal:

**What power have I hidden from myself?**





## The Decoding Layer

Here is the truth:

**Glamour resistance is rarely about clothing.**

*It is about memory.*

**Your nervous system stores emotional memory.**

If your body once learned:

**Visibility = shame**

**Attention = criticism**

**Beauty = danger**

**Leadership = isolation**



It will protect you from repeating that pain.

*That is not insecurity.*

**That is protection.**

**This is where decoding begins.**





## **The Glamour Safety Integration**

Now that you've identified your pattern:

**Your goal is not to force confidence.**

*Your goal is to build tolerance.*

**Start small.**

- *Add one bold accessory.*
- **Wear one intentional color.**
- *Hold eye contact 3 seconds longer.*
- **Receive one compliment without deflecting.**

Your nervous system learns through repetition and/or  
trauma.

*Not force.*

**Glamour is gradual safety expansion.**



## **Identity Reinstallation Exercise**

**Close your eyes.**

*Imagine the version of you who feels safe being fully expressed.*

**How does she dress?**

**How does she stand?**

**How does she enter rooms?**

**How does she allow herself to be perceived?**

*Breathe deeply three times from your diaphragm.*

*Envision these details in your imagination.*



**What do you smell like?**

**What do you eat?**

**How do you feel about yourself? Life?**



This is not fantasy.

**This is future safety.**

If this audit resonated, *your resistance is not a personality flaw.*

It is a pattern.

**Patterns can be decoded.**

*And identity can be installed.*

**Glamour magic is not about attracting attention.**

*It is about feeling safe holding it.*

If you're ready to go deeper into:

- **Color psychology**
- **Archetypal embodiment**
- **Ritual identity installation**
- **Wealth safety expansion**

The *Matriarch Glamour Ritual Workbook* will guide you step by step.

And if you feel the need to decode the deeper subconscious patterns first...

*That is the work of the Decoding Doula.*

You do not need to become powerful.

**You need to become safe being powerful.**

*This is where sovereignty begins.*



## Get To Know Mika



My work sits at the intersection of psychology, nervous system regulation, metaphysical transformation, and cultural magic.

I support women in reshaping their relationship with money by decoding the deeper layers of safety, worth, and identity that influence how wealth is received, held, and stewarded through the use of magic.

I believe wealth is not created through pressure or performance, but through regulation, alignment, and self-trust. When a woman feels safe within herself, her capacity for abundance naturally expands.

This work is an invitation to reclaim financial sovereignty, build wealth without self-abandonment, and step into a legacy rooted in wholeness rather than survival through in your magical essence.



*Mika B.*