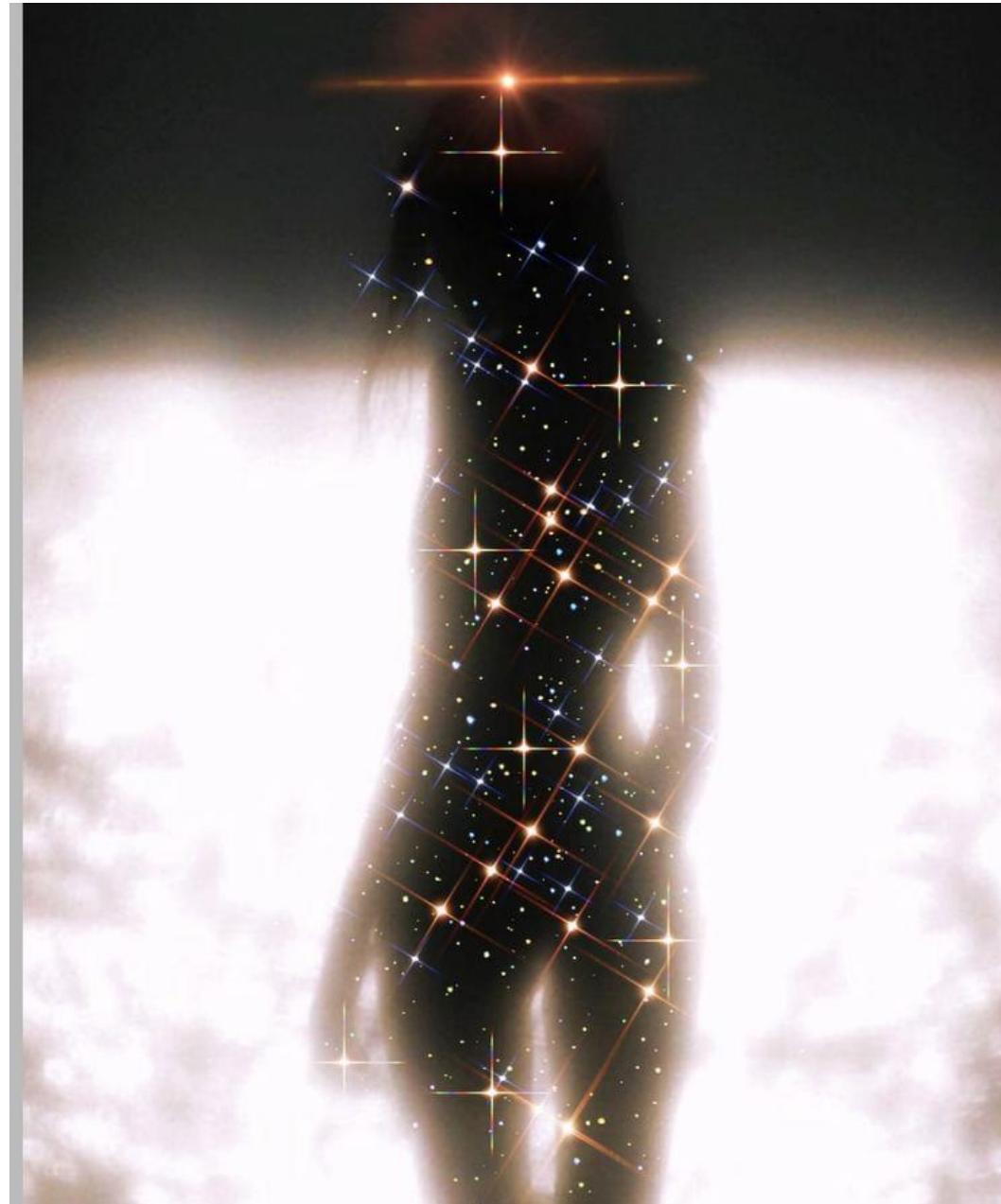


..  
**A star walking amongst us**



Loving your own energy is  
*sacred medicine.*

## Duality of self written exercise:

Write 3 things you are your most abundant, proud of either through identities/ characteristics/ feelings

1. Mother
2. Daughter
3. empathy

Write 3 things you are your least happy with yourself, either through identities/ characteristics/ feelings

1. Not in control of my emotional input and output
2. Not trusting myself to be able to stand up to my own values
3. Anger/ rage

Loving introspection:

Life is duality.

You are at the same time loving, kind, gracious mother and full of anger and rage.

The fact both exist doesn't take away from one being true or not.

Both these identities, feelings, states of being with yourself are lovable and worthy to exist in the light.

Don't hide your anger and rage- this is where the power lies. Learn where it lives in your body- and this you already know from your body speaking to you in pains around the body.

Loving introspection:

You are strong, capable, devoted daughter.

At the same time you wish to trust yourself more to be as moral/ ethical / worthy as your values.

This is illogical impasse.

Your story you told yourself about yourself doesn't match with your lived experiences.

You obviously are incredibly strong, capable, gracious, and loving daughter- this is a fact.  
Say it out loud- I am not kidding-

**“ I am a loving daughter of my mother, she knows I am capable to carry her and be her pillar when she needs it. With love, grace and it is authentically my desire to do so.”**

Duality conclusion:

We are all duality.

The angrier we are – the more loving with intention we can be. To truly love, you have to allow the hate too. Accept it and then release it.

The more you are strong and stable for others, the more you think you can't show up the same for yourself.

Your empathy is your proud achievement, but it wouldn't be possible if you didn't allow all the emotions to pass through you. Hence your desire to be more emotionally stable is just a wish that you could stop being so brave when faced with all life served lately.

# Side note\*

## Abundant states of being

mother/ daughter/empathy= all related to how you connect and become through others

## Lack states of being

Emotional control/ discipline/ anger= all how you relate to your own Self

## **SELF FORGIVENESS IS KEY HERE!!**

Exercise to do:

1. Print out if you don't have , a photo of yourself when you were little. . And place it next to your bed, where you will see it when you wake up
2. Few seconds when you wake up, spend it just at first acknowledging that little girl. She needs you. And you know that you are now finally ready and in a place in life to be her hero.
3. With time, see if you can tell her- good morning. Or good night. Develop a dialogue.
4. It will start in your brain memory centers to light up and you will start Inner Child healing process



# How we talk to ourselves within the Sacred Temple, our Body matters:

Change the way you speak about yourself- your body can hear you

Example:

#1

“I don’t have control over my emotional responses”

from a place of positive self talk and self learning becomes:

“I am going through a lot at the moment, and it’s hard to stay on the frequency of calm. I wish the storm I am going through would stop being so intense already. ”

#2

“ I wish I could be as ethical/moral/worthy as my inner values”

with love becomes

“I want to have a big life. I want to create a giant meaningful life. And sometimes this desire scares me. but I know that since this is my authentic desire, that I also have all I need to make it happen already within me.”

#3

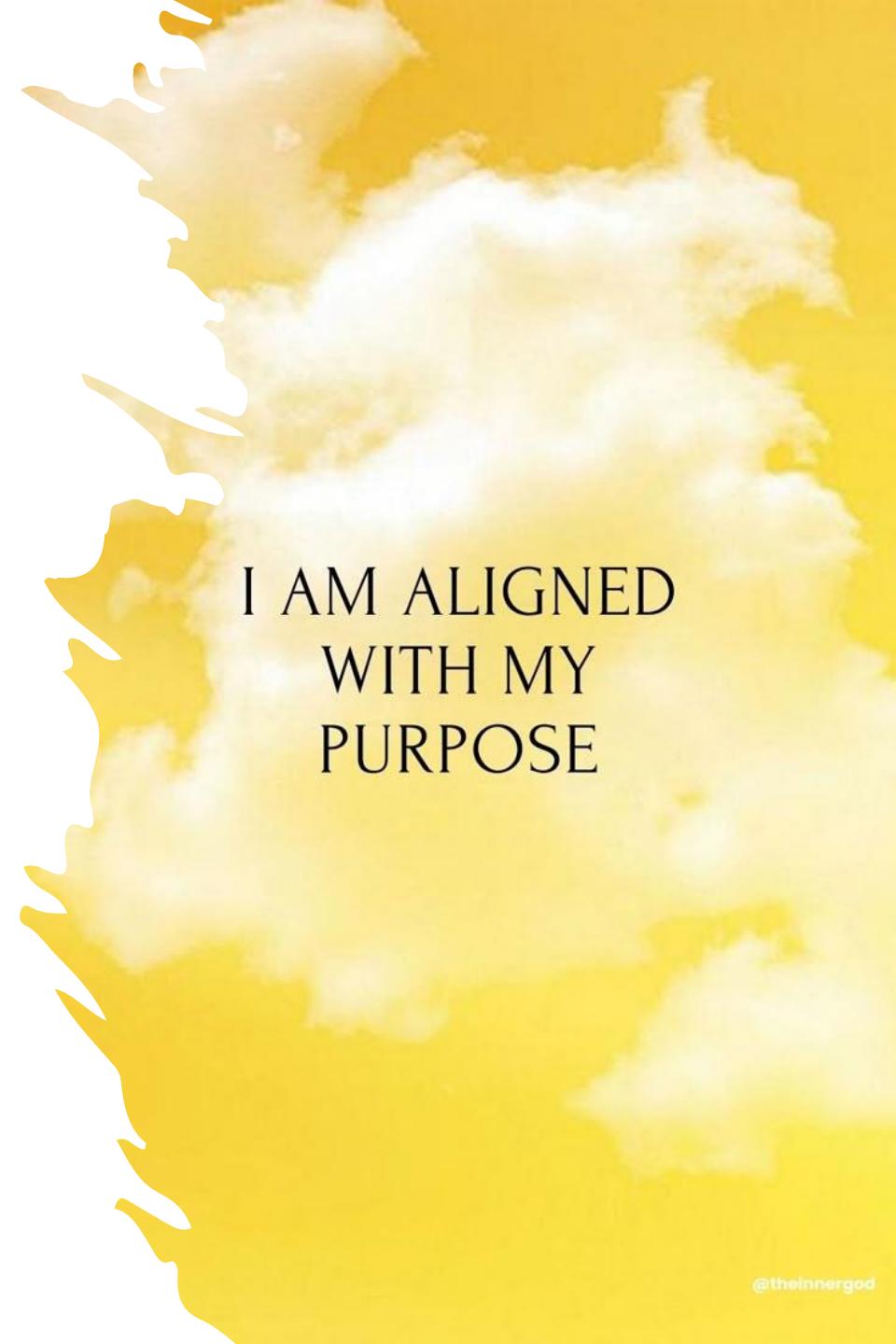
“I get so angry and full of rage”

With acceptance becomes

“My within is vast, there is no end to where I can stretch and all I can allow myself to experience. I raise my permission levels to include rage and violence. I do not hide from my own self. By allowing rage, I can allow love to flow with the same intensity.”

# Health situation looked at from spiritual biological responses:

- From a spiritual perspective, bile issues combined with Hashimoto's disease often relate to themes of **unexpressed emotions, self-bitterness, inability to "digest" experiences, and a lack of self-worth.**
- Gut is our third chakra, It's the center of our digestive system. We digest food, but we also digest ideas.
- It's a seat of personal power.
- Once the way we are relating to the world through our position (job, family, social circle) is disrupted, health issues in the gut system start.
- Psychological point of personal power- influenced by our beliefs and emotions related to our ego
- Our sense of value, ability to carry out decisions, from a place of authenticity not inherited stories
- Blockages are shown as pride, anger, prejudice, victimization, too sensitive to criticism, critical of others



I AM ALIGNED  
WITH MY  
PURPOSE

## Health situation looked at from spiritual biological responses:

- Thyroid issues are issues of the throat energetic center
- Negative experiences are transformed into wisdom as we heal our ultimate blockage- guilt
- important to measure not only T4 but also T3 thyroid hormones – most people that care for others have thyroid issues here- its called T3 caretaker silence
- Forgiving ourselves lives here
- we expand beyond negative intellectualism- wrong use of knowledge (you are stuck here)
- If you havent been able to express your sexual fantasies or your sexual desire, your throat chakra might be blocked
- Autoimmune illnesses are on the rise for women, currently 1:9 when compared to men, because women were not allowed to express their own true self.
- To express ourselves truly- we need to first learn ourselves from a place of total authority over your body – and it starts with your thoughts
- This is a female illness because of gender based beliefs and adopted behavior

# THERE IS SO MUCH JOY LEFT STILL FOR YOU !!

Play a game with yourself. Be devoted to it. Show your Ego that you are capable of taking care of yourself and that Ego can now let go and take a step back.

We never get rid of Ego, we develop a healthy relationship with it.

When You are in power.

Ego can only be in control (and since life is uncontrollable, it leads to many breakdowns before we face the fact that we have to start taking responsibility for our own lives.)

## Gratitude exercise:

1. For one week, every day, in the morning, name 5 things you are grateful for
2. Next week name 10 things every day
3. Week three notice each beatiful tree/flowers you see
4. Choose to look at someone in your life and each day notice what a good person they are
5. This is a daily practice, and I promise you, if you stick to it for a month- it will change how you experience your day to day.

A photograph of a field of tall grass or wheat in the foreground, with a range of mountains in the background under a hazy sky.

I am free.