

**The true strength is allowing and loving
all of You.**

**Bring your Shadows to light and let them
create a path only your Light can shine on.
You know who you are.**



Loving your own energy is
sacred medicine.

Duality of my everyday:

- I am a Mother
- I am a Wife
- I am _____
- I am ANGRY
- I deny myself freedom in accepting my sexuality
- I don't know who I am anymore, but its not this

Loving insight:

Mother as your identity carries with it all the versions of a “perfect” mother you created from lived experience, tradition, movies, songs-all carry emotional reaction in your body. Or you learned what a Mother isn’t.

When you choose how “Mother” feels like- you were a child. And only saw the “good” qualities of Mother as an archetype.

But then you became a mother, and the story you created in your subconscious how a mother behaves, acts, feels in your body- DOESN’T MATCH UP WITH REAL LIFE.

And now you can’t pretend anymore. If that identity you thought is not correct, suddenly you lose all trust in all your other identities you created.

You start questioning (MEANING, EGO COMES ON)- who am I as a wife? Maybe I was wrong about what kind of a wife I want to be? Can I trust myself that I am happy? How can I be happy if I don’t know who I am? ...

Your beautiful intelligent body sent you anxiety, guilt, shame, rage, anger as signals that it needs you.

It needs you to take responsibility to be the adult in charge. From a place of love and grace.

THAT IS TRUE LOVE



Life starts when you learn it was never good versus bad. The only real duality is that you are the Mother and The Child, The Loved and Love itself.

And your sacred responsibility is to unify them within YOU.

INNER CHILD HEALING

*it is actually inner children as all the children we once were are alive in us. And all need to be loved as our adult self

Exercise to do:

1. Print out if you don't have in TLV, a photo of yourself when you were little. (I am not joking). And place it next to your bed, where you will see it when you wake up
2. Few seconds after you wake up, spend some time first acknowledging that little girl. She needs you. And you know that you are now finally ready and in a place in your life to be her hero.
3. With time, see if you can tell her- good morning. Or good night. Develop a dialogue.
4. Memory center in your brain will light up in time and allow you to access more and more memories from your childhood.
5. That is one way to develop a trust with your Inner Child. Once the child in you feels safe, she will reveal herself to you more.
6. Once you embrace that little you, more and more of your other inner children will come. Because you showed to them, that you are capable to love them and give them new future.
7. This is how you travel back in time. I will explain this to you after a month of you doing this when you will look back and see how magical you are.



ANGER AND RAGE

- By reading your Chakras, and talking to you today, I believe that the anger and rage you are feeling are not coming from your gut. From your second brain. You have full confidence in the energy center that is the seat of willpower, mental clarity and intellect.
 - The rage is a primal one, from your Sacral Chakra. The second chakra, few cm below our bellybutton.
 - The second chakra is a seat of our creativity, sensuality and how we feel about our own self
- It is a center that sustains bonds between you and others- and all those are emotional in nature by default- **EMOTIONAL ATTACHMENT**
 - In this chakra, your energy is leaning towards masculine, meaning you don't trust yourself to lean into the feminine
 - It makes complete sense that you would be at this beautiful point in your self discovery- when kundalini (life energy) starts rising it makes us face jealousy, envy, rage.
- **YOU KNOW WHO YOU ARE**- and you know that the key to unlocking your **FEMININE POWER** is to open up and clean all the shame hiding in your body here
 - When shame in our **SACRAL CHAKRA** turns to rage- **WE ARE RISING TO OUR TRUE COURAGEOUS SELF**
- Do not be scared of your own self- your body is a **SACRED TEMPLE** and there is no room you have to fear. Now it's the time to stop time, go back to each of the hurt little girls and show her what a beautiful life you have created for yourself

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 deny myself freedom in accepting my sexuality”

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

“Being a woman is so fucking magical. I didn’t know my body, desires, and sensuality are all a language I can’t wait to learn to speak. There is no limit to how I choose to experience pleasure. I am ready to live from my primal divine feminine, and not fear my own Self. “

#2

“I am ANGRY”

with love becomes

“I have set high standards for myself and sometimes, the weight of going after my goals sits heavy on me. I disassociated from my heart in order to perform in today’s society, and forgot that under the anger and rage lives fear I am not good enough/ trying enough/ loving enough/ doing a good job”

#3

“I don’t know who I am anymore, but its not this”

With acceptance becomes

“how freaking incredible it is that Divine loves me so much, and I have total freedom to choose, for the first time ever probably, with full body autonomy, who I want to be. I AM BECOMING A WOMAN I ADMIRE and always knew is the CORE OF ME. If I had a clear path in front of me, it would mean someone else created it. I accept the feeling of being lost, because I am the one creating the path and the one waiting for me at the top of the mountain.”

Follow your heart

*to really follow your heart is to accept, love and release all that I am. To surrender to your own guidance. And that can happen when you start trusting in your own SELF

Heart Chakra

- This energy center was spinning counterclockwise, signaling there is an energetic disturbance
- This is the seat of love and relationships
- You might have issues with lungs, breathing, sinuses, shoulders as the flow of life force slows down here
- For a beautiful healthy flow of LIFE and Love, you need to learn to balance your own emotional and relationship needs with those of others, be generous but self caring, nurturing but ethical, individual yet communal
- You might be feeling too much empathy, jealousy, find yourself running to the victim mentality
- BOUNDARIES are important to develop, but hard if you don't know what those are
- The more you show your Ego that you are trustworthy, and disciplined in how you love and show up for yourself, the more it will allow you to change what doesn't serve you anymore

THERE IS SO MUCH LIFE WAITING 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 your husband, partner in life, and each day notice what a good man he is
5. For a week, before going to bed, walk inside Jevs bedroom as he is sleeping and thank him for choosing you
6. 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.

*gratitude is the entry toward forgivness

YOUR BODY HEARS YOU, stop insulting it.

- Ph levels of our body speak so much about which hormones float in us causing chemical reactions
- Stress hormones are realeasing acid in our body, and fat cells hate it, and become so scared, they hold on for dear life- becomes hard to shed the fat cells in these conditions
- Start speaking about your weight, body, extra kgs, in a loving matter.
- I love my body. I love to live here. I am willing to apply discipline in how I show up for my body. I want to be stronger, I want to feel free. I want to walk past a mirror and slap my own sexy ass. I want to give myself a chance and truly see if reaching my ideal weight, will make a difference in my self worth.
- I do this from a place of knowing that in my subconscious I associate successful women with being fit and comfortable in their body. And that makes sense, because now as an adult, I know how much hard work and devotion it takes. AND I AM READY FOR THIS CHALLENGE.



**FIND YOUR WILD AND SET
HER FREE**

