

The Inner Glow Guide

— SPRING EDITION —

Softening Into Self-Trust

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Monthly Newsletter

"Opening Letter"

There is a quiet shift that begins to happen when a woman starts trusting herself again.

Not the hurried kind of confidence that comes from pushing through discomfort, but the deeper kind that arrives when your nervous system finally realizes:
I am safe with myself.

Many women I work with are intelligent, accomplished, and deeply reflective. Yet, somewhere along the path of relationships, career demands, divorce, or single motherhood, they learned to ignore their inner signals.

They became skilled at keeping everything together.

But healing doesn't occur by trying harder. It happens when you return to your core.

This season, we are focusing on a powerful question:
What would dating be like if it came from calm clarity instead of survival mode?

That question is exactly why I started Empowered Dating. In this space, women learn to reconnect with their inner guidance, regulate their nervous systems, and choose relationships grounded in self-trust.

But first, let's start with something simpler.

Coming home to yourself.

And that is where your glow begins.

— Raquelle
LLF Coaching



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In This Newsletter:

Opening Letter

- Book Spotlight: “All About Love: New Visions ” – This month, we’re honoring the work of Bell Hooks, one of the most influential voices on love, identity, and emotional truth.
- Recommended Reading
- Peaceful Practice: The Gentle Pause
- Closing Reflection
- 🖋️ Inner Glow Reflection Journal Prompt: Self-Trust Check-In





Book Spotlight:

"All About Love: New Visions" Bell Hooks

- Why this book?

In her book ***"All About Love: New Visions"***, she continues to resonate deeply with women navigating modern relationships.

A favorite reflection from her work:

"Love is an action, never simply a feeling."

Hooks challenged us to rethink love not as chemistry or chaos, but as something rooted in care, responsibility, respect, and knowledge.

Her work reminds us that healthy love is not confusing.

It is intentional.



Recommended Reading Bell Hooks:

- All About Love: New Visions
- Communion: The Female Search for Love
- Salvation: Black People and Love





Empowered Dating

ENROLLMENT NOW OPEN

Many women today are tired of outdated dating advice that tells them to:

- Play games
- Suppress their intuition
- Perform femininity rather than embody it

Empowered Dating is different.

This program helps women develop the emotional grounding and relational clarity needed to choose relationships from self-trust rather than survival mode.

Inside the program, we explore:

- Nervous system regulation for dating.
- Emotional discernment and relationship standards.
- Recognizing healthy masculine energy.
- Avoiding over-functioning and emotional labor.
- Dating from calm clarity instead of anxiety.

The goal isn't simply finding a partner.

The goal is to become a woman who no longer abandons herself in relationships.

Enrollment details are now available.

 [Learn More & View Enrollment Details](#)



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The Grounded Pause

A pause for 10 seconds.

Ask yourself:

- Do I feel open?
- Do I feel pressured?
- What would a grounded version of me choose?

This small practice strengthens the most important dating skill of all:

Self-trust.

Closing Reflection

- Your glow does not come from trying to be chosen.
- It comes from knowing you can choose.
- And that level of clarity changes everything.



Inner Glow Reflection

- Does my body feel calm around this person?

Your nervous system will often know before your mind does.

- The Self-Trust Check-In

Before entering a relationship, try asking yourself these questions:



Inner Glow Reflection

- Am I expressing my real thoughts and feelings?

Self-abandonment often begins with small silences.

- The Self-Trust Check-In

Before entering a relationship, try asking yourself these questions:



Inner Glow Reflection

- Do I feel grounded — or anxious about losing them?

A healthy connection expands your life rather than consuming it

- The Self-Trust Check-In

Before entering a relationship, try asking yourself these questions:



- Take a moment this week to journal:

Where in my life am I choosing peace over pressure?

Thoughts

