

JUNE 2025

THE INNER GLOW GUIDE

"Let Rest Be The Resistance"



OTHER STORIES
IN THIS ISSUE:

*Empowerment
Insight: Grounding
as Self-Love*

*Recommended
Resource:*

*"Untamed" By
Glennon Doyle*

Journal Prompt:

*"Where Am I
Dimming My light? "*

Opening Reflection:

Let the Rest Be the Resistance

Dear Radiant One,

In a world that praises productivity, choosing to rest can be an act of rebellion — and deep self-love.

Rest isn't laziness. It's restoration. It's the whisper of your soul asking you to return home to yourself.

Let this month be the time you embrace sacred slowness. Release the guilt. Reclaim the quiet.

"Let your rest be your resistance."

- Raquelle

Empowerment Insight: Grounding as Self Love

When life feels overwhelming, the most powerful thing you can do is return to your body. Grounding brings you into the present moment, where peace lives. It reminds you that you're safe, held, and capable of navigating what's in front of you.

Try this grounding ritual:

- Sit or stand barefoot with both feet on the floor.

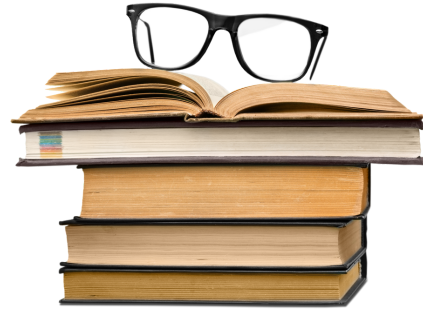
Close your eyes and take three deep breaths, inhaling through your nose and exhaling out of your mouth. This helps slow down your nervous system. Imagine roots growing from your feet into the earth.

- Place one hand on your heart and the other on your belly.
- Say out loud: *'I am here. I am safe. I am supported.'*
- Stay in this moment for at least 3 minutes.

Repeat as needed, especially when feeling anxious, uncentered, or disconnected.



Recommended Resource:
Book of The Month:
“Untamed” by Glennon Doyle



<https://www.amazon.com/Untamed-Glennon-Doyle-Melton/dp/1984801252>

This is a fierce and honest invitation to stop abandoning yourself and reclaim your truth, body, and brilliance. Glennon's storytelling is powerful, vulnerable, and soul-shaking — a perfect read for any woman ready to reclaim her voice and radiance.

New Articles on Medium.com & Website Blogs:

- "Why Being Single Isn't a Curse"
- "From Strong to Soft: Reclaiming Feminine" Energy After Divorce."
- "Healing is Not Linear"
- "What If I Never Get Married?"
- "Trusting Your Intuition in Love"



Journal Prompt: Where Am I Dimming My Light?

Ask yourself this gently and without judgment. Are there areas in your life — relationships, career, family, or self-talk — where you're playing small, staying silent, or shrinking to be accepted?

Use this prompt to uncover the spaces where fear, people-pleasing, or past wounds may dim your glow.

✨ Bonus: After journaling, write down three ways to shine more brightly in those areas, even if it's just one small act of courage.

Where Am I Dimming My Light?

The image features a decorative background. On the left side, there is a light blue, flowing, fabric-like texture that appears to be draped or blowing in the wind. This texture transitions into a series of horizontal lines on the right side, which are evenly spaced and extend across the width of the image. The overall color palette is light and airy, with shades of blue and white.

Where Am I Dimming My Light?

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