

THE INNER GLOW GUIDE

SEPTEMBER

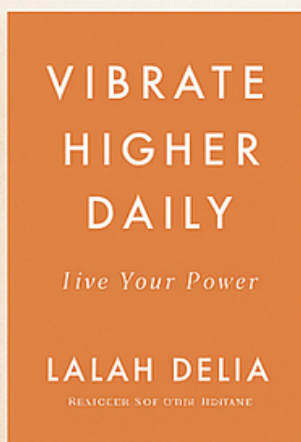
Empowerment Insight

*Silence is a source
of great strength.*

Lao Tzu



Book of the Month



An
inspiring
guide to
living
with
mindfulness,
intention, and
high vibrations

Feminine Energy Tip

Ways to cultivate your
intuition, inner knowing,
and authentic self-
expression

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Theme: Harvesting Your Inner Wisdom

September is a time for reflection, grounding, and reaping the benefits of the growth you've nurtured all year. This month, we focus on embracing your inner wisdom, trusting your intuition, and allowing yourself to glow from within.



EMPOWERMENT INSIGHT

Feminine strength isn't just about resilience-it's about balance. The Radiant Woman archetype reminds us that softness and power are not opposites; they are complements. When you nurture your radiance, you magnetize aligned opportunities and relationships into your life.

Solar Plexus Glow-Up Ritual

1. Sit comfortably, close your eyes, and place your hands over your solar plexus (just above your navel).
2. Take a deep breath in through your nose, imagining a warm golden light expanding in your core.
3. As you exhale, visualize this light radiating outward, filling your body with confidence, courage, and self-assurance.
4. Repeat for 3-5 minutes, affirming:
"I shine from within."



FEMININE ENERGY TIP:

Transitioning into autumn is the perfect time to embrace warm, grounding colors like deep golds, burnt oranges, and rich burgundies. Flowy fabrics, soft textures, and layered accessories can help you feel both cozy and magnetic while staying aligned with your inner radiance.

BOOK OF THE MONTH

THIS MONTH'S FEATURED READ IS:

*"Vibrate Higher Daily
Live Your Power " by Lalah Delia.*

Lalah Delia shares a transformative approach to living with intention, raising your vibration, and aligning with your most authentic self. Through a blend of spiritual insight, personal reflection, and actionable practices, this book guides you to cultivate inner peace, empowerment, and grounded strength.

