

JULY 2025

THE INNER GLOW GUIDE

"Radiate Boldly: Owning Your Summer Glow Inside and Out"



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Insight: Bold
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Resource: Woman
Who Run With the
Wolves." By
Clarissa Pinkola
Estés*
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"Where Am I still
playing small-and
what bold step
can I take?"*

Opening Reflection:

**"What does it mean to shine unapologetically
in this season of your life?"**

Explore the idea of radiating from the inside out—
emotionally, energetically, and spiritually.

— *Raquel*
♡

Empowerment Insight: Bold Feminine Energy

Bold feminine energy doesn't roar—it radiates. It's the quiet confidence of a woman who knows her worth and moves through the world with grace and power.

Like the Queen archetype, she leads with wisdom, sets boundaries with love, and nurtures her world without shrinking herself. Softness is not weakness—it is her sacred strength.

Want to slow down and still feel magnetic?

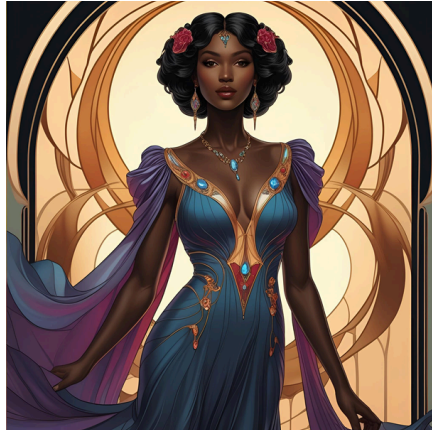
Try swapping multitasking for mindful moments.

- You can simply skip your iced tea slowly.
- Walk barefoot in the grass.
- Let the sun warm your shoulders as you simply be.

Remember: your glow *doesn't come from hustle—it comes from harmony.*



Feminine Energy Tip:



Summer Styling Tips to Embody Your Radiance

- Flowy Maxi Dresses: Opt for fabrics like cotton, linen, or silk in sunset tones (such as coral, gold, or peach) that move with your body, creating soft silhouettes.
- Off-the-Shoulder Tops or Dresses: Showcasing the collarbone is subtly sensual and feminine.
- Layered Jewelry: Gold hoop earrings, dainty layered necklaces, and anklets draw attention to your natural glow without overpowering.
- Natural Glow Makeup: Dewy skin, bronzer on the cheeks, and a pop of peach or rose on the lips.
- Barefoot or Minimal Sandals: Let your feet connect to the earth with strappy sandals or barefoot walks in nature.
- Floral or Citrus Fragrance Mist: A soft scent that trails as you move enhances your energetic presence.

🌿 Ways to Slow Down & Stay Magnetic:

- Create a “Soft Start” Morning: Start the day with a slow stretch, tea, or a favorite song instead of rushing.
- Linger in Pleasure: Whether it’s a piece of fruit, a warm bath, or a good book—take your time and let it nourish you.
- Eye Contact and Smiling: In conversations, lean into feminine magnetism with warm, present energy instead of talking too much.
- Take Sunlight Breaks: Spend 5 minutes each day in natural light, closing your eyes and basking in the warmth—this is literal radiance.
- Move Like Water: Trade intense workouts for walking, dancing, or yoga flows to reconnect with softness and sensuality.

Solar Plexus Glow Up Ritual

Activate your inner fire and confidence in just a few minutes.

1. Settle In

Sit comfortably with your spine tall. Close your eyes. Place one hand over your solar plexus—just above your navel—and take a deep, slow breath in through your nose.

2. Breathe into Your Power

Inhale for a count of 4... hold for 4... exhale for 6.

As you breathe, imagine a warm golden light building beneath your hand, like a glowing ember expanding with every breath.

3. Visualize Your Radiance

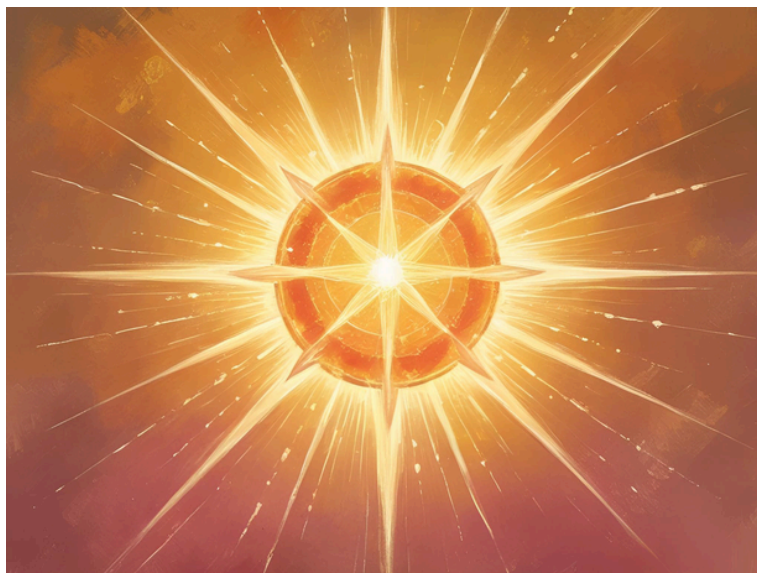
See this golden light swirling and strengthening in your center, spreading warmth through your chest and radiating out through your skin.

With each breath, repeat silently:

"I am grounded. I am powerful. I radiate confidence."

4. Anchor the Energy

On your final breath, gently press your hand into your solar plexus. Smile softly and open your eyes, carrying this glow with you into your day.



Recommended Reading Resource:
"Woman Who Run With the Wolves"
By Clarissa Pinkola Estés



Amazon Books
<https://shorturl.at/zDNZd>

Women Who Run With the Wolves by Clarissa Pinkola Estés is a powerful exploration of the wild, instinctual nature of women. Drawing from myths, fairy tales, and stories from various cultures, Estés—who is a Jungian analyst and storyteller—uses the symbol of the "Wild Woman" archetype to encourage women to reconnect with their intuition, creativity, and inner strength.

The book examines how modern life often suppresses women's natural instincts and offers guidance for reclaiming their authentic selves. Each chapter centers on a story, such as the tale of "Bluebeard" or "La Loba," which Estés interprets psychologically and spiritually to reveal profound truths about women's inner lives, emotional wounds, healing, and empowerment. Overall, the book is a poetic and soulful invitation to remember the fierce, wise, and passionate aspects of ourselves that may have been buried by social expectations or trauma.

New Articles on Medium.com & Website Blogs:

- "No More Playing Small: It's Time to Reclaim Your Worth"
- "How to Date With Intention, Not Desperation "
- "Dating After Divorce: 7 Things I Had to Unlearn"

 Journal Prompt:

Where Am I Still Playing Small- and what bold step(s) I can take this month?

Could you take one aligned action that will honor 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.

The image shows a decorative background for a document. On the left side, there is a light blue, draped fabric effect that appears to be gathered and then spreads out towards the center. The right side of the image is white with horizontal ruling lines. The fabric effect is composed of several layers of light blue and white, creating a sense of depth and texture. The ruling lines are thin and evenly spaced, typical of a notebook or ledger page. The overall design is clean and professional, suitable for a business or academic document.

The image shows 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 that fill the rest of the page. The lines are thin and light blue, spaced evenly apart, creating a clean, minimalist look. The overall color palette is soft and pastel, with shades of light blue and white.