



NO.4

INNER GLOW

OCTOBER
2025

Monthly Newsletter



"Harvesting Your Inner Wisdom"

As autumn deepens, October becomes a season of grounding, reflection, and cultivating inner wisdom. This issue will highlight how to lean into your feminine intuition and strength while preparing for renewal.



In This Newsletter:

Opening Note 🍁

- Book Spotlight: *"Rest Is Resistance"* — a short reflection on how embracing rest nourishes radiance and wisdom.
- Evening Candle Glow Ritual
- Feminine Energy Tip: Cozy, Magnetic Styling for Fall.
- Empowerment Insight:
The Wise Woman archetype — embodying grounded intuition, discernment, and balance
- 🖋️ Journaling Prompt: Embodying the Wise Woman



Opening Note:

Grounding into autumn, reflection,
and the importance of rest as
empowerment.



Book Spotlight:

"Rest Is Resistance:
A Manifesto" by Tricia Hersey (The Nap
Ministry)



Mini Ritual:

Evening Candle Glow Ritual:

Light a candle, sit in stillness for 5
minutes, breathe deeply, and journal
one piece of wisdom you want to
carry forward.

- Why this book?

Hersey, a woman author, reframes rest as
a form of liberation and resistance against
grind culture.

This resonates with the October theme of
harvesting wisdom by slowing down,
listening inward, and reclaiming energy.



Feminine Energy Tip

Cozy, Magnetic Styling for Fall

Autumn invites us to slow down, soften into ourselves, and embody radiance in ways that feel warm and grounded. Your style can be a powerful way to express feminine energy, not by following strict trends but by choosing textures, colors, and accessories that mirror your inner glow.

- Soft Knits & Flowing Layers
- Opt for cardigans, shawls, and wrap dresses that drape gently, allowing you to move with ease. Flowing layers not only keep you cozy but also create a sense of fluidity and openness — a hallmark of feminine magnetism.

- Accents of amber, gold, and bronze mirror the golden hues of autumn and highlight your natural warmth. Think chunky earrings, delicate chains layered over knits, or statement rings that feel grounded yet radiant.
- Earthy, Grounded Colors
- Deep marigold, terracotta, plum, and cocoa reflect the richness of the season. These tones remind you of the balance between strength and softness, offering a palette that feels both powerful and nurturing.
- Textural Comfort
- Fabrics like velvet, cashmere, or wool can anchor you into your body while feeling luxurious to the touch. When your body feels cared for, your energy becomes more magnetic to others.

Styling in this way is less about impressing and more about alignment — showing the world that you are in tune with your inner rhythm, your body, and the season around you.

- “Your glow deserves a plan — let’s create it together. Book your session now”
- “Ready to step into your radiance? [Click here](#) and let’s get started”
- “Because wisdom + glow = unstoppable YOU. Reserve your session today!”



Empowerment Insight:

THE WISE WOMAN ARCHETYPE

The Wise Woman archetype embodies grounded intuition, discernment, and balance. She is not in a rush — her strength comes from her ability to pause, reflect, and see the bigger picture. Unlike other archetypes that thrive on action or external validation, the Wise Woman knows that her true power is cultivated within.

She teaches us that wisdom isn't simply about age or experience — it's about the willingness to listen to your inner voice and trust the lessons life has already provided. Her gift is discernment: the ability to recognize what aligns with her values and what no longer serves her. By standing firm in her truth, she becomes a lighthouse for others, radiating calm confidence and stability.

When we embody the Wise Woman, we learn to:

- *Honor our intuition even when it defies outside pressure.*
- *Set boundaries with compassion, knowing they protect our peace.*
- *Embrace balance by weaving together rest, work, relationships, and self-care in ways that feel sustainable.*
- *Value stillness as a source of strength, not weakness.*

This archetype invites you to trust the richness of your own life experience and use it as fertile ground for growth. In relationships, she chooses partners, friends, and collaborators who respect her wisdom and match her integrity. In her personal journey, she walks with grace, embodying the truth that self-awareness is the highest form of power.

 Journaling Prompt: Embodying the Wise Woman

Take a few quiet moments to reflect:

- Where in my life am I being asked to trust my intuition more deeply?
- What boundaries could I set (or strengthen) to protect my peace and energy?
- How can I honor my own wisdom this month — even if it means slowing down or saying no?

Daily Journal

- Where in my life am I being asked to trust my intuition more deeply?
- What boundaries could I set (or strengthen) to protect my peace and energy?
- How can I honor my own wisdom this month — even if it means slowing down or saying no?



Daily Journal

- Where in my life am I being asked to trust my intuition more deeply?
- What boundaries could I set (or strengthen) to protect my peace and energy?
- How can I honor my own wisdom this month — even if it means slowing down or saying no?



Daily Journal

- Where in my life am I being asked to trust my intuition more deeply?
- What boundaries could I set (or strengthen) to protect my peace and energy?
- How can I honor my own wisdom this month — even if it means slowing down or saying no?

