

LOVING YOU

makes everything else in life better, it's your SUPERPOWER!



SHINE YOUR LIGHT!

One of the ways we move away from our highest self is by dimming our own light.
explore:

In what areas are you dimming your light and why do you think that is?

"SACRED YES!"

Your sacred destiny lives within you, awaiting each opportunity to express itself.
explore:

Where do you sense a "sacred yes" or "no" exists in your life/heart/being right now?



INTO-ME-I-SEE

AKA -Intimacy. When we avoid getting intimate with ourselves, raw, vulnerable, and true it effects all external relationships we have/desire.

explore:

What are some ways in which you would like to cultivate more personal intimacy in your life?



TRAIL BLAZER

There are many self-care guides out there. The usual suggestions and of course classic standbys, but your sacred self-care gets to be as unique as you are! Your spirit craves a custom blend of soul medicine.

explore:

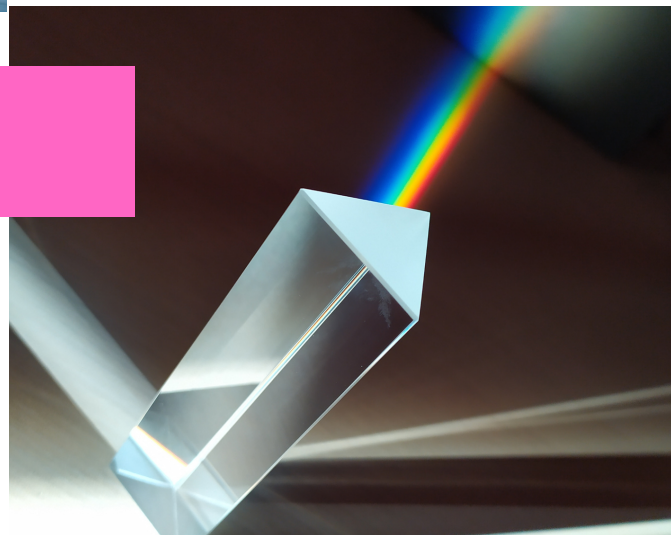
What self-care concoction would you create? Make a personal menu of delights and practices that you would drool over if someone handed it to you!

RECEIVER

Be a receiver! This is CRITICAL! We often get stuck in giving and doing that we find it challenging to shift into receiving.

explore:

Am I truly open to receiving the love I desire, do I feel safe asking for support?



BEAUTY WALK

One of my treasured spiritual guides Jamie Sams says our journey through life when traveled with love and intention is our personal "Beauty Walk"

explore:

How can I co-create more beauty and joy in my life, can I see my life as a reflection of the divine?