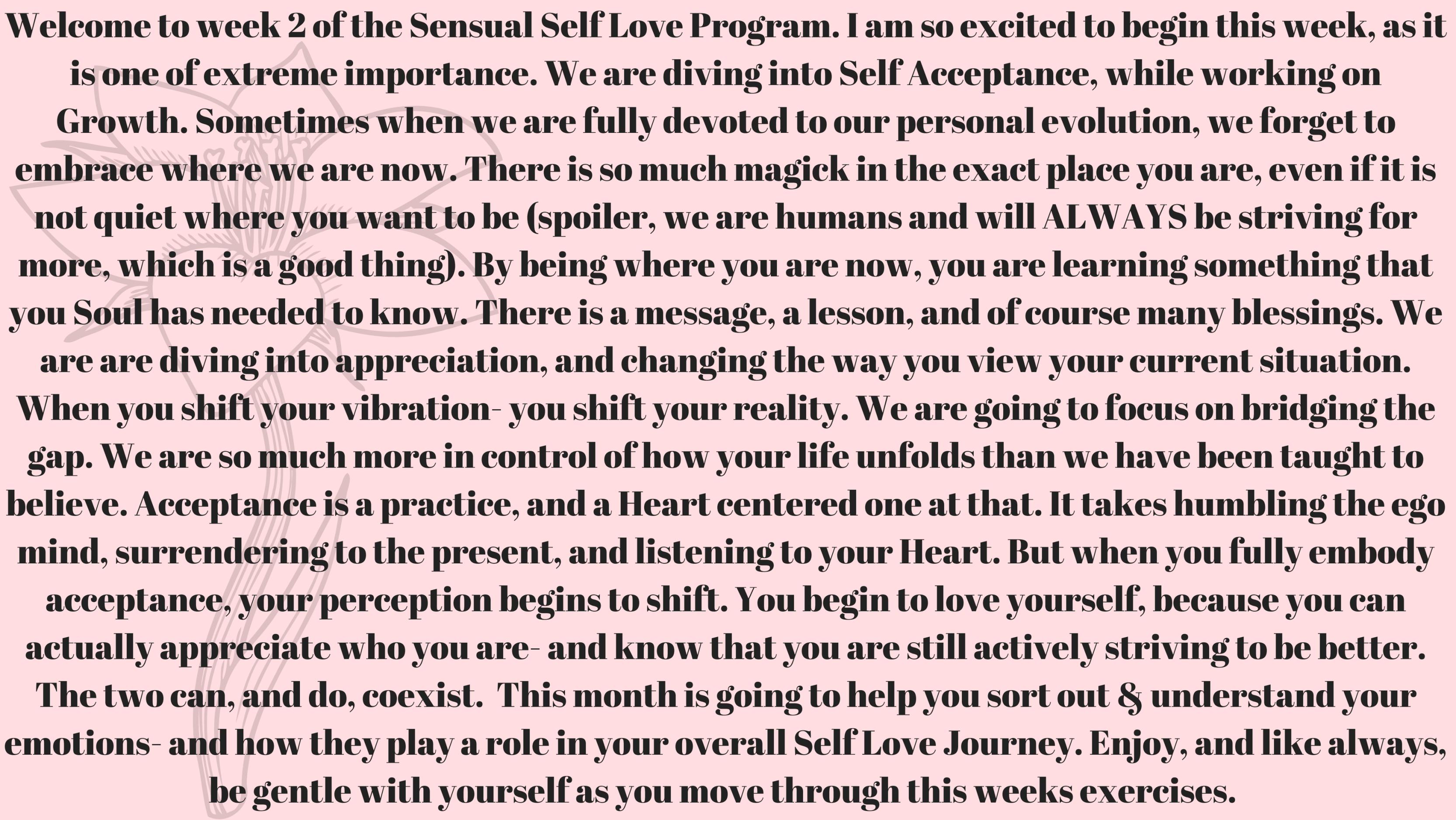




Week 2
Make Peace
& Love
With Yourself



Welcome to week 2 of the Sensual Self Love Program. I am so excited to begin this week, as it is one of extreme importance. We are diving into Self Acceptance, while working on Growth. Sometimes when we are fully devoted to our personal evolution, we forget to embrace where we are now. There is so much magick in the exact place you are, even if it is not quiet where you want to be (spoiler, we are humans and will ALWAYS be striving for more, which is a good thing). By being where you are now, you are learning something that your Soul has needed to know. There is a message, a lesson, and of course many blessings. We are diving into appreciation, and changing the way you view your current situation. When you shift your vibration- you shift your reality. We are going to focus on bridging the gap. We are so much more in control of how your life unfolds than we have been taught to believe. Acceptance is a practice, and a Heart centered one at that. It takes humbling the ego mind, surrendering to the present, and listening to your Heart. But when you fully embody acceptance, your perception begins to shift. You begin to love yourself, because you can actually appreciate who you are- and know that you are still actively striving to be better. The two can, and do, coexist. This month is going to help you sort out & understand your emotions- and how they play a role in your overall Self Love Journey. Enjoy, and like always, be gentle with yourself as you move through this weeks exercises.

Understanding Emotions

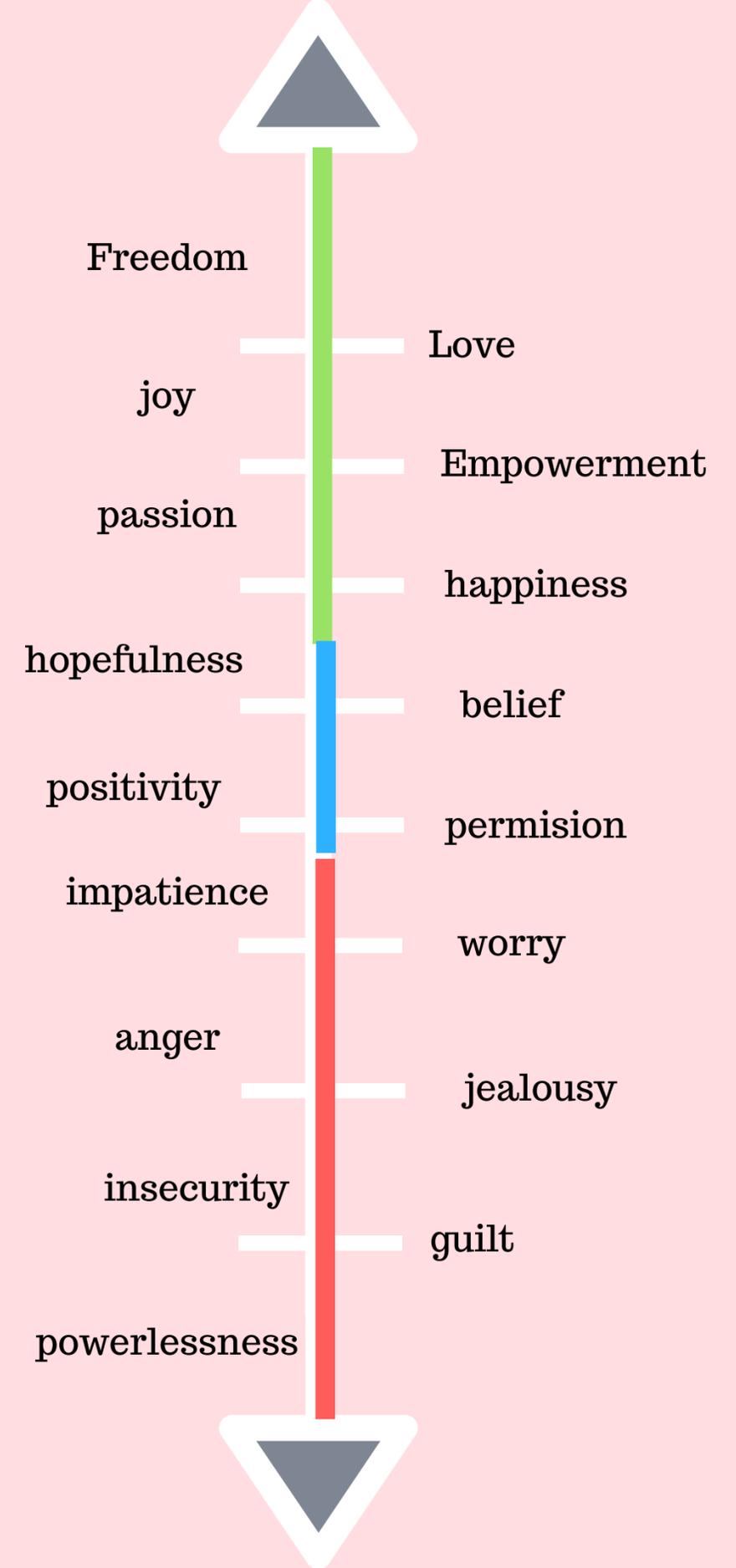
To really begin to appreciate yourself, you need to understand how your emotions work & serve you.

We need to redefine your relationship with your Emotions. Emotions= Energy in Motion.

When you have an Emotion, you are experiencing Energy moving through your body. Emotions that you have thought of as "positive" because they feel good, indicate experience that is aligned with your Soul/your Truth. While emotions that do not feel so good, are indicating an experience or situation that is out of alignment for you. We need the contrast so we can fully comprehend who we are. Which is not always fully enjoyable, but does lead to more clarity & deeper connection to the Truth of your being.

When it comes to self acceptance and being at peace with who you are, one of the most fundamental aspects in coming to peace with your emotions. Did you know that an emotion that has not been provoked by negative thoughts only lasts 90 seconds in the body? This means that if we did not judge ourselves for feeling an emotion, the emotion would just pass through the body with minimal pain. Our thoughts & judgments about the emotions we feel is what causes all the pain & suffering. When we shift our perception of our emotions, we can begin to accept them, use them as tools, and ultimately begin to know ourselves better through the process. Feeling is good. It means you are alive, human & able to create. Lets look at each emotion on a scale so you can recognize what is happening internally when you are feeling various emotions. No emotion is better than another, because they all serve a purpose in our evolution. The practice is to embrace them all, so we can fully accept ourselves.

When you begin to observe your emotions as tools, you begin to understand & accept them better. This chart shows where certain emotions resonate, from good feeling to low feeling. If you can identify where your emotion is, you can learn how to move it towards where you would rather be. The easy part is always seeing it on the chart, the harder part is using this information & creating change. For instance, if you are in a relationship (romantic or platonic) and you constantly find yourself hanging out in the "impatient / worry" range, the next step would be to shift your perspective to permission. These Energetic shifts happen when you are focused on raising your vibration & feeling better. This may require letting things go, changing things completely, focusing more energy on yourself, or anything in between. The key here is to let yourself change & flow without putting too much pressure on yourself. It is ok to be where you are at. You are getting more information about what your next step is & how you should respond. Observe your Emotions this week & see where you can make some shifts. Listen to the audio on "Raising your Vibration through Self Love," and then answer the Questions below to help you get a better understanding of where you are.



What energizes you & leaves you feeling high vibe? _____

When do you find yourself giving others your Power? _____

When do you feel most empowered? _____



What does your ideal morning routine look like?

What is most important for you to feel content?
Success, Love, Connection, or something else? Explain.

How can you shift your vibration easily?

Bridge the Gap

As you begin to notice the areas in which you let your Power slip, or maybe even feel a little insecure, the medicine is going to be, to be as gentle with yourself as possible. Allow yourself to be slow flowing & know you are exactly where you are suppose to be. There is no rush to be anywhere, or anyone. You are following your path, and it has brought you here to grow. 🌱 So don't worry about the pace or where you think you should be, and surrender to this beautiful process. The only way we can fully show up for ourselves, is with love & compassion. Each morning before you get out of bed, place one hand on your heart, one on your belly- and ask yourself if you can show up fully with love for your Being. When we are feeling good, and operating from our place of love, we will be able to show up more fully. So much of this process is accepting what we can not control, and making the shifts where we can. One thing that quickly up-levels our vibration is Gratitude. The feeling of gratitude is so high, and so pure, that when we feel it, and Truly feel it, we are able to shift our vibration super quick. Having a solid gratitude practice will quickly change the overall quality of how you feel, and ultimately your life. When you begin to feel the Power you hold, as a creator & as an individual just Being, your life will become fully yours. You will begin to utilize this Power in your daily life. And you will begin to feel more empowered in who you are on a physical, mental, and emotional level. Do the "Gratitude is My Attitude" Guided Meditation, and then continue with week 2.

Gratitude Ritual

What you will need:

journal

pen

crystal of choice

Make sure you do the "Gratitude is My Attitude" guided meditation before you begin this ritual.



Sit down with your paper, pen & crystal. Open the ritual by taking 10 deep breaths & exhaling out everything that no longer serves you.

Imagine each exhale is cleansing your body & opening you up to the

Truth of your Love & Expansion. When you feel centered in your body open your eyes & grab your pen & paper. Write down 15 + things that you are full body grateful for. We are going to do a visualization exercise. Go through the list & feel each one of these things in your body. See it in your mind, take note of how it makes you feel, and allow it to surge. Feel the gratitude grow in your heart & raise your Spirit. When you have completed the full list, take a moment to examine how you feel. Notice how Gratitude resonates in your body. Then, take the crystal in your hand- and imagine yourself infusing this crystal with your Gratitude. Feel the Energy run from your fingers, into the crystal. Allow this to become a symbol of your Gratitude, and all of the things in your life you have to be grateful for. You can carry this with you at all times, and tap into its Gratitude Energy anytime you need it. End the ritual by journaling about the way Gratitude makes you feel, and how you can use this Energy as a tool for Self Empowerment.

Self Empowerment

What does being Empowered mean to you? I have found that Empowerment is very different for each person. Some people feel Empowered by being naked, some by being fully clothed. Some people find their Empowerment in working a lot, some in working as little as possible. There is no right or wrong way to be Empowered. The only thing that matters is that you allow yourself to be Empowered. That you figure out the things that make you feel Powerful, and utilize them in your DAILY life. It is not enough to be Empowered every now & then, or in certain situations.

We want Empowerment to be the forefront of every action, of every day. When we live Empowered, we live our Truth. We are not worried about what others think, do or say- because we know how powerful & complete we are on our own. We may look outward for opinions, but never for confirmation. We may crave attention, but never approval. This is what being Empowered feels like. Knowing you are perfectly taken care of & held, no matter what is going on in Life. Empowerment is a state of mind, a feeling & a way of living. It is also a choice. When we find Empowerment in Ourselves, we become the Queen of our own lives. We sink into self appreciation & fall in alignment with our Truths. We begin to rely on ourselves rather than the praise & approval of other people. One challenging aspect for Empaths can be mixing your own energy up with other people. Listen to the "My Mood, My Power" audio and then continue week 2.

Creative Power

So much of our Creative Power stems from how we are feeling about ourselves. Our Feminine Energy is directly connected to our Creativity & Creative Power. We have to be in our Feminine Flow, allowing ourselves to move & dance through life at our own rhythm. But to achieve this level of Flow, we have to be standing deep in our Power. Which requires the Divine Masculine Energy to be at play. The Masculine Energy creates a container for the Divine Feminine to play in. With out the Masculine Energy there, we will not feel safe, or secure enough to shine and share our Truth. Insecurity is a direct relation to the lack of Divine Masculine Energy in works. When this is happening, you may feel scared or unsure of yourself. You may feel like you want to create, or want to share- but you are not sure where to begin or how to get your message across. You may want to show the world your art and your Magick, but be scared or worried about how others will respond to you. This is just a sign that your Masculine Energy needs some love and attention. That you need to focus on your Power, and create a more Empowered way of showing up for yourself. We will dive deeper into this topic in week 6, but I want to give you some tools to help you understand how your Creative & Structured Energies meet. One can not exist with out the other. Like all things in the Universe, the contrast compliments & provides for each other. With out the Masculine Energy, the Feminine cannot create. With out the Feminine, the Masculine has no purpose. Both are beautiful, and both serve us on all levels.

To understand the Masculine structure, is to be ok with who you are & what you need. To honor your needs as they arise, and KNOW that you have the Power to provide what you need for yourself. When you know this Power is at play for you- you will feel Free enough to be the Creatrix that you are. Masculine Energy rules Permission. You have to approve of yourself, your art, your creative ideas.. everything. You have to stand up & say yes to yourself. Every time. But how do you get to this place of confidence & self assurance?

1. Changing your Mindset. Going back to week 1 rewriting the story you have about your ability to show up & provide for yourself.
2. Connecting to & changing the way you view the Masculine Energy.
3. Owning Yourself FEARLESSLY.

Even when you feel scared or nervous, witness those Emotions, allowing them to flow in & out, and then look at the story. You are not defined by your thought or Emotions, but they give you information on where you are at, and where you want to go. Take this & map it out so you know how to feel & operate with this Power. We all have both Masculine & Feminine Energy within us. The goal is to let them both serve us as we Grow on our path. There will be times when we are more Masculine focused, and times when we are more Feminine focused- depending on where we are at in our Life & what is going on. As long as you are feeling your Power, you will be on the right track to make massive changes in your life. Listen to the "Divine Masculine" audio and then answer the questions below.

What areas of your life have you been playing small? _____

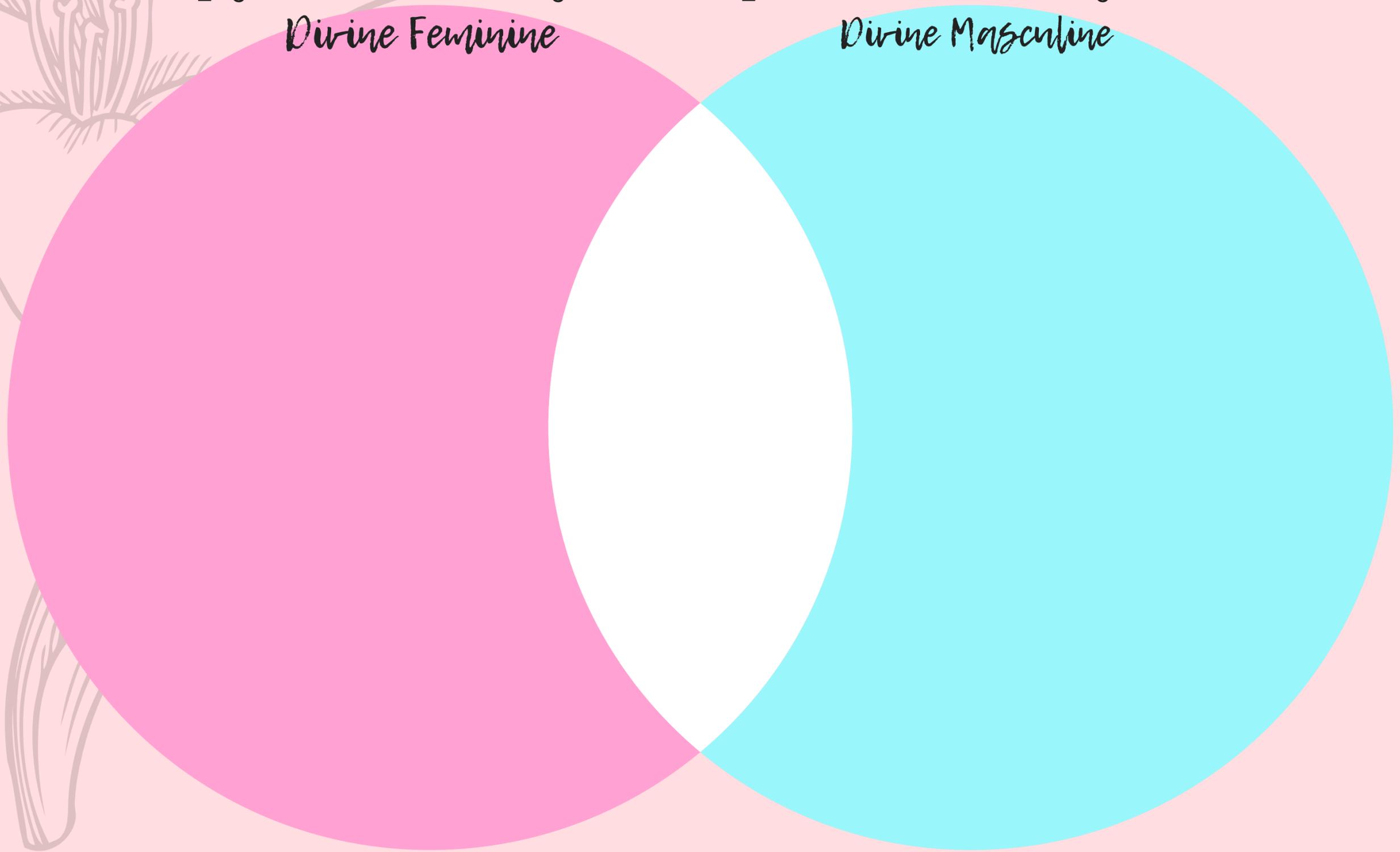
In what areas can you allow the Divine Masculine to
serve you, that you have not been? _____

How can you deal with your insecurities in
a healthy & confronting way? _____

Complete this diagram with goals you have for the Feminine & Masculine Energy. For example, art may go with the Feminine, Structure may go on the Masculine side, and Strength may go in the middle. Get creative with it & allow yourself to fully express the Energies that want to come through. This will help you understand your own process better, so you can be more proactive.

Divine Feminine

Divine Masculine



Week 2 Sum Up

This week we focused on understanding our Emotions, and working with our own inner Strength to create Flow & change in our lives. We targeted the Emotional realm, but also focused on our Energetic responses. The goal of this week is to step into our Power & change the way we operate in our daily lives. We want to look at ourselves through a truer, more clear lens. The balance of the Feminine & Masculine Energies are going to create an easier flow in our lives, while taking the pressure off to "be" or act a certain way. This powerful week is making room for us to dive into Sensuality next week. By putting these Masculine Energies into action, we will be able to really explore the Nature of the Divine Feminine- and apply her to our lives. This week should have prepared you to understand & use your Emotions as tools to help you come back to center & navigate this life in a cohesive manner. As we dive deeper into this course, we will be focusing on Self Expression & fully Embodying your Magick.

Sacred Practices

1. Being aware of your emotions & how they are guiding you, so you can make shifts
2. Creating a solid morning routine that flows with your needs
3. Meditate everyday for 5 + minutes to help you center
4. Focus on Gratitude & feeling good
5. Have Fun!