



QUESTIONS TO SPARK YOUR
inner goddess power

I. When your day quiets down and you have a few moments to reflect on yourself and your life, does the "voice" in your head immediately start to make you feel bad about yourself or afraid about the future?

If so, what can you do to change the way your inner voice guides your thought patterns for the better?

2. Do you find yourself trying to chase, manage, and control things and people in your life to the point that, even when you SHOULD be feeling relaxed and happy, you're usually just feeling frustrated or disappointed?

If so, would it be possible for you to practice the art of letting go? How is holding on to something holding you back from true happiness? How can you let go more in your life?

3. *Do you find yourself obsessing about past failures and shortcomings - especially with men? As if your inner feelings of inadequacy, insecurity and low self-esteem are always there to haunt you, trip you up, and hold you back?*

If so, how can you write a new story about yourself? Is it possible for you to determine right now that you are now confident, secure, powerful beyond measure, full of self love? Why or why not?

EMOTIONAL

intelligence

In order to fully embody your limitless potential, you have to get yourself in a happy vibration. Often, we can easily get ourselves to a state of bliss but one wrong moment inside of a relationship can jolt us right out of our happiness. *Can you relate?*

During the most difficult break up of my life, I was 29 years old and was finally brought face to face with the absolute chaos that I created inside that relationship. Instead of responding in my relationship trials, I would react...most often out of fear rather than love. I'd attack, judge, get paranoid he was lying to me, or think my way of doing something was better. My boyfriend did the same. We both swam in a sea of dysfunctional behavior and our love for each other never made it back to shore.

After the breakup, it was easy for both of us to be happy again because we were on our own. With no one for God to use as a mirror to reflect back to us, what was going on within us internally. Like many women, that radiant, newly single confidence faded when my craving for a romantic relationship began to return once again...

At the time, what I didn't understand was being happy again wasn't the cure for my relationship failure. The minute I entered into another relationship...the same behaviors returned. And while I was dating an older, smarter, more successful, got his shit together man... he still disappointed me. Again, I'd attack, judge, get paranoid, think my way was better, etc.

No matter what relationship I was in, I brought fear with me.

No matter how hard you try, fear will always overpower love unless you make the conscious decision to let go of fear.

I had to learn the hard way, emotional intelligence and feminine energy are about inner power, strength and the daily decision to become a vibrational match to love. When we truly “get” what it means to be strong on the inside, soft on the outside in relationships...we collapse time and space in our lives because our relationships transform and so does our ability to stay in a high vibrational frequency.

Spend some time examining the status of your closest relationships. How do they make you feel?

A few things to note:

- 1) Until your inner child is fully healed within, part of you will always be looking to your relationships to heal you. You will always be looking for others to fill the hole that was created in your childhood.
- 2) When your heart is unhealed and you feel the lack of love, safety, attention, connection or worth inside of you...you will often attract relationships that mirror those same wounds back to you. They'll never be able to give you what it is that you want. When your heart is healed you'll attract the match who is able to mirror back the consistent love you desire and deserve.
- 3) True healing is about choosing to let go of the fears you believe are protecting you. You want to return your heart to its original state - open, trusting, loving and full of worthiness!
- 4) Emotional fitness & intelligence is key! Learning the art of responding rather than reacting is your first step. Showing up with love over fear in all situations is a sign you are developing your inner fitness & strength.



HANDLE YOUR EMOTIONS

Effortlessly

Remember : You are not your feelings...

Your feelings are signals that tell you when to ignore certain thoughts that pass through you. You'll know the thoughts to ignore because they tend to be the unreasonably persistent ones. They are the ones that take you away from your innate wisdom and sense of peace that is our default nature.

When you learn to use your feelings as traffic signals, you'll see that there is no need to avoid feeling your feelings. They play an important role to act as a filter for the thoughts passing through you moment by moment. The feelings that take you away from your peaceful default state let you know that the thought passing through is NOT one you want to pursue. Because the more you pursue it, the worse you'll feel.

It's that simple.