Divine Self-Care Ritual

Connect With Your Inner Goddess

WITH ELENA LIPSON

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Your Inner Goddess

Divine Self-Care Ritual

This challenge is about finding the beauty of your divine inner guidance.

Through verbal communication you establish your will, set boundaries for your relationships and speak your truth.

Your life is completely transformed when you become committed to speaking your deepest truth. You regain energy, vitality, and a radiant glow that comes from being in alignment with your integrity.

So how do you know what your truth is?

If you are willing to get quiet and listen to your inner voice, it can become a guiding force in your life. You can expand the power of your internal guidance when you connect with your authentic feelings and simply recognize them for what they are.

This means allowing your emotions to be experienced, though not necessarily played out in your life and relationships. When you suppress your emotions, you stop energy from flowing and block yourself from knowing your deepest inner truth.

When you repeatedly suppress your inner truth, you can become weak, depleted and tired. When you live from integrity and communicate honestly {even to yourself}, an energetic strength is formed around your throat chakra and flows freely throughout your emotional, physical and energetic centers.

Personally, I used to get sore throats whenever there was something that had been left unsaid or unaddressed in my life. Now I use it as a red-flag that I need to get still and really check in with myself to see where I have not been completely honest, either with myself or someone else.

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We can all get deeper and more honest in our communications. Especially as women, we learn that it's most important to be nice and kind. While those are two wonderful qualities, they should not come before speaking your truth in a relationship.

In this challenge you get to meet your Inner-Goddess!!!
This is SO much fun and so empowering.

This Self-Care Challenge is called: Get to know your Inner-Goddess!

I invite you to walk through the same process as you did when meeting your gremlin, except you are going to meet this divine element of your inner guidance.

This Inner-Goddess is the essence of where your inner truth comes from. **Once you can name her, meet her and know how to listen, you will always have an inner ally to guide your deepest truths,** to guide your decisions and to be able to say, "I am guided and supported at all times!" You'll KNOW who it is that's guiding you.

To clarify, the Inner-Goddess is a divine source of guidance. I don't know your belief system. But rest assured that this process is not about religion.

It's about a deep understanding that we all come from source and spirit. If I haven't scared you away yet with my woo-woo ways, then I know you'll LOVE this exercise as much as my clients do.

So let's DO IT! Grab your worksheet and let's get to action!

Your Inner Goddess
worksheet

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Daily Invocation: I invite you to write the invocations each morning in your journal, say them out-loud as you look at yourself in the mirror.

Daily Invocation: *"Please teach me to trust the sensations of my body, my heart, my intuition and my guides."*

pppssstt! Extra handy slips so you can print, cut and spread your invocation throughout the house, work space, car and planners! Keep your invocation in sight so you are always reminded of tuning in inside.

"Please teach me to trust the sensations of my body, my heart, my intuition and my guides".

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Your Inner Goddess
worksheet

Let's journal about your Inner Goddess!
Keep an open playful mindset, have fun with this and remember, your goddess can evolve over time, we're just taking a peek into what the situation is today.
Then answer the following questions about your Inner Goddess:

what does your Inner-Goddess look like {describe in detail}?

what does your Inner-Goddess like to eat?

where is her favorite place to BE in the world?

what is your Inner-Goddess's name?

what kind of car does your Inner-Goddess drive?

what are her favorite colors?

Your Inner Goddess
worksheet

Now ask your Inner-Goddess 3 tough questions and then answer them from her perspective {and know that the answers are within you}:

what is my biggest challenge today?

what is the most important work I can do when it comes to my spiritual path?

In what ways can I play BIGGER in my life and business/career?

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YOUR INNER GODDESS
worksheet

Now let's write your inner-Goddess a letter!

This is where you tell the Inner-Goddess how you feel. You've learned a lot about her, so you know how to address the most important areas of growth and opportunity. In this letter, let your Inner-Goddess know the following:

*your big plans for 2014.
*why this is so important to you.
*And finally thank the Inner-Goddess for always having your back and being with you. Tell her how she can best support you on your path.

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YOUR INNER GODDESS
worksheet

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YOUR INNER GODDESS
worksheet

Make a Contract With your Inner Goddess!
In this simple contract fill in your name in the first dotted space and your Inner-Goddess in the second one::

I, _____ , vow to make space to listen and connect to you on a daily basis, and I will accept your guidance as beautiful truth guided by my own wise-knowing and aligned with my highest good and service.

You _____ , vow to share your thoughts and guidance openly. You promise to be kind, gentle and know that I am on a path of learning and growing.

Have fun connecting with your Inner Goddess and enjoy the journey! :)

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About the Author

Elena Lipson is a Divine Self-Care Mentor who helps conscious mamas take care of their most important asset: Themselves! Women work so hard in their businesses and in their lives as mothers, friends, wives, etc. But what is it all worth if they are too tired, sick and stressed-out to enjoy it? That's the focus of Elena's programs & retreats. Elena's passion is to help tune the mind, body & spirit into income, balance & inspiration.

Personal and Business Leadership Coaching for Mama Entrepreneurs

1-1 Coaching so you can make the money you've always wanted, while doing what you love AND taking amazing care of yourself along the way. You don't have to sacrifice your family or your business.

-Are you finding yourself hitting the wall of exhaustion, burnout and overwhelm every few months?

- Do you have a pattern of sacrificing your business success for the well-being of your family?

- Are you juggling your family and your finances?

-Are you SO CLOSE (you can taste it) to unleashing your full potential to create the life you dream of? But seem to hit the wall each time you take a few steps forward?

If you said yes to any of these questions and are committed to and ready for transformative change in your life, these coaching sessions are for you.

Click Here to Book Your Session