



GODDESS PROCESS SELF-CARE GUIDE

Goddess, In order to live your vision and give from your heart you MUST fill your cup FIRST!

Our four guideposts of Self-Care are based in CARE:

• C – COMPASSION

For yourself and others. The definition of **Compassion** is showing kindness, caring, and a willingness to help others. This is a word for a very positive emotion that has to do with being thoughtful and decent. Giving to a charity takes **compassion**. Volunteering to work with sick people or animals takes compassion. You, Goddess, get to have **compassion** for yourself and we get to have compassion for others. We don't know what they went through before the moment we crossed their path. So who do you get to be for YOU and for others?

• A – AFFIRMATIONS

Dr. Masaru Emoto is a Japanese scientist who revolutionized the idea that thoughts and intentions impact the physical realm. For over 20 years until he passed away in 2014, he studied the scientific evidence of how the molecular structure in water transforms when it is exposed to human words, thoughts, sounds and intentions. [See this here](#). So, we have the opportunity to consciously create our actual DNA. What we say to ourselves impacts our cells. We can powerfully create this through I AM statements. I AM abundant. I am loved. I am beautiful. Whatever you are affirming in your DNA, say it daily and say it out loud.

• R – RITUAL

Rituals have gotten lost in the hustle and bustle of our modern life. It is important to create special time for yourself because feminine energy is the emotional consciousness of the planet. Create space for yourself. Light Candles. Turn on reflective music creating a sacred space and BE. Meditate. Relax.

• E – ENERGY

Filling your cup gives you ENERGY. By taking time for yourself you create an abundance of mental and physical energy that allows YOUR vision to live in the world!

Goddess Process Self-Care Tips

- 1. RITUAL** Create a space where you can be alone and you can have YOUR experience.
- 2. MUSIC** Music is the fastest most effective way to move from your head to your heart. I have compiled a special Goddess Process playlist for you [HERE](#).
- 3. SMUDGE/CANDLE** Maggie Harrsen, the Peru-based founder of [Puakai Healing](#) says "There's a long history of Native Americans using sage to connect to the spirit world and cleanse the body and space of impurities before a ceremony...The life force energy of its smoke penetrates deep into the ether and alters the vibration of a space, or living being, by absorbing any heavy, dense energy. (From a hard science perspective, sage has been proven to [absorb up to 94 percent of airborne bacteria](#).)" HOW TO SMUDGE: Place sage into a fireproof bowl or shell. Burn a candle, set an intention, and then light the sage using a candle. Blow it out so the embers are glowing then use both hands to bring smoke to your heart, over your head and down the front and back body to cleanse yourself.
- 4. DROP IN** Take a Deep Breath in. Get present to here and now. A great way to get present to your body is look at your feet. THIS is where you are. Wiggle your toes. Connect to the floor. You are connecting to Mother Earth. You can do this practice anywhere. It will lower your blood pressure. It will calm the electric currents in your body.
- 5. MEDITATION/VISION** Listen to your inner knowing and write down what YOUR TRUTH is telling you. The only person who truly knows what you want or need is YOU. This is THE MOST EFFECTIVE way to truly listen to your heart's desire.
- 6. JOURNAL** Write it down!!! I know so many people who say "I know" or "I got it." Writing it down is a tactile shift that locks in energetically what we are calling in. NOTE: If you THINK it means it is FOR you! NOW do you believe you deserve it. That you are a vibrational match for it. ([See Abraham Hick playlist](#))
- 7. GET CONNECTED TO OUR BODY**

COOK on all four sides – when you wake up in the morning – DO not check your phone or jump out of bed. CONNECT to all the parts of the body by rubbing your body to the bed. Waking up your skin and your muscles...ONLY SIDE EFFECT is anyone or thing in your bed may want to join in the rubbing of your body :)

DANCE Dancing actually shifts your mind make up. Just by dancing to one three minute song can shift everything you feel – your mood, your awareness and your possibilities. Here is the Goddess Process Dance [PLAYLIST](#).
- 8. CONNECT** Be the beacon of light that you are. Open up conversations. Especially connect with other women. If you see something beautiful SAY IT!