



Be  
Your  
Own  
**HERO**



Sunder

# *Introduction*

*Love Your Inner Goddess* is your guide to expressing the divine feminine spirit within. You are about to learn how to be the empowered, divine woman you were born to be.

This starts with giving back to yourself, from a place of loving respect. Fulfilling your divine destiny, having the energy to act on your dreams or finding the time to figure out what your heart really wants, can seem hard. This is especially true if you are over-committed, over-worked and continue to ask more and more of yourself, without restoring and replenishing your soul.

Giving back to you is important. This doesn't have to be a time-consuming task. Five minutes a day can have a positive impact on your energy level, mood, creativity and intuition. Begin by making yourself a priority for twenty-five (or even just five) minutes a day. When you choose to do this with this program as a guide, healing, change and divine magic can happen for you.

You have amazing divine resources within you. You have an inner leader, healer, wise one, playful goddess and courageous warrior. These are faces of your divine feminine spirit and when you are in touch with her, you are connected to the real you. When you live your life from that authentic source, you will feel

confidence, joy, trust and a divinely bad-ass, creative freedom that empowers you to live the life you want from the heart. You will become an inspiration for others, simply because of who you are and how you choose to live. You will attract divine assistance more effortlessly, shining as a peaceful and powerful presence of love, truth and wisdom on this planet. You will also have so much more fun!

With the energy and attitude of the inner goddess, you can embrace life's challenges and figure out what you want to do with your life. This connection can reveal what your intuition is telling you about a situation that needs to be healed or boost your feelings of attractiveness and positive energy. Whether you wish to use this ability to access the abundance of resources available to you or to discover the authentic divine you, *Love Your Inner Goddess* will provide you with quick, fun and practical ways to live from the heart and honour your soul.

## **HOW DOES DANCING, MEDITATING, RITUAL OR AFFIRMATION EMPOWER ME?**

There is a wisdom in the heart, a power in the soul, that is beyond logic and analysis. It is intuition, inspiration, healing energy and a divine blessing. As we connect with the wisdom and power within,

we are lit up with truth, joy, creativity, boldness and love. We will begin to feel the truth of the most important journey we will ever make – the inner journey from the head to the heart.

There is a magic that happens when we live from the heart. Life becomes rich, meaningful and filled with beauty. When we see challenge, we are moved with compassion. There is more joy, celebration and so many creative possibilities. We don't feel afraid of the world as it is, but are inspired and engaged with our inner spirit to create the kind of world we want to live in.

We are often taught to work harder, to suffer more and then, maybe, we can have joy, peace and healing. For something that really makes no sense at all, it is an oddly compelling idea! I certainly lived by it for far too long. Eventually I realised that pouring my heart and soul into what I loved and moved me most was the only thing that made sense.

When we recognise that, two questions tend to arise – what is it that really moves me and how do I turn it from a dream into a reality?

The dances, meditations, rituals, affirmations and spiritual guidance in this program are ways to get those questions answered. They will take you into your heart and tune you into your soul. From that connection, the answers you need – answers that are already within you – reveal themselves to you.

## **HOW TO TUNE IN TO THE REAL, DIVINELY FEMININE AND EMPOWERED YOU**

This program is simple, effective and quick. If you are short on time but need a hit of inner-goddess goodness to handle the demands of your day or to get in the mood for a beautiful, fun evening, you only need a few minutes for an inner tune up. At other times, you might choose to indulge in well-deserved quality time to replenish your inner resources. In this case, you can explore more of the activities on your own or with your children, friends or meditation or book club.

There are five keys to tuning in to your feminine power. I've playfully labelled them Inner Goddess Powers. They are different ways your feminine spirit can be awakened and expressed. You will heal, nurture and connect with your soul as you play with these powers.

Each one of your Inner Goddess Powers has something helpful, healing and useful to offer you. As you explore each of these tools for feminine empowerment, you'll be awakening to your true femininity, growing peace, purpose and happiness in your life. You'll also be nurturing and really giving back to yourself in a healthy way. And you'll have fun!