The Essence of Being a Woman

1. **Be love.** Love is the center of your entire being. You came here in pure unconditional love. As a woman you were granted the privilege of receiving a girl heart, which by its very existence implies it is overflowing with love. Love fuels everything that makes the world go round on this planet and throughout the entire Universe. You hold the keys to an internal infinite source of pure Divine love. Live your life fueled from that love within your heart. Live your life sharing your love. The source of love is infinite and the more you share, the more that comes back to you!

2. **Be flow.** A woman’s essence is to flow like a river meandering through the countryside. Women are designed by the Divine to flow freely with the energy of life and with emotions, without restrictions and obstacles. Life is full of all types of people and you will encounter people who say you are too emotional and too sensitive. A woman true to her heart and her essence knows there is no such thing. When your emotions are rooted in your truth and your power they are exactly as they should be. Stay open and live your life flowing with Divine Source energy. Know that your gift of being a woman in flow allows you to connect from your core essence to anyone, anywhere in the world. Your flow has the ability to reach through time and space to places beyond this world!

3. **Be you!** You are always more than enough. The Universe created a perfect you with all your gifts and imperfections. In your core essence you have a knowing that connects you to your true self. In that space you know exactly why you are here, who you are, your power and your purpose. You came here to this planet with unlimited potentiality. So be all you came here to be! When you forget or get disconnected from you, go to your heart. Your heart always knows your true core essence and your true north. Your heart will always remember and be your compass back to being you!

4. **Live in your sacred heart space.** Inside you there is a sacred heart space, designed and created solely for you by the Divine. As a woman this space is your anchor, your compass and your guide. Your heart always knows what is best. There is enough love and light in your heart space to fuel the entire planet. You always have the gift to open your heart, live in and share this sacred space that is uniquely yours!

5. **Own your vulnerability it is your power!** Life is going to try to teach you to retreat from vulnerability. You will get hurt, after all you are human and that is part of the human experience. Your power as a woman lies in your ability to forgive, you and others who have hurt you. Know there will be a possibility of hurt and to stay open anyway. Vulnerability is to know that risk exists and give all of you, even though you know the risk. This is the only way to fully experience life. If you want to fully embrace all life has to offer, you must be willing to offer all of you. As a woman you get the choice to heal the hurt and live fully again, over and over in your lifetime. Own your vulnerability, choose to heal when you get hurt and get all life has to offer you!
6. **See beauty all around you!** The magic of the Universe is everywhere! Most people find beauty in the obvious. The gift of a real woman is to find beauty in those people and things where most only find flaws. As a woman you are blessed to see beyond those flaws. Inside you know The Universe makes no mistakes and therefore every flaw is a Divine blessing and a sign of Divine love. Seek out the magic of The Universe and find beauty in everything around you!

7. **Live in connection!** The souls of women thrive on the connections we create and participate in. You are always connected, live in that space. Our fuel comes from our togetherness so you have the ability to see the Divine connection in every soul and every thing. Live your life as though you are connected to every person and every thing around you, because you are!

8. **Treat your feminine body as a divine temple.** Your feminine body gives you a contractual agreement with The Universe for creating life. Own that contractual agreement! Whether you choose to create life or not, own the power you possess to make human life. The feminine body is the reason all human life comes to this planet. The feminine organs are the life line of all humanity. They are the generator that fuels all of mankind. You have the power to create the magic of life from your body, so treat your body as the divine scared space that it is!

9. **Feel all your emotions, every single one of them!** As a woman you are designed to feel all your emotions: the good, the bad and the ugly. It will be tempting at times to turn off your emotions so you do not feel the bad and the ugly. Please know it is impossible to turn off the bad and ugly emotions without also turning off the good ones. To have the great emotional highs that life is all about, you must be willing to feel your way through the bad and ugly emotions fully open. Know when you are open you will find your way through the tough times. This is where you will experience the great emotional highs because you had the courage to face the emotions on the other side.

10. **Always be light!** Life will have ups and downs, good times and what appear to be not so good times. Know that every experience you have here on this planet serves a purpose. There are no coincidences and no accidents, only Divine orchestration. When life delivers you the times that appear not so good, look for and ask for the lessons. Know the lessons are here to expand you, to grow you and make you more. We grow outside our comfort zone so embrace the gifts that lie there. Inside you there is always light, connect there when you are in a growth cycle that challenges your current being to be more! Be light even in the darkness!

11. **Be still & remember!** Life will get crazy and pull you in a million different directions. No matter how crazy the craziness gets, don’t forget time for you. As a woman you will be many things to many people. The most important is being you for you. If you don’t take the time to stay connected to your inner self, you and the many people in your life will suffer. Take the time to slow down and smell the roses, be still and remember you. In the stillness you recharge and reconnect to your inner self!

12. **Live in abundance.** Know true wealth is so much more than money and material possessions. Wealth is living a life filled with happiness, joy, love, fulfillment and passion. There may be moments when you feel less than wealthy. In those
moments live in your heart and mind as though the flow of abundance is on its way to you, it is never far away. You are meant to have every single thing your heart desires. It is your birth right to live a life overflowing with happiness, joy, love, fulfillment, passion and money beyond your wildest imagination!

13. **Lead with invitation.** Leading as a woman is about more than demanding people follow. Chances are you will play many leadership roles in this lifetime. Being a leader is being a mom, a wife or girlfriend, a business leader, a neighbor and, a friend, just to name a few. Life will give you many chances to lead and woman leading in their feminine know they must first lead themselves by being true to who they are. A true leader knows their core and lives their life connected to the truth that lies there. Women leading in their feminine energy possess the ability to lead by inviting others. They know how to connect others with the best of what lies inside them. Find your gift as a woman leader to inspire and awaken passion in others.

14. **Believe in legendary & epic love!** As a woman you are entitled to be in a relationship that is so incredible it rocks heaven and earth. Be patient and wait as long as you must to find the man who creates love that rocks heaven and earth with you. You are too enormous to settle for comfortable and safe. Own who you are! Find someone who you trust with every ounce of your heart and soul. Someone who makes you more every day, someone who fills your heart beyond anything you believed possible before you met him. Find the man who treats you like a Queen. And when you find this man, be prepared to give him your heart and soul in exchange for his heart and soul. In this space of fully giving all of you is where legendary and epic love is created!

15. **Live each moment and be present in the now!** You create your reality. As a child of the Divine you have the ability to manifest anything you wish to create. So dream big, because fulfilling your biggest most audacious dreams is what you are here to experience. The past is behind you, bring only the lessons you learn from it with you to the present, you cannot live in the past. The future is a blank canvass and you get to paint your life’s masterpiece. Visualize your masterpiece just the way you want it with every detail in place. Then live in the here and now as the person in that masterpiece. Embrace every moment with your full attention and your full heart. Be grateful for every single moment you are alive and every experience you get. In the end your life is measured by the moments you were present in the here and now truly living!