



ONE TWO THREE FOUR FIVE

Spirit-Nurturing Secrets

to Enhance Self-Love



Spirit - Nurturing Secret #1

In even the darkest times, there is a gift. Find the gift, and you will be freed of the dark heavy energy that grounds you to the past.

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Spirit - Nurturing Secret #2

Whether as positive intentions or habitual negative self-deprecating talk and/or thoughts of an unaware state, affirmations are powerful. Be mindful of what you are creating with your Goddess powers.

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Spirit - Nurturing Secret #3

Being successful requires you to step into the role of self-nurturance and consistent self-care. For the next 21 days, each time you look in the mirror make eye contact with your reflection and tell her you love her, deeply, unconditionally.

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Spirit - Nurturing Secret #4

Your goddess powers are unfolding and have been since you took your first breath on this Earth. Practicing an array of special rituals raises your goddess vibration and increases the speed at which you manifest your dreams.

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Spirit - Nurturing Secret #5

You have ONE purpose in this life. That is to learn to love every facet of who you are. As you perfect the art of self-love, you radiate love beams into the Universe. They return to heal the Earth and Her inhabitants. Thank you. ☺



Thank you often.

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