

In LOVE

aligning to the
FREQUENCY OF LOVE

Where can you relinquish and let go of control? Does this show up at home, relationships, your job or overall desire to control the future? Where can you instead align more to what it is you desire as an outcome and let go?

Where have you been neglecting your self-care and overall not prioritizing YOU in the things that make you feel more feminine?

Do you find yourself deflecting compliments, gifts and overall appreciation? Notice when this happens and just say “thank you” when they come. Receiving small compliments/things leads to bigger things, if you can’t accept the simple wonders of life the universe doesn’t know to send you more.

Spend at least 15 minutes a day doing one of the following: showering, taking a bath, doing hair and makeup, stretching, cooking, reading, meditating, cooking, skincare routine and see how much different you feel after just one week. MAKE TIME for this. We all prioritize what’s important. Take inventory of where you can spend less time on things that are not important (social media?)

What and where are you rushing? Where can you be more present? Does this show up in conversations (phone calls, text messages, emails etc.) Do you see this showing up when interacting with people you love? Stay conscious the next few weeks of where you're rushing through life when it isn't necessary. Remind yourself that time isn't real and that presence creates more feminine energy, magnetism, love and inner peace.

Conversely, where are you NOT taking action? Are you embodying mostly feminine energy and not also taking inspired action? Polarity is absolutely necessary to instill more self-love. Women need both to feel fulfilled.

Where can you be more vulnerable? Where can you allow your emotions to come up to come out? Where are you holding in sadness, pain or even JOY when it arises because you don't want to be seen as weak?

Where do you find yourself closing off from people? Do you find yourself hiding in certain situations? Where can you choose to have an open heart and have faith that it will work out and if it doesn't; it has nothing to do with you and it isn't for you. Let this bring you confidence that what is for you, you could never screw up or miss when you're in your truth and authenticity. Being vulnerable and open will open up more doors than you can ever imagine. Meditate or journal on this.

Tap back into gratitude and appreciation. What can you put your focus on first thing in the morning that you're grateful for that will connect you more to your heart? Where can you send appreciation to yourself and how far you've come and also to others who you appreciate in your life?