



Reclaiming the Sacred Self

8 Reclamations for Reclaiming the Sacred Self

Reclaiming Your Mind

*This is about expanding your awareness through mindfulness & meditation and **feeding your Mind the 'right diet'**. Ask yourself: Who do I say that I am? Which identity am I most connected to? Can I witness my thoughts and make a distinction between my thoughts and me?*

Reclaiming Your Energy

*This is about **seeing yourself beyond the physical** and harnessing the power of your subtle body to quicken healing. Reclaiming Your Energy is also about mutuality. Ask yourself: Is the amount of effort I put out equal or greater than what I receive? Do I make time to restore myself when needed? Do I have ways to protect my field?*

Reclaiming Your Time

*Time equals your life. The moment you know yourself to be sacred, you will have **zero hesitation about taking command of your time** and who has earned the right to share in it. Ask yourself: What do I most value? Where does this show up in how I spend my time?*

Reclaiming Your 'No.'

*'No' is your center of Power. **The ability to say 'no' comes from a place of deservedness**. Interconnected to Reclaiming Your Mind, Energy, and Time, 'no' is the counterforce to encroachment. Ask yourself: Who or what am I afraid to say no to? What happens when I say no?*



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Reclaiming Your Story

*Essential to 'Reclaiming Your Story' is ownership and power. As you extract the power and strength gained from your life experiences and possess it, you **change your 'can't into a won't'**. Ask yourself: What part of my pain has given me muscle? What part of my story still has tape over its mouth?*

Reclaiming Your Expression

*Reclaiming Your Expression is as much about showing up as yourself as it is about **using your Will, your Word, your Speech** to be the piece of life that you are. Ask Yourself: What have I spoken into existence? What is my 'best is yet to come?' When and where do I feel most free?*

Reclaiming Your Joy

When Joy goes, Life goes. Joy is what makes the Heart sing and ushers in clear seeing. (i.e. seeing the Beauty & Light in all things) Ask yourself: What's the smallest thing about being alive that makes my Heart sing? What's the biggest? Where does joy reside in me?

Reclaiming The Feminine

No matter your gender, we all have the Feminine and Masculine principle within us. Reclaiming the Feminine underscores the power of Intuition--the small voice with BIG WISDOM. Ask yourself: What is my Heart saying that my mouth won't tell? What is the voice or life force urging me toward?