Terri Britt and The Enlightened Family Institute present

THE ENLIGHTENED MOM

When Mom Heals, The Family Heals, The World Heals!

The Enlightened Mom: Stepping Onto the Path

Session II

GET REAL AND HEAL!

The greatest gift you can give yourself and your loved ones is to "get real and heal." This means getting honest with yourself, and with others. As you give yourself permission to be fully authentic, you align your heart with God and surrender into a magical flow, creating a life of abundance.

AUTHENTICITY = ABUNDANCE & FREEDOM!

"Getting real" means letting go of how you think you "should" be. It means following your heart in every moment, releasing the need to have others' approval.

1. **What scares you about getting real?**

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You have to get real with yourself before you can get real with others!
To get real, you must feel! Your feelings are guideposts to your heart. When you shut down or judge your feelings, you disconnect from God.

2. **In what ways do you shut down or judge your feelings?**

God gave you a voice. Use it! When you honor and love the way you were created, you honor your voice and speak from your heart.

3. **What scares you about speaking your voice?**

Creating a life of abundance starts with loving and honoring the ***real*** you. But if you don't like yourself, you won't value yourself enough to stand in your truth.

4. **Why don't you like yourself?**

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THOUGHTS TO PONDER

When you withhold love from yourself, you withhold it from everyone else.

Authenticity = Abundance & Freedom

If you don't like yourself, you won't value yourself!

When you judge yourself as bad, you shut down to love.

ACTION FOR THE WEEK

1. Give yourself PERMISSION to feel everything this week. Talk to the little girl inside of you to see what's hurting. You can meditate to get your answers, write with your "other" hand, or do whatever works for you.

2. Be compassionate to yourself at all times.

3. Speak from your heart knowing that as you do, you give a gift to the people around you.

4. See where you label yourself as bad. Flip the switch to see the truth!

SPIRITUAL TOOL

We all tap into our inner wisdom in different ways. There is no right or wrong way. What is right is what works for you.

Writing with your "other" hand is an avenue to connect to your heart and God's messages that are here to guide you.

Steps to Writing with the "Other" Hand:

1. Have pen and paper in front of you.

2. Get fully grounded.

3. Open up and give yourself permission to receive God's love, light and guidance with clarity.

4. Write with your dominant hand any thoughts, feelings or questions that might be coming up for you.

5. When you are ready to receive an answer, switch your pen to the other hand.

6. Give yourself permission to be free with your writing. Don't worry about how it looks, grammar, punctuation, or spelling. Just allow it to flow.

7. Feel free to express everything.

8. When you get stumped with something, ask questions again with your dominant hand and then switch once again to your other hand for the answer. If need be, pretend you are a reporter asking such questions as "Who, what, where, when, why, and how?"

9. Once you are done, give thanks for the healing and act upon any messages that you have received.

Use writing with the "other" hand to talk to the little girl inside of you, to talk to God or your spirit guides. You get to choose who you want to talk to and what is right for you! Just think of this tool as an avenue to open up to your intuitive mind!