

An Enlightened Mom is a mom who trusts that she is protected and provided for. She knows that she is worthy of this kind of love.

An Enlightened Mom lives life creatively, allowing herself time to play and explore. She discovers her passions and gifts, setting the tone for everyone she loves.

3. Why don't you allow yourself to play more? What fear is shutting down your joy?

The universe is filled with abundance!

Trust that you are protected and give yourself PERMISSION to play more!

THOUGHTS TO PONDER

ON CREATIVITY

The man who follows the crowd will usually get no further than the crowd. The man who walks alone is likely to find himself in places no one has ever been before.

Creativity in living is not without its attendant difficulties, for peculiarity breeds contempt. And the unfortunate thing about being ahead of your time is that when people finally realize you were right, they'll say it was obvious all along.

You have two choices in life: you can dissolve into the mainstream, or you can be distinct. To be distinct, you must be different. To be different, you must strive to be what no one else but you can be....

~Alan Ashley-Pitt

FINAL ACTIONS

You are worthy of all the abundance the universe has to offer. You deserve this kind of love. But it's up to you to use the tools you've learned over the last few weeks to dig deeper and continue to release the false beliefs that keep you stuck and feeling unworthy.

Think of the path of The Enlightened Mom as Cleanin' out the **C.R.A.P.** to create the life you crave!

C = have the **Courage** to make a **Commitment** to yourself to heal.

R = take full **Responsibility** for your happiness

A = stay in **Awareness** of when you're in the crap and when you're not

P = give yourself **PERMISSION** to be you and follow your heart!

SPIRITUAL TOOL

Running Earth Energy

To make the most of your time and energy so that you may create a life you crave, you need to be fully present and in your body.

When you feel as if you are out of your body, you most likely are. You feel scattered and can't make clear decisions. Running earth energy for about five minutes a day will bring you fully present.

Running earth energy is very similar to grounding in God's light, only the energy moves in the opposite direction.

Step 1: Get grounded

Get grounded as you normally would, checking in with your aura and grounding cord. Make sure your feet are flat on the floor, sitting upright with the palms of your hands in your lap facing up.

Step 2: Open the balls of your feet

Visualize the balls of your feet opening up like a camera lens. Now imagine that there is a beautiful green healing light that is about to surge up from the center of the earth.

Step 3: Allow Earth's energy to flow

Invite the earth's beautiful energy to flow up from the center of the earth through the middle of your grounding cord and allow it to enter into your feet. Allow the energy to flow upwards into your legs and hips, moving out all of the stuck energy.

The energy continues to flow upward into your torso and down through your arms, flooding out of the palms of your hands and fingertips, again having each of them open up like a camera lens.

Visualize the light moving up from your torso, into your neck, and upwards into your face, flooding out of the crown of your head.

As the earth energy flows out of the top of your head, it pours down into your aura, all around, dumping out of the bottom, flowing down the outer edges of your grounding cord back to the center of the earth.

Allow this energy to run for no more than three to five minutes or else you may begin to feel very sleepy and dense.

Step 4: Reverse the energy and ground in God's light

Finish this meditation with reversing the energy so that you're grounding with the golden light of God, flooding down from your head and throughout your body.

Mom,

Thank you for being here and for having the courage to walk the path of The Enlightened Mom!

You've just finished The Enlightened Mom: Stepping onto the Path. This course is the foundation for all of The Enlightened Mom classes. I hope you'll join me for upcoming events to take you deeper into loving and honoring the way YOU were created! You deserve to live a life you love. You deserve this kind of joy and abundance!

Until next time...

A handwritten signature in cursive script, appearing to read "Terri".