The Enlightened Mom: Stepping Onto the Path

Session I

Create a Connection!

Mom, most of us believe that we try to be the best moms we can be because we want our families to be happy. This is true. But the real reason goes deeper. We travel life at warp speed trying to be great mommas due to one simple fact: we don't want to feel alone. We don't want to be abandoned. We want to feel loved and connected.

1. **What scares you the most about being alone?**

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You are not alone and never have been! You experience the love you've been seeking your whole life by creating a connection to God. This loving energy is here to guide you, protect you and provide for you.

Give yourself PERMISSION to receive God's love!

2. **If you knew without a doubt that you were supported, protected and provided for by God, how would that change your life?**

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We lose our connections to God when we disconnect from our hearts.

As you step into trust and give yourself permission to connect to God's love, the greatest action you can take is to love and honor the way you were created. This means to get in touch with your heart. Your heart IS God's greatest messenger of all. And the little girl inside of you is the pathway there.

3. **What feelings come up for you when you see the little 5-year-old inside of you?**

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When you honor your heart, you honor God. As you connect to the child within, you discover the love you've always craved. Love doesn't come from the outside world. It comes from within you!

4. **What are five things you can do beginning today to love and honor the way you were created?**

THOUGHTS TO PONDER

You put God first in your life by honoring and loving the way you were created.

It is due to our fear of being abandoned and alone that we actually abandon ourselves!

The little girl inside of you is your heart…God's greatest messenger of all!

ACTION FOR THE WEEK

1. Get grounded daily, keeping your crown open at all times.

2. Stay in awareness of when you are shut down to love and when you're open to receiving it.

3. Find a trinket or picture to remind you of the little girl inside of you. Talk to her daily and imagine giving her a huge embrace!

SPIRITUAL TOOL

A huge step in giving yourself permission to receive is to take 10 minutes or more a day and ground in God's light. It helps you create a connection to God and releases the negativity that keeps you stressed and worn out.

Grounding in God's Light

1. Find a comfy and quiet place to sit. Put your feet on the floor and take a few deep breaths to relax as you give yourself permission to receive God's love and guidance.

2. Close your eyes and visualize your aura, as if you're sitting in an egg of energy, and imagine pulling it in to about arm's length above you, below you, in front and back of you, and on either side.

3. Visualize your grounding cord beginning at your hips on the outer edge of your aura, running to the center of the earth. I like to visualize the center of the earth looking like a huge peach pit.

4. Now see God's beautiful golden ball of light above your head. See the top of your head opening up much like a camera lens and the light flooding into your body, releasing all of the negative energy out your hands and feet, dumping to the bottom of your aura. Imagine that the light is flowing so much that it overflows out the top of your head, pouring down and around your aura, flowing underneath your feet where the aura opens up to your grounding cord, dumping everything down to the center of the earth.

5. Give thanks to God for the beautiful healing.