


THE ENLIGHTENED MOM



*A
Mother's Guide
for Bringing
Peace,
Love,
&
Light
to
Your Family's Life*

TERRI BRITT

*"Terri Britt shows you how to heal your life, helping you become a more joyful, loving mom.
I've personally experienced Terri's work and it is absolutely life-transforming!"*

*~ from the Foreword by Marci Shimoff, #1 New York Times bestselling author of
Happy for No Reason, Love for No Reason, and Chicken Soup for the Mother's Soul series*

THE
ENLIGHTENED
MOM

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*A Mother's Guide for Bringing
Peace, Love & Light to Your Family's Life*

Terri Britt

WorldofLite Publishing

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*This book is dedicated with gratitude
and love to my mom, Lee Utley,
and to the many moms who
have touched my life.*

CONTENTS

<i>Foreword by Marci Shimoff</i>	ix
<i>A Message from Terri</i>	xi
 INTRODUCTION: Stepping onto the Path.....	1
 PART I: CREATE A CONNECTION	11
Chapter 1: Open Up to Receive Love	13
Chapter 2: God is Everywhere...Even in Your Washing Machine	33
 PART II: YOUR HEART...GOD’S GREATEST MESSENGER OF ALL!	57
Chapter 3: The Pathway to Your Heart	59
Chapter 4: Give Your Inner Child a Voice	77
Chapter 5: You Have to Feel to Heal	93
Chapter 6: Say “YES!” to Your Heart.....	109
Chapter 7: You are a Gift!	129
 PART III: STAND IN YOUR TRUTH	151
Chapter 8: Life is a Gift...Even the Crappy Stuff!	153
Chapter 9: Dare to be YOU!	179
Chapter 10: You Don’t have to “BE GOOD” to be Loved!	207
 PART IV: LIVING IN ABUNDANCE	229
Chapter 11: MOMS just WANT to have FUN!.....	231
Chapter 12: Surrender into Abundance.....	253
 EPILOGUE: The Next Chapter	275
 <i>Acknowledgments</i>	289
<i>Bibliography</i>	293
<i>About the Author</i>	297

FOREWORD

by Marci Shimoff



here is nothing more important in the world of motherhood than the example you set for your children. And the most valuable example you can set is that of love and inner happiness.

Congratulations! You're taking an extraordinary step towards helping your children by reading *The Enlightened Mom*. In this book, Terri Britt shows you how to heal your life, helping you become a more joyful, loving mom. I've personally experienced Terri's work and it is absolutely life-transforming!

Over the last 20 years, I've spoken in front of hundreds of thousands about my books, *Happy for No Reason*, *Love for No Reason*, and the *Chicken Soup for the Mother's Soul* series. Through this work, I've seen how people's lives change for the better when they make a decision to heal. In *The Enlightened Mom*, Terri offers you a breakthrough approach to healing that will enable you to become a role model of happiness and love for your children.

It's clear—your children pick up your habits. If you have a habit of denying yourself, of giving to others and not giving to yourself, then your children are unconsciously learning this from you. But if you have habits that are supportive of happiness and self-love, your kids will learn those. You can't teach your children habits that you don't have.

While most teachings about motherhood focus on the behaviors of the children and how to handle those behaviors, Terri's approach to motherhood is different. She knows that what's primary to being a great mom is your relationship with yourself. In this book, Terri focuses on where the real power lies: your ability to heal yourself and create a wonderful relationship within. This approach is unique and spot on.

Terri has both the wisdom and the experience to be your guide. This comes from a deep knowingness, her own experiences of motherhood, and the results of The Enlightened Mom classes she's been teaching over the past decade. Along with offering profound concepts of healing, Terri provides the most effective tools and techniques available. With these, any mother can create fast and lasting changes in her life and home. I believe in Terri's processes 100%. I've seen miracles happen with her work.

I often hear moms ask, "Am I being selfish to want to take care of myself?" In fact, it's the least selfish thing you can do. Because when you take care of yourself, when you heal yourself and are whole inside, you are influencing your family, your community and ultimately the world. This Chinese Proverb says it best:

*When there is light in the soul, there will be beauty in the person.
When there is beauty in the person, there will be harmony in the house.
When there is harmony in the house, there will be order in the nation.
When there is order in the nation, there will be peace in the world.*



A MESSAGE FROM TERRI...

W

elcome to *The Enlightened Mom*! You are about to embark on a journey that will not only heal your life, but will set the tone for your family to heal, too. As you absorb the information that I'm about to share with you, and do the exercises and meditations given, you will see that you, Mom, have the power to create a life of peace, abundance and joy. This is the greatest gift you will ever give your family. But it starts with you claiming that power! You are making that choice today by stepping onto the path of The Enlightened Mom.

The Enlightened Mom is a book that provides information and tools to heal and transform your life. I have also recorded *The Enlightened Mom Meditations*, a powerful series of 25 guided meditations that work hand-in-hand with the information in each chapter of this book. These meditations allow you to quickly and easily move past the negative programming of your mind, to access the wisdom and love of your heart.

Throughout this book, I will explain the different meditations and how they are done. Simply follow the book and, when prompted, go to the specific CD mentioned to deepen your healing. The first meditation, as seen in Chapter 1, is *Set an Intention*. This meditation is available for free as my special “thank you” for stepping onto this path. Visit www.TerriBritt.com/freemeditation to download it now. You will also find a link there to purchase the entire series of meditations.

Mom, I am so excited that you are here and have decided to heal! I thank you, and I know your family will thank you, too, as they get to experience a happier mom. You ARE making a difference, because when Mom heals, the family heals...the world heals!

With love and light!

~Terri Britt

www.TerriBritt.com

*Love is the answer.
It is always the key.
It breaks down the walls
Between you and me.*

*Love is abundant.
It's not far from sight.
Ask to receive it
And you'll be led to the light.*

*For the light is within
Both you and me.
It tells the truth
Of who we can be.*

*It's ours to remember.
It's why we're here.
Turn to love
And there is no fear.*

*For God has not given us the spirit of fear;
but of power, love and a sound mind.*

II TIMOTHY 1:7



INTRODUCTION

Stepping onto the Path

M

om, I know you want the best for your family. I get how much you love them. I am a mom like you. I understand what it's like to love your family so much that you'll do just about anything for them. I also know that in your effort to be the best mom you can be, you deny your needs.

You've probably picked up this book believing there is something else you "must do" for your family to make them happy. Wrong! The only thing I'm inviting you to do is to create a connection to your heart, finally loving, honoring and embracing the way God made you. And as you do, you become a more loving mom.

You are of value. You are special and unique. If you don't know this, it's because you are living from false beliefs that say you're not good enough simply for being you. You don't have to be the best mom. This drive is what makes you so frustrated with your life. All you have to do is embrace the unique lovable you and allow that love

to overflow to your family. This is the greatest gift you can give your loved ones: setting an example of peace, light and love for everyone! Most of us don't know this truth, so we continue to deny how we were created, shutting down our hearts, our passions and our dreams. And as a result, we slowly die within.



“Debbie has been in a terrible car accident. She’s in the hospital and they don’t believe she’ll make it through the night.”

I’ll never forget the night I received that call. My best friend from my old high school days was about to die.

“Why, God? Why did this happen to Deb?” I prayed. “I don’t get it. She’s a mom with three kids, trying so hard to make life work. She’s had a rough time over the years and now life has been pretty good for her. Why?”

I didn’t get an answer immediately. I waited thousands of miles away for any news that might tell me something.

“She was out looking for one of her kids, Terri.” Another old friend shared this message with me over the phone. “She was concerned about him and was sitting at a stop sign about to pull out when she picked up her cell phone. She wasn’t watching. She pulled out and didn’t see the truck coming over the hill. It T-boned her on her driver’s side door. They had to cut her out of the car.”

Would Debbie make it? I was scared to death for her. I was scared for me, too. I couldn’t stop crying.

I flashed back to a few years prior to Debbie’s accident. I spent some time in Arkansas and, as a result, got to see Debbie. Deb was doing well then. She was fairly content. She had a terrific job. And she was doing well financially. The only problem she struggled with was trying to do everything “right” for her kids.

Deb never felt truly loved and accepted growing up. She didn’t believe she was good enough to be loved. That’s why she worked so hard as a mother. She wanted to make sure her kids were happier than she had been. She ran herself ragged filled with guilt, trying to make everything perfect for her family. She believed that by giving herself

up, they would feel loved and, thus, would be saved from the past pain she had experienced.

The night Debbie had her car wreck, she was scattered. She was worried and alone, and if I were to guess, felt quite out of control. Trying to save one of her children is what almost killed Debbie that night. Thankfully, she lived.

Debbie's accident is a mirror for what we do as mothers. We try to create perfect lives for our kids, believing this will bring them happiness. We give ourselves up to the point of losing ourselves, believing this will make them feel loved. I believe that's why I cried so much the night of Debbie's accident. Of course, I was sad and terribly worried for her. But I knew in my heart there was more. I was crying for my own life. I was crying for all of the times I had let myself down out of a need to "save" my family from possible pain. I knew that by doing everything for them, I was slowly dying within. Debbie did the same.

Debbie's accident reflected how she lived her life. In her zest to be a good mom, she almost lost herself. She lived in fear. Her concerns were about making money, getting her kids to classes, and making sure that they had all of the opportunities she didn't.

Just like Debbie, we mommas want the best for our kids. But for most of us, this desire is based in the subconscious societal belief that says abundance comes from the things you own, the accomplishments you achieve, how you look, whether you're good or bad, or the amount of money you have. This belief says that life is a competition and we must perform to get ahead. So we mommas perform for our families, trying to do everything "right," hoping they might experience more abundance than we had. True abundance, however, doesn't come from other people's approval, accomplishments or material things. It comes when you say "YES!" to your heart and open up to the love within.

Mom, you create real abundance when you get completely connected to who you are and the way you were created. You do this by taking responsibility for your own happiness, accepting and loving yourself, and letting go of past beliefs that say you aren't good enough just for being you. You release the need to have others' approval. You value the real you.

True abundance is when you trust yourself enough to release the controls of your life and surrender to the messages in your heart, creating a connection to God. It is in this connection that you discover the love you've always wanted. And as you do this for yourself, you become an example for everyone else.

God created each and every one of us as unique beings. Each of us has a purpose. That purpose is to be an expression of love and to share that gift with the world around us. THIS is abundance. But when we live by the belief that says we must deny ourselves to be good mothers, we lose our connections. We deny ourselves believing this is the best gift we can give our families. This is a lie. The best gift you will ever give your loved ones is to go within and find your heart. This is where God lives. This is where peace, abundance and love reside.

I went into the American Automobile Association one day to get my car registration. As I walked up to the counter a young woman stood before me to take care of my paperwork. I asked her how she was doing. This was her response, "I'm exhausted and counting the minutes until five o'clock."

"Oh, have you had a bad day?" I asked.

"I'm just tired," she said. "I'm the mother of four kids and they are wearing me down. There are so many things to take care of. Whew! I'm really tired."

"Hmmm," I said. "May I give you a little advice? I'm a spiritual coach and I just happen to be writing a book about this."

As she nodded her head yes, I shared with her this simple truth, "You cannot make your kids happy. People have to choose to do this for themselves. If you live your life running on empty doing everything for everyone else, you will take out your resentments on them whether you want to or not. Your anger and sadness will overflow to everyone you love. Your life will be filled with knee-jerk reactions causing you great guilt and shame. When you give up your own happiness, you are an example for your kids to grow up and do the same. However, when you take care of your needs first and fill your cup up with love, that love will overflow to everyone else. Your life will be an example for your kids to grow up and love themselves. Your family will get the very best of love when you first find it within yourself."

“Wow!” she said. “Why hasn’t anyone ever told me that before? It makes a lot of sense.”

“Well,” I responded, “you probably didn’t have a good role model to learn from. Most moms don’t live by this belief.”

“You’re right. My mom was an alcoholic,” she added. “I grew up having to take care of her and the rest of my family. I’m not the way my mom was, but I’m still struggling. I don’t do anything for myself.”

I understood her thinking completely. No matter what your childhood was like, whether or not you had a mom, if your main caregiver didn’t take care of his or her own needs then you are most likely not taking care of your needs. Your parent’s or caretaker’s example has been handed down to you and, thus, you remain disconnected from your heart. You’ve been ingrained with the belief that says to take time for yourself is selfish. True selfishness, however, is when you don’t love and honor the way you were created. Take the time to get to know yourself and follow your heart. Living from your heart creates a connection and puts God first.

*When you take time to love and honor the way
you were created, you put God first.*

God speaks to you via the messages in your heart. These messages guide you and help you create the abundant life you crave. But to listen to those messages, you must slow down and get to know who you really are. We mommas don’t tend to do this. Instead, we continue to deny ourselves, shutting down to God’s guidance and love. When you finally love yourself enough to open up and receive this kind of abundance, you will become a light for all those you love.

My paperwork was done with the young woman, as well as my mission. I knew God had put me before her to help her heal. She said her good-byes and added, “I’m so glad I called your name today.”

“Me, too,” I said, and then added one last thought, “The key is for you to give yourself PERMISSION to love yourself, creating a connection to God in your heart. You are the creator of your life. This is your choice and the greatest gift you will ever give your

children.” And with that, she smiled, stepping onto the path of The Enlightened Mom.

The path of The Enlightened Mom is an adventure to your heart. It takes you straight to God. It doesn’t matter what your religious beliefs are, what color you are, or where you’re from, this path will teach you how to open up and connect to God’s love. Our egos tell us lies of how we “must be” to experience love. Our hearts tell us the truth: the love has always been there. It’s inside of you.

All throughout this book I will talk about God. I believe our ultimate goal as humans is to move out of ego and reconnect to God. This is why we are here. I am a Christian by faith. However, what I was told as a child is different from what I believe now. I grew up believing that God’s kingdom is somewhere outside of us and that we have to perform to get there. “The Kingdom of God is within you.” (Luke 17:21) This is what Christ told us and why I believe he was sent here. He exemplified union with God. Christ showed us how to find that connection to God within ourselves. When you connect to your heart, you live as Christ did. You become an example of kindness, compassion, forgiveness and love.

The path of The Enlightened Mom moves you out of ego where there is always fear and a need to control. It guides you to trust, resting in the knowingness that you are not alone. The path of The Enlightened Mom is one filled with miracles and abundance. As you read through this book, you will see miracle after miracle that happened in my life. Some were small; some will make your jaw drop. This is what happens when you align your head with your heart and allow God to be the guide. You realize that God truly IS your protector and provider.

If you’re ready to create this kind of life, Mom, I invite you to dive within. Do all of the exercises in this book. And when guided, go to The Enlightened Mom Meditation CDs to deepen your healing. Allow yourself to open up to the love within. Your life is going to change and so will your family’s. You will be amazed at what you discover!

If you really want to have fun on this journey, do it with a friend or a small group of women that you care about and love. Create a book club and at your gatherings, go over what you’ve learned from each

chapter. Share, laugh, and cry. Open up your hearts. Be intimate with one another.

I have five close friends with whom I've shared my journey. They are my spiritual buddies. We each do it a little differently, but nonetheless we all live our lives creating a connection to God. To be able to learn from one another and celebrate each other's miracles together has been one of the greatest gifts of my life. This is what is so special about this path: you no longer feel the need to compete with others, seeing who is best. When you live from the belief that each of us is perfect just the way we were created and that we all are traveling our own unique paths then there is no need to compete. Instead, you love and celebrate one another.

The tools in this book will change your life forever. Barb, one of my oldest friends, told me one day that my life had changed so much over the years that people I know now wouldn't recognize me if they had a glimpse of my life back then. It was filled with anger, resentment and blame when we first met. Of course there was a loving, kind side to me, but the pain sat right beneath the surface. It made me somewhat hot-headed and a control freak. My pain stemmed from a lack of loving myself.

Most people would never imagine that I disliked myself back then. My life was filled with accomplishments and success. I even won the title of Miss USA in 1982. But in that moment of winning, there was only emptiness. I was driven by a deep desire to experience love and acceptance, but didn't find it there. I continued my search as a host in the television industry. My search failed. That's when I let my career go and made a choice to become a mom. What I soon discovered, however, is that my need for love was still there. I had a standard in my mind of what a good mom should be. I wanted the best for my family so they would be happy. But deep down, I wanted to do things right so they would love and accept me. I lived by a set of rules that controlled my life and told me how I "must be" to receive love. I was miserable. I truly believed that love was a reward you received by doing things right or by being best. These rules not only affected my life, but also made me want to control everything around me, especially my kids.

I took a good look at my family dynamics and realized that I was putting the same negative beliefs on my kids as I put on myself. Each rooted in the false societal belief that says love comes from the outside world, not from within.

Then it hit me. I thought I was protecting my family by impressing my beliefs on them of how you “must be” to receive love. I truly believed this equated to being a great mom. But instead of protecting them, I now knew I was handing my pain down to my kids. That’s when I made a decision to go within and heal.

Thankfully, my life changed when I got to know who I really am. I quit performing for love and released the rules and negative beliefs that drove me and kept me from being the loving, dynamic person God created me to be. As I let go, I found my heart and created a connection to God. Finally, I discovered the love I had been searching for my whole life.

Mom, you are about to learn the tools that I used to rid the negative programming from my life. I am not the same person I used to be. As I have walked this path and used the tools that I’m about to share with you, I have healed. And, as a result, my family has healed. Our communication has grown. And where there was once judgment, blame and a need to control, there is now abundance and love. So whether you want to travel this journey by yourself or with a friend, it doesn’t matter. What does matter is that you open up and celebrate who you are! It’s time to create a connection to your heart and step onto the path of The Enlightened Mom.



*Enlightened:
Having knowledge and spiritual insight;
freed from illusion*



PART I

Create A Connection



CHAPTER 1

Open Up to Receive Love

M

om, what's your life like right now? Do you feel joyous and alive? Do you get up each day filled with passion and purpose, and a smile on your face? Or do you wake up feeling tired and overwhelmed as if it's time to hit the floor racing again? My guess is that if you're picking up this book, your answer is closer to the latter one. Have you ever asked yourself why you constantly feel as if you're racing?

Maybe your issue isn't about racing, but rather about feeling angry or frustrated with your family situation. Why do you feel this way? I have an answer for you. You feel this way because you're not listening to your heart; you've disconnected from God.

As mothers, our greatest desire is for our children to grow up and have abundant lives. We want them to have an abundance of love, an abundance of success, an abundance of peace and happiness. We do everything for our kids, believing that the more we do for them and the

more we teach them that they will have these things. As a result, we deny ourselves. We become rundown, angry, resentful, or frustrated and often take out our pain on them. Don't you hate it when you lash out and get angry with your kids, especially when you have knee-jerk reactions and don't know why?

Are you married? What's happening with that relationship? Is it happy and alive? Or do you feel some underlying resentment and think about running for the hills? Are you speaking your feelings and saying what you need? Or do you stuff everything in out of an old belief that says, "If I say what I feel, I might be rejected and lose my spouse's love?"

If any of these issues resonate with you, you may be living from a belief that says, "It is my responsibility to make my family feel happy and loved. Therefore, I must deny my thoughts and feelings to be a good wife and mother."

I know you want to be the best you can be for your family, and I know that you believe your actions are loving, but in truth, they aren't. When you don't say what you need, when you don't set boundaries, or when you don't respect and love yourself and follow the passion in your heart, your actions send a message to your loved ones that says, "You must perform to be loved. You must deny who you are and how you were created to make others happy. And by making others happy, only then will you receive love."

We have been ingrained with the belief that says love comes from the outside world. This is why we're all performing, trying to be "the best" or do things right, because of this deep-seated belief telling us this is how we "must be" to receive love. But this isn't love. This is survival. Survival comes from the head. Love comes from the heart. When we seek love outside of ourselves, we live in a constant state of survival. This is why we suffer. We have the power to end the suffering as we connect to our hearts and commune with God.

You are a child of God and, just like your own children have a direct connection to you, you have a direct connection to God. You've just lost that connection in your zeal to make everyone happy. You've been living from your head, trying to control life, instead of trusting God. Now it's time for a change. As you let go of the controls and give

yourself permission to receive love by taking the time to slow down and love yourself, you will feel God's presence. When you honor your heart and the way you were created, you put God first and create a divine connection. Life becomes a joyous flow. No longer will you feel the responsibilities of the world sitting on your shoulders. You surrender them to God.

Most of us don't realize that our ultimate purpose on this planet is to be an expression of love. Love comes as you take time to heal the pain of the past, releasing negative false beliefs that tell you that you are wrong for being who you are. With each release, you open up to compassion, forgiveness, acceptance and love. Your life becomes one filled with abundance. But, instead of taking the time to look within, we push ourselves and deny our hearts, believing this is the right thing to do. In our quest to make sure our children and families are loved, we moms shut down to receiving love. We do everything for everyone else at the expense of ourselves. We lose our connections to God.

Being a martyr is the worst thing you can do for your children. If you don't connect to your heart by honoring and loving the way God created you, Mom, your children will grow up and quickly learn to forget themselves, severing their connections. That's why so many people in our world continue to perform, seeking love. They've learned it from all of us mommas.

If you want your children to have lives of abundance, be an example of abundance. If you want them to have lives of happiness, be an example of happiness. If you want your children to have lives of peace, love and fulfillment, be an example of these things.

*It's not what we do for our families,
but how we live our lives that
impacts them the most.*

We love our kids so much. We want to protect them. We want to make sure they feel love rather than suffering. So we deny ourselves just like our moms did with us. And as we do, we perpetuate the cycle of judgment, blame, separation and pain all over again.

In *Love Without Conditions: Reflections of the Christ Mind*, Paul Ferrini says, “If you do not take responsibility for bringing love to your own wounds, you will not move out of the vicious cycle of attack/defense, guilt and blame. Your feelings of rage, hurt and betrayal, all of which seem justified, will just fuel the fire of interpersonal conflict and continue to reinforce your unconscious belief that you are unlovable and incapable of loving.” And as you live this way, Mom, your kids will grow up and do the same.

If you’re ready to stop this cycle and become an example of love for your family then it’s time to take responsibility for your happiness. It’s time to heal your wounds. It’s time to look within and see who you are and what you believe, not who you think you’re “supposed to be.” Give yourself permission to love and accept yourself unconditionally. Stand in YOUR truth. And as you do, you walk the path of The Enlightened Mom.

When I first started upon my healing journey, my intention was to be unconditional love. It still is. I knew if I truly wanted to stop the cycle of separation and pain, it had to start with me first. I had spent most of my life being a master at mental games, always judging and beating myself up, especially when it came to motherhood. I wreaked havoc on myself. As a result, it spewed over to my family. And as it blasted them, I became filled with guilt and remorse. The cycle, as my kids would say, really sucked. I broke the cycle when I made a decision to heal.

You are ready to break this cycle. You are ready to be unconditional love, but it has to start with you, Mom. Now you’re probably thinking that you already love your kids unconditionally. However, and this is a big however, when you want to mold your children or make them “be somebody” out of your own past beliefs or fears for their future, you are sending your kids a message that says, “You aren’t okay just being you.” This message is probably similar to the one you received as a kid that said you must seek love and acceptance from the world around you. And to do this, you must deny your heart so you will fit in. The message your kids hear is: love comes only with conditions.

Dictionary.com defines unconditional love as “affection with no limits or conditions; complete love.” Conditional love, on the other

hand, is when you have an idea in your mind of how a person is “supposed to be” to get acceptance and love. For instance, if you feel as if your daughter has to wear her hair a certain way for fear that people will judge her, this is conditional love. Or if you feel as if your son has to be the best athlete to get ahead in life, this is conditional love. Any time you feel someone is “supposed to be” a specific way in life, this includes how you feel you’re “supposed to be,” you are expressing love with conditions. These conditions are based in old patterns and programs you took on since childhood telling you how you had to be to receive acceptance and love. When you look back on those beliefs and truly dive into them, you’ll most likely realize they aren’t your truth. Deep down you are probably holding on to a lot of sadness and pain because you weren’t honored just for being you. Now, as a mother, you continue the cycle of self-denial, trying to fit the mold of what you believe a good mother should be. It’s time to release that programming and open up to receive love unconditionally.

You can’t truly love others unconditionally until you first love yourself unconditionally, Mom. That means taking time each day to get to know who you are. This is the loving thing to do for your family. This is putting God first. By getting to know yourself and finding acceptance and love for all those parts of you that you’ve judged, you find your heart. Jesus explained it when he said, “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye?” (*Matthew 7:3-4*)

By taking the time to connect to your heart and removing the plank in your eye, you create a connection to God and live as Christ did. It is in this space where true unconditional love lives. As you find love and acceptance within yourself, you begin to love all those parts of others that you’ve judged. The love you feel inside overflows to them. Where there had been judgment, pain, and sadness, there is now overflowing abundance. This is the best gift you can give, and the greatest act of service you will ever do for your family members: being an example of self-acceptance and love, not having to be anything or anybody to be loved.

Unconditional Love = Abundance

The beauty of opening up to receive love simply for being who you are is that as you allow yourself to really move into this heart space, you find your gifts to share with the world. This is true abundance. Isn't that what you want for your kids? You want them to have lives of passion, purpose and love. You want their lives to be filled with abundance. The only way they will truly have this, however, is by taking responsibility for their own happiness and living authentically from their hearts by putting God first. It's up to you, Mom, to live your life like this, setting an example for your family. And to do that, you must get to know yourself. That means spending time meditating, journaling, playing, and loving yourself.

Honoring yourself as an act of love goes against the grain of what we've been taught, but it's the truth. If you're reading this book then most likely the old way of being isn't working for you. It's time for a change and that change begins with loving and accepting yourself first.

Loving Yourself is NOT Selfish

Leslie is an old client of mine. She is an amazing woman and has an absolute heart of gold. Her life before children was one of success, power, and abundance. Now she's the mother of twin little girls. Her greatest desire is to make her children and husband feel loved.

I had been working with Leslie for some time when she came in to see me for a coaching session. In spite of the work we had been doing, Leslie still struggled with loving herself due to the belief that said it was up to her to make her family's life perfect. She constantly felt as if she were failing.

Leslie settled back in her chair with tears welling up in her eyes. "I know you're tired of hearing this story," she said. "But I feel as if I'm angry at everyone. I know it's my problem, but I can't seem to get over it. I feel as if I need to run away."

Do you ever feel as if you want to run away, Mom? If you do, that's God trying to tell you that you need a break. You're not honoring the messages in your heart and taking care of your needs. Therefore, you don't feel loved. Leslie continued to deny the messages she received because she believed that to love herself was selfish. She was wrong.

Loving yourself is not selfish. It's about listening to your heart and putting God first. True selfishness is when you walk around angry, taking out your pain on everyone else. You were created to be a unique being. The reason you feel angry, sad or frustrated with life, or are trying to make your kids "be" a certain way, is because you aren't honoring your uniqueness. Therefore, you can't honor their uniqueness.

Put God first and get to know who you are so that you may share your gifts with the world and be an example for everyone. This isn't selfish. This is love. Be a channel of God's love. As long as you continue to deny yourself, you will never know this kind of abundance.

Leslie's pain continued because she wouldn't honor this truth. Through the tools she learned in our work together, she constantly got messages to honor and take care of herself. But she wouldn't listen due to the false belief that said she would be selfish if she acted upon the messages.

As I worked with Leslie that day and saw her pain, I quietly prayed, "God use me. Show me how I might facilitate her healing." I heard a very clear message as the session ended. It said, "When you are judging yourself or not accepting the feelings you are experiencing, ask, 'How can I honor God today by honoring the way I was created?'" That's a pretty potent question. Think about it again. Take it in:

*"How can I honor God today
by honoring the way I was created?"*

I shared this message with Leslie and as I walked her to the door I asked her, "So does that help you a little?"

"Yes," she said. "It helps me feel not quite so selfish."

I hope it will help you see that you aren't being selfish when you love yourself. Dishonoring yourself is true selfishness. When you hide

the real you, people are not allowed to enjoy the light you have to shine on the world. When you disconnect from your heart and the love of God, you only create more pain and suffering. It's time to break the cycle of true selfishness and create a divine connection!

What Is God to You?

Before we go any further about creating a connection to God, I want to address an important question: What is God to you? When you imagine God, how do you see that picture? Is God kind, loving and compassionate? Or is God some man sitting up on a throne judging you, determining if you are worthy of being seen or heard? That's what God used to be to me. I was terrified of God. I believed that God was this giant man just waiting for me to mess up. I feared God's judgment and, therefore, was really hard on myself. Compassion, kindness, forgiveness and love were not a big part of my vocabulary when it came to looking at my relationship with God. Thankfully, that has all changed now.

What I know for sure is that we are all energy and are all connected. This is a scientific fact. However, I believe from a spiritual perspective that this energy makes up the whole and we are all a part of it. We make up the body of God. We are all part of the oneness of God. God isn't outside of us. God is a part of each of us. And because of this, I believe God is always with me.

When I call upon God for guidance, I am calling upon all of the loving energy of the universe. I see this energy as The Light. For me, The Light consists of Christ, angels, beautiful spirit guides, the world around me, as well as God's love inside of me, all acting as messengers. I believe that we can call upon that loving energy and ask for help and it is always given. We just have to allow ourselves to receive it. Do you allow yourself to receive? Do you allow yourself to be open to this all-loving presence? What do you believe?

I invite you to spend some time with this question: What is God to you? Check in with yourself and see if what you believe really resonates with you or is it some childhood belief that you took on. I hope you do know, however, that God is love, pure and simple. Just

knowing this and living your life trusting that the love is always there will shift your life in monumental ways.

I share my beliefs with you to show you how beliefs can change once we open up to the possibilities and get to know ourselves. I never thought mine would shift, but I'm so glad they did.

The core belief I learned during childhood is that God is punishing and is "over there" somewhere, unavailable when I ask for help. Therefore, I punished myself and didn't allow myself to receive love in most areas of my life because I didn't believe I was worthy of God's love and help. I felt extremely alone, especially with my duties as a mother. But as I have slowed down to get to know what I truly believe, that belief has changed. As a result, I have opened up to an all-loving presence, and now fear and worry have dissipated from my life. I have a peaceful knowingness that the love is always there. We mommas just have to be willing to stop denying ourselves and open up to receive it.

Set an Intention

You've come to this point because you are ready to break the cycle of pain and self-denial that has been handed down from generation to generation. You are ready to open your heart to God and create a connection. Your first step is to set an intention. Setting an intention means to simply visualize what you want for your life and to feel it throughout your body.

Here are three simple steps to create your intention:

1. Close your eyes and visualize how you would like to see your life. Is it filled with laughter, passion, and love? Please don't be just an observer to this picture; be in it. Look down and see your hands. What are you wearing? As you turn your head, what do your surroundings look like? And here's the key point: how do you feel? Has your anger and frustration dissipated? Do you feel a great connection to God and all those you love? Is your life in balance? Is it one of unconditional love? Take a moment and create in your mind a picture of how you want to experience your life.

2. Imagine bringing this picture into your heart. See it exploding like a starburst, filling up your whole body. As you visualize this picture, say to yourself, “Yes, yes, yes, yes, YES!” just as if you were cheering for your child at some school or sporting event.
3. Say, “I give myself permission to live this kind of life. God, I open myself up to your guidance and miracles. I THANK YOU for this healing. I thank you for guiding me and showing me the way.”



***Mom, to move deeper into this healing, go to
The Enlightened Mom Meditation CD #1, Track 2,
and set an intention for what you want!***



*As my gift to you, download this first meditation, **Set an Intention**, for free, or purchase the entire series of 25 powerful meditations, all personally guided by me, at www.TerriBritt.com/freemeditation*

Mom, I want you to know right now that you can have the image you just created. Know it! By owning this truth, you will start seeing miracles happen. You are a part of God and, in this truth, your natural state is abundance. You are the one who limits this, Mom. To shift your consciousness, all you have to do is to open up and receive it. And that starts with you saying “YES!” to yourself.

You might be questioning your ability to create what you want in your life. Most of us don’t believe we are that powerful. We don’t tend to believe that we can set an intention for unconditional love and abundance and then create it. But you can. You are that powerful. You

are the creator of your life. Most of us have been raised to believe that we are the victims of circumstance. Whether we were told that verbally or by watching our family members complain, we didn't believe we could create our reality. But we are not victims. Every thought you have creates your reality. If you dwell on negative thoughts then this is what you'll bring to your life. For instance, I used to resent my late husband, Steve, for a lot of things. You name it, I resented him for it. The resentment created a wall between us. Then one day I decided I would only focus on the good things about him and acknowledge him for them. All of the sudden the wall came down. No longer was I creating a negative environment for myself, and my family. I created a home of gratitude and love. Our home shifted simply because I changed my thoughts.

*Your mind is powerful. It is time to realize that
what you think, you create.*

Is there too much drama in your life? If there is, it's because you have too much drama in your mind. Try focusing on the positive in your life and the drama will go away. This is the Law of Attraction: what you think, you will bring to your life. Life is a mirror. It's as if the beautiful all-loving presence of God and all of the angels are watching you, waiting to see what you want to create. If you focus on negativity then you will bring negativity to your life. Try focusing on positive things like loving yourself. Miraculously, your world will change.

You are the creator of your life. This is your free will. That's why when you make room for abundance in your life and open up to receive it, you will finally experience the love you've always craved.

Permission to Receive Love

One of the first things I notice as a healer is that most people are not able to create a connection to God because they are not open to receiving God's love. They are shut down. I believe as babies we come into the world ready to receive love, but over time, as a result

of watching and learning from our parents, grandparents, siblings, caretakers, and society in general, we begin to live in fear. As a result, instead of trusting God to guide us, we become disconnected. To be connected, we must give ourselves permission to receive love.

My healing journey began years ago with my late husband, Steve. He felt he got a new wife when I made a decision to heal my life. In the beginning of our marriage, I was a control freak. Talk about struggles! There were too many to count. I felt so alone. Steve often found me in his face screaming. I was tough on him and I was really tough on my stepson, A.J. I didn't know how to be a mom. I didn't know how to love A.J., nor Steve, unconditionally. I was tough on them, because I was tough on me. I believed I had to be perfect to receive love. I believed that love came from the outside world. Not from God. God really wasn't in the equation. I believed in God, but didn't feel I could have God's help. I believed I was alone. Then our girls were born. I was terrified of continuing the cycle of pain. I decided to heal my life. That's when I finally gave myself permission to receive God's love, stepping onto the path of The Enlightened Mom.

Opening up to God's love simply comes down to shifting your mindset. You get to choose how you want your life to be. Do you want your life to continue the way it is? Or are you ready to receive God's miracles and abundance?

If you're ready to make a shift, create a quiet space for yourself. Give yourself five minutes to do this. Take a few deep breaths, not from your chest but from down low in your abdomen. Allow your body to relax. Speak these words out loud:

*“I give myself PERMISSION to open up
to God's guidance and love. I give myself
PERMISSION to receive this kind of
abundance and love.”*

When you give yourself permission to receive, you are using the power of your mind to shift from lack into abundance. Just by saying these simple words, you open up your heart and create a connection to

God. However, to truly feel the presence of God in every cell of your body, stay open and take this exercise further.

Grounding in God's Light

Grounding in God's light is a visualization tool to help you release your fears, worries and concerns by letting go of negative energy that you're holding onto. It clears your mind and raises you into a higher vibration so that you can be in tune to receiving God's messages.

"What is a higher vibration?" you ask.

We are all energy and energy vibrates. When you are at a lower vibration, you feel yucky or stuck and often feel confused and uncertain. When you raise your vibration, you immediately feel better because you've created a connection to God.

Grounding in God's light, combined with giving yourself permission to receive God's love, sets up a foundation for all the exercises you'll be doing in this book. I invite you to practice this daily. It will help you create the life you want. And it will be one of the greatest gifts you ever give to yourself, as well as to your family.

Grounding in God's light is simple and fun to do. At first, I'm going to give you a full description of the different steps, how to do them, and how they affect you. Then I'll follow these guidelines with a short recap. Read through this a couple of times and allow yourself to play. We'll start with the first step as I discussed above.

Step 1: Create a Quiet Space

Find a quiet place to sit. Give thanks for the healing that is about to take place. By giving thanks, you rest in the knowingness that you are loved and supported. Say, "I give myself PERMISSION to open up and receive God's love and guidance."

Step 2: Your Energy Body

Imagine sitting in an energy field that looks like an egg. This is your aura. It extends around your body about arm's length. Visualize

it above you, below you, on either side of you, in front of you and behind you. You literally look as if you're sitting in an egg.

When you open up to God's guidance, keeping your aura at arm's length is key. Otherwise, your energy is sapped if it is overextended, often making you feel scattered and anxious. Or if the aura is pulled in too tight, you feel as if you're smothering.

Jeff is a top dog with a television network. I noticed one day when he walked in for a session that his aura was literally all over the place. It felt like the old movie, *The Blob*, big, gooey and smothering to me. I can only imagine what it felt like to him.

I asked Jeff to imagine bringing in his aura to arm's length all the way around him and to start practicing this every time he walked into a room for business meetings or in social gatherings. The next time he came to see me, Jeff said he couldn't believe how calm and centered it made him feel. This will work wonders for you, too!

If you're scoffing at the idea of having an aura, please ease your mind. Not only does science tell us that we are all energy, but there is a way to actually see auras with your own eyes. It's called Kirlian photography. When you have a Kirlian photograph taken, not only will you see the energy surrounding you, but you will also see it in vibrant colors. It's really quite fun when you see it for the first time.

Step 3: Create a Grounding Cord

The next step to getting grounded in God's light is to create your grounding cord. Imagine a huge column of light attached to the outer edge of your aura at about hip level. Visualize it shooting down from your hips. It is firm, but flexible. See your grounding cord connecting to the center of the earth. I like to imagine the center of the earth as a big peach pit.

I can't begin to tell you how many times I've seen people walk in for a healing session and look as if they're floating up above their bodies. They are scattered and feel out of control. If you ever feel this way, or if you feel as if your brain left town a long time ago, it's probably because you're not in your body. Check in with your grounding cord. By visualizing it, you will bring yourself back to the present time and fully envelope your body.

Step 4: The Light of God

It's time to bring in the light of God and allow it to emanate throughout your body, your aura and your grounding cord. All of these parts of you have the ability to hold onto both negative and positive energy. As you bring in the light, you wash away worry, fear, and darkness. You create a connection to God and raise your vibration.

Imagine a beautiful iridescent golden light coming down from the universe. This is God's love and wisdom waiting for you to tap into it.

Visualize the crown of your head opening up like a camera lens. As it opens, feel this light flooding into your whole body via the crown. See it flowing all the way down to your fingertips and toes.

Imagine opening up your palms and each fingertip, just like camera lenses again. Allow all of the darkness you've been holding onto to pour out of your hands and into your aura. Do the same for the energy that's drained into your feet. See the balls of your feet opening up and allow the darkness to dump below them into your aura.

You are so full of God's love now that the light is spewing out of the top of your head and overflowing into your aura. Allow all the fear and worry to drain to the bottom of this egg of energy that surrounds you.

Think of yourself now as a beautiful bright light. The only darkness you see is the heavy energy sitting at the bottom of your aura. Imagine opening it up under your feet. Once again, see it like a big camera lens. Allow God's light to push the remaining darkness down your grounding cord. Imagine it being absorbed back into the earth.

Step 5: Gratitude

Gratitude is an essential element in raising your vibration. I find that I create a deeper connection to God when I start my meditations with gratitude and then end with it.

Gratitude moves you out of your head where there is worry and fear, and guides you to your heart. It raises your vibration and shifts you immediately from lack into abundance.

Grounding in God's Light Recap

1. Find a comfy and quiet place to sit. Take a few deep breaths to relax you as you give yourself permission to receive God's love and guidance. Give thanks for the healing that is about to take place.
2. Close your eyes and visualize your aura, as if you're sitting in an egg of energy. See your aura at about arm's length all the way around you.
3. Visualize your grounding cord beginning at your hips on the outer edge of your aura, running down and connecting to the center of the earth. Imagine the center of the earth as a huge peach pit.
4. Open the crown of your head like a camera lens. Allow the light of God to pour into your body, spew out of your hands and feet, and overflow from your head. Have the light push all dark energy into the bottom of your aura. Drain the negative energy down your grounding cord, sending it to the center of the earth. If you feel you're stuck and can't release the darkness, check in with your hands and feet to make sure that they are open. See if the bottom of your aura is open, too.
5. Give thanks once again for the healing.



***Mom, go to The Enlightened Mom Meditation CD #1,
Track 3, to walk through Grounding in God's Light
step-by-step. And then when you're ready, go to
Track 4, for the meditation.***



When I first learned to ground in God's light, I found it a little difficult to stay present. I constantly wanted to fall asleep, or my mind would continually race. If this happens for you, give yourself a break. Instead of judging yourself, be kind and allow your mind to relax. Say hello to whatever comes up for you and then take yourself back to the light.

Practice grounding in God's light. Give yourself permission to receive this kind of abundance and create some time to do this for yourself daily. Start with just ten minutes in the morning. It's a great way to begin the day, especially when you feel as if you have to hit the floor running. Set your clock for ten minutes earlier than usual. That's all you have to do to start this daily practice. As you allow yourself to receive love first thing in the morning, you set up your whole day with an intention of love.

If you find yourself beginning to feel anxiety-ridden as the day progresses, ground in God's light again. You don't have to take a full ten minutes. You can do it anywhere in about 30 seconds. Just allow yourself to open up the crown of your head and feel God's golden light pouring in.

Be flexible with grounding in God's light. I've given you this step-by-step guide to help familiarize you with the different aspects of grounding and why it's so important to do them. However, there is no right or wrong way as to which step comes first. I've used this tool so much that most of the time I simply visualize my crown opening up and then flood my body with the light. That's when I check in with my aura and grounding cord to make sure I'm dumping out all of the darkness. Then there are other times when I realize that I'm out of my body and start with my grounding cord first. Allow yourself to play with this.

I've had many women come to me after using this grounding tool for a week and tell me that friends and family have asked them if they are on Prozac because they are all of the sudden so calm! That's how effective grounding can be once you've committed to doing it.

I'll never forget the time I first used this grounding exercise to help me with a chore around my home. We had just moved into a new house and the back porch light had burned out. I pulled out a ladder to get to the light and noticed that it had eight pieces of glass, each

pane connected by a piece of metal. On each strip of metal was a little knob. I thought this was how the fixture opened. Well, lo and behold, as I began to unscrew one of the knobs the whole fixture started to come apart in my hands. I knew I was heading for a disaster! I quickly screwed the glass back together and took a deep breath. I did my grounding exercise and said a little prayer. Suddenly I knew that I had to climb higher on the ladder. I did, only to find that the top of the fixture had an opening that unscrewed to replace the bulb. Wow! A simple task was about to become a catastrophe. But by grounding in God's light and opening myself up to receive the guidance, I was able to get the answer I needed to make my life a whole lot easier!

One of my favorite times to get grounded and fully connected to God is while I'm sitting at a stoplight. Often when we are driving, we are thinking about what we have to do next. Our minds are going 90 miles a minute. This is a great time to slow down and breathe.

Not only do I see myself being grounded, but I visualize my car grounded as well. I imagine a beautiful light surrounding my car and visualize a grounding cord for it, dumping out all of the dark energy that it is holding onto. Try this exercise. You'll be amazed at how much safer you feel driving your car.

Another area you can ground is your home. Visualize it just as you would for yourself with a beautiful golden light above it. See a grounding cord connected to all the corners and edges of your home, or if you have land surrounding it, see the corners of the land. Then flush your home and land with the light from above, sending all of the negative energy to the center of the earth. The difference in your home will shock you! I remember when I first started grounding my home. A friend of mine who was sensitive to energy came in one day. As she stood in the foyer, she said, "What's different about this house? What are you doing differently?"

At first I said, "Well, the windows are open today."

"Nope, that's not it," she said.

I had to think about it for a minute and then remembered what I had been doing to my home on a daily basis. I guess I didn't notice the energy shift so much because I was living in it...kind of like gaining

weight. It creeps up on us without seeing a big change. Thank God, grounding your home is a good kind of shift!

I told my friend that I had been grounding my house. She's not an energy worker, just someone who feels it. She understood immediately. She said, "That's it! Your house feels calm and peaceful. It feels really good."

This is what grounding your home can do for you. Just like grounding yourself, it allows God's love and light to flow through it, cleansing and releasing the darkness, bringing peace, love and light to your family's life and home.

Ground in God's light daily, Mom. By using this tool in all areas of your life, you will release the negative energy that keeps you stuck in worry and fear, creating an opening for you to receive God's loving messages.

Receiving God's love is your choice, Mom. "Ask and ye shall receive." However, most people ask for help, but have no idea of how to receive it. This goes back to that old programming that says to receive is to be selfish. Well, that's baloney! Love is a cyclical flow of energy. To truly be able to give love, you must first receive it by slowing down, listening to your heart, and opening up to create a connection to God. You are worthy of this kind of love. When you allow yourself to really open up to God's love, it takes away your worries, anxiety and pain. You become a vessel of love. What a relief for you as a mom! The key is to trust that you are a part of this beautiful energy of God and it wants to give you what you need. What a revelation! Most of us never believed we could have this kind of love in our lives. But you can when you give yourself permission to receive it.



"Warm, heartfelt, inspiring, and at times hilarious! The Enlightened Mom is a 'must read' for any mom who's ever felt frustrated, overwhelmed, lost, or alone—oh wait... that's ALL of us!"

~Liz Hope Thompson, Co-Founder and Publisher of *Healthy Wealthy nWise Magazine*

*M*om, you set the tone for your family. If you want your loved ones to have lives of peace, abundance, and joy, be an example of these things.

***It's not what we do for our families,
but how we live our lives that impacts them the most.***

Most mommas don't live by this truth. Instead, we deny ourselves, believing this is the loving thing to do. But when you deny yourself, you disconnect from your heart. You become angry, resentful, overwhelmed, sad or depressed. And the next thing you know, you're handing your pain over to your spouse and kids.

Mom, YOU have the power to stop the cycle of pain!

But it means you have to stop denying yourself and get to know who you are. And as you honor and love the way you were created, you become a more joyous and loving mom. You step into a magical adventure and open up to abundance.

In *The Enlightened Mom*, Terri Britt shows you how to create the life you crave. She takes you on a step-by-step journey, teaching you tools to:

- Release limiting beliefs that block you from peace, abundance, and joy.
- Create a greater connection to God's guidance and unconditional love.
- Release anger, guilt, judgment and blame, and the knee-jerk reactions you hate.
- Tap into your inner gifts, creating a life of passion, purpose and playfulness!

THIS is the greatest gift you can give your family!

Terri Britt is a spiritual coach, energetic healer and change agent for moms and their families. As a motivational speaker and trainer, Terri shares her experiences as a wife, mom, stepmom, widow, business woman, former Miss USA and television host, teaching moms tools to create lives of peace, abundance, and joy, setting the tone for their families to thrive instead of survive.

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