

Live a Turned-On Life!!

WEEK 11



Connecting to the Divine Workbook

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Welcom to Week 11!

Connecting to the
Divine
Workbook

It is very important for you to remember you are in straight connection with the Divine, because you are the bearer of life. *(even if you don't want or don't have children, and een if your womb/ovaries have been removed)* We carry in us the life creating feminine life force energy. Your body is the chalice that carries the Divine. It is your sexuality, your sexual energy and your Yoni that is the seat of all that creative life force energy and magic.

And when you can truly see your sexuality as sacred, your will be able to step into a place where sex, your pleasure and your turn on are for YOU. A way for you to connect to YOUR power and aliveness, a way for you to fill up YOUR cup, and to feel the inner Queen/Goddess/Priestess/Sacred Divine Feminine that YOU truly in essence are.

You then literally become a God-dess.
Where sex is sacred, and magic happens.

Allow yourself every day to tap into this Divine Feminine Life Force Creative Power.

One way to do this is through the journaling prompts. They are of great importance. I highly recommend at least 1 hour a day of mindset work as I see it is one of the tools that makes BIG differences for my clients (and myself)

I do one hour of journaling and then some affirmation meditation and embodiment practices like: breathing, sounding, shaking, self-love touch of my face and hands/legs. Or an extended practice like; self-pleasure/masturbation, sex-magic, or inner child and worthiness work.

When you stick to this, and do it consistently, magic happens!!!



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Brags + Celebrations

Blank pink area for Brags + Celebrations.

Gratitude

Blank pink area for Gratitude.

What do I want? If I had all of that. what else do I want?

Blank pink area for What do I want? If I had all of that. what else do I want?

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Boil down to 1-3 goals or actionable items you're focused on today that will allow you to generate and feel more pleasure and turn-on today.

Which pleasure activities have you written down on your to-do-list today? Remember pleasure is your SUPERPOWER! It will help you get things done in a way that feels f*cking amazing!!

What fears are coming up for me around these goals + desires?

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Even tho I desire _____ (insert your goal), I deeply fear and resent that _____" and journal at least 20 conscious or subconscious fears and let youreself write anything that comes up. You might see the same stuff come up, that's fine. The more you witness it, the less charge it often has.

If I got everything I wanted, then what? (focus on what you're scared might happen if life was too good/easy/fun and you were someone who has everything they want)

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If i fully trusted myself, how would I show up in my life today?

If I knew I was enough, how would I show up in my life?

What pieces of me can I meet with love, approval and acceptance today?

Write 10 affirmations around self-love/pleasure/enoughness/trust/success and repeat as often as you can today



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**BELIEFS & AFFIRMATIONS
TO SUPPORT
YOU LIVING A TURNED-ON LIFE**

I have the power to live a turned-on life every day

**I place my intention into the vast ocean of all possibilities and allow
the universe to work through me**

I give myself full permission every day to live a turned-on life!

**Today I make great choices, because they are made with full
awareness**

I am aligned with soul, spirit & source

Today I focus on what I want to attract into my life