



UNLEASH YOUR FEMININE POWER

Part 2: Inner Transformation

+ Root Cause of Period Issues by Louise L. Hay:

- “Rejection of one’s femininity. Guilt, fear. Belief that the genitals are sinful or dirty.”

+ New Thought Pattern:

- “I accept my full power as a woman and accept all my bodily processes as normal and natural. I love and approve of myself.”

→ Repeat this often, ideally several times every day.

+ Self-Love and Self-Care (are NOT selfish):

- How do you love yourself?
- How can you become even more aligned with the woman in you, treat her well and give her love?

+ Connecting to the Woman in You:

- Put one hand on your belly and one on your heart (ideally skin on skin)
- Imagine how you are sending love directly from your heart into your belly
- Feel your body get warmer and lighter
- Enjoy this intimate connection between your physical and your spiritual you

→ Your ACTION STEPS: Write down your favorite self-care and self-love ideas and try them out.

Yin and Yang

✚ Yang = Masculine:

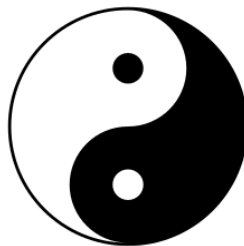
- ✓ Active, excited, bright
- ✓ Hard, dry, hot
- ✓ Extroverted, dominant, productive
- ✓ Work and creation, DOING
- ✓ A.k.a. the PUSH

✚ Yin = Feminine:

- ✓ Passive, receptive, sensitive
- ✓ Nurturing, intuitive, relaxed
- ✓ Introverted, quiet, imaginative
- ✓ Rest and relax, BEING
- ✓ A.k.a. the PULL

✚ Balance or HARMONY:

- ✓ How can you have both aspects?
- ✓ How can you bring both sides of you out?
- ✓ Or – alternatively, can you invite someone who is on the opposite spectrum into your business?



→ Would you like to find out whether you are Yin or Yang – or balanced?

Free Quiz: <https://psychologia.co/yin-yang/>