

Introduction

Your journal is your vessel for self-understanding, for self-care, and for unlocking your full potential. Write freely and quickly to minimize resistance, self-judgement and perfectionism. Think of your journal as an all-accepting, loyal, and inherently wise friend.

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Laying the foundation of your practice

Recognizing the unconscious blocks to your committed practice and becoming unwavering in your return to Self.

Return to self

Challenging your blueprint of the past, practising forgiveness, and transforming your present, inner-reality.

Letting go, making room, and purifying the mental lens

Letting go of images, expectations, and judgements to design a new, healthier state of awareness.

Embodying conscious, compassionate mothering

Discovering loving consciousness for a more easeful relationship with yourself and your child.

Portals to your feminine wisdom

Dancing with divine femininity—that sacred place within your being that supports your mothering.

How can you clear space and be in your practice deeply? What would it look like for you to begin your practice with a curious mind, utterly unfiltered?



What automatic belief did you internalize about motherhood and how might that internalized belief be clouding or supporting your conscious mothering today?



Patterns rarely yield to force. Imagine creating the change you desire from a place deep within. What would it be like to change your perspective, your approach, or your attitudinal tone?



What miracles might occur if you were no longer in conflict with yourself, your child/children, or others in your life?

