

The Bloom

INNER LIGHT BLOOMING

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Holy magnolia we made it to the final Phase of this course!! To get here has been no easy feat my sacred travelers! **With one hand on your heart and one hand on your chest, close your eyes and take a deep breath.... LET IT OUT. SMILE and open your eyes :)** How are you feeling ? *Do a little journal inquiry and check in.* You excited ? I know I freaking am. Being alive is the beginning of our journey and finding meaning in it is part of the treasure we find on our way.

When we really truly really are ourselves for who we are...the POWER and capability and potential we are born with...LIFE becomes a lot more interesting... don't you agree ? To get to this point, you have had to look deep within your own waters to find the darkest version of your reflection in order to bring the light to it--- to bring yourself closer to your own light!! **Merging aspects of yourself to create a stronger, prolific, more resilient and whole version of YOU.** You've cleared out old thoughts/ beliefs/habits/perspective/feelings that were holding you back from experiencing yourself and life fully. You have found and FUELED your direction with empowering questions to uncover what you desire and who you are and what you want to bring to the global table of life (to offer the world) :)

NOW
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It's time TO SHINE (fully)

Now that you've done these exercises and journaled your thoughts and responses to the questions I shared with you... you have all the tools you need to walk in your light. To be yourself and swim in the magic of this thing called life.

And even though your *bloom* is ready to be seen and shared, you can apply this class to everything you do in life. Because as you continue on this path and your journey, **USING YOUR AWARENESS and MINDFULNESS you will notice that once you accomplish one goal... so another will reveal itself and call you in :) and thus the next phase of your journey begins!!**

FACT: Life is always unraveling...moving and changing and WE ARE CONNECTED AND PART OF THAT INFINITE UNRAVEL. LIFE IS ALWAYS LIFE. IT NEVER CEASES TO EXIST.

As you venture along this joyful journey I hope you carry with you a few things at all times...

1. **Your own internal navigational system (your intuition, heart and spirit)**
2. **Your own exercises, rituals and practices that keep your energetic field feeling vibrant, healthy and resilient.**
3. **A Journal to use as a travel log to document your PROCESS and the magic you witness.**

Whatever else you would like with you as you continue.

Some advice I share as you continue:

1. LOVE YOURSELF ALWAYS: FUEL AND NURTURE YOURSELF AS IF YOU WERE YOUR OWN CHILD. BOTH A MOTHER AND FATHER TO YOURSELF.
2. GIVE YOURSELF THE TIME -- SPACE -- & ENERGY YOU NEED TO CONTINUE GROWING AND BLOOMING
3. LOVE OTHERS ON YOUR JOURNEY, FOR THEY HAVE THEIR OWN PATH TO WALK AND OBSTACLES TO FACE
4. HONOR YOUR PATH
5. RESPOND TO LIFE FROM YOUR PLACE OF *BLOOM*

Things to keep in mind:

Once you've reached this phase, much like the last you must keep going. Practice and believe in yourself :)

When and IF old thoughts come in, **PAUSE, RECONNECT** and refocus on the thoughts that help you feel connected and alive!!

TAKE as many deep breaths as you need to get here :) I'll be here waiting for you!

Listen to the voice that's cheering you on, that's your inner being, that's me, that's all your ancestors, that's the Universe/God etc, that's your light :)

Bloom Worksheet

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Journal Questions:

Ask yourself:

1. How does it feel to finally be here In my body, In my mind, In my spirit ?
2. How does that space around me feel now ?
3. How has this course influenced and enhanced the feel and effect of my life ?
4. What new beliefs and thoughts, practices and habits have helped the most in the duration of this course ?
5. What do I need to do to sustain and continue to build the energy I have cultivated and called in these past four weeks ?

ALIGNMENT CHECK:

1. Is what I am saying, doing, thinking, feeling and believing resonant with one another ? Do they agree ? IF NOT what part of me is not in alignment with this ? Why ?
2. Are my thoughts, feelings and actions and beliefs in alignment with the life I am trying to create ? Are they in alignment with the highest version of myself ?

Noteworthy:

Use your will power, discernment and inner strength you cultivated and ACTIVATED in Phase 2 (SOIL) to walk away from situations, relationships, that do not serve this new life. You want to be around relationships that inspire, uplift, encourage, empower, love, call out your shine and cheer you on in who you are and what you are creating.

The BLOOM is about rejoicing in the sun and showing off your pretty petals, your vibrant colors and skills and gifts that you just worked your booty off to activate and access within yourself

Sometimes when we make big changes in ourselves it creates a HUGE ripple effect in the world around you....and if you play close attention you can feel that shift and maybe even begin to notice it.

HERE'S THE ABSOLUTE BEAUTIFUL TRUTH...Being yourself and standing in your light is the ONLY way to know is something ANYTHING is truly resonant with where you are vibrationally. When you hold back, tone yourself down... you only show parts of you that you think the people or situation in front of you will like... because let's face it! It feels nice to be liked. But do you know what feel even better ? Living your place of vibrational alignment and meeting people who honor and love YOU for YOU not for the masks you may have made in this lifetime.

Put down the masks, and lay down your armor baby because the Universe really does have your back.

Believe me... I've done it and sometimes can still find myself doing that. Usually because I want the person in front of my to approve of me and like me and to understand me... but I hide myself... my true self... how does that make sense for living in a place of alignment ? I find this trait in a lot of us. Especially empaths, indigo children and crystal children. This is because we want the world around us to be happy! But sometimes we will sacrifice our own happiness for the sake of others. Here's the catch... this is not a sustainable practice. You WILL BURN OUT you will RESENT some things... and in the long run you will not be living out your purpose or your truth.

That's why it is imperative to find this inner light and honor it so we can encourage others to honor theirs! Think about how you feel when you find your light and your you-ness and your gift and talents ?

Doesn't it feel AMAZING !? when you speak your truth and stay positive... And think about the effort it takes to stay in that light and that strength.. How much compassion for yourself you need along the way... patience, resilience and persistence.... It's A LOT. Now imagine having that experience and meeting other people trying to do the same... you have compassion for them because you know everyones process is different... and THEY know that your process is different than theirs... how nice would that feel ? You will know who these people are because it's easy to love and appreciate each other's differences and stand in your truth and light while they do the same. When we get ourselves in vibration alignment we meet other people and experiences at that frequency!! So let's go fam, time to align! This phase might be challenging at first because when you EXUDE you... the reactions from the world might be a little different but worry not.

This is your time to shine and stand strong in the evolution of you.

A flower blooms with no fear of the dark.... The only thing that can stop a flower or tree from growing is the environment it is in and the nourishment it has. Because we are all connected, when we give ourselves permission to be ourselves and figure out what that is... we give everyone around us the same permission.

Think about the people who have inspired you in your life, whether an artist, friend, parent, athlete... inspiration comes from a place of fire and light. When we see each other helping each other out... it feels awesome!! **There are never too many people out there spreading love and light, compassion, growth, truth, empathy, inspiration, encouragement, health etc.** I have found in the moments of my life where I acted according to what I believed... there were people there trying to stop me, or tell me i'm wrong, or stupid. Guess what... it's all B.S. The language of scarcity and fear is EASY to pick up on because it never feels good and it is in direct opposition to what you truly feel and believe in your heart :)

Not everyone is going to like you, love you and cheer you on in this. Not everyone is going to give you what you need in this... Not everyone is going to believe in you and be on your side, etc. **What matters at the end of the day is HOW YOU BELIEVE IN YOURSELF , HOW YOU SEE YOURSELF , And that YOU ARE ALWAYS CHEERING YOU ON, YOU ARE ALWAYS ON YOUR SIDE.** The sooner you share your light with the world the more you will realize who and what is meant to be in your life. **So do not hide your LIGHT out of fear of the dark. A light shines no matter how dark of room it is in.**

Things I had to keep in mind when I was putting more of myself "out there"

1. Believe in myself.
2. Know my heart and my intentions.
3. Surround myself with positive thinking visionaries and dreamers and action takers!
4. Know my VISION and VALUES and I use these two tools to help with discernment.
5. Continue to work on myself, evolve and KEEP GROWING
6. It's okay to make as much time for myself as I need
1. Cherish friends who respect my growth and evolution. I know I am not alone in this universe.
8. There is more than meets the eye and more to life than the physical world. I am infinitely loved and supported in this Journey. I can FEEL it.