

Hi!

How are ya?

Welcome to Month 2 of the Gutsy Goddess Society training program. This month is all about Tapping Into Miracle Energy. It’s juicy.

If you missed the training call yesterday, you can download the recording here: [http://jennyfenig.audioacrobat.com/download/562dd29b-8815-6c51-a140-1d696a7f6fa1.mp3](http://jennyfenig.audioacrobat.com/download/562dd29b-8815-6c51-a140-1d696a7f6fa1.mp3" \t "_blank)

You’re going to love it. On it, I share some gems from my recent attendance at SHINE, an amazing event for female leaders. We also dive deep into the 2nd chakra AND get to know our Goddess of the Month, Oshun.

Oshun is all about bringing out your sensuality. She’s a major love goddess. You’re gonna like her.

“Sensual self-expression is a woman’s birthright.” – Charlotte Rose

So listen to the call and get to know her better … as well as her connection to the 2nd chakra, which is located at your lower abdomen. This is your creative and pleasure center.

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**So ... here we go with our next assignment:**

**Create a beauty ritual for one with Oshun as your guide.**

**1.      Dance! (And dance some more!).** Pick a time when you know you will be undisturbed. Then, put on some amazing tunes and dance your booty off. It doesn’t matter if you think you can dance or not … just start moving your hips and your arms to the beat of the music. Release all inhibitions and dance just like you did when you were a little girl. Dance like no one is watching and have a ball. Seriously, tear it up like you are a dancing queen.

**2.     Make your space sensual.** After you’ve worked up a sweat dancing like a dancing goddess queen, turn down the upbeat tunes, pick more chilled out tunes, dim the lights and light a candle.

**3.     Get naked.** Yup, take it off. It’s time to strip away the layers and look at yourself – without judgment – in the mirror. Notice all of you features, including the areas you normally don't look it. Admire how beautiful your body is. The more you can begin to focus on seeing your most beautiful self, the more beautiful you will become. Truly. If you have been critical of yourself in the past, it’s time to change that old habit. Now you’re going to recognize that criticism as a distorted image of yourself based on untrue beliefs about what is beautiful. You are beautiful. Believe this and your world will change.

**4.     Hello, beautiful.** Look into your eyes in the mirror and say these three words: You are beautiful. Then smile. Then wink at yourself. Then smile again.

**5.     You’ve been promoted.** Now it’s time to give yourself a new, fabulous nickname that captures your newfound sensual identity. Have fun with this. Get wild, gutsy and spunky. Maybe you are the Glowing Goddess or the Queen of Pleasure or the Hot Mama or the Goddess of Adventurous Passion.

Alrighty, it’s high time you love yourself all over! Ya with me?

xoxo

Jenny