

Hi!

How are ya digging Month 2 of the Gutsy Goddess Society training program? This month is all about Tapping Into Miracle Energy and getting to know more about your 2nd chakra, which is located at your lower abdomen. This is your creative and pleasure center. Good, life-changing stuff.

If you missed the training call last week, 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)

How did your "get naked" assignment from last week go? Hope you enjoyed it. I'd love to hear the name you came up with for yourself. Post onto the forum at [www.gutsygoddesssociety.com](http://www.gutsygoddesssociety.com" \t "_blank). We have Goddess Groups dedicated to REBELS and RENEGADES & ROCKSTARS. Share your a-ha's in these groups and get to know each other and your dreams.

When you cruise over, you'll see the name I came up with for myself. It's hot!

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

This week, I invite you to enter into the fulfillment of a satisfying moment and experience. When the beautiful feelings of fulfillment make an appearance in your body, heart and mind, learn to recognize them by saying, "Oh hello there, happiness." Now just linger in this moment. There is no reason to chase anymore. You have what you've been looking for. Get it?

A fab way to enter into this fulfilling space is to take a warm bath with your fave bubbles or oil, candlelight, and relaxing music. Maybe a great book, too. I have a handy tray that goes over my tub that has a bookstand and a place for a pretty candle and a tasty drink. Is there anything sweeter?

If you haven't taken a bath in a while, DO IT NOW. There is something so scrumptious about immersing your entire body in water. H2O is therapy, plain and simple. As you soak, check in with yourself. How much pleasure are you feeling? How taken care of do you feel? Your body was designed to feel this good. Now it's time to bring more and more of these good feelings into your life.

Ready?

Bath time!

xoxo