

**Month 5, Week #4**

Magic Love Circle

Hi!

**We are full speed ahead into Month 5 of our Gutsy Goddess Society training program. Yup,** we have officially moved into the 4th chakra, the heart level of your happiness. When you reside in your heart, you see all of life through the eyes of L-O-V-E. Sweet! Food tastes yummier, music sounds better, even the sky seems bluer, baby. Your health even improves with the awakened heart.  Think: Peace, serenity and being at ease with yourself and life. Cooperation and win/win dealings with others.

The training call on this topic was really powerful. If you missed the call or want to listen in again, head on over to our GGS Success Library: [http://jennyfenig.com/ggs-success-library-woo-hoo/](http://www.on2url.com/lnk?UjA34WWUdEc%3D)

Okay, onto the weekly assignment ...

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INSPIRATION IN ACTION ASSIGNMENT

It is SO easy to get down on life, feel crappy and blah. Let's shift right out of that, okay? This week we're focusing on developing an attitude of gratitude for all of your many blessings. Gratitude lives in the heart and this exercise allows your heart to open big and wide.

We're going to play with a meditation this week that cultivates an ever-widening circle of L-O-V-E in your world. Here we go!

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**ACTION STEP:**

1. Imagine the person closest to you, and enter into the feelings of gratitude for the love connection you share.

2. Literally "see" the two of you in a golden circle of love, apprecation and good vibes.

3. Now, expand your circle by including another soul close to you who you are thankful for in your world. See your golden circle get bigger to embrace all three of you.

4. Keep adding to it by embracing soul after soul in your magic love circle.

5. Breathe in and out and feel the love coursing through your veins. Enjoy the ecstasy of unconditional love.

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Go out and be the world's greatest lover, Darcee. Share your experiences on our GGS forum and/or our private Facebook page. Love is all you need.

xoxo

Jenny

P.S. Have you seen my big announcement about my new FREE video series and webinar about getting what you want in 2012? Check it out here and hop on board. This is some GOOD stuff, Darcee!

[http://jennyfenig.com/daringtodream](http://www.on2url.com/lnk?UzA34WWUdEc%3D)