

**Month 7, Week #2**

**Family Matters**

Hi!

**Holy moly! Welcome to Month 7 of our Gutsy Goddess Society training program - Igniting Insight, Wisdom + Intuition.**

This month we're diving into **chakra #6**, the mental level of your happiness, which is located at the third eye, between your eyebrows at the bridge of the nose. We covered this in depth during our monthly training call this week.

**If you missed the call, I invite you to cruise on over to our forum to check it out here.** [http://jennyfenig.com/ggs-success-library-woo-hoo/](http://www.on2url.com/lnk?oqo24UARdUI%3D)

Here's an overview of chakra #6 ...

Color: Indigo blue  Signs you are OUT of balance here: Undisciplined mind. Escapism. Illusion. Ungrounded vision. Excessive daydreaming. Worry. Fear.

Signs you are IN balance here: **"The mind is a wonderful servant but a terrible master."** This saying describes your talent for gaining the best of the mental level without becoming a slave to it. You are able to rise ABOVE the noise of the everyday world to a place of inner refuge and calm where your beautiful imagination leads you to unlimited sources of inspiration. You have learned to hang out in your Observer state (we covered this on our training call) and often experience the bliss of pure observing. Your sensitivities to subtle vibrations allow you to connect with light, sound and all of nature as sources of energy.

**The goal: see what you see WITHOUT judgment. Not easy, but so worth it.**

Okay, onto the weekly assignment ...

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**INSPIRATION IN ACTION ASSIGNMENT**

**Let's get to know your Goddess of the Month - St. Lucy!** She's a symbol of light and hope. Her presence teaches us to practice being nice to our relatives. Easier said than done sometimes, huh? I hear ya. Consider seeing your relatives in a new light. That's what we're going to work on this week.

Use an imaginary flashlight in this exercise to help you see what was previously unseen. By flipping a switch, you can turn a flashlight on and direct its light ANYWHERE. In this exercise, you're going to use your magical mental flashlight to see particular family members in a new light. Know this: just your willingness to try this WILL make a difference in these relationships. As you heal, they can heal too.

**It's time to shine a light on those you love AND those with whom you have a love-hate relationship.**

Think about the following ...

**1. Find at least 3 of their redeeming qualities:** You know what's helpful here? Pretend you are writing a eulogy for this loved one. What positive qualities would you choose to highlight?

**2. What do you need to tell them:** If this person were gone tomorrow, what would you wish you had said, done or completed with them?

**3. What one risk would you be willing to take?** Not every person is receptive to healing old hurts, but what if they are and you just don't know it? What action or communication would you risk to find out? Let St. Lucy help you shine a light here.

**4. Look in the mirror:** Often we get annoyed by our closest family members because they remind us of parts of US that we don't really want to see. Be willing to acknowledge where you might need some work and improvement. It's only fair. And although it might not be fun, it will be worth the effort.

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

By learning to skillfully navigate and play in the MENTAL realm, you have enriched your possibilities for happiness many times over. How cool is that?!

xoxo

Jenny

P.S. **Have you seen the NEWS? I'm hosting a NO-COST webinar next Thursday, April 19 and I'd love for you to join in the adventure.** The topic? "Beating Overwhelm: Time Management, Productivity + Happiness Secrets of Gutsy Gals." Check out what I'm cooking up for you here and reserve your spot now. [http://jennyfenig.com/retreat-for-goddesses/preview1](http://www.on2url.com/lnk?pKo24UARdUI%3D)