

**Month 8, Week #4**

**Enlightened today, UGH tomorrow**

**Wow. Welcome to Month 8 of our Gutsy Goddess Society training program - Charting Your Course.**

This month we're diving into **chakra #7**, the spiritual level of your happiness, which is located at the crown of your head. Here's an overview of chakra #7.

Color: Violet  Signs you are OUT of balance here: Inability to connect with reality. Disassociation.

Signs you are IN balance here: You have become a universal being, not by sacrificing the self, but by liberating yourself from attachments to other levels and anchoring yourself within the Divine. You become absorbed in this state. You are integrated at all levels. The cool part here? You can participate in all of life smoothly, without being ruffled by the highs and lows that tug on your sleeve.

**You accept as sacred grace all that life places before you.**

**We covered this in depth on our monthly training call.** It was special and deep. If you missed it, check it out here: [http://jennyfenig.com/ggs-success-library-woo-hoo/](http://www.on2url.com/lnk?FSI24bfAgVw%3D)

Okay, onto the weekly assignment ...

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**INSPIRATION IN ACTION ASSIGNMENT**

We all get glimpses into the spiritual dimensions of life. It is part of the human condition. But the spiritual level of consciousness has only been fully SUSTAINED by a small number (think: handful) of spiritual masters throughout time. Most of us are still working at balancing our other dimensions ... sometimes easier said than done, right?! :)

When we are out of balance, energy gets pulled to the imbalance and we attract events that pull our consciousness to that level. It happens! Be aware. You will fall prey to human frailties of the lower levels. You are more likely to bob IN and OUT of higher states of consiousness ... not stay there forever. It's cool. You're human.

You can have incredible spiritual HIGHS one day, and then act out from such shameful LOWS the next. Don't be discouraged. Don't be too hard on yourself. Here's what you're gonna do instead ...

You can expect to be CONSTANTLY pulled down into the traumas and dramas of the lower levels, because that's the job of the lower levels. They're just doing their job! From now on, you're gonna learn to recognize your temporary SLIDES.

**Steps to Follow to Get Your Spiritual Self Grooving Here ...**

1. "What's the deal here?" "What was this all about?" Those are the questions you're gonna ask yourself when you slide into some temporary lows. Become a witness to your methods and results.

2. Vow to do better next time ... and then smile at yourself and your hilariousness. Have compassion for your sweet, strong self.

3. Feel good about yourself for at least recognizing your SLIDE and know you are growing as a person and developing your self-awareness.

Sound good? Go for it.

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We've moved up all the chakras together. This is the pinnacle. Let's enjoy this ride to the fullest. You've earned it. You're a survivor and a thriver ...

xoxo

Jenny

P.S. **Have you seen the NEWS? Registration for the Retreat for Goddesses is full speed ahead!** Only 5 spots remain. I'd LOVE to see you there for a transformative weekend that will bring your Gutsy Goddess Society journey to an exciting head. Check out the magic here. [http://retreatforgoddesses.com](http://www.on2url.com/lnk?FiI24bfAgVw%3D)