

**Month 8, Week #5**

**Dear Universe…**

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

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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?hVo24f/DZF0%3D)

Okay, onto the weekly assignment ...

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**INSPIRATION IN ACTION ASSIGNMENT**

As we bring an end to the deep-dive of the 7th chakra, let's make a point to really connect with your Higher Power. This chakra is all about your spiritual connection so why not have some fun here?

What are you gonna do? Write a letter to the Universe. Yup, have a great conversation here.

I have daily dialogues with the Universe because I get emails from [www.tut.com](http://www.tut.com/) and these emails are from "The Universe." They truly make my day and bring a huge SMILE to my face. If you don't yet subscribe to these emails, what are you waiting for? They are free!

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

1. Write a letter TO the Universe. Let your Higher Power, Source, Spirit, God, whatever know how you're feeling, what you want, what you'd like to request help with. You are NEVER alone. Remember that you're supported, adored and loved ... always, in all ways.

2. Consider having regular chats with Spirit, the Universe, God, etc.

3. Write a letter whenever you feel the need. Ask ... and you shall receive.

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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 summer session of the Live Your Dream Challenge closes in ONE week!** Check out the transformational experience here. [http://theliveyourdreamchallenge.com](http://www.on2url.com/lnk?hlo24f/DZF0%3D)

Society journey to an exciting head. Check out the magic here. [http://retreatforgoddesses.com](http://www.on2url.com/lnk?FiI24bfAgVw%3D)