



Body Connection

Goddesses,

When is the last time you gave yourself complete autonomy to be present with your body? To sit with yourself—open and vulnerable to whatever needs to be expressed through you without judgement. These questions may bring up feelings of uneasiness for those of you who are on the journey of self-evaluation—but I beckon you to sit for a moment and ponder this thought: When was the last time I felt truly connected to my body?

We spend so much time outside of ourselves—trying our best to be everything to everyone—often neglecting the nurturing and spiritual sustenance our bodies are crying out for. These suppressed emotions sit inside our temple—draining our life force and pulling us further and further away from our goddess essence. This disconnection has almost become engrained into our being—roots in so deep that we are not comfortable being in our own skin.

But innerstand Goddesses—this is all a part of the process of transformation.

As you progress along your journey—a plethora of emotions are going to come up to challenge all the beliefs that are not in line with your truest self. Instead of running away and

losing yourself in distractions—try sitting for a moment and being present with those emotions. Deeply breathe into your body and simply acknowledge what emotion is coming up. Sometimes that's all it takes—allowing the emotion to BE—and then it can be released.

Being more connected to your body is a gradual unfolding—a peeling back of layers until the true essence of you is revealed. This takes time, tender care, and an abundance of patience—because what one finds in those layers might not always be pleasant—but nevertheless—it's a worthy discovery.

Be kind to yourself as you unearth the mysteries of your body.

Infinite Love,

Dommy