GODDESS YOUNIVERSITY

Workbook

Knowing Your Value

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Knowing Your Value

Have you ever felt like you are all alone in this world? Have you ever felt as if your life was unraveling before your eyes Have you been struggling to find the light, to find the truth, searching for the answers that your soul is so needing, looking outside of yourself somewhere somehow to feel joy and happiness again.

I know that as we are searching for that joy to bring it back into our lives; we need not search far that there is a connection between our soul and divinity. That divine connection is the one thing that if we lean into it, we will find the love we crave, the support we desire, the truth we are searching for, and we always know we are not alone.

I want to be honest with you here, knowing our value isn't as easy as it sounds. At least it wasn't for me, and I'll bet it's safe to say you've also found it challenging to know your value. I'm not talking about the fact we are meant to be here and God loves us value, which is important of course, but what I am talking about is much deeper and somewhat uncomfortable for us to connect with, it's our personal truths of who we are and why we are here. Our desire to connect to our true value leads us to questioning how can I find the answers my soul is craving.

When we get to the point of wanting more from our life is when we are ready to be vulnerable with others and alone with ourselves. Look if you are a good girl-a good Christian girl who follows the rules and God teachings you aren't likely the bragging type or one who shares her

dirty laundry with others rather you keep those things buried within! And, because of that it leaves you in a confused state of being.

Hey look I grew up with a connection to energy with immense feelings and sensitivities I didn't understand and couldn't make sense out of. I spent years of my life unsure of who I really was or what value I was to my family and humanity. The version of myself that I portrayed back then was one of a wounded soul. I felt as if everyone could see my pain. My value was missing nowhere to be found because I was living in my experiences. I believed my value would come from an outside sources. Like if I went to college people would respect me if I achieved a goal they would love me or if I gained more stuff, I would feel better. These were all lies I told myself. I'm curious, what lies have you told yourself?

Finding the value in who we are comes from an understanding of our soul self, this makes us who we are. While, this may seem like an obvious statement the depth and truth of it goes further that the sentence reads. An understanding of our soul comes from healing the "things" that block our internal energy. The "things" that block our God light, which is the truth of who we are energetically.

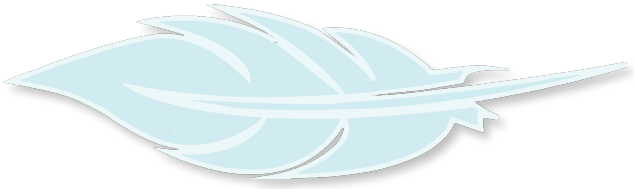
In this workbook *Knowing Your Value* I will help you break down the lies you've been believing and teach you how to connect with Divine Source energy to fill the places within you that have been kept in the dark. By following the Angelic guidance that I've broken down into easy to implement steps you will groove in your beautiful loving light and awesomeness in no-time!

There is one tip I have for you before you start, keep it real and clear of fear. That's the secret of doing our "you work"!

Blessings
xx Jeanne

Finding Your Voice

Finding our true value, the God part of us that speaks clearly of our love of life, of passions and our hopes and desires will automatically awakened once we have an intimate relationship with our Goddess self. Our authentic voice is birthed when we know our authentic voice and the voice of fear. Our Goddess self is revealed as we connect with God and the infinite energy of love that flows from our earth bound self to our higher soul self. Our souls are infinite, meaning we are both here in the physical world and in Heaven with God. There is an energy that connects our soul to both Heaven and to Earth. This is how we can aspire to live life in our authentic self, to live enlightened and to understand our life's purpose. It’s also how our departed loved ones can support our life's journey with messages, and the signs they used to remind us of their love. The Goddess self is the connection to the highest form of our soul, the part pure in essence, filled with Divine wisdom, knowledge and love. The Goddess self lives in every soul, both female and male, as the Goddess is the feminine flowing energy of the Divine. The masculine energy that also flows within every soul is equally important as it balances the mental and emotional state. The masculine within us can be one that is overgrown due to earth bound energies that arise from fear. Fear comes in many forms such as anger, frustration, judgment, justification and opinions.



The voice we hear inside of ourselves has a tone to it, meaning a tone is a sound or quality in which someone, something or even a situation speaks through any one of our senses. That tone can come from a place of love or a place of fear.

We all have an inner guidance system that will help us navigate our life, it's called intuition. Intuition is where God speaks, guides, supports and flows love into our lives. Our intuitive voice will speak to us from a place of love.

Fear and ego voice which If you've read my books you already know I've named this voice for fear and ego Shmego. The voice of Shmego defiantly confuses us because it sounds like our own voice. The problem arises from the lies it tells us through Shmego's tone which blocks the flow of love in our life through our thoughts and in our perceptions. Now it's important to understand that this Shmego guy has only one job in our lives and that is to keep us isolated from love.

The pathway to find our authentic voice, the yumminess of who we are comes from first knowing what lies that Shmego has us living and believing in.

So heres a truth I know to be true, you are and always have been a child of God. Your choices are your super power and that my friend is a fact.

So let's break down the lies you have been believing by answering a couple questions.

Describe the limitations you believe are holding you back.

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What are the major life events that have shaped your life?

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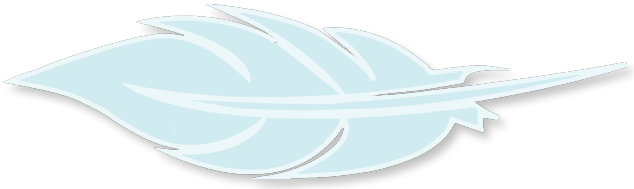

What is the number one pain point in your life?

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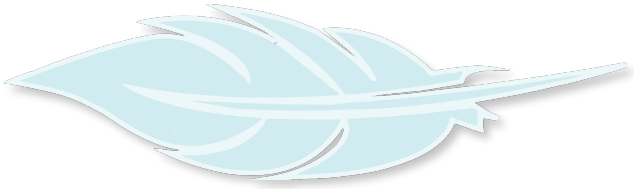
Now to break those answers down….

Question 1 we talked about the limitations that hold us back. Limitations are birthed from a moment when we experienced fear, a time where we felt that love was absent in our life. This is when our Shmego guy came in and scared us and blocked love from our view. It is also when he told us lies about who we are and what we are capable of. What lie or lies can you recognize in the limiting beliefs you have?

In question 2 we are looking at the major life events that helped form our belief system. These events are where our trigger points are formed and where Shmego's voice can be found. What are the events that have been replaying through your life? Can you recognize the trigger points and the lies Shmego has been feeding you throughout time?

In question 3 we are looking at the main source of pain in our life. Pain is a calling that something has gone off balance. They could relate this to our health or relationship or even financial or trauma based. Pain has one thing that links all issues we experience together and that thing is none other than fear. If pain has a story to tell, what is your pain trying to tell you? What fearful lies have you been believing about your pain?



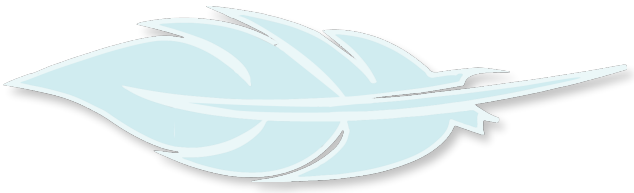
Your inner light

As we break down the barriers that block your inner light from shining we have to gain clarity to what these blocks might be.

I remember when my I hid my gifts, throughout my youth and young adulthood, there were many difficulties I went through, many struggles and many times when I felt wrong for what I was seeing and felling and I felt alone. Fear had me believing the worst about myself and I was engaged in an internal war against loving myself.

Now on the other side of what I call my separation from love, I have learned how to call Shmego out on the lies he once had me believe in. By leaning into Divine love I know now I was never alone in these struggles. I know that that was Shmego's trick to keep me scared and away from Divine love and instead of growing closer to God I learned to downplay my gifts and play small.

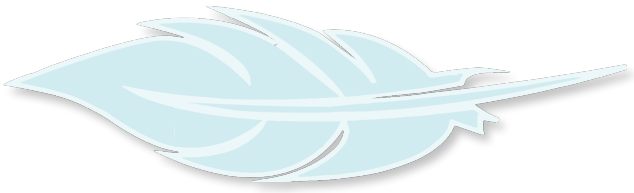
Because we lose our way and follow fear we inadvertently allow Shmego to quiet love's voice and end up stepping away from Divinity instead of leaning into the miracles meant for us. I also know every single person that walks the face of the earth has their own path to walk through, struggles, difficulties, trauma, losses and grief to experience and I want you to know you are not alone.



Our inner light shines when love is present within our every day. Our inner light is our truth, the core of who we are our Goddess soul-self.

Leaning into love can feel uncomfortable at first. We must learn new ways of engaging our thoughts, of changing our reactions, of letting surrendering the control we think we have. When we lean into love, our intuition opens allowing Divinity to guide us through an invisible energetic connection. Our inner light blossoms and grows as we engage new practices of releasing old patterns and dwelling in a love.

Getting to know our soul-self is how our inner light will shine radiantly.



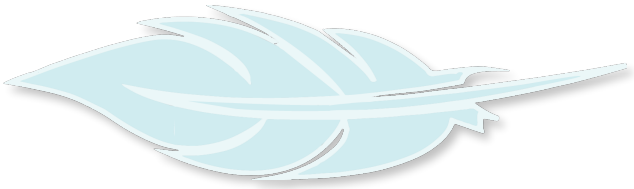
The formula for our inner light to shine is a self-discovery adventure.

Step 1… Become your own best friend. Just as with any new relationship you begin you will have to get to know everything about yourself. You will find the more you understand about yourself the clearer your intuition will become.

Step 2…Believe love supports you. Faith is a superpower that will always support you. Your faith is your strongest asset that when you pour your attention into it will grow and strengthen. The stronger your faith the more you will shine your inner light!

Step 3… Leverage your weakness. Turn the things that your feel are your weaknesses around into your strength by seeing them as a call

for love. Say you are a procrastinator, looking at the real reason you put things off and then welcome in time for rest and rejuvenation. By adding in time to meditate and clear your head you are restoring your energy and in return your mood will uplift and you will more likely to accomplish the tasks at hand.



Supportive Journaling

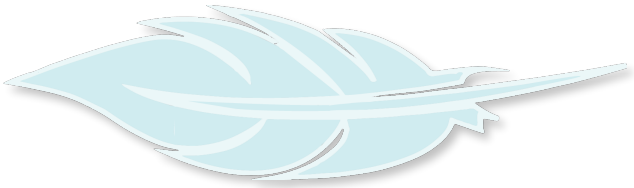
Journaling doesn't have to be in a fancy book or notebook.

As with anything we do our intention is to be mindful, connected and vibrating at a love level. Our goal with journaling is to be present, wiling and inspired from our past, and current situation through our senses.

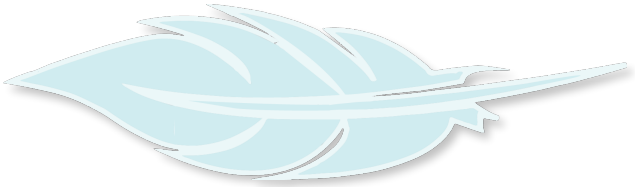
Not only is it a safe place for us to express our feelings, hopes and desires, it's also a great way to mark our progress of our spiritual & earthy journey.

It is important to take time to read over our past journal entries and notice patterns and insights for discovering more about our inner workings.

What to write about in our journal is the thing that gets in the way of our writing in our journals.



What I have found that works great is to stay in the current time. Meaning not to hang out and continually write about our past and back stories.This is unless they are affecting our happiness and joy. For instance, if I was having a relationship issue that had been replaying over and over I could use my journal to write about the events in my life where I found this same pattern this would lead me to where this issue first started. I would use my senses in writing all the details of that first pain, you know “Nacy Drewit” with the details! Then I would ask the Angels to guide me to see this pattern from a loving higher perspective where I could witness the lessons and how I learn and evolve from this past incident. I would also ask within the pages of my journal for the guidance to heal this painful event This would help me heal the current relationship and move in a forward direction.



Routines For Success

It's not rocket science but a healthy routine is hard to get going and incorporate into our daily life when we are over thinking things and over planing.

What the Angels say is keep it simple, our daily routine is our gateway to knowing our value, listening to our intuitions and hearing Spirit.

My daily routine:

Prayer: I start and end every day with a prayer of gratitude and a devotional reading.

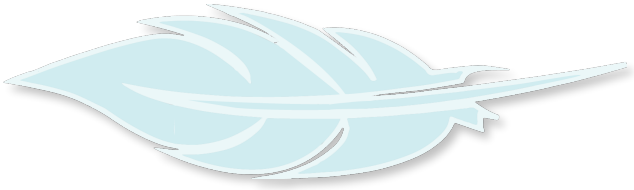
Journal: After my prayer time I sit and write in my journal. Some things I write about are-reflecting on the daily devotional, writing about a dream I had, writing about a goal or project I am working on.

Meditation: Some days I start my prayer with a meditation first. But either way I am sitting on the floor with my legs in crisscross, hands are usually in prayer pose. I follow the cycle breathing technique I teach in my book The Goddess You. Once my body is relaxed my eyes are closed and I focus the inner view on the center of my forehead.

Exercise: I take at least ten minutes to stretch my body twice a day. Three times a week I do a full yoga class or home routine some days I will ride my stationary bike.

Diet: I am a firm believer of honoring our body, that it is a vessel housing our soul and for our soul to do the work it has come here to do our body plays the supportive role. I eat what serves my body. I juice, make smoothies eat mostly vegan and stay far away from fast foods and sugars. I don't eat dairy, eggs or gluten because they don't like my body… or is it the other way around?! Either way we aren't friends so they are not included in my diet.

These five actions are part of my every day. There are other things I do, but these are the top priority! When we start our day on a positive and end it on a positive we welcome love in.



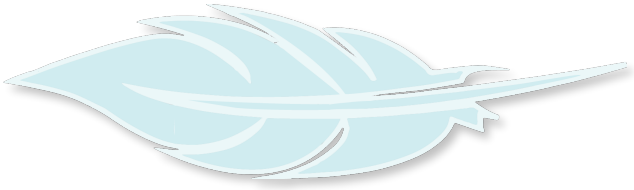
Mirror Your Truth

Knowing our value is an inside job. No-one can give it to us.

Knowing our thoughts become our life is so so important. In my book *The Goddess You* I share an entire chapter on self love and within that chapter I talk about the mirror effect which I will share with you-

"Know that your thoughts about yourself really do matter in how you reflect your light out onto others. You must learn what you think is mirrored back to you. Your limited love of self and you own greatness hold you back from reaching your true potential, leaving you in a holding pattern.
A change of thought and perception of how you view yourself is in fact, a miracle.

God created you with special gifts and talents. Your goal is to embrace that you are unique."



In my new book is not yet out - *Angels Don't Lie* I share a deeper insight into our separation of self…

"When we feel stuck in life, unable to see a light at the end of our tunnel of despair, it's time for a lifeline of hope to come in and help us to rise above our situation.

Our joy is determined by several factors, like where we are in learning a lesson and whether we have released the energy that binds us to this time and place. It's also related to our level of faith.

It is commonplace for us to become so busy with family, friends, work and our to-do lists that we forget to stop and take a breath of air. It's also pretty common for us to try and negotiate with God rather than trust the process and allow ourselves the experience of our "now." It's not a common practice to say a prayer asking for angelic guidance. But doing this is dangerous, because when we put our wants above all else, we lose focus on what's real and where love is available to us.

We can shift this by regularly committing to doing our "you work." Doing our "you work" is the most necessary component in reaching our desired outcome because it forces us to focus on love rather than lack."

So my friend if we are to know our value then we must look inward at how and what we are thinking and talking to ourselves then we can break the old cycle and mirror our beautiful value and truths outward to others!

NOTES: