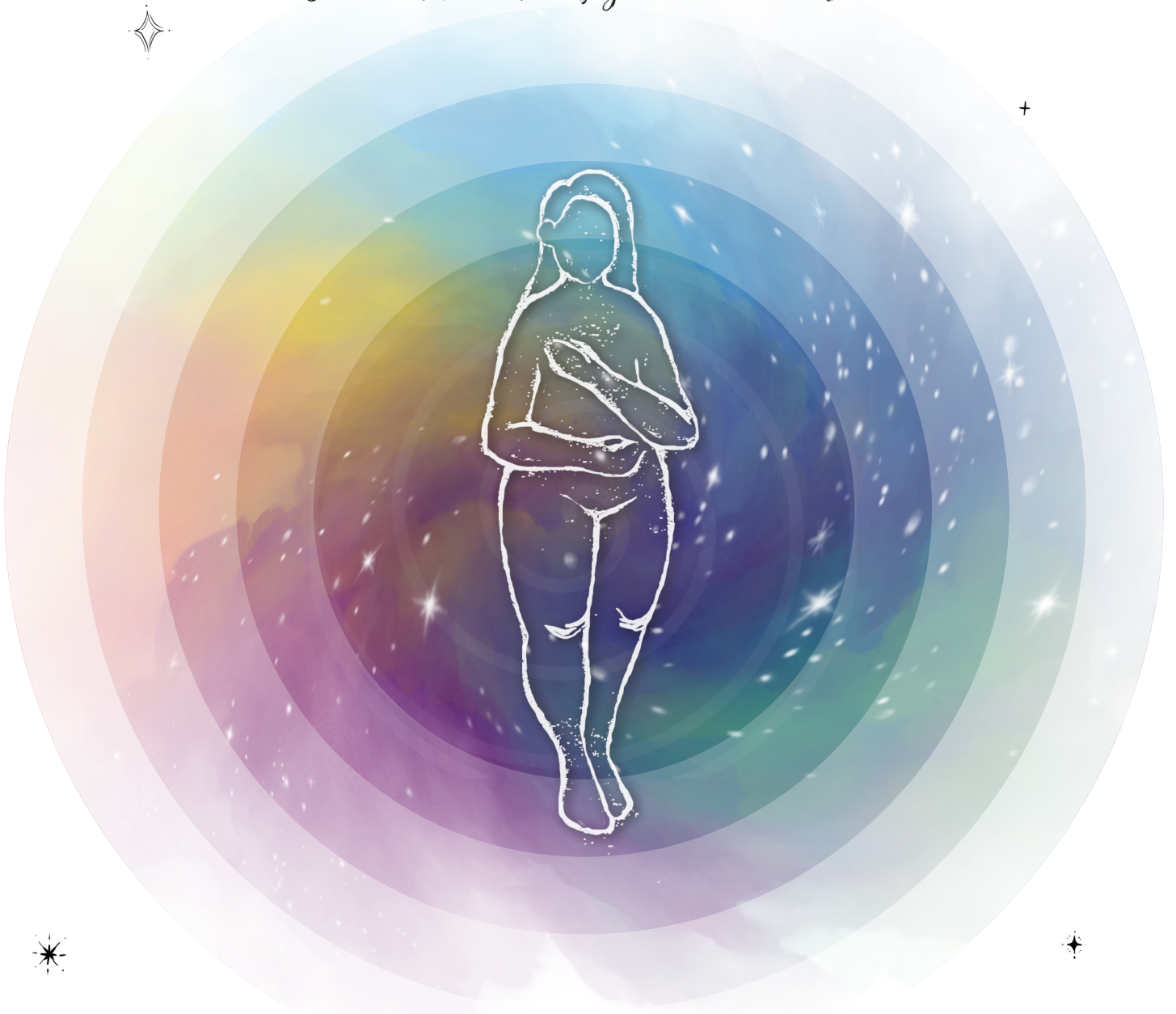


The Concentric Circles of PUTTING YOURSELF FIRST

You are the center of your own Universe.



Find your feet. Ground in. Take 3 deep breaths. Ask. Listen. Receive. Feel into...

What do you have on your plate?

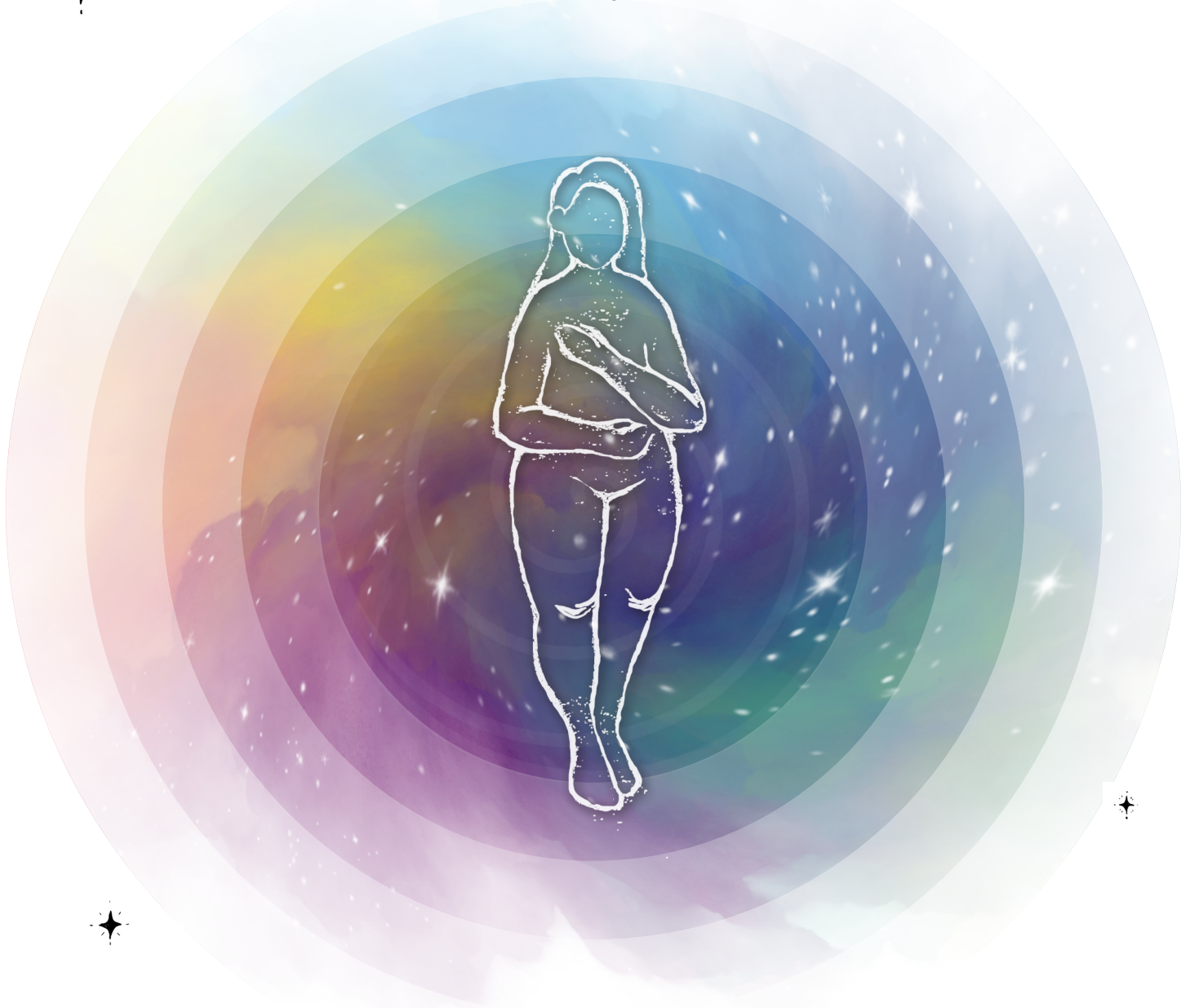
What do you have for current energy stores and bandwidth?

Where are you being called?

How can you fill up?

Nourish Yourself for Life

You are the center of your own Universe.



Quality Sleep	Family & Friends	Path & Purpose	✧ Highest Self
Hydration/Food/ Tending	My Own Biz/Mission	Business & Mission	Divinity/Universal Light
Environment	Community	Medicine for the Collective	Pure Abundance
Movement	Homestead	Service to the Earth	Unity & Love

THE PORTALS OF Renewable Energy

Abundance is not something we acquire. It is something we tune into.

– WAYNE DYER



These portals or openings are passage ways for abundant life force energy and nourishment to flow in and out as reciprocity for all.

The more aligned you are with your heart's frequencies, the more you witness and allow synergy & synchronicity into your life, the more you receive.

What you put out comes back 10 (or more) fold!



If time were endless and abundant...How would craft your days?



If you had unlimited energy...What would you be doing? How would you be expending it?



If money actually grew on trees...How would you spend it? How would you tend the tree?



If you were the healthiest (in all the ways) version of yourself... How would your Concentric Circles be impacted? How would your Family & Friends, Path & Purpose, Business & Mission benefit from a fully nourished, fortified and abundant version of you?

The Daily Practicum OF RECEIVING

Connecting into your heart's desires and your body's needs through the energy centers of the body on a daily (hourly) basis is a powerful way of moving (and leveraging!) the magic of Nourishing Yourself For an Abundant Life through the Portals of Renewable Energy.



Crown: Connected & Conscious **Archetype:** Ego vs. Lightworker



3rd Eye: Seen & Inspired **Archetype:** Intellectual vs. Intuitive Wise Woman



Throat: Honored & Heard **Archetype:** Silenced Inner Child vs. Truth Teller



Heart: Held & Loved **Archetype:** Actor vs. Lover



Solar Plexus: Shiny & Bright **Archetype:** Servant vs. Warriorress



Sacral Chakra: Creative & Abundant **Archetype:** Martyr vs. Queen



Root Chakra: Safe & Secure **Archetype:** Victim vs. Mother