

Have you been PLAYING SMALL, because your soul needs a BIGGER, MORE CONSCIOUS playing field? The WAITING IS OVER! Here it is:

Self-Discovery - Give yourself permission to own and hone your truth and inner treasures. Know, protect, and nurture your dynamic wholeness and your emotional, mental, physical, and spiritual needs.

Awareness - Align your thoughts, feelings, behaviors, physical sensations, intuitive wisdom, gifts, triggers, and synchronistic guidance with powerful, universal nature-based wisdom.

Nuance - Discern between ego-self vs soul, wants vs needs, and your micro experience within macro systems and the vast field of wholeness. Rekindle your connection to the 7 sacred directions.

Choice - Take responsibility of your life and your choices. How were you fragmented by broken systems? What part of you is in charge of your life now? Water your unshakeable core and roots.

Transformation - Heal your past, reshape your future, and be present in your dream life. Use your heart compass to guide your integration and free yourself from familiar, but false, stories.

Unique - Embrace your heroine's journey by trusting your truth-body and signals of pain as guideposts. What is your unique path? Emerge and expand with Gaia's grace and guidance.

All-One vs Alone - Recognize our shared humanity and mysterious bonds despite our individual struggles. Serve as a conduit of love and light for others and recognize when others do the same for you.

ReSourceFul - Re-member your eternal inner Source of wisdom, love, and your present-moment reset button. Reclaim your true nature, your co-creative power, and your wild & resilient soul.

Yearning - Continuously yield to your deepest callings and highest integrity. Expand and spread your wings, your magical pollen, and your potent impact. Widely share your sacred story of inspiration.