

Awaken Your Divine Goddess in 2022





2022. The year of you.

Oh love, I know it's been hard.

Those years of hurt and pain have slowly taken their toll on your heart.

You feel lost and deflated in your life and you ask yourself "*is this really my life forever?*" because right now you can't see a way out or how your life can possibly get brighter once more.

You feel stuck, you are over thinking and over worrying and maybe even tired of trying, pushing and surviving and you feel that you're not getting anywhere.

A new year can bring a fresh start and I want 2022 to be the year of *you*.

It is time to stop searching for answers in the external world, step out of your exhausted mind and come home to your heart this year. A place where you have forgotten to *connect*, *nurture* and *activate* in your daily life.

There are 2 reasons why you have become disconnected from your heart. One is that life has taught you to live from your logical masculine mind only, to fit in with what is deemed socially acceptable, to fit in with the rules and values of life and other peoples' expectations of you and because of this - you have lost your connection to the most important person in your life - you. Over time, your soul has become exhausted from the wounded way of living. The second reason you have become disconnected is because of painful life experiences. You have slowly closed your heart space to protect you from more hurt and pain and your heart is now heavy with sorrow and disconnected from the joy and love of life.

Time to put yourself first

This year it is time to say yes! to you and to *reconnect* to your heart, to *nurture* your heart and *activate* the light of your heart and to Awaken your Divine Goddess.

It is time to reclaim your joy, peace and wellbeing.

It isn't selfish - You are here to live your life for *you*, not for others.

You need to focus on your own wellbeing first so that you can be everything you need to those you love.

I don't want you to live with regrets or to settle in life because Goddess, you *were* meant for more! and this year it is your time to come out of the shadows and shine.

There are so many souls walking Earth with a closed, heavy heart and now more than ever we are being called home to our own hearts to heal and open them so that others can feel safe to do the same. Maybe you have been feeling the call with strong bursts of anger, sadness and triggers in your life? Know that these are your messengers to where it is you need to heal. When you heal, you heal others and Mother Earth but it starts with you calling home the lost Divine Feminine aspects into your own life and into your heart and to start anew. *Are you willing?*

Everything in life asks for you to always come home to your heart; for love, peace and wisdom.

Your heart is the portal for life - it beats with life. It opens and expands when you are in love and you close it when you are heart broken. Life experiences takes you out of your heart space and out of love, but it's now *your* time to come home and open your heart. It won't be easy or quick but it will be freedom. Your caged heart, your dreams, your soul truths and wellbeing will be free and you will be able to live with joy and happiness once more.

To awaken your Divine Goddess and to live with peace, passion and wellbeing in 2022 you need to *reconnect* to your heart's whispers, you need to *nurture* your heavy heart and then you can *activate* the light of your heart by following your soul truths. These three steps are a dance that you live by day to day. A way of life; following and trusting your heart, caring for your heart pain and your emotions and by adding joyful practices into your day. These steps hold lost Divine Feminine aspects such as (intuition, compassion, truth and passion) which you have lost due to the masculine ways of living and painful life experiences.

Let's look at the three steps.

Step one - Reconnect

The first step to awaken your Divine Goddess is reconnect where you learn to stop, drop from your over-thinking mind into the pool of stillness and wisdom that lies quietly within your heart.

Reconnect is a daily practice which you have forgotten to tune into, as you have been brought up to live and follow your (masculine) mind. By reconnecting to your heart you can hear and begin to trust your own intuition and trust yourself in decision making and know the right action you need to take. You can also listen to what your spirit and body needs so that you can nurture yourself with self-care and self-love as well as discovering your deep passions in life to activate your light to live with more joy.

Step two - Nurture

Nurture is the second step and it is the space where you nurture and care for your body, mind and spirit. After reconnecting to your heart space ask your intuition what it needs; this could simply be a rest, a walk or it could mean spending time healing a broken heart, releasing past trauma or focusing on your health. Nurture isn't an easy step and it's a lifetime dance because you will constantly need to nurture, care for and heal your heart as you move through life. This is a step many run from because it can be painful to face issues, but by nurturing the challenges and the pain you can free your heart from heaviness so that you can open your heart to love and joy once more.

Step three - Activate

The third step of awakening your Goddess is activate. It is the step where you bring more passion, creativity and fun into your days. It is all about raising your vibrations and energy to align with love, joy and peace and limiting what drains your energy and spirit (this doesn't mean keeping busy running from what needs nurturing). You can only truly activate the light of your heart once you have connected to who you truly are, have nurtured what is weighing your heart down and have released the pain and blocks that have caged your Goddess light for so long- but Goddess, I promise you, once you have activated your passions, truth and your light your Goddess heart will burst with love and your light will light up the world.



2022. The Year You Nurture Your Heart

Nurturing is all about honouring *your* needs and energy.

It is healing and holding compassion for yourself.

It is self-care, self-love and self-trust.

All important aspects which the Goddess honours and embraces as without these she can feel deflated, lost, burnt out and hurt in life.

Nurture is a very individual step according to what your Goddess needs in each moment. Only you know where your heart needs nurturing right now.

If you need care - *how can you care for yourself right now?*

If you need love - *how can you love yourself today?*

If you need trust - *how can you learn to trust your own being?*

Though it isn't a quick and easy step, it is where the Goddess rises from.

I have a 5 Minute Nurture Space Meditation video in the *Goddess Guide to Life* Subscription, along with other monthly articles to support you in life. If you are guided, join us [here](#)

Only you know and can follow your heart.
There is no right answer, there is no wrong answer,
only guidance to follow and steps to take.
Take the first step.

Many times you want the answers to come from others or from the sky,
sometimes you search and search in your mind and can't find them.

The answers are within you.
Within your heart.

Learn to trust your own heart,
to feel the nudges, the deep knowing of your soul.

Listen.
Listen.

Only you can hear your heart.
Why do you question it?
Why search for external validation?

Is it confidence you seek?
You know what to do.
You know the answers you need.

Trust yourself,
Trust your heart,
Take that step.

Journal Prompts

It is time to be totally honest with your heart, Goddess.

Spend some time to go through the below questions. Don't force the answers, let them come to you as you meditate, yoga, walk in nature or soak in the bath. They will come when you are ready. *Feel* the answers by the way you feel in your body, by your emotions and in your heart rather than your logical thinking mind.

What is my soul yearning for in 2022?

What is my intuition trying to tell me I need to do in 2022?

What areas of my heart need my love and compassion in 2022?

What pain do I need to let go off to move forward in 2022?

How can I give myself self-love and self-care in 2022?

What fears need nurturing in 2022?

What passions and hobbies will I call home in 2022?

What are my goals and dreams for 2022?

How am I going to add more fun into my days in 2022?



How writing my book saved me.

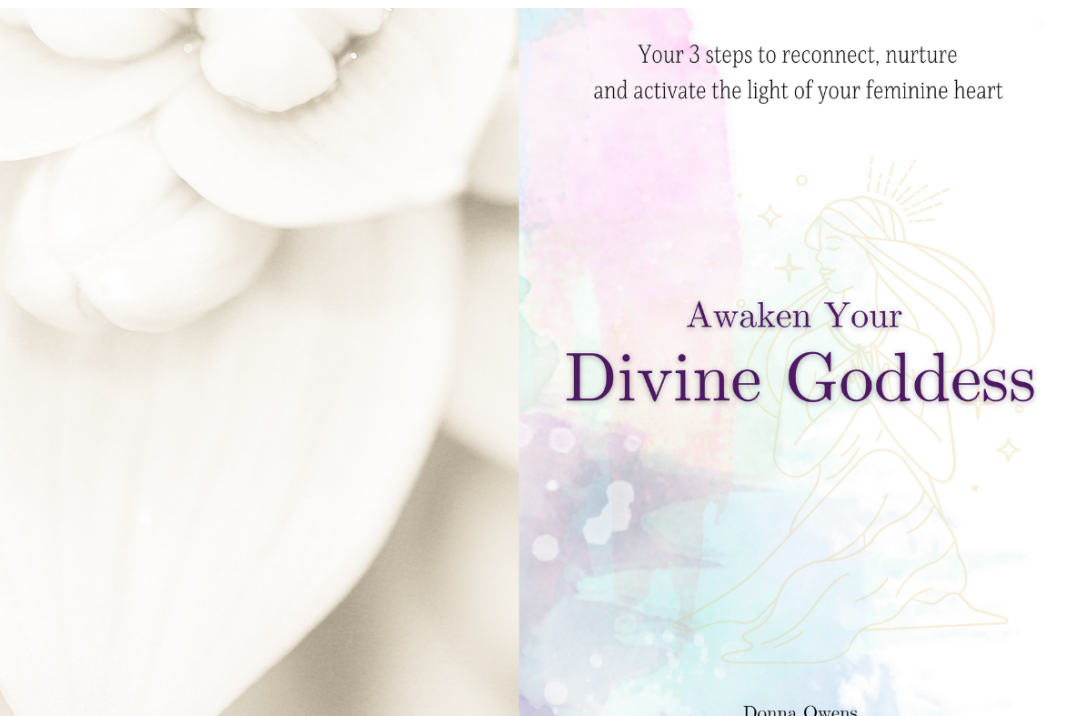
I know where you are and how you feel, Goddess, like so many 2020-21 hit me with a very low point in my own life. I was struggling with money, I lost my home, I was full of anxiety and uncertainty and I couldn't see how my life could possibly get back on track.

I have always had strong will and feminine values- I have always followed my heart, I have always faced my pain and I have always gone after my passions despite my challenges. Writing about life and feminine wisdom is my passion and purpose. I was guided to write *Awaken Your Divine Goddess* to birth to the world in 2021, yet I was so focused on writing, working and struggling trying to get back on my feet by writing this book to help others that I didn't realise that I was writing a book *I* needed myself.

I was writing to guide people on how to *reconnect*, *nurture* and *activate* their heart to thrive in life and there I was so disconnected from my own heart, I wasn't nurturing my pain and I definitely wasn't adding any joy into my depressed pj days!

Writing *Awaken Your Divine Goddess* brought me home to my own heart. It showed me that if I wanted my own life to change and for me to be the woman I wanted to be, then I had to also *do* the book not just write it for others. It's not been easy and i'm still working on some areas of my life, but life is a journey which i'm willing to walk and to write about to guide you.

The book is full of comforting words and practices that got me through this dark period in my life and I hope that they hold space for you too as you also journey to awaken your own Divine Goddess in 2022.



Awaken Your Divine Goddess Book

Are you ready to Awaken your Divine Goddess?

It is time for you to step out of the shadows and begin to live your life filled with peace, passion and well-being.

Awaken your Divine Goddess book is your simple yet practical guide, filled with inspiring words, journaling prompts, meditations and 7 day practices which will support you as go within and connect to your feminine heart.

This book will guide you to:

- Reconnect to your feminine heart and all it's wisdom.
- Nurture your heart space with self-care and self-love.
- Activate the light of joy in your heart to live by your soul values.

Bring your Divine Goddess to light, there is no more waiting, the time is now.

Awaken your Divine Goddess book available on Amazon from January 2022.

Hey, I'm Donna.

Thank you Goddess, we are all walking this journey of life together. My purpose is to write words to inspire, comfort and motivate you along your own journey so that you don't feel alone.

It is why I wrote *Awaken Your Divine Goddess* book and created *The Goddess Guide to Life*; A monthly article subscription on my website to hold you on the bad days and to inspire you to keep going and to live a joyful life.

You can purchase my *Awaken Your Divine Goddess Book* on Amazon from January 2022 and you can Subscribe to *The Goddess Guide to Life* by clicking [here](#)

Come and connect with me.

Donna xx

LET'S KEEP IN TOUCH, FOLLOW ME ON INSTAGRAM

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