

Cultivating a GODDESS STATE OF MIND

If you have health concerns, beauty blights, weight or emotional issues that dull your sparkle, and you are tired of feeling less than you know you really ARE, it's never too late— NOW is the perfect time to be all you can be!

But you must believe it. Faith is like the magic password 'Open Sesame' to your most beautiful life!

Of course you cannot just WISH it. Things begin to change when you clearly see what you want and believe it is possible. Then you will be guided to exactly what you need.

You are being guided NOW.

Choosing to have faith instead of doubt changes your biochemistry, literally flooding your system with good mood hormones that boost your happiness and immune system, soften stress lines and turn on your metabolism.

Your thoughts alone can stimulate stress chemicals such as adrenaline and cortisol OR euphoric ones like DHEA, dopamine or oxytocin- and the choice is YOURS!

Remember:
There is no such thing as an idle thought

Beauty and health are the result of what you DO. And what you do is the result of what you FEEL, which is the result of how you THINK : Thoughts+ Feelings + Actions = Results

Author of The Genie In Your Genes Dawson Church says ' When you understand that with every feeling and thought, in every instant, you are performing epigenetic engineering on your own cells, you suddenly have leverage over your own health and happiness.'

You can DRAMATICALLY activate your health, beauty, immunity and energy by the thoughts you cultivate. Our thinking can affect our looks and health as much as our genes.

**Sculpt your mind and body into a work of art
HOW TO DEVELOP A GODDESS MINDSET**

Life is painted by our perception and thoughts- what colors are you using? Most people believe they are positive, but actually are more negative than they would like to believe. We have about 60,000 thoughts a day. Scientists have discovered 90% of them are automatically recycled from the day before, and 80% of those are NEGATIVE. Whoa Nelly!

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We all know that certain thoughts can etch their way onto our face.

God gives us our face but we make our own expressions

The grooves can go deep, mentally and physically.

To have a strong and beautiful life you must have a strong vision, not a flabby mind. Your mind directs your body. Your body is a reflection of your mind.

Automatic, Negative Thoughts, or ANTs, are mostly unconscious and THAT is where their power lays MOUUAHAHHHH (evil laugh). Negative thinking, especially the unconscious kind you are not aware of is the force behind Self-Sabotage.

ANTs are very destructive especially when you are trying to make changes in your life. For example, how many times have you started a diet and failed? It is not your fault— it's your negative programming sabotaging you. Self-Sabotage can become a thing of

the past! I am going to share about how to flush out the ANTs and their Self-Sabotaging influence for good with a truly magical technique— Positive Affirmations.

Positive Affirmations are statements of Intention that are spoken, thought or written repeatedly like a Mantra to bring about positive change. A mantra is a sound, syllable, word, or group of words considered capable of creating transformation.

The secret to using affirmations is outlined in 3 simple steps. When you follow them you can make or break any habit of yours that might even feel impossible now, with ease and grace. Those nasty ANTs and their sabotaging habits have to pack their bags...

1. Choose an affirmation that you BELIEVE is POSSIBLE For YOU
2. Be genuinely enthusiastic about your Affirmation
3. Say your affirmation out loud every morning as you wake up and in the evening just before sleep as those are the best times to water your Dream seeds

Here are a few you may wish to use if they resonate with you, or you can create your own:

"Every cell in my body vibrates with glowing health.

"I allow others and honour myself.

"Miracles are rushing towards me. Thank you.

"I deeply trust myself and my life.

"It's a privilege to have this body and I lovingly care for her.

"My Spirit guides me moment to moment. Thank you.

"I am a living magnet for miracles and magic.

"I take exquisite care of myself, and everyone in my life benefits.

"I keep my flame alive no matter what.

"I am seen, I am cherished, I am beautiful, I am enough.

"I never settle for less than what I know I deserve.

"I own my femininity, beauty and power.

"I trust what flows through me is essential and beautiful.

"I am who I dream of being.

"I am a powerful goddess, radiant and transformational.

Cultivate a Goddess State of Mind by carrying your Affirmation around in your heart like a secret Treasure. 🌟

Shakaya Leone is a Beauty Artist who works with budding icons and stellar women who require radiant health and beauty to live their legacy. Shakaya is a trusted voice in the Raw Food World and is the creator of World Detox Day and the author of Naked Beauty. Get your complimentary excerpt of Naked Beauty at www.earthempire.com.

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