



Fill Your Cup

GIVE FROM YOUR SAUCER

Health, Wealth, Beauty, Iconic Style or anything else you desire isn't something you have to Do or Get. Everything exists within you already.

All we ever need is to remove the blocks inside and open up to Receiving.

How do you feel about receiving? Most women have been raised to believe that giving is a feminine trait. Most women give until their Well runs dry. It is feminine to nurture, but giving is actually masculine.

Receiving is feminine.

Feminine energy is replenishing and refreshing. When you are aligned with the feminine and all your rivers are flowing you will feel relaxed, open, trusting, sup-

ported, radiant, healthy, beautiful, inspired, composed and clear.

There are 7 Sacred Rivers that keep a woman in her flow:

REFLECTION I check in with myself often to stay connected to my Spirit

RECONNECTION I ground in my body through movement and Nature

RELEASE I let go of what no longer serves me to make room for magic

RECEIVE I receive before I give to keep my well filled to overflowing

RELAXATION I embody my Essence through poise and Self Trust

RENEWAL I receive Nourishment for my Body and Dreams

REVEL I make pleasure a priority and celebrate my love affair with life

How could you express your femininity through one of those receiving channels today?

Although both the masculine and feminine energies are equally important, for women today who are raising families, running businesses and saving the world, we need to spend more time in the feminine than we currently are, or we will burn out.

A woman's sweet spot is being self-centered, centered in Self. This isn't selfish, it's sustainable. And it is actually the most gener-

ous way to live because when you are filled up to overflowing you naturally have more to give.

There is a saying 'Fill up your Cup and give from your Saucer.'

If you are giving too much, your Receiving channels may be blocked. To keep my receiving gates open, I created a decadent daily ritual that I love and I hope you will, too!

I call it Queen's Tea.

Every afternoon the Queen of England enjoys a little treat, and so can we! Take time in the middle of your day to bask in whatever makes you feel Royal... rose petal baths, candlelight meditations, exotic fruit, curling up with a good book are simple ways to celebrate yourself like a Queen and stay in your juicy flow

Enjoy a piece of dark raw chocolate and let it melt over your tongue

Go for a stroll in a botanical garden or a barefoot walk in the forest

Have a Vanilla-Lavender bath or a Swedish massage

Swim in the lake or ocean in Mama Earth's embrace

Take time to catch up with a girlfriend by phone or have a girl's night out

Buy yourself your favorite flowers or a beautiful plant

Lounge on the hammock to daydream or write yourself a love letter

Read at the park or visit an art gallery or rent a movie

Play hooky for the rest of the day and go get your hair done

Whatever else you can conjure up, do that and more will flow to you.

Cherish yourself, notice what fans your flames and lavish yourself with love. There are dozens more indulgences in my book *Naked Beauty*. Whatever feels good to you today and would make your petals shimmer, do it! 🌸

Shakaya Leone is a blissful wife and mother and an inspired voice in the natural health and raw food community. Shakaya says, "You are beautiful and brilliant. You walk a path no one else could." Shakaya can be found barefoot in the forest or swimming in the ocean or conjuring a new elixir of love and health in her kitchen.

www.earthempire.com



Elizabeth is a gifted teacher and intuitive. Her workshops at Omega have helped students from around the world find their own inner compass. She walks her talk and that is a gift indeed!"

—Elizabeth Lesser,
Cofounder, Omega Institute

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Elizabeth Harper

Internationally acclaimed Intuitive, teacher, healer, author & faculty member at the Omega Institute. Aspire "ColorScope" Columnist

www.SealedWithLove.com

If you are *stuck*, *anxious* or feel something is *missing* in your life then it's time to...



Reclaim Your Personal Power

Allow me to assist you in reclaiming your power to:

- Identify your Core Values
- Create Balance in Your Life
- Learn how to bring your choices and behaviors into alignment with your values
- Discover your Life Purpose



- Life & Leadership Coach
- Previous 7-year Life Coach at Omega Institute
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