



# Awakened WOMAN

~ LESSONS ~

## 3 | Reclaiming Your Voice

### Lesson 3 Part 1

#### Transcript

Welcome to my Awakened Woman lesson on *Reclaiming Your Voice*. This lesson is all about reclaiming our voices, telling our stories. It's about reclaiming that voice to heal your soul and healing this world.

Without reclaiming our voice, then who we are and the stories that define us remain silenced and forgotten. This lesson can be a standalone and support your journey to achieving your dreams or it can build upon the others in this series, and especially Lesson Two where we delved into healing your souls, a lesson designed to guide you to dig deeper into what pains, hurts, and silences you.

This part of the lesson is also similar to the first video across lessons. If you are familiar with how the lessons are organized, feel free to skip this video and go direct to part two where I set the stage for reclaiming your voice.

In this lesson, as with all this series, you will be exposed to key essentials which represent whole elements of the things that I have learned over time. These essentials also represent the foundational teachings from the Awakened Woman book and my Sacred Sisters Circles™ curriculum. These essentials provide insights about the tools we need to achieve our dreams.

For each lesson in this series, I have also selected experiences that will lead to specific outcomes. You will receive the tools and teachings needed to achieve the following for you to be able to reflect on the power of your voice and how you can reclaim that voice. To understand how to use your voice to heal not only yourself, but also to heal others. As well as to learn the sacred rituals to awaken your voice and inspire storytelling.

Across this series, content for each lesson is presented in three formats. One: you'll have the video format if you want to watch and listen. Is also audio formats for those on the go. Each lesson also contains an Application Activity directly tied to the key theme of the lesson and allows you to take what you are learning and implement the teaching immediately into your own life.

In this lesson, *Reclaiming Your Voice*, the Application Activity is designed to guide you through the steps to reclaim your voice and to tell stories that harness the power of your voice.

The Application Activity also contains a section called Coaches' Corner, and while I refer to this section of this activity as such, it doesn't mean you have to be a coach or a trainer by profession, rather you will want to use this activity if you are in a situation where you are supporting and guiding another woman or a group of women.

Lastly, each lesson contains an inspirational and guided audio recording that is directly related to the key essential for the lesson. In this lesson, the audio recording will guide you through a process for reclaiming your voice. The recording can be accessed at any point in the learning process.

As you begin to explore this lesson's offerings, I invite you to turn off any alerts on your phone or a computer so you aren't distracted. You might also want to block off enough time to engage not only with the content, but for completing the Application Activity in the guided meditation.

And remember, my sacred sister, you have the power, the power to reclaim your voice and to tell stories that deepen and extend human consciousness that can bring a global spiritual and physical healing. The power is in you.