



The Seven Essentials

These seven essentials are core elements of the lessons I have learned over time and represent foundational teaching from The Awakened Woman and my Sacred Sister Circles™ curriculum. These essentials provide insight about what helps individuals move forward. There are many layers in which you can engage in these core essentials; these lessons can be revisited over and over again. There need not be a definite beginning or end, but rather look at it as a journey to awakening. At any stage in your sacred dreams journey, it may be helpful to pick one or more of these essentials and explore the ideas and questions that follow by journaling or reflecting on them to remind yourself of your purpose, abilities, and how to overcome obstacles.

1. Practice Self-Care To Heal From Soul Wounds

Fear, pain, and hurting creates much suffering in our lives and ultimately silences us. Unfortunately, the cumulative emotional and psychological effect over the lifespan and across generations creates soul wounds. Self-care is vital for your healing, as it creates a space to understand what hurts and the depth of the soul wounds we carry. Without understanding the source of our fear and pain, we can't find pure joy or numb our pain. Self-care connects with your inner power, and not only helps you build your confidence and self-esteem, but also enables you to build authentic and quality relationships with yourself and others.

The most powerful practices and sacred habits for self-care to heal your soul wounds are:

- Laugh heartily at least five times a day
- Choose carefully who you spend your time with, yet still remain courteous and grateful to those who seem to drain your energy
- Ask yourself, "What soul wound do I carry?"
- Journal and create a special time to read books that inspire your creativity
- Make eating green a daily practice, and avoid emotional eating
- Find time to meditate, jog, take long walks, and spend alone time with nature
- Don't compromise on your worth, and only do jobs that feed your soul
- Engage in storytelling; find your *sahwiras* - your tribe of strong and compassionate friends to share stories of healing in a world that wants to silence you
- Surround yourself or belong to a coalition of sacred sisters and brothers who believe in what drives each other's soul without judging. Let these relationships be the spark for the inspiration you need
- Celebrate the power of your femininity and the ability to give your body freedom to let loose and be true to yourself

Remember: We cannot expect to change what's in the world unless we first take care of what lies deeply within, because what lies within holds the secret to our healing and redemption.



2. *Get In Tune With Your Great Hunger*

Your *Great Hunger* is something you want to attain more than anything. This hunger is essential to not only keep you going but also to keep you moving in the right direction. Your *Great Hunger* is fueled by your soul, by your passion, and your unique gifts and talents. It holds great promise and benefits to you and to others-your family, community, and society. As my mother said, “*Your dreams will have greater meaning when tied to the betterment of your community.*”

Sacred Questions for finding your *Great Hunger*:

- What breaks my heart?
- What is my hunger?
- What silences my dreams?

Remember: Our dreams have greater meaning when tied to the betterment of others. And our Great Hunger becomes the source of our earthly calling.

3. *Recognize The Power Of Writing Down Your Dreams and Designing the Life you Want*

As the old cliché points out, necessity is the mother of invention. In other words, a need or a problem can inspire one to use their creativity to write something to meet the need or solve the problem. So, put brush to canvas or pencil to paper and sketch and write out a better way for yourself and if possible, for those who are going to be affected by your creativity. When you paint or write down your dreams, you connect with something deep inside. This is a simple yet powerful Essential that asks you to write down your dreams, allowing you to develop the blueprint of the life you wish to lead.

Sacred Questions for tuning into your dreams are:

- Can I write down my dream as I see it in my mind before it is created?
- Can I write and see the exact actionable steps needed to achieve this dream?
- Can I breathe life into this writing and feel the dream become real?

Remember: What’s written with intent becomes ingrained in your thoughts. An ingrained thought becomes a deep-rooted belief. Strongly held beliefs can help you to achieve your dreams.



4. Use Your Creativity To Manifest The Blueprint Of the Life You Deserve

Within our innate nature, there is the creativity gene that expresses our best selves. The hidden power within you is waiting to emerge to help create your future. When you believe in what you have to offer and decide what matters most, then you will discover your true purpose. This hidden power is the source of your creativity and it informs your *Great Hunger*; it liberates you as it inspires you to own your voice, to build the narrative of your dreams and make it your reality, and it helps you discover new ways to grow. Creativity and belief in the manifestation of your dreams empowers you to inspire others, to be the fertile ground for others to thrive, and to give back and move beyond immediate gratification toward fulfilment.

Sacred Questions for tuning into your creativity and the power of manifestation toward your dreams are:

- Can I envision what I want to create?
- Can I feel its edges and contours in real time?
- Can I store this powerful mental image in my mind where I can revisit those images?
- Can I see my creation before it's created?
- Can I clearly see the steps needed to take me to this creation?
- Can I smell it, and everything around this creation?

Remember: Creativity also allows us to create space for silence, reflection, and asking honest, open questions.

5. Ground Your Spirituality To Harness Your Belief System

Positive and encouraging words, phrases, or affirmations can be an amazing tools to support your sacred dream journey. Fear can get in the way of your dreams. Fear and lack of confidence can cause you to make excuses for not doing something or for not believing in your greatness.

The most meaningful actions you can take as you seek to harness your belief system are:

- **Name** what triggers your fears and procrastinations, and then say the positive affirmation that correlates to those thoughts
- **Write** down the words of your affirmations as well as your dreams. Infuse them with passion!
- **Read** aloud your written dreams
- **Audio record** your dreams and make it a daily ritual to listen to your dreams—the more you listen to your dreams and affirm your desires, the more you ground your belief in your dreams



Remember: With enough repetition and emotion, you will come to believe that you can achieve your dreams. Follow your *Great Hunger*.

6. *Cultivate Gratitude*

Gratitude is the state of feeling thankful and appreciative. It's not just that we like something that someone said or did; it's deeper than that. Practicing gratitude fires our optimism and encourages us to celebrate the gift of life. It has even been scientifically shown to improve self-esteem, physical and mental health, and the ability to empathize. There is no stronger foundation upon which to build dreams!

Steps you can take to cultivate gratitude include:

- Practice gratitude regularly until it becomes second nature.
- Practice gratitude for the motivation of your Great Hunger and you will feel the pull of your inner guidance even more.
- Practice gratitude for all that you do have, and your fears about what you do not have will fade.

Remember: To cultivate gratitude, we must practice gratitude and make it a habit we embrace.

7. *Establish Your Sahwiras*

The power to lift ourselves up by lifting each other up is at the heart of the sahwira. To succeed in achieving your dreams, you need to surround yourself or belong to a coalition of sacred sisters who believe in what drives each other's soul without judging. It brings connection to the sister heart in all girls and women; it's a mutually supportive relationship. Play, cry, laugh, and always find meaning in the little things you do together. The sahwira relationship creates a deep connection as it widens its web of female energy, which sustains your work, family, and how you show up in the world!

To find and establish a tribe of Sahwiras who feeds your Soul:

- Identify and/or get to know powerful, compassionate friends who can stand with you through thick and thin.
- Run away from toxic environments and those who drain your energy
- Study and practice how to be tender with one another.

Remember: Let us rediscover our native ability to love, for this is the seedling of your sacred purpose.