

And you thought Christmas was over and you unwrapped the last present under the tree!

Nope. There's still a HUGE brightly papered and sparkly bowed gift to unwrap - the best gift under the tree (if you ask me) - the (divine) gift of.....**YOU!**

Yes...YOU. Without all the voices and false beliefs and filters that keep you (and your glorious sovereignty) under wraps (so to speak) and hidden.

The same voices and false beliefs and filters that kept me under wraps and hidden (once upon a time) too.

*“There was a time when you walked full of laughter, knowing who you were. Try to remember . You say you have lost all recollection of it, but you haven’t. It’s there, somewhere. You say there are not words to describe it or that it no longer exists, but it does. It does. Yes, it does. Remember. Please, remember.”*  
(Monica Whitman)

That is why I developed “the Divine Gift of You.” To help you remember. To help you find the words to describe it so that it can exist for you.

But like everything, it's going to take some action on your part to work. It's going to take active participation, commitment and responsibility.

If you always do and think what you've always done and thought, you will continue to get what you've always gotten.

*Nothing* changes until *something* changes.

*I must undertake to love myself and to respect myself as though my quality of life depends upon it because I have found that indeed, it does. (June Jordan )*

So, (the first step) before you go any further, is to sit quietly and ask yourself if there are habits and /or patterns in your life that you *want* to change. Or have decided you *need* to change. If there are areas in your life that you have decided need a little tweaking here and there.

If your answer is yes, the second step is to decide if now is the time for you to (actively) do something about it.

And again, if your answer is yes, the third step is to commit to the exercises in this workshop. (You'll find a printable commitment agreement in the links section back on the main outline page.)

Let me share a couple of insights from my own journey:

*If you are waiting to find the time to do something indulgent for yourself – in all probability, you won’t. Because time for ourselves isn’t something we, as women, are good at “finding.”*

We tell ourselves when we're done (fill in the blank), *then* (and only then) we'll feel ok to sit down and actually do what we'd like to do for ourselves. We'll do the thing(s) that sounds intriguing or fun or indulgent.

For most of us, it's ingrained into our psyche's that it's not until the laundry is done or the house is clean or the errands are run and the various and sundry "to do's" are checked off the list that we are allowed to feed our own hungers or quench our own thirsts without guilt.

But the main problem with that line of thinking is that we're never done with all that other stuff. There is always something or someone that needs us; another "to do" to be added to the never ending list.

Nope, you will never "find" the time. It won't just show up on your front porch and ring your doorbell, announcing its arrival.

***You will need to make and take the time for yourself.  
To literally "schedule" it into your day or week.***

But not as another chore, or task or duty. That doesn't work either - because if that's how you view making and taking time to feed your creative soul, you'll balk and resist and fight it every step of the way. There will be a hundred thousand voices whispering in your ear with excuses and justifications and reasons why you shouldn't or can't or don't deserve.

On top of that, the thing you were initially excited about, the thing you thought you wanted to do for yourself will lose all its appeal. The joy will be sucked right out of it and it will either become one more obligation you have to fulfill or one more thing you failed to do, even though you told yourself you would.

And that is not productive or healthy. In fact, it will further erode your self-esteem and sense of integrity.

So be fair with yourself.

But also firm if you need to be.

You know what you need to do to jump over your own hurdles.

You know how to get what you want when you want it.

And if you need a little courageousness boost, here's a guideline I pass out and use in my (hands on) workshops and retreats:

## **Group Guidelines**

This group utilizes "quiet time" for creative expression. Give yourself permission for uninterrupted stillness to work on your weekly prompts and assignments. If you have to, schedule your introspective "quiet" time in your day planner or on your "to do" list just as you would an important appointment.

Consider hanging a "do not disturb" sign on your door and ask that others respect your need to be left alone for a little rest and rejuvenation and not interrupt you unless it is a valid emergency.

Spouses, mothers, children, girlfriends, siblings, and the dog or cat CAN get by without you for short periods of time - really - they can.

(\*\*\*\*For clarification - a "valid emergency" is any situation that involves police, ambulances, handcuffs, emergency rooms, news crews, swat teams and/or helicopters.)

### Zero tolerance.....

I strictly enforce a "zero tolerance policy" when it comes to comparing yourself (in any way shape or form) negatively with others; berating, bullying, criticizing, minimizing, abusing and/or marginalizing yourself and your own personal experiences or creative expression.

Those caught doing any of the above will find themselves having a time out in the Queen's "naughty corner", forced to wear a Las Vegas show girl head piece, and required to write out "I am perfectly imperfect in my imperfect perfection" 768 times - long hand. (Just fair warning y'all....)

### Allow "shift" to happen.....

I encourage you to be open to challenging yourself, daring yourself, taking risks and allowing for transformation. If you always think what you've always thought - you'll keep getting the same results you've always gotten. Nothing changes until something changes and shift only happens when you create and allow the space for it to happen.

### Connect with others and share the journey....

I respectfully ask that the discussion in this classroom forum stay focused on the weekly workshop topics. Please continue to share your "sovereign" process and progress freely and openly - reaching out to each other in support, love, encouragement and compassionate nurturance of each other as you have been.

Some of this processing is intense and it's normal to sometimes seek out distractions. But in order to receive the full benefits of your (sometimes hard) work here it's important to stay focused and present.

### Reward yourself.....

Reward yourself for your dedication and perseverance by some simple indulgence each week. Starbucks always does it for me. Maybe a box of chocolates, a massage, painting your toenails purple, a bubble bath (by candlelight), or a new accessory or book that's been on your "wish list."

Whatever it is - give it to yourself sovereign girlfriend - you deserve it!!