





—

Messages
for the Action Phase

The Thinking Mind

—



Action phase message 1

A small bud, curled up tight, needs only the sunlight to unfurl into a beautiful flower.

You are a bud ready to open, to expand and blossom into who you truly are.

Feel the sunlight encouraging and loving you to open up to your beauty and to expand into the world.



Action phase message 2

The Goddess has given you a wonderful new beginning. So step out into the spring and leave the darkness behind.

Feel lighter and brighter, and full of love, energy and excitement.



Action phase message 3

Enjoy the new you, who you are today.

In this moment, this 'you' is to be savored like a piece of rich chocolate cake, and enjoyed in all its uniqueness.

Embrace and love the moment and who you are.





Action phase message 4

You have been given a gift of renewed energy.
Open up to the loving, dynamic energy of the Goddess,
feel it fill you, balance you,
and dance in the femininity of your body.



Action phase message 5

Our consciousness changes and flows.
Embrace with happiness
your new bright 'young maiden' energies
of the waxing moon,
the dynamic sparkle of the incoming tide,
and the vitality of spring.



Action phase message 6

Play with the laughing Goddess.
Everything is here to be enjoyed
so allow your inner maiden to jump in puddles,
lick the cake spoon and enjoy the wind tangling her hair!





Action phase message 7

The Goddess runs with you on your path.
Tell her your goals, desires, quests and imaginings.
She laughs with joy at all the things you will do together.



Action phase message 8

Your thoughts are as much a part of
the Universal Goddess
as your body, a mountain, or the light from a dim
and distant star.
Your thoughts, ideas, goals and aspirations are
a beautiful, important and creative part of the Goddess
and of who you are.



Action phase message 9

You have been given the gift
of the beautiful 'Thinking mind'.
Where in your life will you focus
this amazing gift from the Goddess?





Action phase message 10

The Manifesting Goddess wants to give you
what you desire.

Use your gift of mental clarity
to focus on your highest aspiration,
and tell her.



Action phase message 11

Feel sexy, dynamic and full of beautiful youthful energy.

When you stand in your own energy
you don't have to fight,
and you don't need attention or control.
You have worth, completeness and fullness.
You are alive with the Goddess!



Action phase message 12

For a few days the Goddess has given you
energy, confidence, self-belief and enthusiasm.

Where will you run?
Who will you run with?
Embrace that all things are possible.





Action phase message 13

In swirl of movement and action,
keep body and mind balanced.
Let you mind be guided by higher thoughts
and grounded in the sensuality of your body.
Enjoy both body and mind!



Action phase message 14

Take action in tune with who you are.
Identify what you love, what you are good at,
where your talents lie.
These are your unique gifts to express into the world.



Action phase message 15

Over-activity shows we have lost touch
with who we truly are.
Let go of everything you are not
and don't feel you have to do anything
that isn't a loving expression
of the unique and beautiful person
you already are.

