

# LIVING LIFE GODDESS POWERED



The Everyday Goddess Revolution

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**<http://bit.ly/joingoddessacademy>**

## **INTRODUCTION**

Welcome Goddess,

I cannot put into words how exciting it is that you found this book and that you are about to read the wisdom of some incredible spiritual leaders from around the world, and then embark on a journey living a life Goddess powered.

My heart is wide open with love and joy that you will be touched by the words in this book and begin your own journey of exploration and reconnection.

The vision for this project came to me during a meditation, and the moment I decided that, yes, yes, I would bring this vision to life, EVERYTHING flowed into place. It was a Divine experience and I know that you discovering this book is an extension of that Divine intention. The intention that has flowed through from the moment we all came together and began to write.

In my vision I could see the significant power that exudes from a woman the moment she remembers who she is.

That inner knowing, hearing the whispers of her soul.

When sleeping women wake, mountains move.

You are the Goddess rising.

You are awakening to your truth, pure potential and unravelling the stories that you placed upon yourself in your sleeping state.

You are shining a light from within, embracing all of who you are.

You know the power you hold, and you are ready to create a life on your terms, aligned with your heart.

You see yourself in all other women.

You see the perfection of all of life's experiences thus far, knowing they brought you to this very moment.

You are a woman who is standing in her power and saying –  
THIS IS ME.

It is time to recognise the everyday Goddess within. The chapters  
that follow are filled with wisdom that will become the starting  
point of your journey back to the truth of who you are.

I see you. I believe in you. I cheer you. I love you.

Now is the time to live your life Goddesspowered.

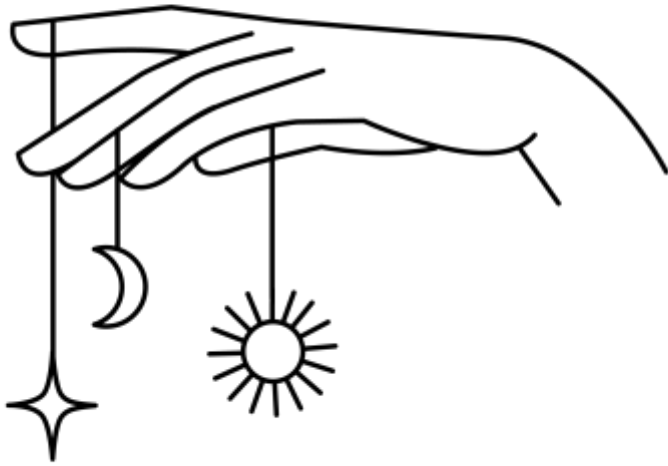
*Leanne x*

Founder – The Everyday Goddess Revolution  
[www.theeverydaygoddessesrevolution.com](http://www.theeverydaygoddessesrevolution.com)

*PS – Remember to access all the free coaching, workshops and resources that  
support this book and your journey into living life goddess powered!*

**<http://bit.ly/joingoddessacademy>**

**You are here to enjoy,  
create, love and be loved.**



“Love is the greatest healing power I know. Love can heal even the deepest and most painful memories because love brings the light of understanding to the darkest corners of our hearts and minds.”

-Louise Hay

Love is our superpower. We just have to tap into the love within.

Give the love that you desire to yourself, and love will come back to you. Self-love is the most important love that we can give in my opinion. Without love of self, we cannot truly love others.

We are born in this amazing vessel we call the human body. We experience the perfection of it every day. We do not need to tell it how to function because it knows what to do. The heart beats, the lungs expand and the blood flows while we move about our daily lives. Shades and textures of skin and hair unique to every single living thing. I could go on and on about this beautiful temple in which we live.

There is beauty all around us but there comes a time when we will need to look beyond all of the beautiful flesh and see and feel the incredible spirit within. Our spirit selves. Source, Universe, God, the Light within. The Spirit within you that knows and loves you unconditionally. The Self that loves you for who you are flaws and all. The Self that feels satisfaction, pleasure, and ecstasy. The feeling of peace and wellbeing. That is the essence of God, and that Love energy is in every single living thing.

This pure love within can also hear our thoughts and self-talk. We have over 6,000 thoughts per day and those thoughts become the things we see around us. When I became consciously aware of my thoughts, I knew I had to make a change. I had to start with asking myself some important questions.

Am I speaking words of Love to myself?  
Am I speaking words of Love to my body?  
Am I speaking words of Love into my life?

My thoughts had been out of control and my life was evidence of that. I had created all of this pain and could not run from it anymore. I had been married and divorced in less than three years, and my current relationship was falling apart. I carried so

much guilt and shame within me. My physical body had been affected by my thoughts as well. When I started the journey to love myself, I was 34 years old with a history of fibroid and asthma, unsure if I would ever have children. I was angry and broken and my inner dialogue reflected that.

If I wanted my life to be different, I had to change my thinking and open my heart. I had to start with me. If I wanted to heal, I knew I had to stop focusing on everyone else and look within. If I wanted to experience unconditional love, I had to give it to myself.

Once I made the choice to look within, I was introduced to Science of Mind and Universal Law. This was the connection of mind body and Spirit I had been looking for all my life. It had been inside of me all along. I discovered the book "You can Heal your Life" from Louise Hay and I was obsessed.

I came to the realization that I could heal my life, and that everything I needed was within me. Not separate in the sky somewhere, but right inside of me. Vibrating and tingling throughout my body. I also began my journey to heal my womb with tantric massage. The Source of life itself blossoms from my womb. The same womb that had to be cleared of trauma, unforgiveness, shame and guilt. I had to address my inner child and be there for her when I felt like no one else was. I had to go deep within, to repair the deep hurts from my childhood and early adulthood.

Generational curses and race consciousness that ran deep in my subconscious mind required reprogramming, in order to become my higher self. My focus was beyond the surface and labels, because ultimately, I am a spiritual being. We All are spiritual beings.

Self-love was the only way for me to heal from the trauma that had started to manifest physically in my body. I had nothing to lose and everything to gain. My physical, mental, and spiritual health and wellbeing was and will always be my priority.

I forgave myself and others for everything that had happened in my life. This took some work, but the freedom was well worth it. Unforgiveness kept up a steady stream of negative thoughts that literally did not feel good. Eventually I could see the blessing

and opportunity for expansion. Forgiveness is for your own freedom of bondage within your mind and body.

I started connecting with my inner being as often as possible, through meditation and quieting the mind. Being in nature with my family is medicine for me and a form of meditation. Yoga helped as well with connecting my mind, body, and spirit. Dancing and music are my favorite healing rituals.

I replaced negative thoughts that were becoming negative things in my life with thoughts of love to heal. With daily affirmations (love deposits) and practice my thoughts quickly began to change for the better. I became lighter and a sense of knowing replaced the hopelessness.

I continue to heal and ignite my life force and celebrate my wonderful womb. I had to become the lover and partner that I wanted to attract in my life. I stopped looking for things to accuse or blame my husband and anyone else from my past for. I stopped reminding myself and my husband of ways that he hurt me. And I started focusing on what unconditional love felt like, one day at a time. The past was over, and I was still madly in love with this man. But if I wanted the type of relationship with him that I knew was possible, I had to take responsibility for my part in the destruction of our past relationship.

We had both shown our shadow selves to each other and under all of the pain and hurt we still loved each other and wanted to create a different story together. We coached each other but stayed focused on our own personal journey. We got to the zero point of our relationship, so we knew the only way from here was up.

I noticed that the more loving I was to myself the more loving I was to everyone else. And in return, others were nicer to me and that was a win - win. My husband and I practice tantric energy massage on each other to remove any blocks and to really begin to connect from the heart. I began igniting my womb and allowing myself to be truly vulnerable with someone. We became the lovers we always were looking for. I celebrate Shakti and dance to ignite my life force. The feminine divine Goddess of pure potential became alive within me.



Self-love has become a daily practice and way of life for me and it is reflected in my life. I trust myself and my relationships have a deeper connection. I love my body more and more every day. I am honored to be the Mother of three amazing children and two bonus children that I love and adore. Plant medicine has helped me in so many wonderful ways. The herbs, plants, fruit, and flowers of the earth are here to help us during this time of healing and discovery. I am abundant in love and loving friendships. There is peace that has come over me and I feel reborn and enlightened. I know that I am creating my reality and I do not look outside of myself anymore for acceptance. We all are here to experience our own unique journey to expansion.

Here are a few things you can do to begin your journey to healing and self-love.

- Begin a daily routine to quiet your mind at least once a day. That could be meditation, a walk-in nature, yoga, or whatever you do to slow down and be present in the moment.
- Move your body in ways that feel good and give you pleasure. Dance with yourself.
- Trust yourself. You have all the answers.
- Connect with Mother Nature and the Moon. The energy exchange from our planet is essential.
- Speak Love on yourself and others. Stop complaining and make the necessary changes to be happy and joyous.
- Forgive, Forgive and Forgive!!!!
- Make Love and discover your sensual sacred self! You are worthy of Love! And if you do not have a partner be your own Lover! Find all of the delicious places you can take yourself.
- Listen to music that aligns you with love. Music is therapeutic and connects us to a feeling. Choose music that makes you feel good.

"Love is the great miracle cure. Loving ourselves works miracles in our lives."

-Louise Hay

You are here to enjoy, create, love and be loved! The answers you seek are within you.

Change is not always easy, but living a life of hurt, pain and disease is even harder. You have nothing to lose (except limitations) and everything to gain. I believe in you!

Peace and Love,  
Infiniti Jones

**Infiniti Jones** – Goddess of healing sound and love

## **FREE COACHING, RESOURCES, WORKSHOPS AND NEXT STEPS**

We are so committed to supporting your journey into living life Goddesspowered that we have created the **Goddess Academy!**

The academy is FREE and contains a range of supporting resource, training, and opportunities for you to have 121 sessions with some of the co-authors of this book.

To access the free materials, use the link below:

**<http://bit.ly/joingoddessacademy>**

You can join our Facebook community:

**<http://bit.ly/EDGRCommunity>**

Further reading and listening:

You can find our personal recommendations of books we have all felt inspired by along our own journey -

**[www.theeverydaygoddessrevolution.com/bookclub](http://www.theeverydaygoddessrevolution.com/bookclub)**

You can listen to some amazing on-demand wellbeing show's and spiritual music at **[www.wellbeingradio.co.uk](http://www.wellbeingradio.co.uk)**

If you have any further questions you can contact us via email [Leanne@leannemacdonaldwellbeing.com](mailto:Leanne@leannemacdonaldwellbeing.com)

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