

You are a Mystical Queen

Rising!



You are in the middle of your journey to becoming the best possible version of yourself. The ride so far has been rocky but the wins are so delicious. You can almost see the future that you are walking toward and it looks amazing!

Not very long ago you have experienced a spiritual awakening. Something drastically shifted in your life. You started seeing things differently and you got the motivation to create more changes in

your life because you know that you deserve better. You started discovering new awesome things about yourself and becoming aware of your gifts and your true power.

You no longer want to settle for less than what you deserve. You know exactly what is it that you don't want and now you are working on clarifying and attracting what you do want and clearing all the old stories and energies that are still holding you back.

The New Stories to explore

LEARNING TO LOVE YOURSELF

Loving yourself is a journey that you might have made the decision to step into already. If not then I highly recommend that you do. Learning to accept yourself as you are and to admire yourself for who you truly are is something that you most likely didn't learn as a child.

On the contrary you might have been taught that loving yourself is selfish and that it makes you narcissistic. It is time for you to say no to all that nonsense and to welcome every version of you, every part of you, to really get to know yourself and fall in love with yourself. Loving yourself is also what will allow you to truly love others and to feel balanced and healthy within your relationships.

LEARNING THE IMPORTANCE OF SELF-CARE

Self-care is a way you can say thank you to your vessel, your body temple. It is also a way you can show love and gratitude to

yourselves. It is saying: "Yes! I matter!", "Yes! I deserve nice things!", "Yes! I deserve to be pampered!", "Yes! I deserve to make time for myself, to spend quality time with myself and to enjoy myself!", "Yes! I deserve to feed and nurture my soul!". Don't shy away from self-care. The more you give to yourself the more your ability to give and receive will grow.

DISCOVERING YOUR OWN GIFTS AND DEVELOPING YOUR INTUITION

You possess a unique set of gifts. Some of those gifts are gifts you were born with and some others are gifts that you can develop through your life time. Intuition is a skill that we all have. You are being asked at this time to trust yourself by learning to listen to the voice within, the voice of your soul, and to develop your intuitive abilities.

By discovering your gifts and developing your intuition, you can become aware of the powerful ways in which you can serve the collective and put your soul gifts in service of your sacred calling.

LEARNING ABOUT THE MYSTERIES OF THE UNIVERSE

Since your awakening you've been learning more and more about the nature of the universe and its different mysteries. You have realized that the world that we know through our 5 senses is not all that's out there.

We are not the only planet with life in it nor the only dimensions. Your soul is inviting you to expand your knowledge by learning about new topics such as: energy, vibrations, higher dimensions, parallel universes, reincarnation, multidimensional beings, crystals, fairies, angels, astrology, numerology, sacred geometry, Atlantis, the sacred sites, civilizations on other planets and galaxies, the laws of the universe, and much, much more.

REALIZING THAT YOU ARE WORTHY AND UNCONDITIONALLY LOVED BY THE UNIVERSE

The Universe loves you unconditionally and is constantly offering you love and infinite support. It wants you to have everything that you desire to experiences. The Universe wants you to know that love and worthiness are your birthrights. You were born worthy and there is nothing that can change that. This what you want to switch your belief system to because, at this stage of your journey, it is important to start looking at yourself and your reality from this empowering position.

LEARNING ABOUT CHAKRAS AND ENERGY HEALING TECHNIQUES

Learning about your energy body is a main step in connecting with your inner mystical world and connecting with your gifts and your essence. There is different energy healing techniques out there such as Reiki, Crystal Healing, EFT Tapping etc.. that might feel drawn to. Your energy body usually holds the imprint of everything in your physical body and in your psyche.

Through healing the energy body, you can release some of your emotional blocks or heal certain illnesses and un-comfort. There are 7 main chakras in the human body. Through clearing, balancing, strengthening and activating your chakras you can heal yourself, release resistance and negativity, and you can also unlock new gifts and potentials within yourself.

CONNECTING WITH YOUR SPIRIT GUIDES

You have a team of spirit guides (angels, ascended masters, fairies, animal guide, extra-terrestrials, light beings and other high dimensional beings) who are always guiding you to your highest good and protecting you.

When you connect with your spirit guides and build a relationship with them, you can receive clear guidance from them to help you in

all the area of your life as well as other information about the mysteries of the universe. Your spirit guides are one with source and are connected to all times, spaces and realities simultaneously.

The old stories to release

NOT FULLY TRUSTING YOUR INTUITION AND THE GUIDANCE THAT YOU RECEIVE FROM THE DIVINE

Sometimes you find yourself struggling with self-doubt regarding your intuition. You feel that you are not intuitive enough, that you are just imagining things and misleading yourself.

Even when you try to connect to your higher self or angels you don't trust the information that you are receiving, you question yourself a lot and that usually leads you to losing that moment of pure connection and discarding the valuable guidance that you were offered.

Know that we are all naturally intuitive but it is our belief system that creates filters distorting the connection. The best way to strengthen your intuition is to meditate, to sit in empty presence and to open up to receive guidance. It is also important to follow the intuitive hits that you get. I would suggest starting with small things such as what to cook for lunch or play intuition games.

NOT BEING ABLE TO CONNECT WITH YOUR SPIRIT GUIDES

Many of us remain stuck at this phase for a while, wanting to get to know our spirit guides and work with them. The common mistake that many of us make is in the expectations that we set. We expect some extra ordinary event to happen like one or several of our spirit guides appearing to us. Or we expect a very special type of vision or dream where our spirit guides tell us that we are the chosen one etc. You know the story. You've probably seen it in many movies.

The truth is in reality; things rarely happen that way. Connecting with your spirit guides is much subtler. Ask for signs and look for them, meditate and ask for your spirit guides to come closer, ask questions to your spirit guides in meditation and feel them as they offer you their guidance.

The most important thing is to not dismiss what you feel, see or hear in your meditative or awake state. If you feel that you were in contact with your spirit guides, then you probably were. So just keep trusting.

FEELING THAT YOU ARE NOT GOOD ENOUGH AND JUDGING YOUR REALITY

Do you tend to be hard on yourself and think that you should be better, do more, try harder? Do you constantly feel that you need to prove yourself, prove that you can be the person other people expect you to be and yet somehow you usually find yourself unable to meet your expectations and theirs? Do you tend to judge your reality and how well you're doing in life? Do you tend to compare yourself to others and put yourself down for not doing as well as them? Nothing is ever enough, even when you achieve your goals you tend to focus on the little imperfections and blame yourself? Do you tend to wonder why you don't have certain things instead of appreciating the many things that you already have?

If yes, then it is time for you to shift this pattern because you are good enough and your reality is only a reflection of your vibration

that is created through your thoughts and belief system. So start by feeling better.

Stop judging yourself. Start accepting the parts of you that you tend to judge. Find beauty in them. Thank them for serving you. Be grateful for the things that you have, big or small. Find a sense of appreciation of the people in your life. Do this then watch your vibration rise and your reality shift.

FEELING OF GUILT, SHAME AND FEAR

The feelings of guilt and shame are usually a result of the negative core belief 'I'm not good enough'. They are all processes that were installed within us to keep us under control, never feeling good enough to speak our truth or to make real free will choices. Instead those feeling push us to impose more and more expectations on ourselves and to keep us limited and unhappy.

Fear is the opposite of love. When we are afraid we tend to stay in a frozen state or become obsessed with building protective systems around ourselves. As you are deepening on your Mystical Queen journey you are invited to learn to feel safe in your body and safe in your reality. You are invited to slowly moving out of your comfort zone and realize that your fears are only illusions keeping you from feeling the infinite love around you and within you.

FEELING THAT YOU ARE NOT WORTHY OF LOVE (INCLUDING SELF-LOVE) AND ABUNDANCE

Since your young age your environment has probably taught you that if you want to obtain the things that you desire, you need to prove that you are worthy.

This is a system that has anchored within you a feeling of not being worthy of your desire, of not being worthy of love nor abundance, that in order to receive love or any type of abundance you need to prove yourself first and prove that you really deserve it. If you are

not able to prove your worth, then you are not good enough to realize your desire and you are not worthy of the love of others. This logic is what led you to being hard on yourself and to even develop self-resentment.

FEELING DISCONNECTED FROM YOUR SACRED CALLING

Do you often find yourself wondering about what you came here to this earth to do? What is the big image in your life? What is your sacred calling?

Whenever you ask yourself those questions you often don't find an answer that really feels true to you. You feel disconnected from this higher meaning of your life and it makes you feel lost, often losing motivation. Your sacred calling might be much closer and real in your life than you think. Maybe it is time to start listening to the voice of your soul, to uncover your sacred vision and connect to your sacred calling.

Deepening Questions

1- How does it feel like to be loved unconditionally by your higher-self/source/the universe? How do you feel about it? Write down a list of anchors and proof of the universe love for you, things that you are grateful for.

2- What parts of yourself are hiding or rejecting? How are they really serving you? How can you feel compassion for them?

3- Is there positive aspects of your reality that you are overlooking or taking for granted? If the answer is no, then take a deeper look.

4- What are you afraid of? Choose a fear and shift your perspective to prove that it is not real

5- What habits, expressions, behaviors do you use regularly and that are maintaining the momentum of feeling unworthy or not good enough?

6- What beliefs do you hold about you being psychic or intuitive? How can you upgrade those beliefs?

7- What can you do on a daily basis to connect to the mystic side of you and to connect to your heart and soul?

8- What has been calling you lately? What is your heart trying to tell you? How can it help you live a more purpose fueled life?

Thank you, Sister, for taking this deep dive into your Inner Temple.
If you feel called come share your experience with us over on our
Facebook group:

[MYSTICAL QUEEN SISTERHOOD](#)

We would love to presence you, to witness you and to support you!

For more information about Mystical Queen™ please visit:

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