



ENERGY WORK + CEREMONIAL BODYWORK

MOTHER

THE BELIEF MAP

SEPTEMBER 2026 · RELEASING BELIEFS

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I

THIRTEEN PLACES TO LOOK

Your life has thirteen territories. This map walks you through each one with a single question: what do I believe about this? Any answer that begins with never, always, not for me, too late, too much, or not enough is a limiting belief. You do not have to work every territory at once. Start with the one that pulls at you.

ON THE PAGE

Take one territory at a time. Ask the question and write what comes without editing it. The first answer is the true one. Then open the chart, read each numbered belief out loud, muscle test it, and mark whether it is running in you or clear.

IN THE MEDITATION

The MOTHER session moves through all thirteen territories as a sleep meditation. Listen on repeat. You do not have to remember anything or do anything. You only have to hear it, and sleep.

THE ALTAR BOX

A plain black box. On the first of every month you write your intentions in a letter, you direct your life force into them, you place the letter in the box, and you forget about it. The box is the void. What you wrote dissolves there and returns to you in the world.

FIVE INTENTIONS

At the end of this map you choose five intentions to repeat every day, and one to set every night before sleep. This is the miracle mindset. You let your soul essence magnetize your truest desires.

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THE THIRTEEN TERRITORIES

Each territory has its own page with the question, the corners where beliefs hide, three journal prompts, and the line that releases the old belief and installs the new one.

01 MY BODY

What do I believe about my body?

Its shape, its age, its health, its pleasure, its strength, what it can and cannot do, what it is allowed to feel.

02 MY WORTH

What do I believe I deserve?

Being chosen, being seen, taking up room, being too much, being not enough, what I have to earn and what I can simply have.

03 MONEY

What do I believe about money?

How it comes, how much is possible for me, what rich women are like, what I would have to give up to have it, whether it stays.

04 LOVE AND PARTNERSHIP

What do I believe about love?

Whether it lasts, whether I am easy to love, what I must do to keep it, what a man is for, what I owe, what I am owed.

05 SEX AND INTIMACY

What do I believe about my desire?

What I am allowed to want, how I am allowed to ask, what my body says yes to, what pleasure makes me.

06 FAMILY AND INHERITANCE

What do I believe I inherited?

What the women before me could and could not have, what is expected of me, what loyalty costs, what I am not allowed to outgrow.

07 HOME AND BELONGING

What do I believe about where I belong?

Whether I am safe where I live, whether I fit anywhere, whether I can be rooted and still free, whether a place can be mine, what I would have to become to be let in.

08 MOTHERHOOD AND CREATION

What do I believe about creating?

Children, projects, businesses, art. What I can birth, what I can hold, what it takes from me, whether I get to want it.

09 WORK AND PURPOSE

What do I believe about my work?

Whether it matters, whether I am good at it, how hard it has to be, whether I can be paid for what comes easily, what success would cost.

10 TIME AND AGE

What do I believe about time?

Whether it is too late, whether it is too soon, how long things take, what my age means, what is behind me for good.

11 VOICE AND VISIBILITY

What do I believe about being seen?

What happens when I speak, who gets to be loud, what people will say, what I have to hide to stay safe.

12 SOUL AND ENERGY

What do I believe about my soul and my energy?

Whether I am guided, whether I am held, whether my energy is mine to direct, whether my intuition can be trusted, whether my soul has a say, whether I am allowed this much.

13 RECEIVING, EASE AND JOY

What do I believe about receiving?

Whether I can let things come to me, whether I have to struggle for it to count, whether joy has to be paid for, whether rest is allowed, whether I can be happy without waiting for the fall.

O I MY BODY

What do I believe about my body?

Its shape, its age, its health, its pleasure, its strength, what it can and cannot do, what it is allowed to feel.

JOURNAL

I.1 Where in my body do I feel the most judgment, and whose voice is it?

I.2 What did I decide about my body before I was twelve?

I.3 What would I let my body do if I trusted it completely?

RELEASE, THEN INSTALL

I release every belief that *my body is working against me*.

My body is on my side, and it knows the way.



02 MY WORTH

What do I believe I deserve?

Being chosen, being seen, taking up room, being too much, being not enough, what I have to earn and what I can simply have.

JOURNAL

2.1 What do I believe I have to do before I am allowed to rest, receive, or be chosen?

2.2 When did I first learn I was too much or not enough?

2.3 What would I ask for today if I knew I deserved it?

RELEASE, THEN INSTALL

I release every belief that *I am not enough as I am.*

I am worthy now, exactly as I am.



03 MONEY

What do I believe about money?

How it comes, how much is possible for me, what rich women are like, what I would have to give up to have it, whether it stays.

JOURNAL

3.1 What did the adults around me say about money, and what did they do?

3.2 What is the most money I can imagine having, and what stops the number from going higher?

3.3 What do I believe I would lose if I became wealthy?

RELEASE, THEN INSTALL

I release every belief that *money is hard to come by and easy to lose*.

Money moves toward me, and it stays.

O4 LOVE AND PARTNERSHIP

What do I believe about love?

Whether it lasts, whether I am easy to love, what I must do to keep it, what a man is for, what I owe, what I am owed.

JOURNAL

4.1 What do I believe I have to hide to be loved?

4.2 What did my parents' relationship teach me love costs?

4.3 What does the love I actually want look like, said plainly?

RELEASE, THEN INSTALL

I release every belief that *love never lasts for me*.

I am easy to love, and love stays with me.



05 SEX AND INTIMACY

What do I believe about my desire?

What I am allowed to want, how I am allowed to ask, what my body says yes to, what pleasure makes me.

JOURNAL

5.1 What was I taught about a woman who wants?

5.2 Where do I go quiet when I could ask for what I like?

5.3 What does my body say yes to that my mind talks it out of?

RELEASE, THEN INSTALL

I release every belief that *my desire is too much, or shameful.*

My desire is holy, and I am allowed to want.



06 FAMILY AND INHERITANCE

What do I believe I inherited?

What the women before me could and could not have, what is expected of me, what loyalty costs, what I am not allowed to outgrow.

JOURNAL

6.1 What did my mother believe she could not have, and where do I carry it?

6.2 What would it mean about me if I became happier than my family?

6.3 What am I loyal to that is no longer mine to hold?

RELEASE, THEN INSTALL

I release every belief that *women in my family do not get to have that.*

I keep what serves me, and I set the rest down.

07 HOME AND BELONGING

What do I believe about where I belong?

Whether I am safe where I live, whether I fit anywhere, whether I can be rooted and still free, whether a place can be mine, what I would have to become to be let in.

JOURNAL

7.1 Where have I ever felt fully at home, and what was true there?

7.2 What do I change about myself to be let in?

7.3 What would a home that is truly mine feel like in my body?

RELEASE, THEN INSTALL

I release every belief that *I do not belong anywhere.*

I belong wherever I am, and I am rooted and free.



08 MOTHERHOOD AND CREATION

What do I believe about creating?

Children, projects, businesses, art. What I can birth, what I can hold, what it takes from me, whether I get to want it.

JOURNAL

8.1 What do I believe creating something will cost me?

8.2 What am I carrying in me that I have not let myself begin?

8.3 What would I make if I knew I could hold it?

RELEASE, THEN INSTALL

I release every belief that *creating takes everything out of me*.

I create with ease, and I hold it with grace.



09 WORK AND PURPOSE

What do I believe about my work?

Whether it matters, whether I am good at it, how hard it has to be, whether I can be paid for what comes easily, what success would cost.

JOURNAL

9.1 What comes so easily to me that I do not count it as work?

9.2 What do I believe success would take from me?

9.3 What would I do with my days if I believed my work mattered?

RELEASE, THEN INSTALL

I release every belief that *my work does not really matter*.

I am paid well for what comes naturally to me.

IO TIME AND AGE

What do I believe about time?

Whether it is too late, whether it is too soon, how long things take, what my age means, what is behind me for good.

JOURNAL

10.1 What do I believe is too late for me now?

10.2 How long do I believe good things take, and who taught me that?

10.3 What do I believe my age makes impossible?

RELEASE, THEN INSTALL

I release every belief that *it is too late for me*.

I am right on time, and my best is ahead of me.



II VOICE AND VISIBILITY

II *What do I believe about being seen?*

What happens when I speak, who gets to be loud, what people will say, what I have to hide to stay safe.

JOURNAL

II.1 What do I believe happens to women who are seen?

II.2 Where do I make myself smaller, and who am I protecting?

II.3 What would I say out loud if it were safe?

RELEASE, THEN INSTALL

I release every belief that *if I am seen, I will be attacked.*

I am safe to be seen, and my voice carries.



I2 SOUL AND ENERGY

What do I believe about my soul and my energy?

Whether I am guided, whether I am held, whether my energy is mine to direct, whether my intuition can be trusted, whether my soul has a say, whether I am allowed this much.

JOURNAL

12.1 When did I last trust what I felt before I could explain it?

12.2 Where does my energy leak, and who taught me to give it away?

12.3 What does my soul know that I keep talking myself out of?

RELEASE, THEN INSTALL

I release every belief that *I am alone in this*.

My soul leads, my energy is mine, and I can trust what I feel.

I3 RECEIVING, EASE AND JOY

What do I believe about receiving?

Whether I can let things come to me, whether I have to struggle for it to count, whether joy has to be paid for, whether rest is allowed, whether I can be happy without waiting for the fall.

JOURNAL

I3.1 What do I believe I have to pay for joy?

I3.2 What is the last thing I let myself receive without giving something back?

I3.3 What would today look like if I let it be easy?

RELEASE, THEN INSTALL

I release every belief that *if it comes easily, it does not count.*

I receive with open hands, and what comes easily is mine to keep.



III

THE BELIEF CHART

Three hundred and twenty-five beliefs, twenty-five for each territory. Read each one out loud and muscle test it. Ask your body: is this running in me? Mark YES or NO. Every YES is a belief to release in the meditation.

FINGERS HOLD · NO

Make a ring with your thumb and finger. Say the belief out loud and try to pull the ring open with the other hand. If it holds, the belief is not running.

FINGERS OPEN · YES

If the ring gives and your finger slips through, the belief is running. Mark YES. That is one for the meditation.

01 MY BODY

	YES	NO
1.1 My body is working against me.	☐	☐
1.2 My body is not beautiful the way it is.	☐	☐
1.3 I have to control my body or it will betray me.	☐	☐
1.4 Pleasure is not safe in this body.	☐	☐
1.5 My body is too old, too tired, too much to change now.	☐	☐
1.6 Pain is just part of being me.	☐	☐
1.7 I will always struggle with my weight.	☐	☐
1.8 My body cannot heal on its own.	☐	☐
1.9 I am not allowed to rest until everything is done.	☐	☐
1.10 Other women have the body I want; I never will.	☐	☐
1.11 If I let go, my body will fall apart.	☐	☐
1.12 My body remembers everything and will not let me move on.	☐	☐
1.13 I have to earn the right to feel good in my body.	☐	☐
1.14 My body will let me down when it matters.	☐	☐
1.15 I am a mind carrying a body around.	☐	☐
1.16 My body is the enemy of my goals.	☐	☐
1.17 I cannot trust what my body is telling me.	☐	☐
1.18 My body has to be fixed before it can be loved.	☐	☐
1.19 Aging means losing my power.	☐	☐
1.20 My body is something I have to apologize for.	☐	☐
1.21 My body only matters when it is looked at.	☐	☐
1.22 I have to push through pain to be strong.	☐	☐
1.23 My body is a project that is never finished.	☐	☐
1.24 Rest makes my body weak.	☐	☐
1.25 I am not safe inside my own skin.	☐	☐

02	MY WORTH	YES	NO
2.1	I am not enough as I am.	☐	☐
2.2	I am too much for people.	☐	☐
2.3	I have to earn love, rest, and money before I can have them.	☐	☐
2.4	Other women deserve it more than I do.	☐	☐
2.5	If people really knew me, they would leave.	☐	☐
2.6	Wanting more makes me ungrateful.	☐	☐
2.7	I have to be useful to be kept.	☐	☐
2.8	My needs are a burden.	☐	☐
2.9	I am only as good as my last achievement.	☐	☐
2.10	I do not get to take up this much room.	☐	☐
2.11	Good things happen to other people.	☐	☐
2.12	I should be grateful for what I have and stop asking.	☐	☐
2.13	I have to prove myself every single day.	☐	☐
2.14	Being chosen is for other women.	☐	☐
2.15	I cannot receive a compliment without deflecting it.	☐	☐
2.16	I have to be perfect to be accepted.	☐	☐
2.17	If I ask for more, I will be seen as greedy.	☐	☐
2.18	My value depends on what I do for others.	☐	☐
2.19	I am replaceable.	☐	☐
2.20	Someone else always deserves the seat more than I do.	☐	☐
2.21	I have to be chosen to be worth something.	☐	☐
2.22	Confidence in a woman is arrogance.	☐	☐
2.23	I need to be liked by everyone.	☐	☐
2.24	If I stop proving, I disappear.	☐	☐
2.25	Wanting to be seen is vain.	☐	☐

03 MONEY

YES

NO

3.1	Money is hard to come by and easy to lose.	☐	☐
3.2	Wealthy women are cold, greedy, or fake.	☐	☐
3.3	I am not good with money.	☐	☐
3.4	I have to work myself to the bone for it.	☐	☐
3.5	Wanting money is unspiritual.	☐	☐
3.6	There is only so much, and it is not for me.	☐	☐
3.7	Money always leaves as fast as it comes.	☐	☐
3.8	If I have more, someone else has less.	☐	☐
3.9	People will want something from me if I am rich.	☐	☐
3.10	I cannot charge what I am worth.	☐	☐
3.11	Money changes people for the worse.	☐	☐
3.12	I will never get out from under what I owe.	☐	☐
3.13	I have to see it to believe it.	☐	☐
3.14	Money comes from suffering.	☐	☐
3.15	Rich is not for a woman like me.	☐	☐
3.16	I have to save every dollar or it will disappear.	☐	☐
3.17	Money is not spiritual, and wanting it makes me less.	☐	☐
3.18	I do not deserve to be paid for what I love.	☐	☐
3.19	Earning more means working harder.	☐	☐
3.20	There is never enough, no matter what I do.	☐	☐
3.21	Money is for other kinds of people.	☐	☐
3.22	Every windfall has a catch.	☐	☐
3.23	I am bad at asking for what I am owed.	☐	☐
3.24	Abundance makes me a target.	☐	☐
3.25	I will lose it as soon as I relax.	☐	☐

04 LOVE AND PARTNERSHIP	YES	NO
4.1 Love never lasts for me.	☐	☐
4.2 I have to shrink to keep a partner.	☐	☐
4.3 All the good ones are taken.	☐	☐
4.4 I am hard to love.	☐	☐
4.5 Needing someone makes me weak.	☐	☐
4.6 I have to choose between love and freedom.	☐	☐
4.7 If I am fully myself, I will be left.	☐	☐
4.8 Men cannot be trusted.	☐	☐
4.9 I always pick the wrong one.	☐	☐
4.10 Love has to be hard to be real.	☐	☐
4.11 I am too old, too damaged, or too far along to be chosen now.	☐	☐
4.12 I have to carry the relationship for both of us.	☐	☐
4.13 I have to be less so he can be more.	☐	☐
4.14 Real love means sacrifice.	☐	☐
4.15 I do not know how to be loved.	☐	☐
4.16 I have to prove my worth to be loved.	☐	☐
4.17 If I want too much, I will push love away.	☐	☐
4.18 Being alone is safer than being hurt.	☐	☐
4.19 I always give more than I receive.	☐	☐
4.20 The right one does not exist for me.	☐	☐
4.21 I am too much for any one person to hold.	☐	☐
4.22 Love means being needed.	☐	☐
4.23 If he leaves, it proves I was not enough.	☐	☐
4.24 I attract what I deserve, and I do not deserve much.	☐	☐
4.25 A good relationship means never being alone.	☐	☐

05	SEX AND INTIMACY	YES	NO
5.1	My desire is too much, or shameful.	☐	☐
5.2	Good women do not want this.	☐	☐
5.3	My pleasure is not the point.	☐	☐
5.4	I have to perform to be wanted.	☐	☐
5.5	Asking for what I want ruins the moment.	☐	☐
5.6	My body is not sexy enough to deserve pleasure.	☐	☐
5.7	I have to stay in my head to stay safe.	☐	☐
5.8	Being wanted is dangerous.	☐	☐
5.9	My desire will drive people away.	☐	☐
5.10	Intimacy means losing myself.	☐	☐
5.11	I am not allowed to say no once I have said yes.	☐	☐
5.12	What happened to me decides what I can feel now.	☐	☐
5.13	My body has to look a certain way before it can be touched.	☐	☐
5.14	Pleasure is something I give, not something I receive.	☐	☐
5.15	Wanting is embarrassing.	☐	☐
5.16	My pleasure is less important than his.	☐	☐
5.17	I have to be in the mood on demand.	☐	☐
5.18	Wanting more makes me needy.	☐	☐
5.19	Sex is something that happens to me, not with me.	☐	☐
5.20	I am not allowed to change my mind.	☐	☐
5.21	I have to look a certain way to feel desire.	☐	☐
5.22	Wanting is something I should hide.	☐	☐
5.23	My past decides what I can enjoy now.	☐	☐
5.24	My body is for someone else's pleasure.	☐	☐
5.25	If I ask, I am too much.	☐	☐

o6 FAMILY AND INHERITANCE

YES

NO

6.1	Women in my family do not get to have that.	☐	☐
6.2	If I outgrow them, I abandon them.	☐	☐
6.3	I have to carry what they carried.	☐	☐
6.4	This is just how we are.	☐	☐
6.5	Success means leaving my people behind.	☐	☐
6.6	My history decides my future.	☐	☐
6.7	I owe them for what they went through.	☐	☐
6.8	I am the one who has to hold everyone together.	☐	☐
6.9	If I say what happened, I betray them.	☐	☐
6.10	I will end up just like her.	☐	☐
6.11	My family's pain is my pain to fix.	☐	☐
6.12	I cannot be free while they are still struggling.	☐	☐
6.13	Their limits are my limits.	☐	☐
6.14	Breaking the pattern means breaking their hearts.	☐	☐
6.15	I have to earn my place in this family.	☐	☐
6.16	I owe my family my life.	☐	☐
6.17	If I heal, I am saying they did it wrong.	☐	☐
6.18	I am the black sheep and always will be.	☐	☐
6.19	I cannot have what my mother could not have.	☐	☐
6.20	Cutting a cord means cutting them off.	☐	☐
6.21	I am responsible for how they feel.	☐	☐
6.22	Their story is my story.	☐	☐
6.23	I am not allowed to be the first to have it easy.	☐	☐
6.24	Leaving the pattern means leaving them.	☐	☐
6.25	I have to earn my mother's approval to be free.	☐	☐

07	HOME AND BELONGING	YES	NO
7.1	I do not belong anywhere.	☐	☐
7.2	I have to change myself to fit in.	☐	☐
7.3	Home is not a safe place.	☐	☐
7.4	If I put down roots I lose my freedom.	☐	☐
7.5	Nowhere is really mine.	☐	☐
7.6	I am always the outsider.	☐	☐
7.7	I have to keep moving or I will be trapped.	☐	☐
7.8	A home like that is not for someone like me.	☐	☐
7.9	I am only welcome when I am useful.	☐	☐
7.10	Everyone else has a place; I am still looking.	☐	☐
7.11	I cannot relax where I live.	☐	☐
7.12	Belonging means giving up who I am.	☐	☐
7.13	Safety is somewhere else, never here.	☐	☐
7.14	I have to leave to become myself.	☐	☐
7.15	I will never be fully at home in my own life.	☐	☐
7.16	I have to keep my guard up wherever I live.	☐	☐
7.17	No place will ever feel like mine.	☐	☐
7.18	Belonging has to be earned.	☐	☐
7.19	If I settle, I am settling.	☐	☐
7.20	I am safer in motion than at rest.	☐	☐
7.21	I do not deserve a beautiful home.	☐	☐
7.22	Somewhere else would fix me.	☐	☐
7.23	Roots are a trap.	☐	☐
7.24	I only belong when I am needed.	☐	☐
7.25	A home is something I have to earn.	☐	☐

08 MOTHERHOOD AND CREATION

YES

NO

8.1	Creating takes everything out of me.	☐	☐
8.2	I cannot hold what I make.	☐	☐
8.3	I am not creative.	☐	☐
8.4	It has to be perfect before it can exist.	☐	☐
8.5	I do not get to want children, or not want them.	☐	☐
8.6	I start things and never finish.	☐	☐
8.7	What I make is never good enough to share.	☐	☐
8.8	Motherhood means the end of me.	☐	☐
8.9	I missed my window to create that.	☐	☐
8.10	If I make it, I will have to defend it.	☐	☐
8.11	My ideas have already been done by someone better.	☐	☐
8.12	I cannot create and be taken care of at the same time.	☐	☐
8.13	I have to do it all myself.	☐	☐
8.14	Creating and being supported cannot happen at the same time.	☐	☐
8.15	My best work is behind me.	☐	☐
8.16	I have to sacrifice myself for what I create.	☐	☐
8.17	I cannot create unless everything is in order.	☐	☐
8.18	What I make will be judged more harshly because I am a woman.	☐	☐
8.19	I have to be inspired before I can begin.	☐	☐
8.20	If I do not finish, I have failed.	☐	☐
8.21	If I create it, I have to carry it alone.	☐	☐
8.22	What I make has to pay off immediately.	☐	☐
8.23	I am too scattered to finish.	☐	☐
8.24	My gifts are not enough to build on.	☐	☐
8.25	Creating means neglecting the people I love.	☐	☐

09	WORK AND PURPOSE	YES	NO
9.1	My work does not really matter.	☐	☐
9.2	I have to struggle for it to count.	☐	☐
9.3	I cannot be paid for what comes naturally.	☐	☐
9.4	Success would cost me my peace, my family, or my health.	☐	☐
9.5	I am not qualified enough.	☐	☐
9.6	Someone else is already doing it better.	☐	☐
9.7	I have to have it all figured out before I begin.	☐	☐
9.8	If I am visible in my work, I will be judged.	☐	☐
9.9	I am behind everyone else.	☐	☐
9.10	My purpose is something I have to find, not something I am.	☐	☐
9.11	Doing what I love is irresponsible.	☐	☐
9.12	I will be found out as a fraud.	☐	☐
9.13	I am not allowed to make it look easy.	☐	☐
9.14	Rest means I am falling behind.	☐	☐
9.15	My worth is my output.	☐	☐
9.16	If I am not busy, I am not valuable.	☐	☐
9.17	I need permission to be great at this.	☐	☐
9.18	My work only counts if it is hard.	☐	☐
9.19	I have to choose between purpose and money.	☐	☐
9.20	Nobody would pay for what I know.	☐	☐
9.21	I have to be the best or not bother.	☐	☐
9.22	My purpose is somewhere I have not found yet.	☐	☐
9.23	Good work is thankless work.	☐	☐
9.24	If I love it, I cannot charge for it.	☐	☐
9.25	I am too late to change direction.	☐	☐

10	TIME AND AGE	YES	NO
10.1	It is too late for me.	☐	☐
10.2	Good things take years.	☐	☐
10.3	My best years are behind me.	☐	☐
10.4	I missed my chance.	☐	☐
10.5	I am running out of time.	☐	☐
10.6	I am too young, or too old, to be taken seriously.	☐	☐
10.7	Everything happens slowly for me.	☐	☐
10.8	There is never enough time.	☐	☐
10.9	I have wasted too much of my life already.	☐	☐
10.10	By my age I should have this figured out.	☐	☐
10.11	Change takes forever.	☐	☐
10.12	I will be happy later, when things settle.	☐	☐
10.13	I am always late to my own life.	☐	☐
10.14	The clock is against me.	☐	☐
10.15	What I want takes longer for women like me.	☐	☐
10.16	I should be further along by now.	☐	☐
10.17	Time has already decided for me.	☐	☐
10.18	I cannot start over at my age.	☐	☐
10.19	The best things in life come early or not at all.	☐	☐
10.20	Waiting is all I know how to do.	☐	☐
10.21	Women my age do not get to begin again.	☐	☐
10.22	I have to hurry or lose it.	☐	☐
10.23	Everything good is behind me.	☐	☐
10.24	My timing is always off.	☐	☐
10.25	There is a deadline on my dreams.	☐	☐

11 VOICE AND VISIBILITY

YES

NO

11.1	If I am seen, I will be attacked.	☐	☐
11.2	I have to stay small to stay safe.	☐	☐
11.3	No one wants to hear what I have to say.	☐	☐
11.4	Being visible makes me a target.	☐	☐
11.5	I will be judged, so I will not speak.	☐	☐
11.6	My voice does not carry.	☐	☐
11.7	Women who shine get torn down.	☐	☐
11.8	I have to be perfect before I can be public.	☐	☐
11.9	Speaking up makes me difficult.	☐	☐
11.10	If I am seen, I will lose my privacy and my peace.	☐	☐
11.11	I am not interesting enough to be heard.	☐	☐
11.12	My truth will hurt someone if I say it.	☐	☐
11.13	Being seen means being misunderstood.	☐	☐
11.14	I have to explain myself to be allowed to speak.	☐	☐
11.15	My presence is too much for a room.	☐	☐
11.16	If I speak my truth, I will lose people.	☐	☐
11.17	Being loud is unattractive.	☐	☐
11.18	My story is not worth telling.	☐	☐
11.19	Attention is dangerous.	☐	☐
11.20	I have to soften everything I say.	☐	☐
11.21	My voice is too much for most people.	☐	☐
11.22	If I am seen, I will be shamed.	☐	☐
11.23	Speaking up is dangerous for a woman.	☐	☐
11.24	Nobody wants to hear my truth.	☐	☐
11.25	Being invisible keeps me safe.	☐	☐

12 SOUL AND ENERGY

YES

NO

12.1	I am alone in this.	☐	☐
12.2	My intuition cannot be trusted.	☐	☐
12.3	My energy is not mine to direct.	☐	☐
12.4	I am not allowed this much.	☐	☐
12.5	I am not held.	☐	☐
12.6	Other women are guided; I am not.	☐	☐
12.7	I have to figure everything out myself.	☐	☐
12.8	If I trust the unseen, I am being naive.	☐	☐
12.9	I have to suffer to grow.	☐	☐
12.10	Miracles happen to other people.	☐	☐
12.11	I am being punished.	☐	☐
12.12	If I let go, everything will fall apart.	☐	☐
12.13	My energy belongs to whoever needs it most.	☐	☐
12.14	My soul is separate from my everyday life.	☐	☐
12.15	I cannot feel my own energy.	☐	☐
12.16	My soul is something I have to find, not something I have.	☐	☐
12.17	I have to earn guidance.	☐	☐
12.18	My energy is always drained by others.	☐	☐
12.19	I cannot protect my own field.	☐	☐
12.20	The unseen does not speak to me.	☐	☐
12.21	I have to prove I am spiritual to be guided.	☐	☐
12.22	My soul speaks to everyone but me.	☐	☐
12.23	I am not sensitive enough to feel it.	☐	☐
12.24	My energy is at the mercy of others.	☐	☐
12.25	The field does not work for me.	☐	☐

13 RECEIVING, EASE AND JOY	YES	NO
13.1 If it comes easily, it does not count.	☐	☐
13.2 Joy is always followed by the fall.	☐	☐
13.3 Rest has to be earned.	☐	☐
13.4 I cannot be happy while others struggle.	☐	☐
13.5 Something has to be hard for me to be worthy.	☐	☐
13.6 Ease makes me lazy.	☐	☐
13.7 If I relax, I will lose everything I built.	☐	☐
13.8 Happiness is not for people like me.	☐	☐
13.9 I do not know how to receive without giving back.	☐	☐
13.10 Life is supposed to be hard.	☐	☐
13.11 I cannot trust the good times.	☐	☐
13.12 Wanting ease is selfish.	☐	☐
13.13 I have to do it myself or it does not count.	☐	☐
13.14 Help always comes with strings.	☐	☐
13.15 I am better at giving than receiving.	☐	☐
13.16 Receiving makes me weak.	☐	☐
13.17 I have to pay for every good thing that comes to me.	☐	☐
13.18 Ease is for other people.	☐	☐
13.19 I cannot rest until everyone else is okay.	☐	☐
13.20 Joy has to be small so it does not get taken away.	☐	☐
13.21 I have to give before I can receive.	☐	☐
13.22 If it is easy, I did not deserve it.	☐	☐
13.23 Joy is a luxury I have not earned.	☐	☐
13.24 Receiving puts me in debt.	☐	☐
13.25 I cannot let it be this good.	☐	☐

IV

THE MIRACLE MINDSET

A released belief leaves a space. An intention fills it. Every night before sleep you set one intention for something amazing to happen while you rest. Every morning you repeat your five. You are not asking. You are deciding, and letting your soul essence magnetize your truest desires.

EVERY NIGHT

Lie down. Say one intention from your five, or one for the night itself: something amazing happens to me while I sleep. Say it once, slowly, and let go of how. Sleep is the void. Your soul does the work.

EVERY MORNING

Before your phone, before anything, say your five. Present tense. No because. Then notice, all day, what arrives. Noticing is what teaches your body the intentions are real.

THE BANK · CHOOSE FIVE, OR WRITE YOUR OWN

1 Something amazing happens to me while I sleep.

2 A miracle is finding its way to me right now.

3 Money arrives today in a way I did not plan.

4 My body heals itself while I rest.

5 I wake up lighter than I went to sleep.

6 The right person reaches out to me this week.

7 I am shown the next step, and it is easy.

8 I am safe, held, and guided through the night.

9 What I released is gone, and what I chose is here.

10 An opportunity I could not have planned lands in my lap.

11 I am seen by the right people at the right time.

12 My work reaches the women it is meant for.

13 I receive without having to earn it.

14 The answer I need comes to me before I wake.

15 My home fills with peace.

16 I am loved in a way that stays.

17 Today something works out better than I expected.

18 The field is arranging things in my favor.

19 I am paid for what comes naturally to me.

20 I trust what I feel, and it leads me right.

21 My desire is answered.

22 I am becoming the woman my life is waiting for.

23 A door opens that I did not know was there.

24 Everything I need is already on its way.

25 I am right on time.

26 It gets to be easy.

v

MY FIVE INTENTIONS

Write them here, then write them into your letter for the altar box on the first of the month.

These are the five you repeat every day.

1

2

3

4

5

TONIGHT, BEFORE SLEEP



MOTHER · SEPTEMBER 2026

ENERGY AND TOUCH CHANGE EVERYTHING.

I have provided this belief map and belief chart so you can map out exactly what your system is running. Change your beliefs, change your reality. Your body will always tell you the truth.

XX KAYLEE JORDAN

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