



**MOLLOY UNIVERSITY**

**PARTNERSHIP  
FOR GLOBAL  
JUSTICE  
FELLOWSHIP**

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**END OF SEMESTER REPORT – DECEMBER 2024**

Isabel Sanchez and Demosthenes Maratos

# THE FELLOWSHIP

The **Molloy University Partnership for Global Justice Fellowship** is committed to the United Nations 2030 Sustainable Development Goals and requires fellowship recipients to become familiar with each of these goals, especially as they pertain to Long Island. The fellowship also requires that the fellow select a goal and undertake a project to address it locally.

This semester, fellowship recipient, Isabel Sanchez, has undertaken a task of fundamental importance. Isabel has focused on Goal 5: Gender Equality. This project, initiated entirely from the ground up, has significantly enhanced the value of the overall fellowship. *Girl's Talk: The Ultimate Girlhood Transformative Experience* has become a safe space for women at Molloy to be themselves, educate, and empower one another—a haven where college women can come together and speak out about matters often brushed aside. Isabel believed it was essential to create this space where women could find strength in unity. “Women are taught to be against each other because they know how powerful we would be if we worked together,” Isabel said. This philosophy has been the driving force behind the project.

Isabel's project has included four meetings throughout the semester, each attended by up to 15 women. Every meeting featured unique subjects and activities designed to make *Girl's Talk* not just a gathering but a transformative experience participants could carry with them. In addition to discussions, Isabel provided notes for attendees and distributed crystals to help participants understand the power of healing. She also supplied journals to emphasize the importance of writing as an outlet for emotions and thoughts.

The sessions incorporated yoga to demonstrate the benefits of circulating energy throughout the body. Infused aromatherapy and calming music were used to create a serene environment, and Himalayan salt was employed to protect the space. Face masks were included to promote the importance of self-care.

Overall, this has been a highly dedicated and detail-oriented project that has empowered women to meet, grow, and express themselves. The feedback Isabel received after each meeting has been overwhelmingly positive. Friendships have blossomed from this experience, with women who were previously strangers now forming lifelong bonds. This sense of community underscores the profound impact *Girl's Talk* has had on the Molloy community.

## FELLOW PROFILE



### ISABEL SANCHEZ

- Current MBA Graduate Student at Molloy University - Expected Graduation, May 2025
- Graduate, The College of Saint Rose in Albany, May 2024

#### **Graduated in:**

- Communication with a concentration in Public Relations & Advertising
- Translation Spanish <> English
- Minor in Business Administration

#### **Currently working as:**

- Graduate Assistant Coach for the Molloy Women's Basketball Team
- Resident Assistant for Molloy University
- Student Ambassador for Molloy University

# IN ISABEL'S OWN WORDS

## INTRODUCTION:



What a beautiful experience it has been to bring out the best in women. I often wondered during my undergraduate years, *“I wish there was a safe space for women to come*

*together.”* And now, I have brought that vision to life.

*Girl's Talk* began as a dream and, little by little, became a reality. I have poured my heart and soul into every meeting, sharing my knowledge with other women while learning from theirs. It has been a beautiful exchange of energy and wisdom—a dance of the divine feminine.

In the first session, we dove right in with a powerful question: *“What is the one thing you have kept hidden, afraid that people would judge you for it?”* That question opened the hearts of every woman in the room. We laughed, cried, and shared our experiences, becoming one in the process. *“Wow... I had never shared this with anyone else before,”* one participant remarked.

One of the most impactful aspects of *Girl's Talk* has been its emphasis on privacy and presence. Phones were not used during sessions, ensuring a fully connected and

distraction-free environment. Before each session, we began with a brief meditation to tune into our bodies and make eye contact with every woman in the room. This practice allowed us to let our guards down and truly see one another, free of judgment or pretense.

My long-term goal for *Girl's Talk* is to turn it into a lasting club that will continue long after I graduate. This project has been more than just a series of meetings—it has been a free and nurturing space for healing our inner child and embracing the goddesses within us all.



# PROJECT OBJECTIVES:

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After selecting the United Nations Sustainable Development Goal 5: Gender Equality, the project identified the following objectives:

- Empower women
- Provide a haven for women
- Encourage women to speak up
- Help women embrace their truest selves
- Build community
- Facilitate inner child healing

The mission of the project has been: “*To transform women’s lives through the power of divine feminine energy.*” This mission acknowledges the suppression of many aspects of women’s identities by patriarchal systems, which have taught women to suppress their emotions—especially their rage—and conform to societal norms. However, women’s rage is sacred, and their voices are powerful. When a woman embraces her truest divine self, there is nothing she cannot achieve.

Women possess the unique ability to create life—a power that is often overlooked. *Girl’s Talk* has encouraged participants to look within themselves and rediscover this inherent magic. One significant topic of discussion has been the importance of the relationship with oneself, an often unspoken but vital connection. Society teaches us to be kind, empathetic, and generous toward others, but what about toward ourselves? Often, we focus so much on others’ feelings that we neglect our own. True harmony arises when we learn to be honest with ourselves first.

While the focus has been on empowering women, *Girl’s Talk* has also honored the divine masculine, recognizing the beauty



and strength of masculine energy and the importance of balance between the two. Participants were given the tools to create their own metaphorical “home,” whatever that looks like for them.

In a world dominated by social media and the pursuit of perfection—the perfect picture, the perfect post, the perfect life—*Girl’s Talk* has reminded participants of the power in embracing imperfection. Life is messy; we make mistakes, and we are complicated. True power lies in honoring and accepting that we are here not to be perfect but to have a full, raw human experience.

A key focus of *Girl’s Talk* has been healing the inner child. Much of our adult personality is shaped by our childhood experiences, and it takes tremendous courage to confront and heal these wounds. Sitting with oneself and declaring, “*I am ready to heal,*” is one of the purest acts of self-love. This involves facing one’s darkness, embracing it, and finding strength in vulnerability. Many of us carry the unhealed child within us, yearning for love—a love that ultimately comes from within.

# METHODS AND EXECUTIONS:

Initially *Girl's Talk* was planned to launch and host a women's focused podcast that would explore a variety of important and sensitive topics. However, after considering the potential privacy concerns and the impact of having discussions accessible online indefinitely, Isabel decided to shift her approach. What she did instead was host a women's discussion group called "*Girl's Talk*" on campus. This setting provided a safer, more confidential space to openly engage in discussions without the concerns that might rise from public broadcasting.

Each session of *Girl's Talk* focused on a unique theme designed to guide participants through a journey of self-discovery, empowerment, and healing. Below is an overview of the sessions and their key elements:



## Session 1: "Honoring Your True Self and Your Divine Feminine Energy"

[Click here for notes](#)

The opening session served as an introduction to the fellowship program and the founding vision of *Girl's Talk*. Participants were invited to share their personal experiences, opening a dialogue about nurturing their feminine energy and building a relationship with themselves.

### Key discussion points included:

- Journaling and the power of articulating emotions.
- Identifying and addressing self-sabotaging behaviors.
- Affirmations and reflective questions to nurture the self.

Pink Aura Quartz was gifted during this session, symbolizing unconditional love and emotional healing. This stone was chosen to help participants open their hearts to healing and embrace their emotions fully. The session encouraged participants to take control of their lives and start their healing journey.



## Session 2: "Learn the Art of Letting Go and Step into Your Highest Self"

[Click here for notes](#)

This session explored stepping out of comfort zones and understanding the role of the ego. Participants were guided to acknowledge their fears while expanding their personal boundaries.

### Key topics included:

- The importance of forgiveness to release the past.

- Identifying and addressing self-sabotaging behaviors.
- Expanding your comfort zone.

Amethyst Quartz was provided for its transformative energy, promoting peace and compassion. The session empowered participants to free themselves from past burdens, regain control of their reality, and ascend to their highest potential.



**Session 3: “The Seven Laws of the Universe”**  
[Click here for notes](#)

This session centered around the principles outlined in Deepak Chopra’s The Seven Spiritual Laws of Success. These laws provided a framework for understanding how energy operates in the universe and how participants can align with these principles to enrich their lives.

**The seven laws discussed were:**

1. Law of Pure Potentiality
2. Law of Giving and Receiving
3. Law of Karma
4. Law of Least Effort
5. Law of Intention and Desire
6. Law of Detachment
7. Law of Dharma

Yellow Quartz, known for fostering creativity and expanding the mind, was distributed. This session encouraged participants to transform the ordinary into the extraordinary and hold themselves accountable for personal growth.



**Session 4: “Welcome to the Dark Feminine Side”**  
[Click here for notes](#)

This session addressed the shadow self—an often-neglected aspect of personal growth. Participants were guided to embrace their “dark side” with compassion and love, challenging societal stigmas around vulnerability and self-acceptance.

**Key highlights included:**

- Acknowledging and accepting shameful or hidden thoughts as part of the self.
- The importance of balance between light and shadow within personal growth.
- Hip-opening exercises to release stored emotional energy.

Red Jasper Quartz was shared to promote inner strength and amplify passion. This session aimed to help participants realize there is nothing inherently “wrong” with them and that embracing every part of themselves is a vital step toward living fully and authentically.

# CAPACITY BUILDING, EDUCATION, AND OUTREACH ACTIVITIES:

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*Girl's Talk* utilized a variety of outreach methods to ensure visibility, engagement, and participation. These strategies created a strong foundation for the program's success while fostering a sense of community among attendees.

## Tabling Event

Early in the semester, a tabling event was held to introduce *Girl's Talk* and the Fellowship program to the Molloy community. Isabel personally staffed the table, distributing flyers and stickers while engaging students with a warm and inviting demeanor. This approach sparked initial conversations about the program, generating curiosity and excitement on campus. The event effectively served as the starting point for building awareness and creating a buzz about *Girl's Talk*.



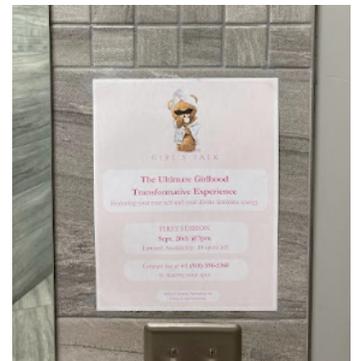
## Social Media Promotion

Isabel utilized student social media groups to spread the word about *Girl's Talk*. Prior to each session, she shared digital flyers with a sneak peek of the upcoming topic.

This method proved highly efficient, allowing her to reach a large audience quickly and ensure consistent communication. By leveraging platforms already popular among students, Isabel maximized engagement with minimal resources.

## Restroom Flyers

To directly target women at Molloy, Isabel strategically placed flyers in every women's bathroom on campus. This approach created a sense of intimacy and exclusivity, as women encountered the promotional material in a private and personal space. The placement ensured visibility while fostering a feeling that the program was uniquely tailored for them. This method notably contributed to increased attendance and strengthened the connection between the program and its intended audience.



## Dorm Room Flyer Distribution

Isabel further personalized her outreach by sliding flyers under the doors of women's dorm rooms. This intimate and thoughtful gesture made recipients feel special and valued, prompting immediate engagement. Many students responded within minutes, either by texting Isabel directly or expressing interest in joining. This method proved to be the most effective in growing attendance, as it created a personal connection between the program and its participants.

## Word of Mouth

As *Girl's Talk* gained momentum, word-of-mouth publicity became a powerful tool. Early participants shared their positive experiences, generating organic interest and excitement among their peers. Isabel often found herself approached by students on campus who wanted to learn more about the program and expressed enthusiasm about joining. The program's reputation grew naturally, underscoring its impact on the community.

# PROJECT OUTCOMES:

*Girl's Talk* has had a profound and transformative impact on the Molloy University community. Each session has provided a welcoming environment where women felt supported and empowered to explore their authentic selves. Attendees consistently reported significant improvements in their mental health, emotional well-being, and overall lifestyle, finding the sessions both therapeutic and inspiring. The safe and inclusive space cultivated within *Girl's Talk* allowed participants to connect deeply with one another, fostering friendships that extended beyond the sessions. These

connections helped create a sense of belonging and solidarity, enriching the participants' overall college experience. Additionally, *Girl's Talk* had a ripple effect on the larger Molloy community, sparking curiosity and conversations about its purpose and impact. Men at Molloy took the initiative to learn more about the project, demonstrating a genuine interest in understanding the importance of gender equality and the empowerment of women. This broader engagement helped foster a culture of mutual respect and awareness, amplifying the positive influence of *Girl's Talk* across campus.



## Written Feedback from *Girl's Talk* Participants:

*"Girl's Talk has helped enlighten me with new ideas of self-acceptance and self-love, as well as providing a safe space to feel comfortable."*

— Joanne V, Criminal Justice, Class of 2028

*"Girl's Talk has empowered me spiritually, mentally, and physically. It has forever impacted my outlook on life and encourages every woman to indulge in their femininity. I am so grateful and fortunate to have attended this event during my time at Molloy."*

— Anonymous, Nursing, Class of 2028

*"One thing I really loved about Girl's Talk is learning that I'm not alone in struggling. It was a group of girls I could trust to be vulnerable around, with no judgment. I loved learning about masculine and feminine energy and how to forgive in a healthy way. Overall, Girl's Talk was eye-opening for me."*

— Brianna M., Special Education (Childhood), Class of 2028

*"I love how everyone was always willing to listen and really sympathetic. It was a really beautiful experience, and I'm so glad I got to be a part of it!"*

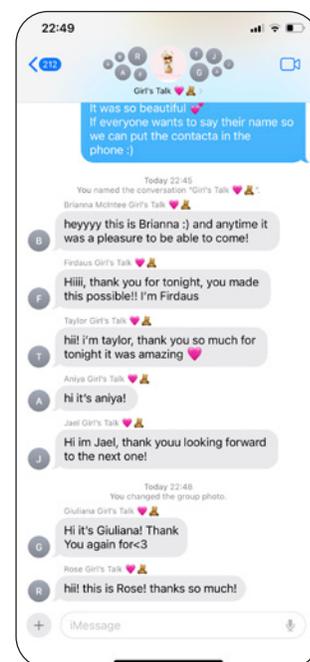
— Tylor G., Elementary Education (5-Year Program), Class of 2029

*"To me, Girl's Talk was a whole experience where I slowly started to find myself. It's the start of my self-love and self-exploration journey."*

— Firdaus R., Double Major in Criminal Justice and Psychology, Class of 2028

*"Every meeting has been so enriching. Not only were we able to have deep and vulnerable conversations with each other, but we were also provided with resources to take home and use to apply what we've learned. I am never throwing any of it out, and I have already shared some with friends."*

— Jael T., ABSN, Class of 2025



## FUTURE PLANS AND FOLLOW-UPS:

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The vision for *Girl's Talk* is to transform it into an official campus club, creating a legacy that continues to empower women long after I graduate. Establishing *Girl's Talk* as a formal organization would ensure its sustainability and enable it to grow as an integral part of the Molloy University community. By partnering with the Diversity, Equity, and Inclusion (DEI) department's Women's Affinity Group, the initiative could gain additional resources and support, fostering a collaborative environment that amplifies its impact.

This partnership could elevate *Girl's Talk* from a series of sessions into a vibrant hub on campus—a dedicated space where women feel welcome at any time. The vision includes hosting weekly meetings, empowerment workshops, yoga sessions, meditation circles, or even casual, community-building events like face-mask nights. Beyond these structured activities, this space could serve

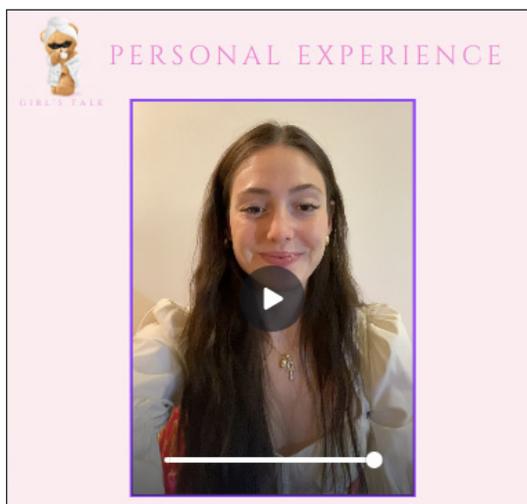
as a haven where women gather during downtime to study, collaborate, or simply unwind in a supportive atmosphere.

Looking further into the future, *Girl's Talk* could expand its reach beyond Molloy University. With careful planning and collaboration, the initiative could extend invitations to women from other colleges, schools, and neighborhoods within Nassau County. This expansion would transform *Girl's Talk* into a regional resource for women, fostering a broader sense of community and empowerment.

The overarching goal remains steadfast: to empower women, help them reclaim their voice, and embrace their inner strength. By creating a lasting foundation and fostering connections that transcend individual experiences, *Girl's Talk* will continue to inspire and uplift women for years to come.

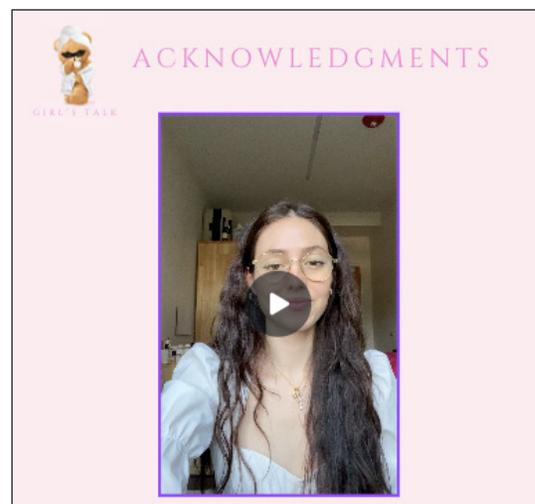
## PERSONAL IMPACT:

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**Personal Experience:**

<https://youtube.com/shorts/ow9P-OxcBhc?si=J5oIIIMxeLt1DCUS6>



**Acknowledgement:**

[https://youtube.com/shorts/DxP0QMgmmHM?si=\\_F0a48XcliftX0C9](https://youtube.com/shorts/DxP0QMgmmHM?si=_F0a48XcliftX0C9)

## ACKNOWLEDGEMENT:

The *Sustainability Institute at Molloy University* acknowledges the generous endowment to establish the **Partnership for Global Justice Fellowship at Molloy University** and is very proud to be administering this unique opportunity for Molloy students. Since its establishment, this competitive fellowship continues to generate quite a bit of interest from many worthy applicants, and in keeping with Molloy's mission, has provided a meaningful student experience while contributing directly to the identification of approaches to ending, or at least mitigating, environmentally or socially damaging decision-making on Long Island.



# Girl's Talk Session 1 Notes

## FEMININE & MASCULINE ENERGY

We often hear about the concepts of "feminine" and "masculine" energies, but what do they truly mean?

Historically, societies around the world have associated certain traits with being feminine or masculine. But it's essential to understand that these energies go beyond gender labels. They represent the dual forces within all of us, regardless of our gender. Imagine a dance where both partners move in harmony, each complementing the other. That's the dance of our inner masculine and feminine energies. While the masculine side drives action, logic, and structure, the feminine brings intuition, emotion, and fluidity. Neither is superior; both are essential. By recognizing and honoring both these energies within us, we can achieve a harmonious balance, leading to a more fulfilled and authentic life.



### HEALING THE FEMININE

When we consciously connect with our feminine energy, we unlock a reservoir of potential. This energy promotes healing, allowing us to mend old wounds and let go of past hurts. It fosters empowerment, giving us the confidence to stand in our truth and embrace our unique gifts. And most importantly, it cultivates self-love, teaching us to cherish and honor ourselves just as we are.

## RELATIONSHIP WITH YOURSELF

I need you to understand that the only relationship that you will ever have with everything around you stems from the relationship you have with yourself. You can only love other to the extent you love yourself, you can only take care of others to the extent you take care of yourself, you can only forgive others to the extent you forgive yourself... **AND SO FORTH!** The most essential and important relationship you will ever cultivate is the one you have with yourself. So... get to know YOU!

### JOURNAL PROMPTS TO GET TO KNOW YOURSELF:

1. What do I love about myself?
2. What am I proud of?
3. What excites me right now?
4. Where do I feel most at home?
5. What's my favorite part about my body? Why?
6. What does my ideal day look like?
7. What do I think is stopping me from getting what I want in life?
8. What do I need more of in my life right now? More love, connection, creativity, or something else?
9. What is one thing that has happened recently that has changed the way I see myself or others? Why did it affect me so much?
10. If money were no object and time was not a factor, how would I spend my perfect day off from work or school?
11. Describe a situation where someone else made me feel bad about myself without meaning to. How did it make me feel, and why did it affect me so much when it happened?
12. How often do I allow myself time for relaxation?
13. How have I grown from past relationships?
14. A list of 10 things that makes my heart sing!
15. A time when I felt very confident in myself.
16. How has social media impacted my self-love journey?
17. Why am I a great friend?
18. How do I know when I'm in love?
19. Who are some people who inspire me, and why do they inspire me?
20. How can I show more compassion towards myself and others today than yesterday?
21. What do I need to let go of to move forward?
22. When was the last time I went outside and truly enjoyed nature?
23. How can I make myself a priority today?
24. What is one belief that may be holding me back in life, and how can I challenge it?
25. Who can I be vulnerable with, and why do they help me feel safe enough to open up to them?

## AWAKEN YOUR FEMININE ENERGY

Awakening feminine energy is a transformative journey that delves deep into our intuition, emotion, and nurturing essence. Here's how you can begin this enlightening process:

- **Stillness and Reflection.** Create moments of stillness in your daily routine. Use this time for introspection and self-reflection, allowing your inner voice to emerge.
- **Heart-Centered Activities.** Engage in activities that resonate with your heart and soul. This could be dancing, painting, or simply spending time in nature.
- **Self-Care Rituals.** Nourish both your body and soul. Consider practices like meditation or yoga. Morning and night routines with subliminals.
- **Supportive Communities.** Surround yourself with communities or circles that uplift and celebrate the feminine spirit. This support can be invaluable.
- **Honor Your Inner Voice.** Listen to your feelings, desires, and intuition. Trusting yourself is a significant step in awakening your feminine energy.
- **Celebrate Your Unique Essence.** We all have our individual blend of energies, both feminine and masculine. And that's beautiful! By acknowledging and honoring every part of yourself, you create a harmonious balance that resonates with your true self.
- **Let Go of What Others Expect.** It's tough to ignore what everyone says we should be. But, little by little, try to be yourself and not worry about fitting in. Being true to who you are feels so much better than trying to be perfect.

Throughout our exploration of feminine energy, from its divine aspects to the balance between light and dark, one thing remains clear: embracing our true essence is a powerful journey. Whether it's through self-discovery, nurturing, or breaking free from societal expectations, tapping into this energy can transform our lives.

It's not just about gender or societal roles; it's about understanding and honoring the deep, intuitive, and nurturing force within us all. As we move forward, let's cherish this energy, use it to uplift ourselves and others, and remember that our unique blend of energies is what makes us truly special.

## FEMININE ENERGY

### EMBRACE YOUR POWER

### AFRIMATIONS LIGHT FEMININE ENERGY

1. I embrace and celebrate the divine feminine within me.
2. My feminine energy is a source of strength, intuition, and love.
3. I am in tune with the natural rhythms of the universe and my body.
4. Every day, I grow more connected to my inner goddess.
5. I honor and nurture the feminine qualities that reside within me.
6. My intuition is my guide, and I trust its wisdom.
7. I am a beacon of grace, compassion, and creativity.
8. The universe supports and amplifies my feminine energy.
9. I am worthy of love, respect, and all the beauty life offers.
10. My emotions are valid and are a testament to my deep connection with the world around me.
11. I flow with life's challenges, adapting and growing with each experience.
12. My feminine energy attracts positive and harmonious relationships into my life.
13. I am a vessel of love, healing, and transformation.
14. The power of my feminine energy is boundless and ever-evolving.
15. By honoring my feminine side, I find balance, peace, and fulfillment.
16. I am deeply connected to the sacred essence of the divine feminine.
17. The wisdom of the divine feminine guides and enlightens my spiritual journey.
18. I am a manifestation of cosmic love and divine energy.
19. With every breath, I draw closer to the universal spirit of the divine feminine.
20. My soul resonates with the ancient and eternal energy of the goddess.
21. I honor the divine feminine within me, recognizing its power and grace.
22. Through the divine feminine, I find unity with all living beings and the cosmos.
23. My intuition is a gift from the divine feminine, guiding me with clarity and purpose.
24. I am a vessel of the universe, channeling the love and light of the divine feminine.
25. The divine feminine empowers me to embrace my true purpose and destiny.
26. I celebrate the sacred rituals and ceremonies that connect me to the divine feminine.
27. Through meditation and reflection, I deepen my bond with the divine feminine spirit.
28. The divine feminine's blessings flow through me, enriching my life and soul.
29. I am protected, guided, and loved by the divine feminine energy.
30. By honoring the divine feminine, I align with the cosmic rhythms and universal truths.

# Girl's Talk Session 2 Notes

## LETTING GO

"the trees are about to show us how lovely it is to let things go"

Letting go can be a very challenging task. It is a beautiful battle between the mind and the soul.

**THE MIND.** The protector, the analytical, the logic. "You can't let go of it because I do not know if it's safe and I need to keep you alive".

**THE SOUL.** You have to trust me (intuition speaking) and embrace the unknown. I promise everything will be okay.

### HOW CAN I BELIEVE SOMETHING THAT IS NOT TANGIBLE AT THIS MOMENT?

Ladies... Welcome to your COMFORT ZONE



Expanding your comfort zone requires a lot of strength and it is something that should be celebrate it!

I am very proud of you for taking the time and wanting to expand your comfort zone.

## HOW TO LET GO

Letting go requires embracing the unknown since you are opening up a space in your soul that was reserved for what you want to let go of. Creating that opening allows for light to come through.

1. **Scan Your Soul.** What is no longer serving your highest purpose? When you tune into your energy budget, what is the one thing/s that is taking your energy away?
2. **Accept It.** Surrender to what hurts us, is a beautiful way to allow ourselves to feel. Going against it only makes it bigger.
3. **Speak About It.** Voice what's hurting your soul in a safe environment. Honor your path and realize that it happened for your highest good.
4. **Commit to Letting Go.** Work towards your well-being and commit to the growth, the change and the pain. For it will bring joy, empowerment and divinity into your life. Sometimes it is easier to reminisce on it since it is comfortable. Gently remind yourself of the commitment and keep growing.
5. **Healing is NOT Linear.** Letting go can feel as if you accomplished it one day and you feel as if you are back to square 1 on the next day. On these days, be gentle with yourself. Listen to your body, and remember that it can be a beautiful day to honor all your growth. Look back at how far you have come!
6. **Meditation.** Letting go meditations are a very effective way to give space to your emotions to then help them leave. With love & compassion.
7. **FORGIVENESS! Forgiveness puts you in a state of gratitude. Realizing that we are all trying our best and that only hurt people, hurt people.**

## FORGIVENESS

Not forgiving someone, entitles that this person or situation still has power over you. Forgiveness is the biggest act of self-love that anyone could indulge in because you do not forgive for THEM, you forgive for YOURSELF.

### FORGIVING DOES NOT MEAN:

- That you have to let them back into your life
- That you have to give them a second, third or fourth chance
- That what they did to you is ok and they are not responsible
- That you minimize or disregard the hurt
- That you are not allowed to feel the pain

### FORGIVING DOES MEAN:

- That you accept what happened cannot be changed
- That your feelings are valid and you can give them a new sense
- That you free yourself from it
- That you no longer give that person your power because you no longer hold onto the anger and resentment

**LET IT BE KNOWN THAT YOU DO NOT HAVE TO LET GO OF THE RESENTMENT UNTIL YOU FEEL READY BUT IT IS IMPORTANT TO KEEP YOURSELF ACCOUNTABLE AND MAKE THE NECESSARY STEPS TO BE READY**

We live in a fast-paced society that wants immediate results and allows little to no room for slow-paced healing. Give space to these emotions for it is the only way they will feel happy to go. Our emotions come from our inner child. Coddle her and let her know that you are here for her and watch the healing begin.

### THE 7 STAGES OF FORGIVENESS

1. **Acceptation.** Sometimes the hurt is so big we exit our body and unconsciously harm ourselves
2. **Feel the hurt.** Allow yourself to feel whatever comes forward
3. **Dig deep.** Discover what underlying emotions come after the hurt
4. **Connect with the past.** Does this situation resemble something you have already experienced?
5. **Be empathic with yourself.** Place your hands in your heart and listen
6. **Validate and accept.** Surrender to your new reality and accept the lesson
7. **Find peace.** Your new reality will sink in without resistance. Setbacks are reminders of how far you have come!

## FORGIVING RITUAL

"FORGIVENESS IS THE DOOR TO FREEDOM"

To conduct this ritual, make sure you are in a comfortable place where no interruptions will occur. Make yourself cozy, light up a candle and play some peaceful music on the background.

1. Inhale and exhale at your own rhythm until you feel like your nervous system is at peace
2. Ask your angels to guide you on this process
3. Imagine a pink and golden light surrounding your body and know that you are protected
4. Scan your body and make a list of all the people you feel as if there is an unresolved issue between you two. The issue can be small or big, write them all
5. Hold that list in front of your eyes and let your intuition tell you which one you will address today
6. Write them a raw, and brutally honest letter. Be as specific as you can and let out every single thought about it. (This letter is only and only for you, so you can be assured that no one will read this letter ever)
7. After you have dumped all your thoughts on this letter, hold the letter to your heart.
8. Imagine that person in front of you and wish them peace and love. Watch them dissolve in a golden light.
9. You can place the letter on your altar until you are ready to destroy it or you can destroy it right away if you are ready. (Only burn the letter if it's safe to do so, you can always dissolve it in water or tear it apart.)
10. Repeat the process another day with a different person from the list, I am very proud of you.

# Girl's Talk Session 3 Notes

## THE 7 LAWS OF THE UNIVERSE

"The 7 Spiritual Laws of Success - Deepak Chopra"

**The Law of Pure Potentiality.** "In the beginning, there was neither existence nor nonexistence. All there was was unmanifested energy"

**The Law of Giving and Receiving.** "The infinite gifts come to me on those very small hands of mine. Ages pass, and still, thou pourest, and still, there is room to fill"

**The Law of Karma.** "Karma is the eternal assertion of human freedom. Our thoughts, words, and deeds are the threads of the net which we throw around ourselves".

**The Law of Least Effort.** "An integral being knows without going, sees without looking, and accomplishes without doing".

**The Law of Intention and Desire.** "In the beginning, there was desire, which was the first seed of mind".

**The Law of Detachment.** "The ego and the self dwell in the same body. The ego eats the sweet and sour fruits of the tree of life, while the self looks it on detachment"

**The Law of Dharma or Purpose in Life.** "We are spiritual beings who have taken physical form to fulfill a purpose".



## THE LAW OF DHARMA

**The Law of Dharma says that:**  
We are spiritual beings who have taken on human form and we all have come here to fulfill a unique purpose with unique Gifts!!!!

**3 COMPONENTS**

DISCOVER YOUR TRUE SELF TO REALIZE THAT YOU ARE DIVINITY IN DISGUISE

EXPRESS YOUR UNIQUE TALENTS

WE ARE ALL HERE TO HELP EACH OTHER SO ALWAYS ASK YOURSELF "HOW CAN I HELP?"

**SO ESSENTIALLY, FIND YOUR TRUEST MOST DEEP PASSION AND TURN IT INTO A SERVICE FOR OTHERS**

**HOW TO TAP INTO IT:**

- Be honest with yourself on what is that you truly desire from life
- Nurture your spirit
- Know in your heart that wealth will follow

**FINDING YOUR TRUEST TALENT + SERVICE TO HUMANITY = UNLIMITED ABUNDANCE FOREVER**

### THE LAW OF PURE POTENTIALITY

**The Law of Pure Potentiality says that:**  
Our soul is standing in the middle of a field of all possibilities & infinite creativity. We are born manifestors. You can manifest anything! As long as it's in ALIGNMENT with your purpose.

**E G O**

- Thrives on outside approval
- Wants to control
- Fear based

**S O U L**

- State of grace and gratitude
- Knows your power
- Is in alignment

**HOW TO TAP INTO IT:**

- Practice Meditation
- Practice non-judgment
- Spend time in nature

YOU

The key to this field is the soul

## THE LAW OF GIVING AND RECEIVING

**The Law of Giving and Receiving says that:**  
Everything in the Universe operates through dynamic exchange. Every relationship gives. Every relationship takes

The most important thing about giving is THE INTENTION behind it.

Everything you receive is a gift that the universe knows you need

**GIVING WITH OPEN**

MULTIPLIES ENERGY

**GIVING WITH CLOSED**

DESTROYES ENERGY

**GIVE WHAT YOU NEED / WANT**

You want love - Learn to give love  
You want attention - Learn to give attention  
You want care - Learn to give care  
You want to be blessed - Learn to bless everyone around you

**HOW TO TAP INTO IT:**

- Accept everything as a beautiful gift
- Be grateful for EVERYTHING
- Silently send prayers to everyone you encounter

### THE LAW OF KARMA

**The Law of Karma says that:**  
That Karma is an action and the consequence of the action

**MAKING A CHOICE**

**CONSCIOUS**  
We think we do it

**UNCONSCIOUS**  
We think we don't do it

} WE DO BOTH

**IMPORTANT:** Acknowledge our triggers, our belief system and rewire and release what no longer serves you

**HOW TO MAKE THE RIGHT CHOICE**

1. Listen to the comfort and discomfort of your body while thinking of the choices you are making
2. The spontaneous choice that brings you the most happiness

**HOW TO TAP INTO IT:**

- Karmic debts are inevitable to accept it as a gift
- Remember that karma is used to evolve

## THE LAW OF DETACHMENT

**The Law of Detachment says that:**  
In order to obtain anything, we have to let go of the attachment to it.

**DETACHMENT**  
The unquestioning belief in the power of the self

Detaching yourself because you believe in yourself so much you know it will happen

**THE SELF IS THE PORTAL TO THE PURE POTENTIALITY FIELD**

The attachment to things only freezes our truest desires because it gets stuck on "How It Should Be" and not on HOW IT IS.

The search for security is the Attachment to certainty

Let go and embrace the uncertainty

**KNOW THAT THE UNIVERSE ALWAYS... ALWAYS HAS YOUR BACK**

**HOW TO TAP INTO IT:**

- Have goals in mind and allow the universe to take you through the path to achieve them
- Be open minded to change your goals along the way
- Know that it took the entire universe to be where you are, so always be grateful
- **GOOD LUCK:** When readiness meets opportunity! Always be ready for the amazing gifts that the Universe has to offer.

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# Girl's Talk Session 4 Notes

## THE DARK FEMININE SIDE

"Welcome to your shadow self"

"I don't have a dark side..." "I am a good girl!!" "My shadow is light!!" "I don't do anything wrong" "I can't make mistakes" "I can't be provocative" "My sensuality is wrong..." "I can't be desired..."

**THANK YOU FOR PROTECTING ME, BUT IT IS TIME TO CHANGE**



Attending the funeral of my old self.

"Ladies, it is time to make room for a new you. But, the truth of the matter is that in order for a new self to flourish, we need to let the old one "die". We have to honor the version of ourselves that got us this far but we have to let go of the old patterns of behaviors. You can't put new clothes in the closet if the old ones are filling up all the space..."

## SHADOW WORK

Light exists, because shadow exists. One can't be without the other.  
ALWAYS REMEMBER THAT



### 13 Shadow Work Journal Prompts for Inner Healing

1. What am I most afraid of others finding out about myself?
2. What's the biggest, most mortifying lie I've ever told myself?
3. What's the biggest lie I've ever told anyone else?
4. What am I most ashamed of in myself?
5. Think of people in your life (partners, family, coworkers, peers) Write down what are the most upsetting aspects about these people. In one word, what would describe them. (Can be multiple things!)
6. The above are often projections due to pain or beliefs we received as a child. Can you think back to a time when that word first came up and you rejected it?
7. When did you reject this aspect of self?
8. Who did you pick it up from? Or who shamed you? Or who did you watch getting shamed?
9. What judgments came up for you?
10. Make a list of all the times you consciously remember being this.
11. Just write freely. Write about any emotion surrounding it. Feel the feelings.
12. Get into the other person's shoes, situations, and perspective and find the positive new interpretation.
13. Picture your older self comforting your younger self and your younger self what you needed.

Answer these questions with honesty and write them down in a safe space for you. It is you vs. you my love. No one else will judge you or love you.

## SHADOWWORK RITUALS

### DANCE IN FRONT OF YOUR MIRROR

Put on whatever clothes make you feel sexy and sensual... **AND JUST DANCE!** Dance to your favorite music, to music out of your comfort zone, to music that makes you sad, music that makes you happy... **BUT JUST DANCE IT OUT!** Let these stuck emotions flow and have a beautiful dance with yourself. While you do that, observe how much fun the girl in the mirror is having... she is you.

### MIRROR GAZING

Let's get really comfortable admiring your own beauty. Look at yourself in the mirror and sweet talk to you. "Look at that beautiful smile of yours", "I love your eyes", "These hips are so amusing", "Look at my perfect boobs"...!! Say anything sweet that comes to mind. Fall in love with yourself!!

### EXPLORE YOUR OWN PLEASURE

Ladies, it is time to really enjoy your own intimate pleasure. Learn what feels good in your body and what doesn't. Get comfortable with your own skin. We expect that other people give us pleasure but we need to know what feels right first. And, if you feel ready for it, you can always do it in front of your mirror. Watch yourself enjoying and kindly remembering that you deserve all the pleasure in the world.

### YOGA PRACTICE

The benefits of yoga are endless and I encourage you to take it upon and do your research. However, it helps us move stuck energy and gives us a flow.

### LOOK SEXY, FEEL SEXY

Whatever feeling sexy looks to you, wear it. The better you look, the better you will feel. Take time to get ready in the morning and take care of the details within you. Listen to your instinct and answer the wishes she has.

## HIP OPENER RELEASE TRAUMA

As women, we hold onto so much energy on our hips.

Doing the following exercises will help you release it:

<https://www.youtube.com/watch?v=24qDdn2QXjk&t=5s>



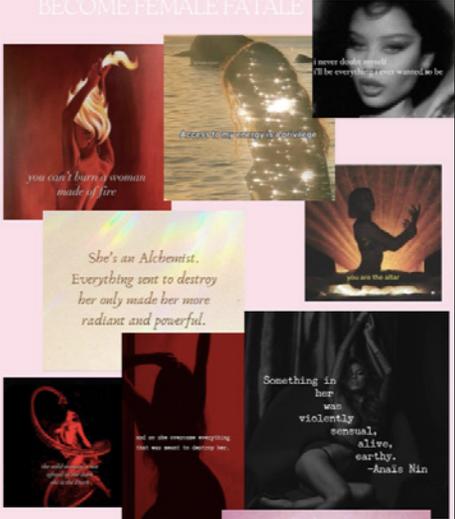
Trauma-Informed Hip Opening Yoga for Emotional Release | Trauma Informed Yoga  
Caitlin Kati Yoga

Remember that it is okay to cry, yell, laugh, and feel very intense emotions during this practice.



YOGA MOUN SAI HATYON  
GHANDRA NAMASAR

## BECOME FEMALE FATALE



never doubt myself  
I'll be everything I've ever wanted to be

you can't burn a woman  
made of fire

She's an Alchemist.  
Everything sent to destroy  
her only made her more  
radiant and powerful.

Something in  
her  
was  
violently  
sexual,  
alive,  
earthy.  
-Annex Nin

The most magnetic thing  
on Earth  
is liking your own energy.