

A woman with dark hair and a gold leaf crown is seated on a bed of soft, white, ethereal clouds. She is wearing a white, shimmering, tulle-like dress that appears to be made of light or sparkles. She is holding a glowing, translucent orb in her hands, which emits a soft, golden light. The background is a dark, starry sky, suggesting a celestial or spiritual theme. The overall mood is dreamy and mystical.

SPIRITUALITY

TRUST YOURSELF

Top 10 (+ bonus) tips to
help tap into your intuition
spirit guides.

spir·i·tu·al·i·ty | \ ,spir-i-chə-wa-lə-tē \
plural spiritualities
Definition of spirituality

***"People spend the day
sun worshipping and
the evenings dancing."***

- 1: something that in ecclesiastical law belongs to the church or to a cleric as such
- 2: CLERGY
- 3: sensitivity or attachment to religious values
- 4: the quality or state of being spiritual

**"Your sacred space is where you can find yourself over and over again."
Joseph Campbell**

SPIRITUALITY - INSPIRATION

Inspiration is simple to discover, because it's all around in everything you see. Inspiration may be found in an amusing moment with your best friend, or a setting you may like to paint may be found by observing a sunset, even a plot for a book may be rather simple to get, like a life history of somebody close to you or a dream you experienced one night.

Whatever original thing you wish to discover inspiration for may be quite simple, if you open your eyes to the fantastic world around you.

Open up your mind. Be hospitable to any propositions from a friend, relative, even a stranger or soul you just met, the minds of other people are among your best resources so make certain to utilize it often.

Likewise, most of the time individuals may give you the most beneficial ideas for something because they're not trying to, so pay attention to what other

people say or do, you may just be writing the next huge hit on the radio because a conversation you overheard or a instant where you saw the world through somebody else's eyes.

Look around you. What is the one matter that's always happening around you and never quits?

LIFE!
Start Here.



Listen To Your Gut

Once you take the time to listen to yourself, you might be surprised at just how much you already understand. Believing in yourself and listening up is crucial to help you comprehend who you are as an individual. It is reasonably simple to tap into your intuition with the accompanying steps.

Take a Breath

When you breathe in deeply and then breathe out slowly thinking of a quietening word such as love, hope, dreams, and so forth. Whichever word influences you, simply state it slowly to yourself or consider it as you breathe out. Taking a breath helps to reconnect your mind and body, helping you to connect with your intuition.

Trust Yourself

Sometimes you just have a belief about something and devote some attention! It may be a little matter or a huge matter you have a feeling about, however have the trust in yourself to take heed. Those feelings are your intuition revealing to you something significant so make certain you are attentively listening.

Use Your Voice

Speak to other people or even just yourself about your fears and troubles. Being able to talk about them will help you discover a way to get the better of them. The answer might not come to you straight off, however it will come to you and when it does you will understand what to do.

Tune In

Everybody tunes into their intuition in their own particular style. For a few it may be a prickling sensation, deep however, shutting your eyes, and so forth. Regardless of what it is the sooner you realize the way you feel physically it may help you to tune in better to your hunch.

Listen

Everybody tunes into their intuition in their own particular style. For a few it may be a prickling sensation, deep however, shutting your eyes, and so forth. Regardless of what it is the sooner you realize the way you feel physically it may help you to tune in better to your hunch.

When you take the time to listen to yourself you might be surprised at the matters you know about. It may help lead you in the correct direction and help you get what you truly want out of life. Through the procedure of tuning into your most bass thoughts you'll learn things about yourself you might not have learned differently.

Get Inspired

Surround yourself with happiness and inspiration. State affirmations, treasure the fundamental blessings, engage in uplifting actions and sweep up your natural passions and gifts.

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Find Passion

Passion is a strong desire that can get you to do amazing things. A desire fueled by passion will bring about the greatest results in life.

Passion is an emotion to be acted upon. Without action, passion yields no worthwhile results. Passion is the fuel in the fire of action. When you have passion for something, you love it even when you hate it.

Release Negativity

Ceaseless negative thinking leads to a lot of troubles in our lives, including tension, anger, helplessness, and even natural depression. Negative thinking is simply a habit that we acquire about the way we view and respond to the things that are occurring around us.

Do Something

Do something you have never done earlier. Sign up for a dance class, photography, something creative that perks up your brain. Find your creativity in different forms of art, Join a group with like minded and surround yourself with vast opportunities and resources.

Your Turn

Find your safe place and create your sacred space. It could be a large room or a small area in the house. Design it for you. Only you. And set good boundaries that everyone in the home respects this. **NO MATTER WHAT!** This is your big step to find yourself, allow quiet to be your friend, and to get in touch with your own "spirituality." The world needs that special gift that only you have. Live your greatest life on your terms.

Is there really such a thing as a mother's love? The kiss tells us so.

Here is my story.



My mother always said, "You are destined to be great. That is why I created you." I learned my mother she said that to all her children. Life has a funny way when a memory is recalled.

Often, my mother would tell me that she could not care for me. It was a heartache she lived with during her short time on earth. She passed away when I was 24 years old. I missed my mother especially with life's trials and tribulations. However, I sensed a gentle kiss on my forehead during times of despair. A perfect stillness would overcome me, somehow knowing 'everything will be alright.' I knew then that my mother never left me. She has my back. And that was the message she was telling me all along as a child. She knew she could not take care of me here on earth but she will always be here for me from beyond. No matter what. And she showed me with a kiss. And I have never been alone, since.

I was oblivious to life out in the world. I only knew what I knew. Growing up in foster homes, on the streets and on my own at 15, I remember my mother's words of wisdom,

I do believe life is what you make it. It's a shuffled deck that's shoved into your hands... or it's a deck you create so you are in charge of your deal. I have learned to play to win yet with the certainty of losing—sometimes (what you do as a loser is what matters). Can someone get a newly shuffled deck at life? Can we decide either game over with what we are offered...or do something about it? I chose the latter.

That is what I learned and here is what I decided when I was 15 years old. I made a choice to be 'somebody' and do 'something' amazing. And here I am, having created my own deck so that I can shuffle it, deal out the cards, and delight you with a lipstick print reading. The imprint of a kiss inspires me, over and over.

Yes, I do believe life is a game. Life is meant to be loved, in abundance, in joy, in gratitude with all the other emotions of the spectrum. Without sadness, how can one feel joyful? And how well the game is played is anyone's guess. The forensics of a lipstick lip print reveal tendencies, emotions, and the uncertainties in life. Your lips are expressive so the kiss print changes with what is going on, now and then. And I bring my intuitive gifts to expand on the information to entertain with bullseye accuracy readings. With just a SWAK you get insights and walk away with SWAG.

