



## April 2019 New Moon Edition "Sparkle SHAMELESSLY®"

### **THEME FOR THE MONTH: BEEING IN OUR ESSENCE SELF**

***"The world cannot be full until you become fully yourself." – Bill Plotkin, Soulcraft***

We are walking stardust — every single living being — regardless of race, class, nationality, religion, or species. It is our true nature to shine. Shining together, there is an interconnected constellation of us just like the stars shining brilliantly in the night sky: flooding the house of humanity with light, each a cosmic and radiant node in our interconnected Web of All Life. My life's work is to help us all do just this: to SPARKLE SHAMELESSLY®. It's allowing our spiritual magnificence to come forth, our soul essence, the reality and raw truth of who we are. It's our unique #SOULSPARKLE and medicine that only we can bring to the world.

**To Sparkle Shamelessly is to be LIT up, TURNED on, BLAZING true. It's feeling our full life force energy and being filled with aliveness.** It is being wholly merged with the holiness of our true essence. It's the full embodiment of our authentic radiance. It's remembering who we truly are and claiming our worth. It's standing in our highest power and artistry, serving Life. It's knowing we are enough just as we are, and that we are whole and sovereign. It's having a wealth of inner resources to be grounded, anchored, and centered in the midst of our chaotic world. Most of all, it is taking a stand for deep nourishment and flourishing for all.

### **BEEing in Our Essence Self is the theme for this moon.**

It's really about expressing all shades of our technicolor being and daring to live into our fullness and raw truth. For when we do, we come ALIVE. This is about putting the ego in service to the soul's shine, from the inside out.

**Self-expression is a sacred art form, a heroic act, a living prayer. It is a full inhabitation of your vessel and "the deeper elements of your own nature."**



You have your human self and then there's your eternal Divine self: the sparkle within you that cannot be extinguished by another (unless you allow it by giving them permission, either consciously or unconsciously). It's time to take back your power to SHINE.

**The 13 pillars of *The Sacred Art of Sparkling Shamelessly* are providing a way for us to come back to our truth, our essence, our wildness, and our most honest alive selves.** This is a journey of remembering ourselves into being, to recover and BEE in our soul essence. Because authenticity is as essential as air.

Imagine if we had to remind the sun each day to shine -- if we had to encourage it to do its daily work of lighting our world. Luckily that's not the case. The Divine already took care of that programming. Diamonds, the moon, the sun: they just shine and reflect the light of the world. They don't need to be told or reminded. But we fallible humans do. We forget our own brilliance. We hide under a bushel (as Jesus even talked about in his Sermon on the Mount). We tone it down for those who are blinded by our brilliance.

**The truth is that we are infinite in our full rainbow light ray expression and unique essence. Our SPARKLE is eternal.** It is never born and it will never die; it will just change forms. We are being challenged now as light workers to raise our vibration to meet the call of our times, the call to seize our soul's full (r)evolutionary potential and to do something that matters.

**My prayer is that we may step into our soul's full expression more each day and dare to live into the fullness & depth of our Being to leave normal in the dust, Sparkle SHAMELESSLY®, and help heal the world TOGETHER!**



### **Wisdom from the Bees**

The bees are a manifestation of Divine Love on this Earth plane. They show up with full presence to all they do, acting on behalf of the greater good of all. They work in tandem to help lift up the whole HIVE. They have truly mastered the art of just BEEing. Each bee knows the part it is meant to play in the Great Web of All Life, and they set out each day to express that essence to the fullest. They don't try to take on too much, emulate other animals, or strive for perfection. They work with the unique medicine they've been given and just show up and SHINE inside the HIVE and out each day. They don't need to be reminded of who they are. Let us learn from this powerful example.

## **The Feminine Principle: WHOLENESS**

**Our feminine principle for this month is wholeness.** Though I speak mostly of light above, we also experience and must learn to embrace the dark. This is how we come into WHOLENESS. We are multifaceted rainbow colored Light Beings, after all. Just as there is a dark side to the sun and polarities exist in nature, life is not always sparkling rainbows and magical unicorns. As we talk about in Qoya, we were born wise, wild and free in our original essence, yes ... and then as time passed, we were conditioned to turn away from our true selves through shame, oppression, wounding and trauma. This caused us to put aspects of ourselves into shadow, hidden from view. As Sharron Rose has said, "Our task as women in this modern age, in this time of darkness and oppression, is to journey to the depths of our beings and rediscover the essential light and power that has always been there, hidden by the dark veils of confusion and manipulation."

**So let us embrace and nourish it ALL this moon, the light and the dark, as we journey home to even more of who we truly are and bring that to the world.**

### **Depth Inquiry Prompts**

- *Someone out there needs you. The question is, are you willing to live your life, and shine your soul essence in the world, so they can find you?*
- *What parts of yourself have you hidden in the shadows or cast away due to shame or fear of their full expression?*
- *Where & when have you faced rejection for just being who you are or sharing your truth? How has this prevented you from standing in your full authenticity?*
- *Dark Shadow/Light (or Golden) Shadow: Name three people who trigger you the most and what qualities about them specifically set you off. Next, name three people you admire most and what qualities you admire about them.*

**SISTERHOOD DEEPENING INVITATION:** Share your answers with us in the online Sacred Sanctuary to receive deep support & accountability.

### **Spiritual Practice: BODY LOVE LETTER & GRATITUDE**

**Time commitment:** *This practice can be done in as little as 1 minute, or for as long as you desire!*

Would you look at the sky and say, "Stars, I hate you!! You're so ugly!" Of course not. Even the idea of that is absolutely ridiculous. But treating our bodies with disdain and criticism is the same thing. We are that: stardust and matter in human form. Radiance is the nature of our embodiment here, our soul purpose!

**Our miraculous bodies are the altar of our very Being, not the bane of our existence. They are an elaborate cloak for our souls...**



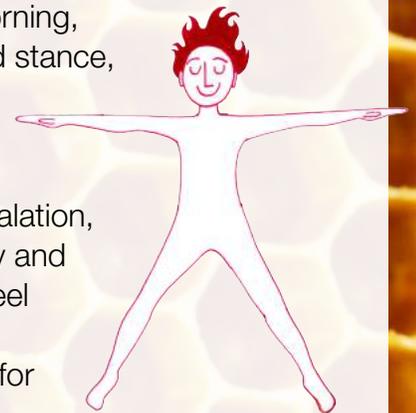
The next time you speak unkindly to your body, I invite you to put your hand on the part of your body that you feel compelled to criticize and visualize all the organs underneath your flesh that are working so tirelessly on your behalf. Take a moment to say “thank you” and send them some love and gratitude. Whisper “You are sacred” to each in turn. If you’d like to take this even further, then I invite you to write a love letter or create some expressive art to a part of your body that you’ve struggled with or abused often. Think: chin, arm skin, thighs, cellulite, butt, excess weight, body fat, stomach.

**The bottom line is that it’s time that we move from violence against the body to deep loving partnership with the body.** An essential part of that is reclaiming our bodies as sacred and holy sovereign ground. It’s the only way we’re going to heal and return to our true nature so we can Sparkle SHAMELESSLY® for the good of all! Let us reclaim and celebrate the parts of us that have been shamed and transform our pain into a greater capacity to love.

### **Sacred Earth Connection Practice: BREATHING IN THE SUN STAR**

*“Star friends reflect who we are and inspire us to embody the starlight that is within us. They unleash the quantum potential hidden within us and within the Earth from our stary inception. Opening to them will help us understand our role in the cosmic scheme of things and see a healthy planet synonymous to life.” - Lyn Roberts*

**Time commitment:** *This can be done in as few as 2 minutes, or as long as you desire!* I invite you to get up just before Sunrise and go outside if you are able to. The Sun appears to be one of our largest Stars. Connecting deeply with this elemental Being is a potent reminder of our true nature to SHINE. As the Sun begins to rise in the morning, spread your legs a little more than shoulder width apart in a strong rooted stance, stretching your arms out perpendicular to the ground so that you are creating a 5 pointed Star shape with your body. Have your palms facing up and gently tilt your head back as you connect with the energy of the rising sun. Literally breathe that light and fire into your body with each inhalation, and as you exhale, send the energy down through every cell of your body and root it into the earth beneath you. Continue this breath pattern until you feel intimately connected to and deeply energized by the radiance of the sun. When complete, come back to standing and bow in gratitude to the sun for sharing its starlight with you.



### **Animal Medicine: FIREFLY**



Also known as the lightning bug, the Firefly was the messenger from Spirit to confirm that my life’s work was to help people Sparkle SHAMELESSLY®. I’ll share the full story with you during our New Moon ceremony, but for now I wanted to share some of her core qualities. She represents illumination of your Soul Essence/Spirit Self and is a symbol of believing in and shining your light in the world, especially where there is darkness. She teaches you to recapture the wonder that you are, and the inner light that is the power of LIFE. So spread your wings and fly, illuminated from your heart space. Let your heart lead the way and shine for all to see.

