

I create a beautiful home

I make a safe space within  
me

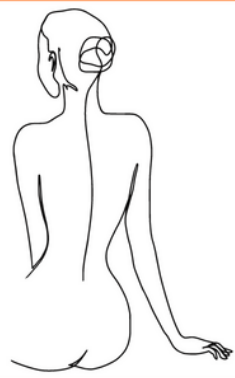


The Whole Woman  
Creates Healing  
Spaces

The Whole Woman  
Creates Healing  
Spaces

I know I am supported

I hold space for others



The Whole Woman  
Creates Healing  
Spaces

The Whole Woman  
Creates Healing  
Spaces

I create my environment  
with intention

I set appropriate boundaries



The Whole Woman  
Creates Healing  
Spaces

The Whole Woman is  
Centred

I value my time and energy

I cultivate calmness



The Whole Woman is  
Centred

The Whole Woman is  
Centred

I am grounded

I breathe alongside nature

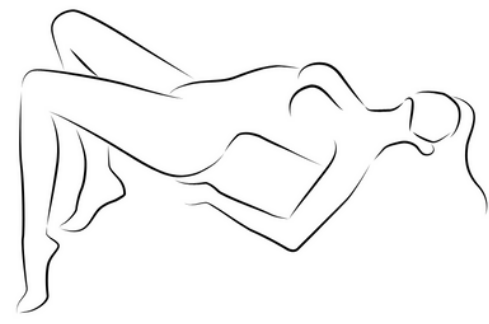


The Whole Woman is  
Centred

The Whole Woman is  
Centred

I nurture my body with  
nutrition and movement

I am intimate with my  
body's cycles



The Whole Woman  
Loves her Body

The Whole Woman  
Loves her Body

I cherish my body as sacred

I channel my sexual energy



The Whole Woman  
Loves her Body

The Whole Woman  
Loves her Body

I balance pleasure with  
discipline

I conceive new ideas



The Whole Woman  
Loves her Body

The Whole Woman  
Births

I draw on my inner knowing

I visualise possibilities



The Whole Woman  
Births

The Whole Woman  
Births

I tend to my inner work

I explore creativity



The Whole Woman  
Births

The Whole Woman  
Births

I nurture my projects

I ensure my wellbeing

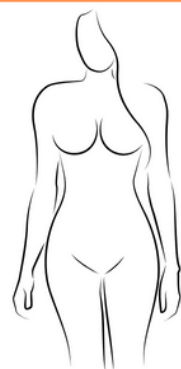


The Whole Woman  
Nurtures

The Whole Woman  
Nurtures

I share positive energy

I support others' dreams and  
goals

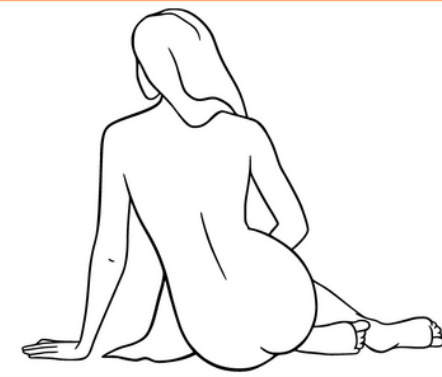


The Whole Woman  
Nurtures

The Whole Woman  
Nurtures

I take time to connect

I trust my higher self

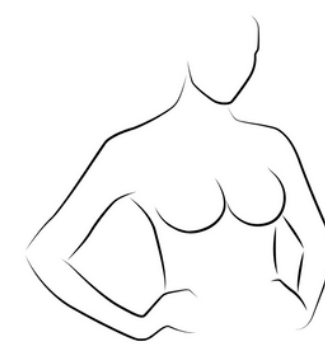


The Whole Woman  
Nurtures

The Whole Woman is  
Connected

I know I am always guided

I have an open heart



The Whole Woman is  
Connected

The Whole Woman is  
Connected

I am compassionate

Forgiveness for myself  
comes easily



The Whole Woman is  
Connected

The Whole Woman is  
Connected

I trust in the process of life

I allow outcomes to unfold



The Whole Woman is  
Magnetic

The Whole Woman is  
Magnetic

I receive abundance

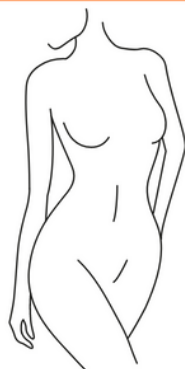


I manifest my highest desires



The Whole Woman is  
Magnetic

I am the heroine of my  
journey



The Whole Woman is  
Magnetic

The Whole Woman

Although The Whole Woman, a more complete version of The Young Woman, still allows herself to dream and play and be youthful, she also innerstands the value of building her desired life. She takes concrete actions to create her best self and her most aligned life. Because her focus is on healing, nurturing and cherishing herself, she develops the capacity to love and nurture others without expectation or obligation. Without wholeness, it is difficult to give love that is pure. The Whole Woman is full; she has filled herself. As a result of her everyday intentions and actions, The Whole Woman feels safe, centred, loved, nurtured, creative, connected and magnetic. Because of this embodiment, she commands respect, she is sovereign. Others are drawn to her, as she is authentic in self-expression and in her interactions. She knows that she must be whole if she wants to attract a partner who also embodies wholeness. She is patient, knowing a quality partner is worth waiting for.

The Whole Woman is  
Magnetic

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