

WELCOME

Return to her

the woman beneath the roles and the rushing

There is a version of you that exists beneath the to-do lists and the expectations. She is intuitive, cyclical, creative, and worthy without proving anything. Most of us were never taught how to listen to her.

This journal travels through six sacred territories: intuition, embodiment, cycles, creativity, receiving, and self-worth. Each territory opens with a reflection to read slowly, followed by journaling pages that go deep.

There is no order and no deadline. Open the chapter that calls to you. Some territories you will visit once. Others will become home.



she has been waiting, patiently

Intuition

the voice that whispers before the mind speaks

Your intuition is not magic. It is the sum of everything your body notices before your mind can explain it. The tightening when something is wrong. The lightness when something is right. Women are taught to override this voice with politeness and logic.

This chapter is where you practice trusting it again.

