

THE HEART CAN'T JUDGE

A guide to restore the divine
feminine in you!

 3 Sunflowers
& Butterflies

Welcome TO MY E-BOOK



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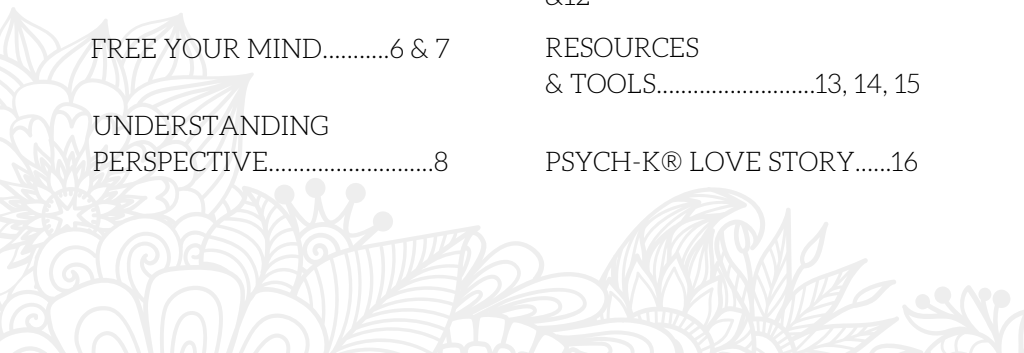
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SUNFLOWERS & BUTTERFLIES

*The true meaning
behind my biz*

When unknowingly masterminding by business back in the grips of my illness in 2018, I doubted how adults would react to my idea and of course, the name. Did I sound like a florist? (lol) Would I be taken seriously?

I still recall my BIG moment of realisation and subsequent commitment to my purpose. NO *child* would ever judge sunflowers and butterflies. NO *child* would think, wow thats a bit much, I think you should tone it down. They would accept and appreciate the words for what they represent, pure beauty.

HEAL YOURSELF . FREE YOUR CHILDREN

Who could stand in front of a Sunflower and frown? Who could see a butterfly and not smile in wonder? Children are our teachers because they overlook all judgement and without hesitation see wonder in nature and the source of all things. The most interesting part is that this understanding represents everything my biz is about. As adults we must undo the programs that cause us to judge, we must unpack our deepest fears of what others think and return to clarity, peace and love. Returning to a childlike view of the world whilst bringing our wisdom with us is what I am all about .

The courage and action you show NOW prevents your children wasting their precious life channelling your unhealed pain.

SEE THE BEAUTY SEE THE JOY



YOUR CHILDREN ARE THE PORTAL

Who triggers you the most? Who makes you feel like a failure at times and causes you deep worry and indecision? I don't ask this to make you think negatively, I ask because I want you to understand in the words that follow that 'Your children are your greatest Gift' precisely because they trigger these feelings within you.

You probably won't experience a more connected relationship in this world than that of your relationship with your kids. They are of you and for the Mothers reading this, from within you. ***Its like your heart beating outside of you, right?***

You literally share your thoughts, food, water and values with this little bubble before they even take their first breath.

So could you believe that they know you as well as you know yourself. Or maybe even better.

Let me explain, in hope that next time you stare into their wondrous eyes you can see their role here is actually to bring you back to your heart and into self-love

Honestly, could you begin to address your hidden wounds without someone or something bringing them to the surface? Nope!

In all the healings I have seen, including my own the beginning of deep transformation was triggered by personal relationships. You are given opportunity multiple times, every day (for those Mum's reading who know how often our kids can trigger us), to stop, accept the challenge with love and go within to uncover what is actually at the root of the negative emotion.

How can I use tools to heal the centre of this pain and show up in more consistent regulation; as a parent and a human living on this planet? Through heart opening intentions and upgrading the subconscious.

HEART OPENING WORDS AND INTENTIONS



The following points are a guide to deep spiritual remembering.

These are practical affirmations that can help in the moment of an emotional trigger, while you assess, and decide on a tool to embody and integrate it.

I AM DIVINE LOVE . I chose to stand in it (*in this moment*)

I HONOUR THE DIVINE CREATION THAT I AM . I chose a calm anchor

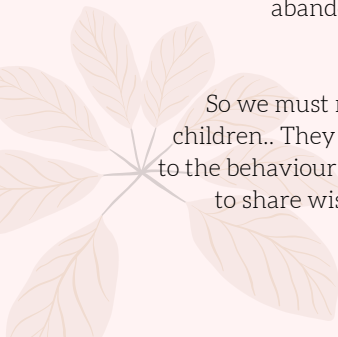
IS IT TRUE, IS IT KIND, IS IT NECESSARY . I pause before reacting /speaking

INHALE LOVE, EXHALE GRATITUDE . I breath and connect to my heart

GRATITUDE HAS NO BUTS . I am grateful for my child (*in all moments*)

The greatest gift we can pass onto our children is the gift of emotional self-regulation. We must accept as humans we have emotions, they are not to run away from. They are in fact so important and the ONLY reason we truly suffer. We are afraid of pain, not people. We are afraid of abandonment not not being alone. We are afraid of fear itself not experiences.

So we must model what emotional processing looks and feels like to our children.. They are sponges and one day without warning they will revert to the behaviour you characterised. Each moment with our children is a gift to share wisdom that will ultimately lead to their empowerment and a future of more peace, self-love and fulfilment.





UPGRADE THE SUBCONSCIOUS

I would like to start with an explanation that may be new to you. By sharing I hope to shed some light on why it is you sometimes feel consumed by your thoughts (more than likely negative one's), and why it may feel like a long way off for you to believe you can truly 'free your mind'.

Just like your legs walk, because that is their job, your mind thinks, because that is its function! Funnily enough the mind's goal is to 'make you happy!' Sounds crazy right! That confusing, neurotic thing? Yes!! However, because of unreconciled trauma from past experiences and relationships, many people have subconscious beliefs that conflict with their current conscious desires. So what they wish for is being pushed away by mixed messages from the past.

The conscious mind is serious about its job, it talks at a rapid rate in order to try and achieve happiness for you. 60,000 thoughts a day to be exact. The problem is the subconscious mind is the gatekeeper and until it is convinced that these new beliefs and desires are in your best interest it will not be an easy task to change

*Example - I want to feel loveable under all conditions This is a fabulous thing to want **consciously**. However, have you experienced trauma in your life that opposes this statement? Do you believe the program mind is on-board with this belief? Were you deeply loved and always accepted as a child?*

A 'No' to the second two questions can mean you have opposing beliefs within your psyche preventing this becoming your reality. In fact not only will unconditional love be prevented, but you will continue to attract the relationships that cement your original subconscious program, *that you are in fact not loved under all conditions* as this is still the primary program.

SUBCONSCIOUS POWER MAKES UP 95% OF YOUR CONSCIOUSNESS.

If this feels familiar and you have had traumatic interactions in relation to feeling loved please understand in that moment of pain your mind formed a belief or program in order to protect you, not knowing this subconscious program could also keep you apart from the very thing that will provide happiness and security into the future.

Free YOUR MIND



*A man is but a product of his thoughts.
What he thinks he becomes.*

Mahatma Gandhi

A POWERFUL RECOMMENDATION TO BEGIN TO HELP YOUR MIND BECOME A CREATIVE, DIVINE FEMININE CENTRE'

Meditate daily (am) before ANYTHING ELSE, with an intention of sustaining mind heart connection into your day.

To transcend your over-dominant masculine energy (mind/manifestation) you should befriend your thoughts as they are only YOUR personal perspective. The feminine surrenders to *the true cosmic nature of thought and shows them love, the way a woman would love her children regardless of their behaviour.*

Click [here](#) to see Bob Proctor share on the cosmic nature of thought and how applying the true ripple impact of thought will create the most positive impact in your life and the lives of those you love.

MEDITATE TO BECOME THE 'DIVINE FEMININE CREATOR OF YOUR OWN REALITY'.



Perspective is Key

A mentor once explained perspective to me to me as the way in which we look at the world, through our own personal set of glasses. After years of healing and subsequent success helping others heal I fully understand how powerful this is, and believe *without doubt* that the lenses are prescribed based on our underlying belief systems which provides our balance of masculine and feminine energies..

You have people who see mistakes as learning experiences and others who are self-declared perfectionists, and completely terrified of making mistakes. Same situation, two different perspectives.

In relationships, it is my belief that the number one cause of disharmony is differing perspectives and one's inability to accept another's perspective as their truth. A major lack of tools to help process the discomfort and emotions around different perspectives, and the fear of judgement runs a close second.

We can 100% change our perspectives in life and we don't actually need to be healed to do it. We heal by doing it! It is my opinion we would be better off trying to do this before the health crisis, or bankruptcy, or relationship breakdown? I learnt this the hard way so listen carefully to the key....

CHOOSE ALCHEMY! For those of you who aren't sure what this means, it just means LOVE YOURSELF or YOUR CHILDREN (if you aren't at self-love yet) enough to choose the very best perspective at all times. You can wipe out negative belief patterns this way. It's called Neuroplasticity (<https://retrainingthebrain.com/understanding-the-science/>)

Your divine feminine desire to watch in bliss as your entire family exists in peace, harmony and great health lies in the power to 'lift the ones you love!' To expect them to change in order to meet your benchmarks defies feminine nature and is masculine and harsh. Walk the talk in your mind and in your life experiences,

The perspective of the Divine Feminine Mother is,
I CAN HOLD AND GUIDE THESE PEOPLE IN PEACE AND LOVE FOR WHO THEY ARE, AS THEY ARE.

"It's time to start choosing healthy and supportive perspectives".

BALANCE & PSYCH-K®

We all innately hold within us masculine and feminine energies, regardless of our sex. These energies are what makes up perfect balance in our human experience, and matters in our larger planetary experience also.

Mother earth, Father sky. The Chinese call it **yin and yang**, Indians refer to **Nature & God**. This distinct balance is visible in all things, primarily nature, which is our greatest Teacher, and the one relationship that has suffered greatly at the hands of a masculine driven culture. It is all about creating this balance within our inner and outer environment.

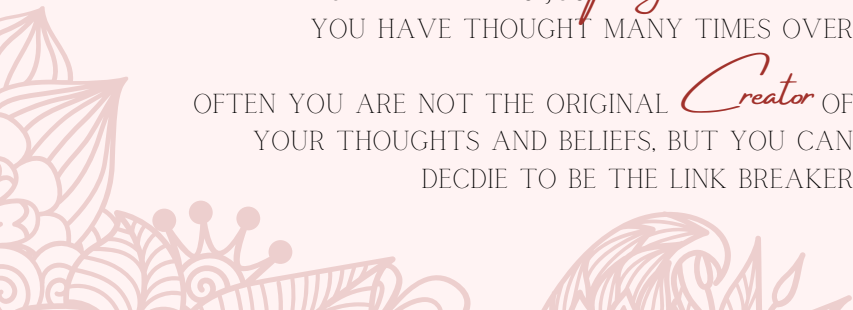
So we are faced with the challenge (or gift) of balancing these energies in the collective space we exist in. Hence why women have been in their masculine for so long, living in the collective energy that demanded we push to survive, which we did as our greatest fear was to lose our impact all together.

The shift back to feminine has already occurred and we now see a world emerging. As women we may feel a deep yearning to flow, hold space and create containers where people can lift within our presence. Our balance is restoring and the most perfect tool to support this growth into divine love is PSYCH-K®.

OUR BELIEFS *Are* THE BEGINNING POINT OF
ALL THOUGHT AND MANIFESTATION

IN TRUTH A BELIEF IS JUST *Thought* THAT
YOU HAVE THOUGHT MANY TIMES OVER

OFTEN YOU ARE NOT THE ORIGINAL *Creator* OF
YOUR THOUGHTS AND BELIEFS, BUT YOU CAN
DECIDIE TO BE THE LINK BREAKER



PSYCH-K®

An evolutionary tool



My Story Today

As a vital, connected and self-fulfilled woman and Mother I am a huge advocate for the process of PSYCH-K®.

PSYCH-K®, if you haven't heard of it is a divine form of energy psychology that transforms negative beliefs at a subconscious level.

PSYCH-K® is incredibly effective in releasing childhood trauma and belief programs as well as all negative emotional imprints within the mind and body. I use this technique with myself, my family and my clients as my # 1 human evolutionary tool. It truly is a catalyst to your greatest growth and potential.



PSYCH-K® WILL ACCELERATE YOUR MENTAL, EMOTIONAL, PHYSICAL & SPIRITUAL EVOLUTION DRAMATICALLY, WHEREVER YOU ARE!

PSYCH-K® creates a Whole-Brain State that can profoundly affect your mind, body, and soul!

A Whole-Brain State (WBS) can change subconscious beliefs and perceptions that are limiting your life. It unifies your mind to elevate your thinking and expands YOUR consciousness. PSYCH-K® helps get you out of stress and into a relaxed state, ideal for healing and thriving.

PSYCH-K® unlocked deeply personal subconscious programs for me in the space of self-nurture and boundaries. Since developing firm beliefs about self-nurture as our human birthright I now flourish at a cellular level and live life from my heart and the divine feminine.

Further information on PSYCH-K® training on page 15.



PSYCH-K®
Heath and Wilking People

The art of Self-Nurture

Let me start with a question to get you thinking.

How do we learn things as children?

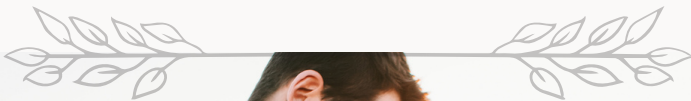
I've spoken to this point in other content, but simply put we learn by the experiences, attitudes and traits of the influential people around us.

From ages 0 - 7 we have no conscious mind to choose what we take into our sub-conscious store house and what we leave out. So how could we even have knowledge that there is such a thing as 'self nurture' or 'self-love' let alone know how to apply it, if we never EVER witnessed it. This was my upbringing.

How could it feel natural or normal to love and care for ourselves if we have no anchor to what this even looks like?

It is in my belief the biggest of all mistakes the human race has made. We have left it out of our family relationships and our children's psyche and replaced it with commitments, success and everyone else's happiness but theirs/yours.

Click [here](#) to register interest for my upcoming masterclass
THE ART OF SELF NURTURE

A photograph of a family of three (father, mother, and child) embracing outdoors at sunset. The father is on the left, the mother is on the right, and the child is in the center. They are all smiling and looking down at each other. The background is a soft, golden sunset over a field.

**'THE BEST WAY FOR ME TO SERVE MY CHILDREN
IS TO EMPOWER & NURTURE MYSELF'**

THE DIVINE FEMININE APPROACH

In the pages that follow there are some simple yet impactful exercises and recommendations.

'Divine Feminine is powerful yet soft. She can create a container where unwanted trauma cycles CEASE TO EXIST. She heals herself and guides her children modelling self-love and nurture towards a more balanced, honest and connected existence.

3 AREAS TO ENCOURAGE DEEP FEMININE CHANGE

1. Emotional healing and growth
2. Committing to self-nurture
3. Subconscious beliefs shifts

- TO NURTURE IS TO BE NURTURED -

LOVE HEALS

Preparing for deep emotional healing

When committing to deep emotional healing you **MUST** ask yourself questions that bring to the surface old traumas, belief systems and subconscious programs..

Some questions to work with.....

What is the primary emotional challenge I have now?

What or who triggers this the most?

What beliefs and thoughts do I experience when I am triggered?

Whose face do I see?

Where is the feeling located in my body?

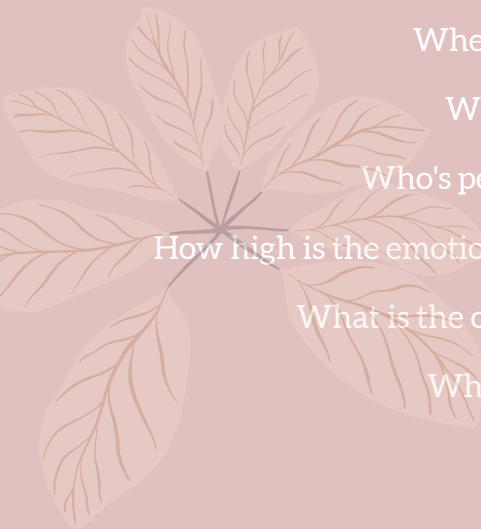
What would change if this were gone?

Who's permission do I need to change it now?

How high is the emotional price I have paid so far for this?

What is the opposite of this emotional challenge?

What is the safety keeping it provides?



5 WAYS OF *Modelling* SELF-NURTURE

Practice self-regulation during challenges with your children and/or partner/loved ones.

(Breath, PSYCHK, Swaying)

Sit in meditation and embody inner peace in communal spaces as often as possible

Prioritise being on time. Verbalise how calm and great this makes you feel to all you are with.

Eat meals at the table as a group. Smile, bless your body and the food for the nourishment. Chew slowly!

MOST IMPORTANT # Ask for help from all members of the family to support the family & your regulation..

self-love & nurture

Beliefs to become her

- It's easy for me to zoom out and see the big picture.
- I trust myself and my intuition.
- I approach life from a loving and playful perspective.
- The more I slow down, the faster I get the results I want.
- I trust the process of life and know I'm being guided.
- I see the beauty in imperfection.
- I make decisions from a place of love (instead of fear).
- I free myself from having to do it all myself.
- I release the need to over-give, overdo, and overachieve.
- My life is easy, fair, and gets better every day!
- I always have enough time.
- I deserve and accept the best now.
- Life loves me and I LOVE my life.



YOUR AFFIRMATION KIT



Training

PSYCH-K® THE PROCESS

- A Spiritual process that creates lasting psychological change
- Brings about immediate improvements in your state of being and emotional centres
- Simple and effective in rebalancing your nervous system to a whole-brained state in any moment
- My modality of choice to remove negative programming and all current & past trauma
- A tool that continually aligns you with the principals and wisdom of nature, and our Mother Earth
- Educational and eye-opening from a mind, body and spiritual perspective
- Facilitates you to take responsibility for the past and build a brand new future, by stepping into your true power!
- Assists with gaining clarity and healing in relationships

“PSYCHK® is by far the most impactful and enlightening tool I have come across in my own journey to complete health and wellbeing.” For more information on PSYCH-K® & my PSYCH-K® Love story [click here](#)

I have healed and transformed in addition to my love story shares:

- All patterns and childhood programs round worthiness & shame
 - Feminine blocks causing physical suppression and trauma
 - Ancestral and past life trauma creating stress in my body and Central Nervous System
 - My ADHD behaviours
 - My Relationships and family boundaries
- and as I continue to use PSYCHK® I am adding to this list all the time.

Course enrolment options

PSYCH-K® BASIC ONLINE LEVEL 1 COURSE

PSYCH-K® IN PERSON BASIC 3 DAY WORKSHOP
GOLD COAST AUSTRALIA