

D e c e m b e r



this month is all about remembering to treat each other fairly and equally.

## **Universal Human Rights Month**

10 December 1948 marked the Universal Declaration of Human Rights

## **How can you show kindness to others this month?**

### **Month of Giving**

As the name suggests, December is also a month for giving to others—whether by joining a volunteer initiative, donating to charities, or passing on pre-loved and unused items.

## **How can you offer either time, products or money to a non-profit organization?**

### **Operation Santa Paws**





This month is also about recognizing the value animals and pets add to our lives, but also raising awareness for the many that end up in shelters after Christmas, as people underestimate the responsibility of caring for a pet.

## **Treat each other fairly & equally + be kind to you!**

The Moon reminds us that universal energy is a constant ebb and flow.



It's okay to slow down at times and ride high at other times.

**A bird sitting on a tree is never afraid of the branch breaking. It's trust is not in the branch, but in its own wings.**

The mother wound is the beliefs + unresolved trauma we inherit from our mother (that she's inherited from her mother.)

**It's generational. As mama's we are not superhero's, we are humans.**

And how they feel about themselves impacts how they speak to us as children, the beliefs they have, + ultimately this will become how we feel about ourselves.

Many of us develop false beliefs from our mother wound, that reflect generations of pain.

## **Your existence itself is a miracle.**

The odds of you existing are 1 in a billion.

You were given this life and this chance to experience it to the fullest, so tap into the full power of the magic within you.

## **Live from possibility and never let anyone dull your magic with their limited thinking.**

I teach— I am not an expert. I'm a student. Talking about what I discover on my journey.

I have formal credentials, + they mean I spent time in school. I know they reflect little about how I actually embody this work. I know embodiment is the true teacher.

## **I get wrapped up in my own insecurities. I question myself. I get lost in a reaction to my own emotions. I lose touch with my true self + project my pain onto people I love.**



**I practice forgiving myself.**

What I think and believe is a choice.

The truth is all of us are working through pain, rejection, heartbreak, abandonment, self betrayal.

We are all hiding from parts of ourselves.

We often wish someone could rescue us from ourselves.

## **We all have thoughts that seem scary & overwhelming**

We assume there is a person out there who has it all figured out.

## **When you lose someone, what are you actually losing?**

You are losing knots in your stomach when they were ignoring you / gaslighting/ ghosting you / being cruel.

You are losing sleepiness.

You are losing the stress of trying to hold on to something that always felt like it was slipping away.

You can't force someone to keep their word, or to communicate, or to realize that special is in front of them.

Maybe wisdom comes in knowing no one does **#selfhealers**

This is why self witnessing is so important, because many of us don't know our subconscious thoughts or beliefs.

We operate as if they're 'true,' creating a perception that we call reality.

As we heal, we understand our thoughts are not true or reality— they are not who we are: they are just thoughts.

Someone out there loves you. Ask for a harmonious, happy, loving relationship.

People want guarantees. However, guarantees are for kettles and toasters.

Deal with the childhood wounds. The key is to understand each other. To comprehend rather than communicate.

## **Reflect on:**

1. How did my mother speak about her body + other women's bodies?
2. How much did mama focus on what other people thought, rather than meeting her own needs.
3. Did she personalize other people's behaviour?
4. Did she unconsciously shame parts of me or certain emotions (you're too sensitive, you're not acting like a lady)
5. What messages did she give me about the world + groups of people?
6. Did she model clear boundaries?
7. How did she connect with me or other people?
8. Did she show me love at certain times, then remove it at others?

We all carry pain.

**Ending generational trauma is about consciousness, grace, + having compassion for mothers who have raised children in a world with almost no emotional awareness.**



## What belief did you inherit from your mother?

kick start 2022 with the right mindset

Starting off the New Year 2022

with the right mindset.

Tips to make the best of health, mind &

spirit for one-own self and family or loved ones.

Proven methods

to achieve desired goals.

**Lynn Steiner helps woman at midlife with poor self image to get their healthy mind and body back & rock the second half.**





## **Goddesses required for Women's 12 month Circle**

This is the space for you if you are ready to breakthrough the blocks holding you back, and reclaim your sensuality.

- Through our senses. Your senses are your connection.
- What I teach inside The Gut Academy Create is unlike anything you've experienced before, and I break down so many complex topics into a simple and effective way that will allow you to learn to feel again!
- Learn how to become a woman who is turned on by being herself.

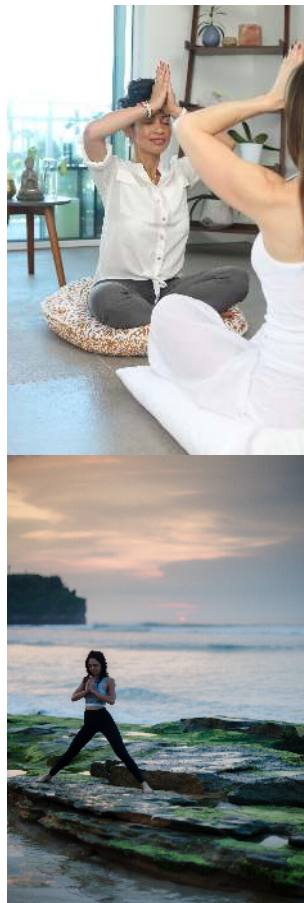
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A woman who takes pleasure in her senses, who takes pleasure in her body and life.

A woman who puts her pleasure first. A woman who is erotic, powerful and fierce. Let's  
CREATE her together!

## **It's never too late to CREATE**

[JUMP ON THE WAIT LIST FOR JANUARY 2022](#)



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