



SUN IN PISCES 2022
FEB 20 - MAR 20

COSMIC SELF-CARE

Kinesiology-tested Messages
for Spiritual Nourishment





WELCOME JOURNEYER!

This is a self-care guide with a twist.

I'm Belinda Morris,
the founder of Essence Radiance and
a recovering Self-Care Saboteur.

When healing from chronic illness and navigating an entire life and career change I was often desperate for guidance. I'm talking desperate. I would literally grab the metaphorical megaphone and call out to the Universe to 'throw me a bone!'.

You see, I was only just starting to trust my body, my intuition and my inner wisdom. So most of the time I felt like I was flying blind. And when I sought 'self-help', I'd get the usual...'get sleep', 'get exercise' and 'eat leafy greens'. Undeniably helpful advice, but excuse my language, it was all 'No Shit Sherlock' stuff.

Kinesiology, a powerful modality that enables you to tap into your subconscious mind and the wisdom of your body, was a life saver for me. I mean, literally, the answer to any question? Inside you. With VIP 24/7 access? WTF? Ahhmaazzzing.

I've been helping clients access their amazing inner database for well over a decade now and it continues to blow my mind. During this time I've discovered a talent for Kinesiology-testing client's databases from a distance (sometimes without even knowing them!) and also for testing from the collective database or the 'field.' I also became aware of how much astrology and the cycles of nature determined the themes of spiritual growth and expansion for all of us.

While I'm passionate about helping people become self-sufficient in tapping into their own wisdom, I also completely understand that sometimes you just need the Universe to throw you a bone. An insight that delivers you a 'heads-up' or an 'a-ha' moment of clarity that can save you the needless head f*cks.

So here it is, in curiosity, clarity and compassion and from the bottom of my loving heart, please accept this bone...

xxBelinda

P.S. Cosmic Self-Care is released every New Moon!



www.essenceradiance.com



Negative attachments...
If you really want to
remove a cloud from
your life, you do not
make a big production
out of it, you just relax
and remove it from your
thinking. That's all there
is to it.

-

Richard Bach, *Illusions: The Adventures
of a Reluctant Messiah*

W E L C O M E T O
P I S C E S S E A S O N

T H E S T A R S S A Y . . .



THIS MONTH,
THE THEME FOR YOUR
SPIRITUAL EXPANSION IS:

**R E S P O N D I N G
C O N S T R U C T I V E L Y T O M Y
O W N N E E D S & F E E L I N G S**

- Accepting that your sensitivity is your superpower.
- Dealing with your emotional intensity and psychic sensitivities without feeling overwhelmed and traumatised or going numb and escaping.
- Where do I go if I let go? Allowing yourself to dive deeper into the intensities of your emotions so that you can transcend pain, broaden your perspective and ultimately expand your consciousness.

PANSY



THIS MONTH,
THE TASK FOR YOUR SPIRITUAL
EXPANSION IS:

*ATTUNE TO A
VIBRATION THAT
ALLOWS DIVINE
INSPIRATION TO
FLOW THROUGH*

- Take whatever action you need to - create time, a space, or a practice, that enables you to receive divinely inspired ideas.
- What can you focus on that helps you attune to high vibes? Nature, music, art etc.

YOUR INNER CHILD MESSAGE

Let me cry my tears and process my emotions. The more you let me, the more quickly I regain my peace and power.

I don't want to carry the pain of others anymore.



WALK YOUR PATH OF PURPOSE

Create the space for your dreams and desires to fill. Do this and you will begin to receive direction and wisdom.

Acceptance of myself creates empowered change.

QUESTIONS TO MYSELF

Where do I need to accept and let go so that I can grow and move on?

Which habitual responses to my own needs and emotions do I need to release? What's the new approach?



T H E D O W N L O A D . . .



THIS MONTH, THE A-HA MOMENT WILL COME FROM:

FINDING FLOW IN FORGIVENESS, APPLIED TO SELF & OTHERS EQUALLY

- Sometimes you try SO hard to accept another person or situation. You know the importance of 'forgiveness' for your health and wellbeing. You also know in your Heart that compassion is the 'right' way to feel.
- But no matter how hard you try, you just can't seem to find that sense of acceptance, peace or ease for them or the situation. It frustrates you and you can't move forward.
- In the rush to accept and forgive others, you can forget to accept and forgive your self. You forget to *process your feelings* about the situation.
- The block to forward movement and flow is a lack of fairness in your attitude of compassion, it must be applied equally to all involved.
- Things move forward when you accept all completely. When you process the emotions that require your compassion. There is flow in forgiveness.

T H A N K - Y O U



Make your self-care *second nature*

MORE SELF-CARE &
LIFE-PURPOSE
RESOURCES
AVAILABLE AT:

[ESSENCERADIANCE.COM](https://www.essenceradiance.com)

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