



Wonderful Juicy Wise Women - Sometimes Fabulously Flawed

with Maggie Dent

Women are juicy and complex and often in their journey through life they lose themselves in the many roles they play. Wife/partner/boss/mother/daughter/client/friend/helper/carer...

Women have been conditioned, consciously or unconsciously, through our slowly disintegrating male dominated world to place themselves last in the order of importance.

This often creates deep-seated, often unacknowledged resentment and frustration, and energetically this blocks or limits our ability to love freely and openly. There is also a significant distrust and envy between

women that keeps us from forming or keeping connected relationships. We do bitch and criticise and whinge... even about our friends and family, those closest to us.

All of these are behaviours from our mask or our ego and as such are not a true reflection of our authentic selves. When women have a chance in a safe, caring environment to put down their masks and to explore their unexpressed feelings, fears and concerns they can create a whole new way of seeing, believing and feeling.

A supportive sisterhood has enormous power.

A strong healthy circle of 'aunties' is a protective factor for our girls.

Helping each other to cope with this strange thing called life with the good, the bad and the totally ugly while holding a safe place when things get tough will enable more women to stay wonderful, juicy and wise.

— Maggie Dent

Taming the Inner Saboteur

$$E + R = O$$

(Event + Response = Outcome)

You choose how to react. No-one else can make you feel anything without your permission.

(Take a look at Jack Canfield's work to read more about his formula for success.)

Map of the Personality



This symbolic map of the personality is adapted from John C. Pierrakos. Sometimes when we communicate we think we are being honest, when in reality we are speaking from our mask. We have to acknowledge that we have all levels of our personality and that sometimes we can feel disconnected from our spirit. The voice of your spirit is much quieter than the voice of your ego. Sometimes your spirit will try to communicate to you silently through your senses or your feelings. ALWAYS listen to your senses and your gut feelings.... Check experiences and choices with your spirit. IT KNOWS YOU BEST. Trust yourself.

Steps to Personal Fulfilment

Everybody knows:

You can't be all things to all people

You can't do all things at once

You can't do things equally well

You can't do all things better than everyone else — your humanity is showing, just like everyone else.

So:

You have to find out who you are and be that

You have to decide what comes first and do that

You have to discover your strengths and use them

You have to learn not to compete with other — because no one else is in the business of 'being you'.

Then:

You would have learned to accept your own uniqueness

You would have learned to set priorities and make decisions

You would have learned to live with your limitations

You would have learned to give yourself the respect that is due — and you will be a most vital mortal.

Dare to believe:

That you are a wonderful unique person

That you are a one in all history event

That it is more than a right, it is your duty to be who you are

That life is not a problem to solve, but a gift to cherish

You will be able to stay on top of what used to get you down — and achieve the impossible.

Truth letter exercise

Sometimes we can resolve issues with people by writing an honest letter to them ... sometimes we do not even need to give them the letter, but the mere process of acknowledging what troubles you is enough to resolve it inside yourself.

Here is a template to guide you through this.

Dear ...

I am writing this letter to release my resentment and negative emotions and to discover and express any positive feelings that I might have towards you.

Anger

I don't like...

I feel angry...

I hate it when...

I can't stand...

I resent...

Hurt

It hurt me when...

I feel hurt that...

I feel disappointed about...

I feel sad when...

I feel awful about...

Fear

I'm afraid that...

I feel scared when...

I'm afraid...

I get afraid of you when...

Remorse, regret, accountability

I'm sorry that...

Please forgive me for...

I'm sorry for...

I didn't mean to...

Wants

All I ever wanted...

I want you to...

I want...

I deserve...

Love, compassion, forgiveness, appreciation

I understand that...

I appreciate...

I love you because ...

Thank you for ...

I forgive you for...

I love you when...

Adapted from 1997 Self Esteem Seminars, Santa Barbara, USA

Letter to someone special in my life

I am writing this to show you how valuable you are in my life. Firstly I want to list five things that I love about you:

1.
2.
3.
4.
5.

Then I want to tell you about something I will always remember about you – a memory that I want you to know that I have that is kept where I keep special memories.

.....
.....
.....
.....

I also want to thank you for:

.....
.....
.....
.....

You really matter in my life and I want you to know that if you ever need a safe person to be a friend or to share a heavy load, think of me.

And finally ...

.....
.....
.....
.....

Yours,

Date

Maggie Dent
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