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Reclaiming Feminine Confidence - Video 3 Journey to Wholeness

***A Complimentary Video Series for Women Over 50 Ready to Re-ignite
Their Vibrancy, Passion for Life and Magnetic Attraction***

Hello! Welcome to video 3 of Reclaiming Feminine Confidence.

If you're just joining me, first of all, WELCOME! It's really a pleasure to be able to share my OVER 70 years of feminine wisdom with you.

In video 1 I shared the #1 reason why women over 50 can find ourselves losing confidence and even giving up on our desires!

I also revealed exactly why the old stereotypes about older women losing our libidos is completely false ... and what you can do if you don't want to find yourself relegated to being an "over-the-hill granny"!

In video 2, I shared some facts about women, aging, and confidence. The studies make it painfully clear that it's time for us to reclaim what WE want for the 2nd half of our lives!

I also shared exactly what some women are doing to explode the myth that says we're running out of steam if we're over 50 and female ... and how they're living instead in their inspired, creative prime of life!

Now, let's dive into what will be the most powerful part of this series for you ...

Reconnecting with the CORE of your feminine self – A Sacred Journey

And the way we're going to begin today is not through more information ... there's enough "talk therapy" in the world already!

Instead, we're going to start by going on a journey together.

You can think of this as a few minutes of care you give to yourself.

And all you need to do – right now – is close your eyes for a moment and start with a deep breath...

This is a time to tune into YOU...

It's a time FOR you, so be sure you have the space to give this to yourself...

Now, with your eyes closed, take another breath, breathing into your belly as if you are filling it with warm light...

Stay with this as you slow and deepen your breath...

And if you find your mind jumping about, that's okay...

Simply invite the busy thoughts to follow your slow, deep breaths...

Now, take a moment to Imagine yourself walking down a street... the sun is shining, the temperature is perfect, and you're feeling like you did at a time in your life when you were full of energy ... and you felt very, very free.

Free of concerns about your future ...

Free of concerns about your relationships ...

Free of concerns about how you look, or your health, or any of the worries that may lay heavy in your heart now ...

You're walking down the street in your mind's eye, and you're feeling a sense of freedom that puts a lift in your step ...

Let your breath take you there, even if it's just in your imagination ...

Now, as you walk, warmed by the sun, brightened by the day and your sense of freedom from within, you walk past windows that reflect your image ...

Notice how you feel as you stride along ...

Do you feel good when your reflection looks back at you? Do you feel neutral?

Do you feel that sense of confidence and freedom still?

Or ... are you in any way halted by your reflection?

Just notice ...

Now, I want you to simply allow whatever you're feeling to be there. To just notice and do not resist whatever is arising for you about your self-image in the window ...

And as you do, as you witness YOU in your mind's eye – both the reflection and the feelings it brings forth ...

I want you to smile ... even if you don't quite feel like it right now ... and even if you do

And let that smile be an act of self-acceptance and self-love ...

Let your smile be the representation of love that you willfully choose ... right now ... to pour into yourself ... loving self acceptance for all of it ... how you look, how you feel, all you've been and done in life ... and even, how you feel right now about how you look

Let your smile be your LOVE UNCONDITIONAL for you ...

Whatever you see ... however you feel ... pour love into it ... into YOU ...

And breathe into this.

If there are tears, let them come ...

If there's laughter, let it come ...

If there's a stirring of desire in your belly ... let it stir ...

All of it ... you ... blessed, beloved by the divine within ... you.

And now take another breath ...

And now, from this place of greater self-acceptance, this slight shift ... I want you to see yourself smiling and getting chills all over, because you love that woman you see reflected in those shop windows ...

Imagine that your first thoughts are positive and approving, rather than critical and disapproving! Your whole body and all of its senses can smile at the change in you!

And again, take another breath ...

And when you're ready, you can open your eyes ...

Welcome back :-)

The Healing Power of Self-Love

Now, this journey of self-acceptance can trigger a LOT of emotion for us. I totally understand. After all, self-acceptance - of our entire perfect-imperfect selves! - is NOT encouraged anywhere in society. In fact, we've confused egoic self-importance with healthy self-love for so long, it's no wonder there's so many unhappy people!

I've taken many, many women on self-acceptance journeys and I can tell you this: No matter who you are, what your age, your dress size or your relationships status ... this IS the key to a more fulfilling life on all levels.

It's at the core of reclaiming your feminine confidence.

If you would like to dive more deeply into unearthing the core of your JOY, your PASSION, your VITALITY, and your TRUE BEAUTY, I would like to offer you some ways to work with me personally.

I also offer Private 3-Day Immersions in Panama City, Panama as well as zoom coaching sessions. If you would like to connect with me directly, please apply for a **FREE Discovery Session here.**

With great love and respect, Caroline