

DIVINE DIVA DETOX VIRTUAL RETREAT

Your Divine Diva Commitment

"Illuminated emancipation, freedom, unalloyed and untainted bliss await you, but you have to choose to embark on the Inward Journey to discover it." ~ B.K.S. Iyengar

There is never a perfect time . . . so jump in NOW with your full being!

Remember, this moment is all you really have!

This is your commitment to yourself to be the “creatress” of your own life, health and happiness. Embrace the power that is inherent within you.

The only reason you may be questioning this power or disbelieving of it’s existence is because you are resisting or dis-allowing what you truly desire. I know this sounds crazy, but just about everyone does it.

This program is about cultivating awareness, releasing resistance and stepping into YOUR flow . . . Enjoy!

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The following commitment statements are designed to inspire your self-commitment. As you initial each one, breathe deeply and allow.

\_\_\_\_ YES! I commit to myself fully and vow to engage with full awareness as I step into this inner journey.

\_\_\_\_ I commit to staying true to what GENUINELY feels good.

\_\_\_\_ I commit to participating daily in this short time we have together, to

\_\_\_\_ I commit to allowing myself to shift and transform in a way that supports my highest self, my Divine Diva, and benefits all those around me.

\_\_\_\_ I commit to appreciating and using the abundant resources that are available to me.

Now, create your own commitment statement. What inspired daily action can you take over the next 21 days that we have together to remember and root this commitment (journaling, creating sacred space, connecting to your breath, etc.)?

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## Commitment Chakra

Your commitment lives in your 3<sup>rd</sup> chakra, your solar plexus. We will work on empowering this energy center in the program. If your self-commitment feels weak, pay close attention to this work.

As you solidify your personal commitment, try breathing deeply into your solar plexus and belly. Allow your breath to penetrate any blocks or resistance, and awaken any stuck or sleeping energy.

## The Divine Diva Vow

You will hear me use this a lot, so here it is in written form. You may want to copy it into your journal, print it and post around your house, on your desk, etc. Feel free to make it your own, don't feel you have to use my words.

*"I vow to awaken, love, nourish and respect my highest self for the my own benefit and the benefit of all beings everywhere. I appreciate the immeasurable value of this awakening, and know it is possible here and now . . . Regardless of any and all arising conditions."*



*Namaste*

*"Gather all courage and take the jump.  
Even the dewdrop slipping from a lotus leaf trembles  
for a moment, tries to hang on a little more,  
because he can see the ocean below...  
and once he has fallen from the lotus leaf he is gone.*

*Yes, in a way "you" will not be; just as a dewdrop  
dissolves into the ocean, you will be gone.  
But it is not a loss. You will be oceanic.  
And all other oceans are limited.  
Only the ocean of existence is unlimited." ~Osho*