



🌿 Honoring Self-Love & Inner Harmony 🌿

Happy February! This month, we celebrate the essence of **Self-Love and Inner Harmony**—a time to nurture yourself, embrace your authenticity, and align with the rhythms of your heart.

💖 How can you deepen your self-love practice this month? 💖

Here are a few simple but powerful ways:

- 🌟 Speak to yourself with kindness and compassion.
- 🌟 Take time for nourishing rituals—meditation, movement, or mindful rest.
- 🌟 Set boundaries that honor your energy and well-being.
- 🌟 Connect with a supportive community that uplifts and inspires you.

Upcoming Events: Honoring Self-Love in February

Our community is coming together to offer transformative experiences this month, led by our **highly skilled and gifted practitioners**. Each of these events is designed to guide you back to your heart, deepen your connection with yourself, and nurture your soul.

🌸 Workshop: How to Self-Love ~ Divine Feminine Emergence

Step into the radiant energy of the Divine Feminine and rediscover your sacred power. This workshop is a journey of self-love, healing, and inner awakening.

🥁 DRUMeditation

Immerse yourself in the rhythmic vibrations of the drum as you enter a meditative state of peace and clarity. This practice will help you release stress, reconnect with your essence, and ground into self-love.

🤝 Open Reiki Circle

Experience the healing power of Reiki in a group setting. Whether you're new to Reiki or a seasoned practitioner, this circle offers a space to receive, restore, and realign with love.

🌟 [Visit our homepage here to learn more or register.](#) 🌟

🌕 Full Moon in Leo – Today!

Today's **Full Moon in Leo** invites you to **release old beliefs and step into your power**. This fiery energy encourages bold self-expression, confidence, and heart-centered action.

🌕 Full Moon Ritual Ideas:

- 🌕 Write down limiting beliefs and release them through fire, water, or earth rituals.
- 🌕 Dance, move, or express yourself in a way that feels liberating.
- 🌕 Journal on what it means to fully stand in your power.

Let this Full Moon be a turning point—a moment where you embrace your worth, your light, and the magnificence of who you truly are.

Thank you for being part of **The Collective Journey**. May this month bring you deeper love, inner peace, and the courage to shine your light unapologetically.

With love & gratitude,

Daphne

The Collective Journey



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