



Dear Justine

This month, we're exploring what it truly means to **break through barriers**—the limiting beliefs, emotional patterns, and fear-based narratives that quietly shape our lives until we decide to set ourselves free.

These internal blocks often form early—woven from conditioning, wounds, and survival responses. And yet, they're not permanent. With awareness, intention, and the right support, they can become stepping stones to our greatest breakthroughs.

Whether you're just beginning your healing journey or you've been walking this path for years, know this: every layer you peel back is a sacred act of reclamation. Each time you choose to see, feel, and shift—you rise.

Tools for Transformation

Breaking free doesn't happen through willpower alone. It asks for sacred devotion, supportive tools, and a community that sees and believes in you. Here are three reminders to carry with you:

- 1. Limiting beliefs are learned, not truth.**
Our minds love stories—but not all of them are ours. Ask yourself: *Where did this belief come from? Is it even mine? Does it serve who I am becoming?* The moment you start to question, you begin to untangle.
- 2. Patterns repeat until we shift them.**
The same situations and feelings will show up until we meet them with new awareness. Instead of judging the cycle, pause. Breathe. Get curious. That shift in perspective is the opening for change.
- 3. Courage grows in community.**
You were never meant to do this alone. Real growth happens in spaces where you feel safe, supported, and seen. Let yourself be held. Let others remind you of your strength when you forget.

Embodiment Practice: *Breaking Through the Wall Within*

This 10-minute practice is designed to help you connect to your body, move stagnant energy, and begin releasing the internal barriers that no longer serve you.

What you'll need:
A quiet space, your journal, and an open heart.

Step 1: Ground & Breathe (2 minutes)
Stand with feet hip-width apart. Close your eyes. Inhale deeply through your nose, exhale through your mouth with sound. Feel your feet rooting into the Earth. With each breath, imagine releasing tension from your body—shoulders, jaw, belly.

Step 2: Locate the Barrier (2–3 minutes)
Place your hand on your heart or belly and ask:
Where in my body do I feel resistance right now?
What am I afraid of stepping into or letting go of?
No need to solve it—just notice. Breathe into that space.

Step 3: Move It Through (3–4 minutes)
Begin to move your body intuitively. Shake your hands, roll your shoulders, sway your hips. If a sound wants to come out—let it. If tears rise—let them fall. Your only job is to keep breathing and moving.

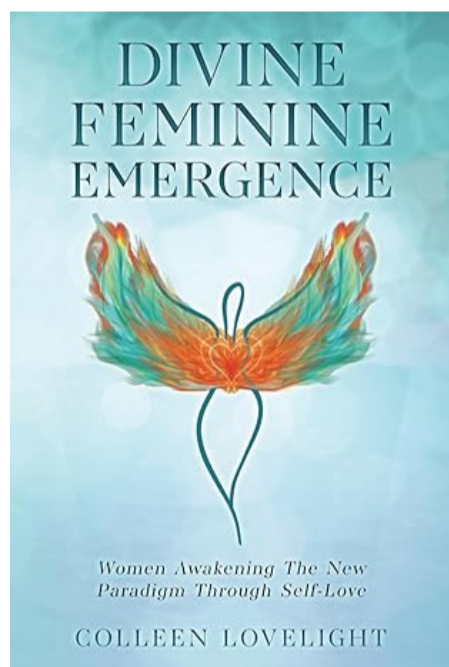
Step 4: Reclaim & Anchor (2 minutes)
Pause. Place your hand on your heart. Say aloud (or silently):
I choose to release what no longer serves me.
I am ready to break through.
Feel the strength of your body—alive, capable, free.

Optional Journal Prompt:
What belief or pattern am I ready to release? What am I making space for in its place?

Practitioner Feature: Colleen Kutcher Ofsanik

Founder of The Lovelight Connection | Author | Healer | Divine Feminine Guide
[Buy her book *Divine Feminine Emergence* →](#)

In just 6 months, Colleen has sold over 200 copies of her powerful book, *Divine Feminine Emergence*, helping women around the world reclaim their inner light.



With over 25 years of heart-centered leadership, Colleen is a multi-certified practitioner, empowerment coach, and former Healing Center Director. Her offerings blend healing, education, and deep spiritual guidance to support women in awakening their Divine Feminine power.

- Her work includes:
- One-on-one empowerment coaching
 - Energy healing and shadow work
 - Intuitive channeling and craniosacral therapy
 - Leading wisdom circles and sacred mentorship

Colleen's mission is rooted in one truth: **Real transformation begins with self-love.**




She reminds us, *"Lovelight is the fuel that keeps our hearts radiant. It must begin within."*

Learn more at: [The Lovelight Connection](#)

Featured Event: Summer Solstice Firewalk

An evening of courage, connection, and sacred celebration
Thursday, June 20 | 📅 6:30–10:00 PM | 📍 Riverwoods, IL
[Reserve your spot](#)

This Solstice, step into your power and walk the coals of transformation. Co-hosted by Daphne Paras and Kai Cox, this unforgettable night includes sacred ritual, embodiment practices, and the most empowering firewalk ritual yet.

-  Break through fear
-  Awaken your inner fire
-  Realign with your truth






Whether this is your first firewalk or your tenth, this is your moment to rise.



Stay Connected with The Collective Journey

We're honored to walk this sacred path with you—uplifting, supporting, and inspiring one another every step of the way.

To continue growing together, we'd love for you to stay connected with us through our online spaces:

-  Discover new events, meet incredible local practitioners, and explore meaningful tools to support your journey.
- Follow us on social media:**
 -  Facebook: [facebook.com/thecollectivejourney](#)
 -  Instagram: [instagram.com/thecollectivejourney25](#)
 -  Meetup: [meetup.com/the-collective-journey](#)
- Explore more:**
Visit our homepage to browse upcoming events, discover local practitioners, and find your next step on the journey:
 -  [www.thecollectivejourney.org](#)

Feel free to share this with your community, and keep an eye out for more events, practitioner spotlights, and spiritual tools coming your way.

Thank you for being part of *The Collective Journey*. Keep breaking through—because your light was never meant to be dimmed.

With love,

Daphne + The Collective Journey Team



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