



MAŁGOSIA STANISŁAWSKI

CONTENTS
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ONLY

*From the creator of
Chocolate Strawberries Champagne
empowerment series*

WORTHY

**YOUR EXCLUSIVE GUIDE TO PROGRAMMING YOURSELF
BACK TO SELF LOVE AND LIVING YOUR BEST LIFE.**

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WORTHY

YOUR EXCLUSIVE GUIDE TO PROGRAMMING
YOURSELF BACK TO SELF LOVE AND
LIVING YOUR BEST LIFE

MALGOSIA STANISLAWSKI

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For my Mommy...

And my beloved Grandma who looks upon me from Heaven

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SECTION 1

WORTHINESS AND
SELF-ACCEPTANCE

"To be irreplaceable, one must be different."

Coco Chanel

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THE SECRET

My father left me when I was a little girl. He fell in love with another woman, divorced my mom and started a new family. As a result of this situation I was abandoned by a person who had a formative role in my development. This situation shaped me and influenced how I perceived everything around me for many years to come.

Of course we don't understand what's really happening when we are little children. Maybe in our innocence we do comprehend even more than we realize. We clearly recognize how we feel. That's more than enough to know and distinguish between what's right and what's wrong. Our little hearts know. Our feelings are perfect indicators of our internal state. The impact of unclear, confusing, or traumatic events from your childhood will be carried in your cells and stop you from accepting yourself as a worthy, brilliant, and capable woman. This will influence each important decision you make throughout your life – unless you rewrite the story.

If you are one of the children who experienced watching your parents get divorced, you understand the disturbance it causes. The parts that are the most painful and damaging are invisible to the outside observer. However, the inner world of that child is completely shaken and destroyed with fear and confusion. The sense of safety is gone. Subconsciously, the abandoned child takes the blame and thinks that she's not good enough to be loved – even by her parent, who is supposed to love her the most in the world, protect her, hug her, and tell her how wonderful, clever, and beautiful she is.

It's all confusing to the inexperienced heart of a little child. It creates tall gates around her heart and a lifelong pathway of red flags and lack of trust in the sincerity of other people. It creates a sense of unworthiness, not being enough, and low self-esteem.

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The good news is you can remove the scar of unworthiness from your heart.

I invite you to open yourself up to inner work and then make a commitment to never stop. Yes, it's an ongoing practice of inquiry and reframing beliefs that don't serve you in life and block you from reaching for your heart's dreams. This is a process of healing and it starts with your decision. It takes work, practice, and commitment, but it's so rewarding! You need to reprogram your subconscious mind with positive beliefs that will help support your journey and allow you to create your dream life.

Remember that nobody will be able to abandon you if you don't abandon yourself. You hold the key to unlocking your magic. Always.

Your goal is to learn how to accept and love yourself no matter what. You need to learn how to befriend yourself to the point of knowing you always have your own back. That is the secret. All the pieces fall into place when you start feeling worthy, accept yourself, and pour love into your cup first.

I'll teach you how.

So let's rewrite your story and create a fairytale, shall we?

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Love Note...

What It Means to Feel Worthy

"I'm worthy" conveys your belief that you trust life and feel you are enough and safe in your body to follow your desire to be who you want to be in this lifetime.

You feel deserving of your dreams.

You recognize your purpose.

Reflect on these questions:

If you knew you could have anything you want, what would it truly be?

If you knew you could do whatever you want, what would it be?

If you knew you could be whoever you want to be, then what would your identity be?

Then ask yourself why.

Love,

M. 

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EMPTINESS

Outside things will never be able to define you.

Yes, they can be a temporary fix and a fast-lived high, but the truth is this is not real “enough-ness.” Filling the void you feel inside with material items is not a solution. This doesn’t fix anything and it’s not sustainable.

Remember, things are just things. They are items, possessions. They don’t have a Soul. They are disposable...and your worthiness is deeper than “things.” What you have around you doesn’t ultimately define or prove your worth. The feeling of worthiness is something that’s created on the inside.

You need to accept yourself to feel worthy.

If you feel unworthy, you won’t be able to manifest and receive what you want with ease.

You will feel like you want something on a superficial level, but subconsciously you believe that you are unworthy of what you desire. That energy will block the flow of magic you probably

crave from life. Don't be mistaken, though – all of it will be available, but as a hardship and something you won't see as possible for YOU.

Feeling unworthy completely alters your perception.

It's like your heart would say "I want this" and your ego would say "I don't deserve this."

The flow of magic is blocked. You have an inner conflict. Can you see that?

Worthiness at its core is this:

You exist, so you are worthy. Worthy of joy, love, money, everything you want. From the spiritual point we know that God, Creator, Higher Power does not create spare people. Everybody has a purpose and lessons to learn in this lifetime. Your Soul is on a journey.

Heart and Soul Reflections...

Your thinking mind will always try to justify your worthiness and enough-ness. Therefore, I encourage you to do this exercise:

What if you played a game of "I am worthy because..."

Fill out a page in your journal starting each sentence with "I am worthy because..." and focus on all the positive aspects of your identity that come to mind. Nothing is too small.

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THE DANCE BETWEEN FEMININE AND MASCULINE ENERGIES

The first time I learned about the energies of feminine and masculine it left me really baffled. I knew I looked feminine but then I felt like my dominant energy was masculine.

What surprised me even more was the fact that even after I had self-identified with the masculine as my dominant energy, I hit a wall and was more confused than before.

It turned out to be just the beginning of the excavation process that I was about to embark on.

I remember the time when I flew to LA for a VIP event and met with some of my friends who are also coaches, leaders, and alternative medicine healers. We went to the beach and started talking openly about what drew us to each other, and my friend told me that she just loves my feminine energy. I was confused.

The next day, at the hotel I was staying in, I met a woman who told me she was a witch. A good modern witch, a healer. She came to LA not knowing anyone at the event, so I invited her to hang out with me and a couple of my friends. Later that day, she shared with me one of the most beautiful observations about myself. She told me I have a very welcoming feminine energy, something she wants to invite more of into her own life. Ironically this was all happening around the time I defined my dominant energy as masculine and was studying it deeper to understand this part of my identity. Needless to say, this is how life is. It mirrors back to you your dominant thoughts.

We are forming opinions all the time. The opinion you have about who you are is the most important one of them all. You are the voice in your head. Of course, there's nothing wrong with me being in more masculine or more feminine energy. It doesn't matter. What matters is the observation and the fact that I learned another life lesson from all of this. Our opinions are subjective and we filter our observations and explorations of the world around us through this unique lens of our personal understanding of how it works. It's quick, it's spontaneous. You look at someone and immediately the first impression is made. We live and perceive the world through our default beliefs.

Masculine energy is the energy of control and perfectionism. It's the energy of organizing things – like making lists, for example – and analyzing data on hand. It's when we use more

of our logical thinking and are afraid to trust our hearts. It's dictating how to put things in a certain order and commanding others to do as you say. You could be talking to your spouse, your children, co-workers, and friends in this way. Masculine energy represents being a director instead of being a muse.

So, let's clarify some things.

Not being in control is not equivalent to not being respected. I know many women have an issue with that and want to control everything around them because they crave respect and importance.

If this is you, there's nothing wrong with you. This behavior stems from the deep core desire to feel safe. That's the only way we know how to feel empowered – by controlling our environment in hopes of minimizing any risk of failure or harm. We assume and predict all the future steps, completely removing the element of playfulness and wonder.

A balanced and harmonious life is like a dance between feminine and masculine energies in you. Let me explain this.

I love being taken care of, protected, loved, appreciated, adored, cherished, and complimented, but to be able to fully receive that from my partner, I need to feel safe to be my authentic self. I need to feel worthy, fully accept myself, and love the most authentic version of who I am. Then I can bloom and blossom into anything I want. I like to be treated like a lady, the Queen and *goddess* that I am.

The need to control people and things around us is a very masculine energy and is frequently associated with physically doing things. This is not the best scenario for a true feminine woman who is magnetic. We simply thrive when we allow ourselves to live from pleasure and desire. This permission gives us access to our *divine* power of living.

What does that mean?

We can live our purpose and full potential with fun, ease, and playfulness while impacting everything around us and changing the world for the better. The embodiment of feminine energy is love, nourishment, and softness, and a woman who represents that is truly magnetic. Being around her feels healing and empowering to the masculine man. She, and her energy that represents who she is at her core, activates his power. If the man is in his healthy masculine energy he treats his woman as the *goddess* and the Queen that she is. There is this undeniable magic that happens when two Souls complement each other, and their powers are equally strong but come from their own very unique zones of genius.

Women who choose to be in their feminine energy more are ok with leaning back, being more relaxed, and trusting the flow of life. This is still a form of control, but it's a subtler and much softer lead. You control by choosing your thoughts, which then create your feelings. By all means you're still gently influencing the outcome, and because of that you are controlling.

Not all things are as black and white as we often portray them. It's all fluid and beautiful, and those who are open in their minds and hearts are always great companions for transformational discussions.

There are layers and layers

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