

# CREATIVE CODES

TODAY'S GLOBAL  
VISIONARIES UNLOCK THE  
SYSTEMS TO FINANCIAL,  
PERSONAL, AND  
PROFESSIONAL ABUNDANCE

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# A NOTE FROM RAE:

READ THIS GUIDEBOOK LIKE THE LYRICS TO YOUR FAVORITE SONG

TRY THE CODES OUT LIKE YOU PUTTING ON YOUR NEW OUTFIT /  
COSTUME FOR A NIGHT OUT WITH THE GIRLS

TASTE THE CHANGES THAT HAPPEN IN YOUR BODY LIKE YOUR  
SAMPELING A PLATE OF DESSERTS

LISTEN WITH THE SOFTNESS OF A NEWBORN BABY LISTENING TO  
THE BIRDS

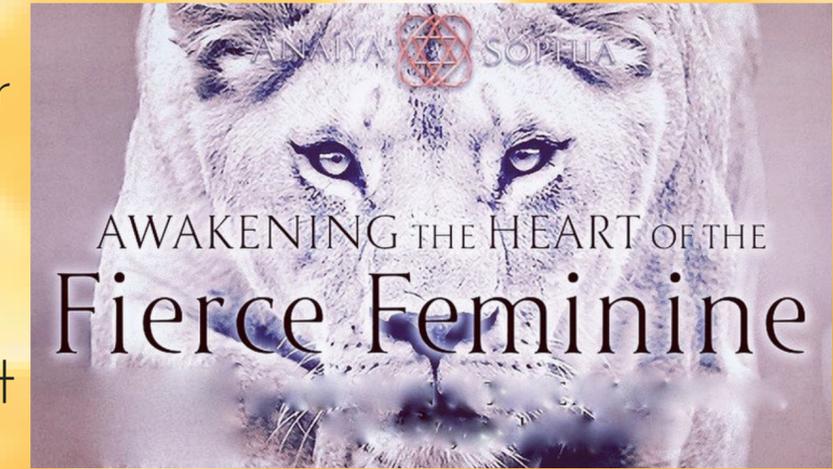
LOVE YOURSELF LIKE THE BEST LOVER YOU'VE EVER HAD

YOU DESERVE IT ALL, QUEEN.

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## On Her Terms By: Anaiya Sophia

My code to creating an abundant life is to accept an urgent quest that has been waiting a very long time. Every single one of us has a piece of the puzzle that must be contributed to the community we are part of. In order to do that, I suspect we will have to reach beyond our comfort zone into the unknown and pull through a new level of consciousness that we sense in our gut as our own. She is wanting to speak to the World. No one person can do this on Her behalf, yet we can make our own particular sound. The more we utter Her sounds, the quicker Her transmission can form. Her voice will not be spoken through a human language, nor can it be written or read. Perhaps, what I am sensing is a frequency of harmonic aliveness that mirrors Her own. A new way of being here that not only bestows peace on earth but takes us forward into another creation story - this time fully conscious and participating bravely. I sense in return, She graces us with a new method of communication, if only we could do away with the old. Not only does this new way open deeper and more mystical sections of the brain, but also the impulse to speak it.



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**Anaiya Sophia** is an independent mystic of an almost forgotten faith and a teacher of Kundalini Yoga. She carries an Oral Transmission from the Sacred Feminine Mysteries which she weaves into all her gatherings. This mystical tradition is a continuous lineage with the Feminine Principle that throughout the centuries has preserved its spiritual dignity, without need for permission or recognition from any other source. She is the author of six books, Sacred Relationships, Sacred Sexual Union, Womb Wisdom, The Rose Knight, Pilgrimage of Love and Open your heart with Kundalini Yoga. She is currently working on her next book: Fierce Feminine: One Woman's Quest to Find Her Authentic Voice.

## Anaiya's Gift: Fierce Feminine Transmission

<https://anaiyasophia.com/gnostic-mind/fierce-feminine> (password: unifyme)

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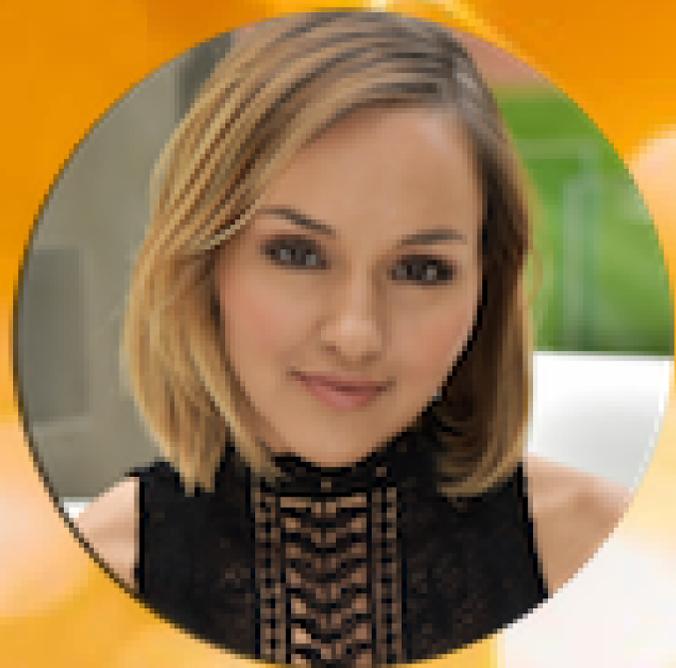
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# The Art of Manifesting Like a Goddess

By: Holly Zacchino

Perform a daily Goddess ritual to empower women to connect to their truth, breaks free from limiting beliefs, get clear on what they desire and how to truly feel their desire into being.

GODDESS YOGA®  
*international*



**Holly Zacchino** has a deep love for empowering women by re-connecting them to their sexuality. Holly owned her own yoga studio when she founded Goddess Yoga™, a unique, rebellious style of yoga that really activates dormant feminine power and creates huge transformation in women's lives. She teaches manifestation courses and also certifies women to teach the Goddess Yoga™ method. She is currently studying and getting certified as an Erotic Blueprint™ Coach to help men and women take their sexuality to the next level.

**Holly's Gift: Free Self Love Ritual - daily practice to manifest deep self love**

<https://goddessyogainternational.com/self-love-ritual-free-sale/>

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# 4 Things To Align Before You Manifest

By: Jessica Hadari



<https://youtu.be/DkJEW4r7M34>



<https://youtu.be/3BcoHlDedNQ>

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**Jessica Hadari** supports ambitious women trailblazers to lead with pleasure ... and mend the world with divinely guided rebellion. Just a few years ago Jessica was suffering from chronic pain and on food stamps, because of debilitating illness. She was guided to learn how to live a pleasure-guided life of radical self care, and to deeply nourish herself with divine guidance and better boundaries. Now she runs a successful business in the 6-Figures centered entirely around collaboration and showcasing the brilliance of women.

## Jessica's Gift: The Opulent Woman's Self Care Pleasure Package

Expand your capacity to truly Rest & Receive, so you can create more ... while doing less.

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email: [hadarij@gmail.com](mailto:hadarij@gmail.com)

facebook:  
<https://www.facebook.com/groups/rebelpriestesses/>  
instagram: [instagram.com/jessicahadari](https://www.instagram.com/jessicahadari)

# All or Nothing

by: Tara Barchalk

All or nothing. This approach to life has taught me to be direct, full of passionate energy, and determined. This is also one of my main approaches to abundance. When I first began my career as a yoga teacher, I was literally one in a (couple) million, trying to navigate my way through a sea of yoga teachers and I needed to stand out in order to make it. But I was willing to do something most people wouldn't to get me where I needed to be. I know "all or nothing" seems a bit cliché but it's actually a science, a formula you can follow that will lead to success and abundance, the only problem I see with this equation is when we doubt ourselves or give up.



**TERRAFLOW**  
y o g a

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**Tara Barchalk** is a world-traveler and yogini. She is E-RYT 500 certified and teaches eight different styles of yoga. In 2017 she opened the first Terra Flow Yoga Studio in Australia and continues to lead sold out retreats around the world. Her focus is around her community and giving back, in 2016 she launched her project ([www.TheRippleProject.com.au](http://www.TheRippleProject.com.au)) and through donations, sales, and events has made great impacts globally for causes she and her community believe in. Currently residing in Coffs Harbour, NSW Australia, she would love to meet you on your mat for a practice or for a cup of coffee to share stories, you're always welcomed to join the Terra Flow Yoga community.

## **Tara's Gift: Lessons of Abundance: All or Nothing.**

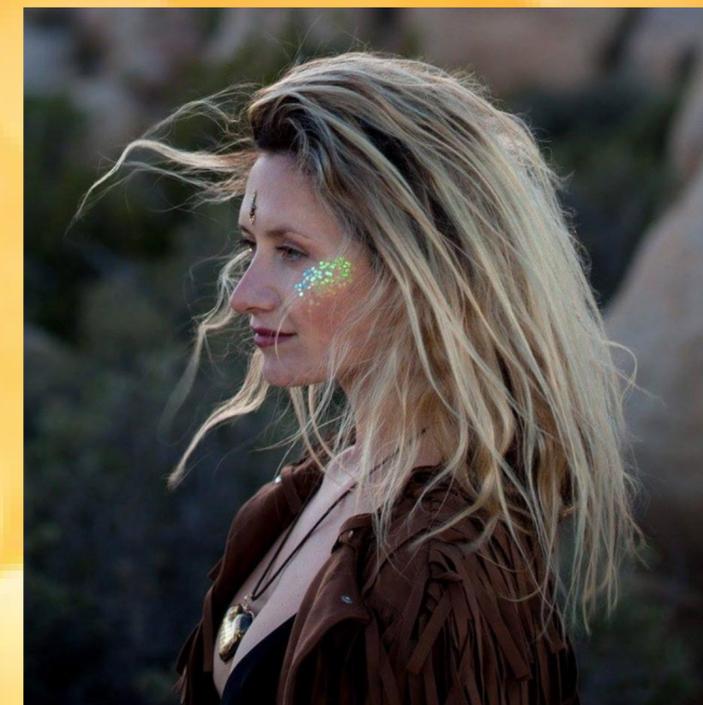
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instagram: [@terraflowyoga](https://instagram.com/terraflowyoga)

## Confidence by: Mariana Grace

My creative code is designed to run your brain for phenomenal success. This is an exceptionally simple but extraordinarily powerful code which has had phenomenal results for countless of my clients from all over the world. The root of so many modern problems—hoarding, depression, overeating, excessive drinking, compulsive shopping, financial difficulty—come right back to a need to fill the inner emptiness of not feeling “enough” with external things. As my mentor Marisa Peer says: The biggest disease affecting humanity is “I’m not enough”. So, set a reminder on your phone in the morning and evening every day with the message “I am enough.” This is a trick I have encouraged my clients to use since the very 1st day of my career as a Mind Architect. The repetition of this simple phrase over and over (both out loud and in your head) will eventually make it difficult for your mind to object to it. Write it down on your bathroom mirror, with a lipstick so that every morning when you brush your teeth you see yourself in the mirror through the 3 magic words “I am enough”. Write post-it messages around your house, on the fridge, in your office, in your bedroom, on your computer/phone screen saver “I am enough”. Even though you don’t feel rich enough, smart enough, thin enough, or successful enough when you program the words into your environment, slowly but surely you will begin to believe the powerful message itself. The more you tell yourself you are enough, the more you’ll believe it. It sounds so utterly simple—and it is—and all you need is the commitment to do it and the belief that it will work.

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**Mariana Grace** is a Mind Architect, helping you rewire your subconscious mind in your journey of healing and expansion towards health, freedom and bliss. Applying her varied background in hypnotherapy, transformational coaching, and business, she's here to support you in gracefully shifting to your best self to create your most fulfilled life by discovering your blocks and transforming them into your strengths and values. She is certified in Rapid Transformational Therapy - a powerful and efficient hypnotherapy methodology developed by Britain's Best Therapist, Marisa Peer and holds a Master's Degree in International People Management from the ESCE International Business School in Paris and the Manhattan Institute of Management in New York.

**Mariana's Gift: Confidence Hypnosis Reading**

<https://drive.google.com/file/d/0B3Ix4SZII9G00HB3aI9YdWI2aXZQcjFxdWJla29YR0htRXpJ/view?usp=sharing>

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instagram: [@marianagrace.lov](https://www.instagram.com/marianagrace.lov)

# Healing Mantras

by: Pina Tripodi

For me, abundance comes from learning that we have the power within us to create the life we desire. Using mantras has been a powerful tool in helping me start to attract abundance in my life and it started with shifting how I was speaking to myself.

I have always been very emotional and allowed myself to get swept up in the stories my mind was telling me. About a year

ago I realized just how much my self-doubt and lack of confidence was impacting my life and what I was settling for. I

felt weak and unsure, not trusting myself or feeling my inner power. So I started using mantras everyday to help re-wire my

brain by creating new belief systems to counteract those that

had been engrained in me for years.

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**Pina Tripodi** is a teacher, healer, and artist who has created Peaceful by Pina as a way to help others find peace in their lives. She has an education background, having been a middle school teacher for eight years, and uses her ability to connect with others and build relationships to bring people together. Pina has found a sense of peace through yoga, reiki and art, and is inspired by sharing these healing modalities with adults and children of all ages.

**Pina's Gift: FREE \*Distance Healing\* Mini Reiki Session**

**[calendly.com/peacefulbypina/creativecodegift](https://calendly.com/peacefulbypina/creativecodegift)**

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instagram: [@peacefulbypina](https://instagram.com/peacefulbypina)

**Sex Magic:**  
**Activation of Sensuality and Abundance**  
**by: Davia Frost**

Sex Magic is all about activating the powerful, sensual force within you that will allow you to create not only the mind blowing sex life, or the deep intimate connection with yourself or your partner, but also using the most potent energy in the ether to create a ritual of manifestation. The key is to have an intention that you want to attract with the use of harnessing sexual energy, and your orgasms. This can be done solo or partnered (of course two is strong that one, but that doesn't mean that you don't hold all the power you need to get exactly what you desire.



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**Davia Frost** sexpert and certified Sex & Intimacy Coach, originally from the Island of Jamaica, currently living in the Chicago area. Davia Frost is the founder and Owner of Frosted Pleasure, as well as Co Founder of Celebrate Sexpositive and Feast and Fantasy Events; which all offers sensual classes, lectures, retreats, education and coaching sessions worldwide. Her background includes BA in Human Sexuality, working with community health organizations, as well as being a member of the National Coalition for Sexual Health. She also teaches Pleasure Based Sex Education at Colleges and Universities around the country. Davia Frost also, takes a more Sacred Sexuality and pleasure based approach to her work, as well as incorporating the benefits of sensuality in our everyday lives.

**Davia's Gift: Sensual Nutrition Mastery Program Discount & Special Introductory 10 percent coupon for Frost Sensual Organics (July 2018)**

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instagram: [@frostedpleasure](https://instagram.com/@frostedpleasure)

# Abundance and Enchantment

by: Helene Wesslund

We are all immersed in constant abundance, all we have to do is to acknowledge it. To achieve personal abundance it is important to release all thoughts of lack, those are just old programs in the collective unconscious field. When we open our eyes to all the beauty around us and experience it with the sparkling feeling of enchantment, that is when we realize that all that matter is the abundance in this exact moment. When I allow myself to see everything and everyone around me through the eyes of love and enchantment I realize that all things emanate unconditional love and that every moment is filled with riches and juiciness. Because what ever happens, it happens for me, not to me. Whether it is a moment to enjoy or a moment to endure, it will bring me towards my goal in life. Being confident in that makes me walk my path as the Leading Lady of my life.



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**Helene Wesslund** is a Tarot Guide and Shakti Guide at [www.ShaktiflowByHel.com](http://www.ShaktiflowByHel.com), as well as a channel for the Divine Feminine. She is a trained witch but still got a wake-up call a year ago, when both her teenage children were caught using drugs. She then realized she had to embrace her dharma fully, by devoting her life to help women live in touch with their feminine power, their Shakti Flow.

**Helene's Gift: 12 day Online Immersion - An Introductory Course of the Shakti Flow Programs**

**[www.shaktiflowbyhel.com/free-12-days-flow](http://www.shaktiflowbyhel.com/free-12-days-flow)**

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## Your Creative Fire is Your Money Maker by: Devon Walz

The amount of money you bring in is correlated to the amount of genuine, heartfelt energy your work carries. Yes, you need practical systems to support what you're putting out into the world, but when it comes down to it your creative fire is your money maker. The more of this energy there is in your work, the more it resonates with people and the more they respond. They tell their friends, they buy from you, they reach out to involve you in exciting opportunities. They're driven to connect with what you've created. With this in mind, your number one job is to keep your creative fire as strong and healthy as possible, so you can infuse your work with it. The best thing you can do? Get clear on what gets you overflowing with creative energy. What does this state feel like for you? How can you "refuel"? Prioritize that state of being and keeping your fire alive.



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**Devon Walz** is an abstract artist and creative guide. In her work, she aims to capture the energy, subtleties and magic that is beneath the surface of everyday life. She believes that making art can be transformational and derives much of her inspiration from the process itself: its ability to heal us, show us deeper parts of ourselves and to guide us towards pure joy.

Her work is held by collectors around the world, and she teaches others how to develop their style, use the creative process for healing, and to approach art in a soulful way via her online courses.

**Devon's Gift: Shake Up Your Art (+SOUL) video guide to bring more zest into your creations!**

**[www.devonwalz.com/free-video-guide](http://www.devonwalz.com/free-video-guide)**

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instagram: [@devonwalzart](https://instagram.com/devonwalzart)

## The Hermit by: Rebecca Mourtis

Words are powerful beyond measure. The way we speak to others and ourselves, whether audible or only for our minds to hear. Every word we utter, pray, shout, whisper, think, is an invocation. Guiding the direction of our lives, inner and outer. This works both ways... Creating, to me, is an ongoing process of silencing my ego, offering all sorts of well-meant nonsense, in order to make room for creativity. When you find yourself in your way, make a conscious choice: instead of forcing, find stillness. Gaze out the window. Take a deep breath. Walk. Meditate. Allow your brain to find it's default mode - a state wherein you do not consciously think of anything. On a physical level, the activated neural networks in your brain dissolve, making way for other connections. A solution to your creative problem may rise up out of thin air. Creativity is not some exceptional feature of artistic geniuses, but something far more ordinary. It is the driving force of Life, capital L, laying underneath it all. There is an abundant ocean to tap from. In order to connect with it, take wisdom from the hermit: move inwards, listen closely.

Ebb in order to flow.

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**Rebecca Mourits** is a visionary alchemist – an insatiably curious science-, spirit- and wonder junkie. As a writer and yoga teacher, with a background in neuroscience, philosophy and psychology, she loves to connect all the different dots of this human experience. She believes in the magic of science and the science of magic, and that we create the last when we crack open, peel off our layers, listen carefully, and feel deeply and courageously into every inch. The emotion of awe has her full devotion: actively nurturing a sense of wonder, exploring the intelligence of our bodyminds, awakening to Life.

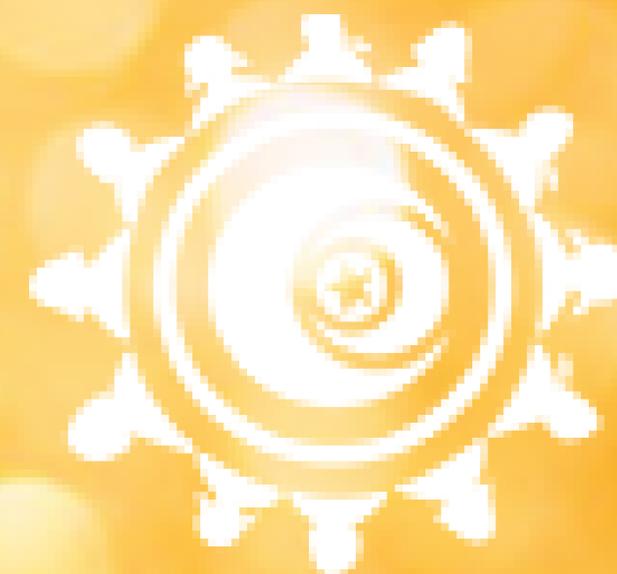
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## Cycles & Rhythms: Balancing Motherhood, Work & Self-Care by: Tanya Lynn

Four months after the birth of my second daughter, I wasn't getting any sleep and I found myself crying on the bathroom floor, putting out an SOS to my family to help me. Exhausted, I let go of my plans to launch our training program and take time off.

It wasn't without resistance; I was afraid that by taking a break, I would somehow lose momentum. But it was the best thing that I could have done. I found Yoga Nidra and recharged my soul. With a new self-care practice that worked with the cycle of life I'm in, I bounced back in about a month and had our best program launch to date. I continued to develop a rhythm where I can have it all. So many women entrepreneurs are afraid to have children because they don't want to give up their business, and so many moms have lost themselves because they have not found this code. The secret is in scheduling separate time for these three areas: family, work and me. I also track my monthly cycle and make sure I schedule extra me time when I start my period. I rely heavily on support and in all three areas (work team, childcare, and my personal sister circle). The key is knowing you don't have to do it alone!



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**Tanya Lynn** is a “strategic activator” – gifted at coaching women to soar to new heights by putting together a plan that maximizes their talents and strengths and taking bold, courageous actions to fulfill on their intentions. She is the visionary CEO behind the international organization, Sistership Circle, a worldwide sisterhood movement empowering women to step into their true beauty, brilliance and boldness as feminine leaders. She believes that the new model of feminine leadership is not about hierarchies of power but about circles of collaboration. For us to become true leaders, we must embrace our sisters as our allies and give one another permission to shine.

**Tanya’s Gift: The Women’s Circle Ritual Handbook – Discover the rituals that this curated group of 35+ facilitators use to create more connection, power, commitment, self-awareness and clarity in their women’s circles.**

**<https://sistershipcircle.com/womens-circle-ritual-handbook>**

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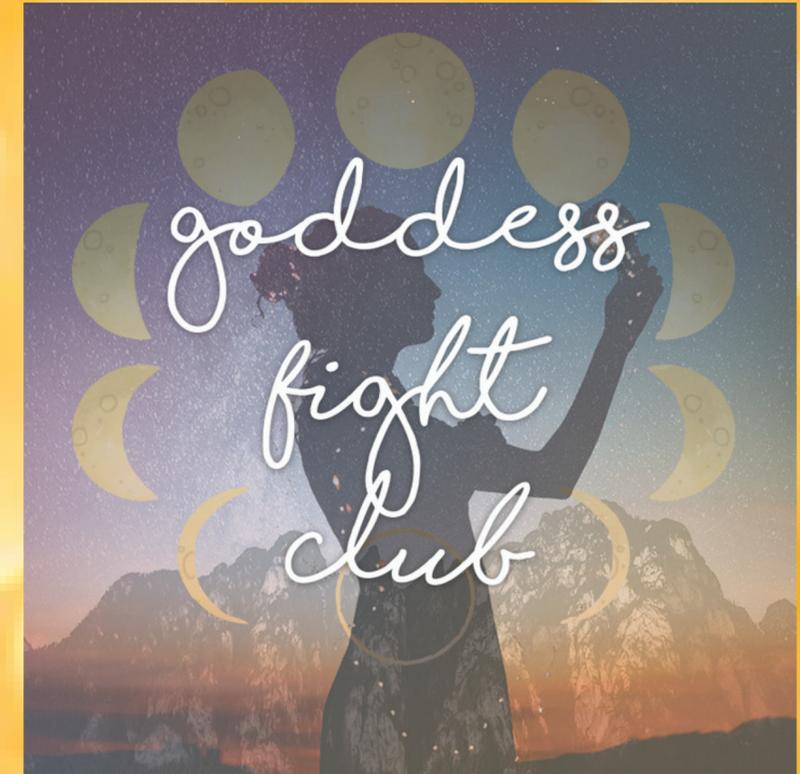
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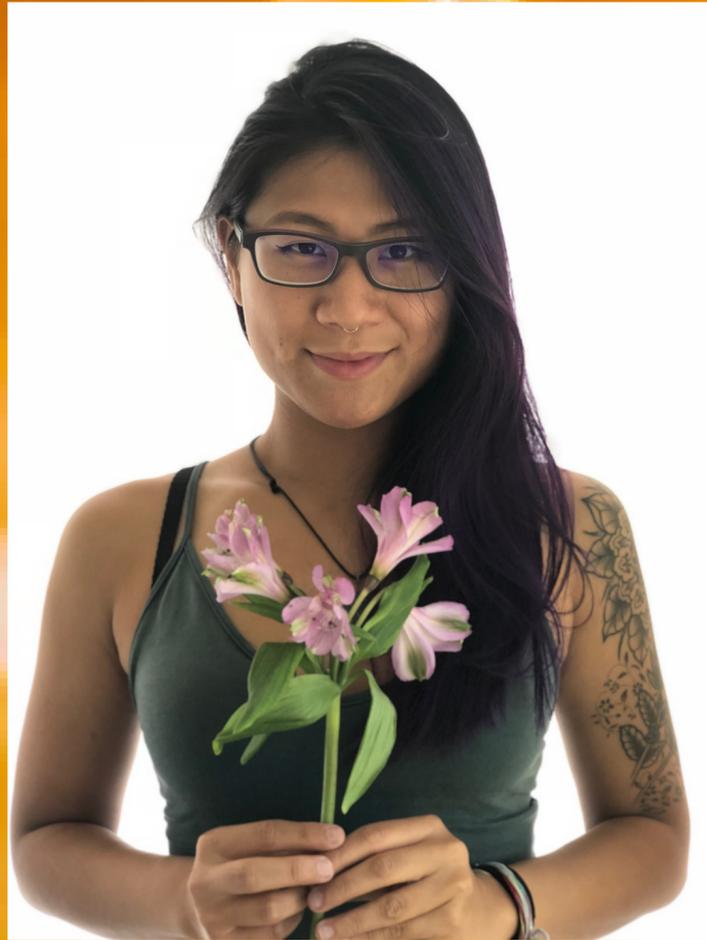
## From Passion to Purpose by: Denise Chang

You see, the universe has its way of guiding you back to the path you were meant to be on. You simply need to slow down and listen. So that's what I did. I slowed the heck down, and became quiet- physically, mentally and emotionally. I allowed. I knew that if I reacted to my circumstances from a place a fear, it would only result in more fear and impulse-based disasters. None of which would ever feel good in my body. I released control, cultivated my gratitude practice and revived my passion for women empowerment & healing trauma through spirituality. I found myself simultaneously in a yoga teacher training and an online Goddess circle. YES. This felt good in my body.

Actually, it felt pretty darn amazing. I continued walking this path, letting my curiosity and passion lead me. This work no longer just feeds my passion and curiosity. It's my purpose. How do I know this? I don't. My body does. She tells me that this is where I'm meant to be. It feels right. I don't make as much money as I used to. Not even close. But I'm so much happier. I just trust in the universe that it will lead me to the abundance that is already meant for me.



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**Denise** is an intuitive guide & mystic healer. She is the Creator of Goddess Fight Club, a women's circle grounded in divine femininity. Denise's journey began ten months ago, when she had to leave her thriving career in digital marketing because of immigration complications. Feeling like she was constantly in a state of mental chaos and anxiety. Denise began to live with purpose. On top of GFC, Denise hosts yoga workshops and retreats with a trauma-informed lens and she integrates deep physical and emotional awareness for healing. She encourages self-love, sisterhood, creativity and movement from within.

**Denise's Gift: A Spotify Playlist to turn your Passion to Purpose.**

<https://open.spotify.com/user/willnotshutup/playlist/7cBWpCXIJJNETIZdGbZhKD?si=4vlf4IjmSieEkZuuylt4qw>

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## Research Your Way to the Top in Your Industry by: Mariana Qutab

Research is a fundamental component to expanding your business and bringing in the abundance you so deeply desire, as it builds knowledge and nurtures one's potential to achieve their goals through various opportunities. Although you may be ready TODAY to take action in your business, you will struggle to get the desired results you're looking for unless your actions have a proven track record of success. Step 1: Narrow your topic. You may have a general idea of what you want to research or write about, but until you define the parameters of the project, you will be wasting time and energy. Step 2: Identify possible sources. Target your research by figuring out what types of sources will be helpful to you and potentially have information you need for your project. Understanding the types of sources you'll need helps you make the most efficient use of your research time. Step 3: Brainstorm key words. Particularly if you're going to be doing a lot of your research on the internet, the key words you choose will determine how successful your research is. Based on your general knowledge and trending hashtags on your topic, think of words that will get you the information you need.





**Marina Qutab** is a social entrepreneur, an eco-musician, a citizen activist, and a zero waste vegan influencer from Worcester, Massachusetts. She is better known as Eco Goddess on social media, and champions the green girl lifestyle. The co-founder of the first zero waste farm stand in Southern California, she has been advocating for a more just and thriving planet for over 8 years. An exemplification of all that she wishes to create, she is a leading visionary in the eco-friendly lifestyle movement, especially in San Diego, CA.

**Marina's Gift: DIY Deodorant (vegan & zero waste)**

<https://dochub.com/goddessfest/pwyrnb/ecogoddessfreegift?dt=xljzVtVQjeVvCvhdbuRU>

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## Move Through the Moment by: Rae Irelan

I stay present and focus on the gratitude of each moment. Gratitude for my breath, the blessings I've been given, the people who surround me, the situations and gifts of life. The more that I simplify my needs and expectations the more I look within and to myself to find my internal peace. A knowing and a deep sense of trust that I have all that I need within each breath. Staying present opens me to the abundance that I already have and allows myself to align and breathe into the next moment. This helps me feel grounded and prepared to call in and receive exactly what I need in my next wave of abundance. These waves come and go, the ever continuing flow of energy, the source of life, that will provide until I no longer need it. I breath in abundance of inner peace, ecstasy, intimacy - within myself and those around me, continuous flow of resources, opportunities, growth and expansion within each moment.

1. Breath in abundance, expansion, and opportunity
2. Exhale everything; you don't need any of it anymore, give it all away
3. Repeat until you find peace within the tide of your breath





**Rae Irelan** is a multi-faceted artist, visionary entrepreneur, and empowerment coach. She is the founder and CEO of The Goddess Fest, a weekend boutique campout of 300+ people who gather to celebrate mother earth and those who “dance” on earth as well as the online, free virtual festival - The Global Goddess Fest. Rae founded the worldwide online women's personal develop and support group - Global Goddess Sisterhood and she also coaches international artists and female visionaries in her Creative Vessel Mastermind and Immersion programs. Rae has been published in 3 books, produced many dance/music shows and events, recorded 4 albums, and tours her music nationally and internationally at the young age of 25. She blends cultural influences, sacred instruments, healing modalities, improvisation, and the arts into her unique programs, speeches, events, performances, productions, and leadership style. Rae enjoys traveling to connect and collaborate with artists, thought leaders, entrepreneurs, and CEO's around the globe. Her mission is to empower others to free and use their voice for change. She brings awareness to art and culture appreciation, holistic health, community growth, and sustainability to engage and inspire future generations to create magic in a globally connected society while living to their fullest potential and following their dreams.

**Rae's Gift:** <https://www.thegoddessfest.com/creativecodes>

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