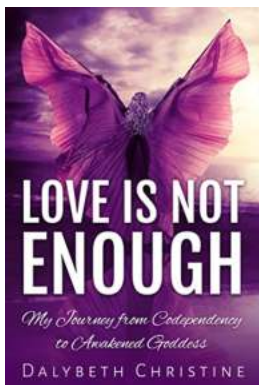


My Journey From Codependency To Awakened Goddess: Embracing Self-Love and Empowerment

Life has a funny way of throwing challenges our way, forcing us to confront our deepest insecurities and unexplored aspects of ourselves. For me, this journey began with my battle against codependency, a struggle that eventually led me to embrace my inner goddess and awaken to a life of self-love and empowerment.

Codependency often goes unnoticed, disguised as selflessness or compassion. It is a behavioral and emotional condition that can trap individuals in toxic relationships, create a sense of unworthiness, and lead to an unbalanced power dynamic. In my case, it was a pattern that I unknowingly developed in my formative years.

From an early age, I believed that my worth was directly tied to how much I could care for and please others. I sought validation and acceptance outside of myself, constantly putting others' needs before my own. This codependent behavior not only left me feeling exhausted and drained but also hindered my personal growth and prevented me from fully stepping into my power.



Love Is Not Enough: My Journey from Codependency to Awakened Goddess

by Dalybeth Christine (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 2300 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled



It was during a particularly challenging relationship that I hit rock bottom. The constant cycle of giving and giving, without receiving the same level of love and support in return, left me feeling empty and unfulfilled. I realized that I had lost myself in the process, and it was time to embark on a journey of self-discovery and healing.

The first step was acknowledging my codependent patterns and recognizing the impact they had on my life. It was a painful process, filled with moments of self-doubt and questioning. However, I knew that in order to move forward, I had to face these hidden aspects of myself head-on.

Through therapy and self-reflection, I began unraveling the layers of codependency that had become ingrained in my behavior. I learned to set boundaries, prioritize self-care, and recognize the difference between healthy support and enabling. It involved digging deep into my childhood wounds and understanding the root causes behind my codependent tendencies.

One of the most transformative aspects of my journey was discovering the concept of self-love. I realized that true love and validation came from within, and by learning to love and accept myself, I could break free from the patterns that kept me trapped in codependent relationships.

Practicing self-love involved daily rituals of positive affirmations, self-care practices, and surrounding myself with a supportive community. It required me to let go of toxic relationships and people who no longer served my highest good. It

was a gradual process, but each small step towards self-love and empowerment brought me closer to my authentic self.

A turning point in my journey came when I discovered the concept of the "awakened goddess." I learned that being an awakened goddess meant embracing the divine feminine energy within me - the power, intuition, and wisdom that had been dormant for so long. It meant stepping into my full potential and reclaiming my sovereignty.

Awakening the goddess within involved exploring spirituality, connecting with my intuition, and honoring my body as a sacred vessel. It meant owning my desires, embracing my sensuality, and tapping into my innate power to manifest the life I desired. It was about shedding societal expectations and embracing my unique gifts and talents.

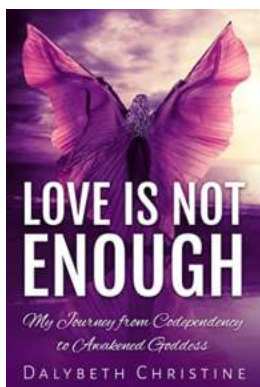
As I continue on this journey, I have come to understand that it is not a linear process. There are days when old patterns resurface, triggering moments of self-doubt. But I now have the tools and knowledge to navigate through these challenges with grace and compassion.

My transformation from codependency to an awakened goddess has not only impacted my own life but also those around me. By prioritizing my well-being and setting healthy boundaries, I have created healthier and more fulfilling relationships. I have learned to attract people who value and respect me, rather than those who take advantage of my kindness and willingness to give.

If you find yourself on a similar journey, battling codependency and searching for your authentic self, remember that you are not alone. Reach out to a therapist, join support groups, or seek guidance from empowering mentors. Embrace the

power within you and step into your full potential as an awakened goddess. You deserve it.

In , my journey from codependency to an awakened goddess has been transformative, challenging, and empowering. It has allowed me to break free from toxic patterns, prioritize self-love, and embrace my authentic self. Remember, your journey is unique, and you have the power to redefine your narrative and reclaim your personal power. Embrace your divine feminine energy, and you will awaken the goddess within!



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Print length : 187 pages



“I know he loves me but why won't he tell me?”

These words, from nine year old Dalybeth Christine as she tried to understand her overachieving, distant father, unknowingly set in motion a journey: growing up into codependency, where her every adult romantic relationship echoed the feeling of being ‘Not enough’, through a struggle to learn how to heal her body and mind even as, time after time, she continued to sacrifice her happiness for a

partner's desires, and finally to transformation – awakening into a goddess capable of not only healing her own pain but those of others as well.

Born into the island paradise of Hawaii to a middleclass family, and gifted with both beauty and intelligence, Dalybeth seemed to have everything going for her – except the unconditional love that her young self so desperately needed.

Along her journey to self-awareness – including reading through a mountain of books, finding spirituality again, and even facing her own mortality -- Dalybeth began to transform her life while having to reconstruct exactly who she was when she wasn't living to please a man. In the process, Dalybeth discovered her psychic and mediumship gifts and remembered that she is a goddess.

Part powerful and timely call to women to remember their places in society as priestesses, gifted healers, and goddesses, and part funny and revealing memoir, *Love Is Not Enough* offers hope and provides direction for everyone who has given too much of themselves for too long. Having rebuilt her life through a connection to spirit and reclaiming her inherent worth, Dalybeth shares how to awaken and empower your own inner goddess through daily practice, gratitude, prayer, and a little Idina Menzel.

It's time to remember who you are and rise up!



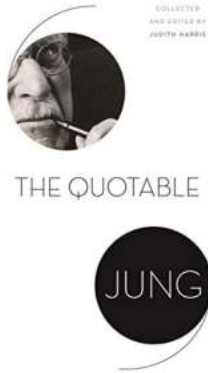
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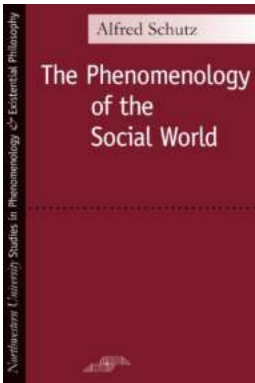


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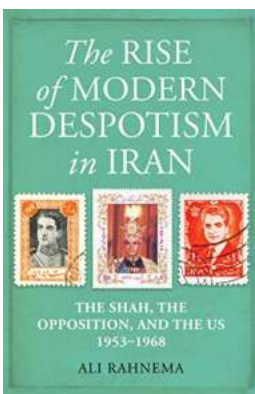


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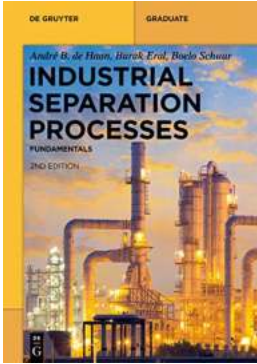
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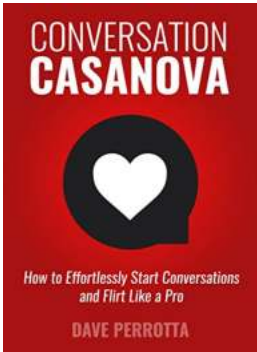
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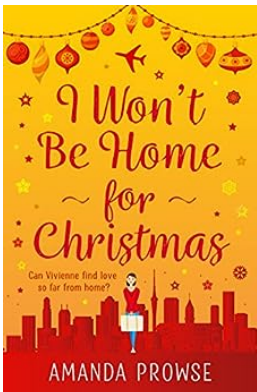
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