

Hello, I'm Lira Kay, and I am so excited for you to enter my world!

To introduce myself, please, read my MISSION STATEMENT...

Then print out the Smart Woman MANIFESTO and embrace the truth about you... Feel free to add your own words and expand on your life experience...

Then join my group, so we can connect and further elevate your vision for the next 12 months with me.

Ready!?! Let's go!

As you are reading through my mission statement, please, create your own. What do you stand for? What is your revolution? Are you ready to take your work to the next level?

MY MISSION

Stand with us - let's revolutionize therapy with bringing in the Compassionate God meta-model into the picture.

I see into the future and I see peace.

We are the ones who created it.

We never stopped.

We felt abandoned and unappreciated. We were exiled and humiliated. We failed at seeking approval in this crazy world lost in chaos and disharmony, where abuse is normalized and pain is an everyday experience for any man, woman or a child. We did not belong.

We saw people live with burden of their upbringing, struggling to overcome their circumstances, fighting for their place under the sun. It was never enough, on the outside or on the inside. Total lack of faith and confidence in oneself.

We changed all that.

We changed all that...

With bringing therapy, a discipline of self expression and love, to heal humanity and save our planet.

In my vision we understood the connection between the internalized “Parent’ and a God, both in charge of our wellbeing and happiness.

Nothing can happen from a place of fear - fear of losing unconditional love. Nothing, but the cycle of violence that affects our children and their children, yet to come.

We must change that, and we must do it now, if we truly want that bright future.

If we truly want to see peace on our planet.

If we truly want to thrive as humans and as spirits.

Humanity can be restored through loving yourself and loving your life unconditionally.

The science of healing gives us direct access to the hearts and minds of an individual.

The Dark, as much as the Light, is a part of our internal alchemy that either creates peace or destroys lives.

There's no need to judge our duality.

Creativity is a healthy outlet for every human to play out the battle between conflicting agendas and drives, and

we can use creative process to arrive to the peace we seek for each of us and for the collective.

Creative process is something to learn, to study and to improve if we want people to use it for the improvement of all of our lives. Creativity is healing.

Blindly attacking or 'fixing' problems can look like an internal conflict being spilled over the top, driving people to guilt-trip, project their darker shadow elements onto each other. Blaming and shaming becomes systemic and no one feels empowered to do any better. Blame transfers responsibility and shame prevents us from being capable. It doesn't help!

Shadow work, a personal journey of self acceptance - aka therapy - can make a huge difference. Facing oneself without hostility, treating oneself without hatred, loving oneself without harming makes our world a better place.

Undoubtedly, we are responsible for bringing therapy into the picture for every child, every parent, every educator and leader on the planet. No one needs to play out their insecurities on others. We can not afford more chaos. We can not allow more abuse.

We must stand in our power, that heals, that inspires, and that leads. Us, the healers, teachers and artists must live

by example. We must stand together. We must take our work to people. We must act with urgency. We must prevail.

Now, print out your own Smart Woman Manifesto, your starting point this time around. Remember, you are not starting from scratch! You had achieved a life-time of success and wisdom. Remember who you are and go deeper, be braver, bolder and more courageous, knowing you can not fail!

YOUR MILLIONAIRE CONJUNCTION SMART WOMAN MANIFESTO

Smart woman is willing to be adored.
Smart woman scores big for her talents and brain.
Smart woman plays the money game because she can, not because she must.
Smart woman can give and receive love.

Smart woman is taken care of.
Smart woman is loyal.
Smart woman is a life-long student.

Smart woman has regrets.
Carries emotional baggage.
Knows her limitations.

Is idealistic.

Demands perfection.
Is overthinking.
Gives too much.
Wants to be loved unconditionally.

Needs right conditions to thrive.
Doesn't like being fooled or scammed.
Gives benefit of the doubt but not forever.

Learns from her mistakes.
Is proud of her achievements.
Doesn't take anything for granted.

Respects integrity.

Wants ease.
Craves inner peace.

Needs a rest.

Isn't afraid of being alone.
Loves a good romance.

Knows her worth.

Wants to know how.
Wants to feel joy.

Chooses with her heart.
Trusts her instincts.
Makes decisions fast.
Takes calculated risk.
Is resourceful.

Studies herself.
Accepts herself.
Knows the value of love.
Has deep knowledge.
Is wise.

Is competent.

Is confident.

Had overcome circumstances.

Is self-made.

Used help.

Had been taken advantage of.
Knows pain and loss.
Knows betrayal.
Had been let down.
Had let down others.
She owns it.

Takes initiative.

Keeps her word.
Is brave.
Is honest.

Is selective.
Has high standards.
Keeps herself accountable.

Is good with money.
Is healthy.
Is spiritually and emotionally wealthy.
Is secure.

Is full of life.
Is capable of falling in love.
Is a passionate lover.

Gives generously.

Enjoys presents.

Says thank you often.

Takes credit.
Doesn't hide from attention.

Is fair.

Battles work obsession.
Has a busy mind.
Tons of ideas.
Lots of energy.

Is inspired.
Is self-motivated.
Is sufficient with her time.
Is productive.

Doesn't sweat the small stuff.
Thinks big.

Thinks ahead.
Is a visionary.

Is highly valuable to others.
Is an asset.

Is overcompensating for her masculinity.
Is lacking vulnerability.
Hates superficial narrow mindedness.

Is open to new information.
Loves discovering.
Is teachable.
Gets the point.
Gets to the heart of things.
Has essence.
Has substance.
Her ideas are meaningful.

Has a purpose.

Is creative.
Is deep.
Is introversive.

Reads between the lines.
Thrives to understand.
Tries different methods.
Gives herself a chance.
Seize opportunities.

Is reliable.
Is quick.

Is social and likable.
Is highly adaptable.

Is timeless.
Is not a relic.
Is youthful.

Is young at heart.

Loves dancing.

Loves sex.

Is attractive.

Is stylish.

Is authentic.

Is proud of her roots.

Is fashion-aware.

Takes care of her weight.

Takes care of her mind.

Is natural.

Is beautiful from inside out.

Loves makeovers.

Loves competition.

Loves a challenge.

Never stops.

Is physically active.

Is kind to herself.

Doesn't hurt or sabotage herself.

Knows sacrifice.

Delays gratification.

Plays a long-term game.

Has goals.

Takes chances.

Follows through.

Makes mistakes.

Carries guilt.

Reaps consequences.

Doesn't blame.
Doesn't whine.

Can stand up for herself.

Has her moments.

Welcomes life lessons.
Allows new people.
Isn't afraid of intimacy.

Had made hard choices.

Picks her battles.

Has priorities.

Has secrets.

Had healed her shame.

Had forgiven herself.
Had forgiven her enemies.

Had outgrown her parents.
Had a powerful or absent father.
Had a masculine or hurt mother.

Knows that success is the best form of revenge.

Is unapologetic.

Doesn't take BC.
Calls people out.
Takes personal responsibility.
Works for it.
Gets it done.
Gets help.

Invests wisely and always gets return.

Has insecurities.

Values love more than money.
Treasures purpose more than love.

Has boundaries.
Cuts toxic people loose.

Creates clean and green environment.
Doesn't pollute her space and her brain.

Takes supplements.

Is organized.
Is methodical.
Is strategic.
Is focused.

Knows how to unwind.
Is mindful.
Is calm.
Hates drama.
Hates chaos.

Believes in order.
Admits higher power.
Is spiritually aware.

Is tolerant.
Is respectful of others.
Is empathic.
Is thoughtful.

Isn't scared of death.
Has faith.
Has trust.

Has support.

Has life-long friends.

Has a family.

Is charitable.

Is useful.

Is a leader.

Is a trend maker.

Is a role model.

Is an inspiration.

Is watched and is watching.

Has role models.

Has teachers.

Mentors others.

Takes care of the young.

Encourages independence.

Isn't attached.

Doesn't blindly follow.

Isn't fanatical.

Thinks for herself.

Takes qualified advice.

Listens to expert feedback.

Ignores naysayers.

Studies the game.

Writes her own rules.

Has a positive mindset.

Looks for the silver lining.

Is hopeful.

Brings comfort to others.

Has compassion.

Has common sense.

Understands economy and is done with politics.

Has skills.

Is happy.

Is moving forward despite all odds.

Is determined.

Rewrites history.

Breaks stereotypes.

Goes her own way.

Is independent and capable.

Doesn't do things to just get a clap.

Looks for a mutual benefit.

Is willing to compromise.

Is business-like.

Is result oriented.

Loves her life-style.

Admits her failures.

Knows when to quit.

Knows when to act in faith.

Listens to her soul.

Is guided by her spirit.

Is careful.

Is low maintenance.

Is not entitled.

Is reasonable.

Is fast-paced.

Doesn't take social media seriously.
Uses platforms to make money.

Treats people with care.
Values real connection.

Has a life outside her business.

Climbs the ladder.
Gets promoted.
Raises her fees.

Is expensive.

Invests in her future.

Gets results for others.

Wins the prize.
Gets the reward.
Has the last say.

Is a decision maker.

Is a survivor.

Is a heroine of her own movie.

Goes for the Oscar.

Is forgiving.
Has mercy.
Moves on.

Is present.
Is real.
Is down to earth.
Has a sense of humor.
Loves a good laugh.

Has a sophisticated taste in art and food.
Loves music.
Loves design.
Reads.
Has interest in psychology and history.

Had therapy.

Needs a second breath.

Wants another chance.

Is sure she can win.

Values the process and self growth.

Values progress.

Competes with herself.

Is always better off.

Is a mastermind.

Is a secret weapon.

Has a secret weapon.

Is a brain behind success in many people's lives.
Is a heart behind many saved relationships.

Facilitates redemption.

Is grateful.

Can take a compliment.

Has grace.

Is love.