

## **So Your “Yes” Doesn’t Leave You Stressed - Let Your Sacred Feminine Guide You Home to Yourself by Balancing Your Chakras**

**By Pollyanna Blanco**

As women, we share a deep desire to serve others by giving our gifts to the world. Our hearts call us to make the lives of those around us better, and we want to make a lasting difference. Along the way, our intention to leave a legacy of love can end up leaving us empty, exhausted, and stressed. You are a beautiful creative feminine soul. If you feel like you’ve been barely treading water while you wait for someone to give you the same abundant love and care back, then from my heart to yours, I wrote this for you.

I don’t want you to keep waiting indefinitely for ‘The One’ who will be there for you, see you, and hear you in all the toe-curling ways that your soul craves. For every night that you lie awake ruminating about your day and planning the next overscheduled one, for every promise you are honoring for someone else and every promise you are breaking with yourself, for every ounce of energy that you are lavishing on your loved ones and every moment you are longing for some downtime – left feeling lonely and left-out – I beg you to please stop! Breathe! And slow down.

I know from experience how jammed into the deepest darkest crevices of our psyche doubt lurks. For me, the question humming in the background was, “After all I’ve given to others, if something happens to me, who will look after me?”

So often, when we are highly driven in the outer world, it can be easy to dismiss self-care as frivolous, being mere cucumber slices on our eyes. Oh, how that pales in comparison to our impassioned drive to do-do-do and tackle the world’s problems. There’s no time for self-care, right?! What the divine feminine wants you to know is that slowing down, getting grounded, being centered in your heart, showing up with presence, setting healthy boundaries, practicing spiritual hygiene, listening to your inner guidance, embracing your shadow and light, cultivating an intimate relationship with yourself, restoring the sacred to everyday life is about becoming emotionally, mentally, physically, soulfully, and spiritually available to yourself — now that deserves a purple heart.

As I committed to slow down and calm down, it got easier to hear my higher guidance through all the noise. For so long, the unhealed masculine energy in me thought I needed to fix a part of me that was broken so that I could get on with things. Now the awakened divine feminine in me welcomes my wholeness, seeing all my experiences as life-giving sacred offerings to create from.

True self-care is a deep dive. As you learn to equalize your past experiences, your soul is invited into a sacred union partnership with your body, as well as your heart, mind, and spirit. It’s about lovingly gathering all the bits and pieces of you that got scattered and ignored along the

way when your ego-personality ran the show to keep you safe. As your nervous system relaxes, you can align with greater balance and harmony, and your inner masculine's wounds will heal in the loving presence of your divine feminine, restoring his divinity too. Just as a gorgeous butterfly-to-be transforms within her cocoon, I was transformed through the pain of hiding in my 'comfort zone' into the awareness there was truly nothing to do battle with.

The more of you there is to love, the more energetic resources you will have. Self-care relaxes the grip stress has on our body, and conscious chakra-care relaxes the grip our level of consciousness has on our whole being. As Einstein clarified, you cannot solve a problem at the same level of consciousness that it was created. So as our consciousness expands, those parts of us once discarded as 'junk' are now reclaimed as long-lost treasures. This sacred union process is this deeper self-care that makes everything else possible, and it's anything but indulgent. It's responsible. As much as I enjoy an escapist Hallmark movie, the 'One' you've been truly seeking is not outside of you – it's you.

This chapter will help you reclaim the power of your "Yes" and own it without apology. It will give you permission to value self-care so you can serve from an overflowing cup. And the self-care I'm about to share with you that transformed my life is not your typical go for a mani-pedi to unwind on a Saturday afternoon (as much as I enjoy that too). The kind of self-care I want to share with you is a soulful, sometimes messy, deeply enlivening, clarifying, and inspiring, techno-color inner awakening journey that will guide you back home to your true self. There's nothing fluffy bunny about it. Life gives us exactly what our soul needs to come home to deeper self-acceptance of our divine worth, love, and purpose. My heartfelt wish for you is that you may emerge through the stressful experiences in your own life, not bitter but better.

I sincerely hope my story reminds you that you already come with a map back to yourself. For me, the chakra system was and continues to be the soulful map guiding me back home to my true self, and I know it holds many blessings and miracles for you too. Chances are, if you are drawn to reading this book, your soul is yearning to seed a new conscious awareness so you can blossom from the inside out and be nurtured by the ever-expanding radiant divine feminine creative light expressing through you - as you. May these words touch a tender sweet spot in your heart and re-attune you to your divine feminine soul song, that quiet felt sense, gentle nudging, and whisper-soft intuitive calling. May you distill your own magical wisdom elixir and drink in spiritual joy until it's pulsating through your veins, vitalizing your life force, and fueling your creativity so you can soar beyond who you THINK you are.

For too long, I was running on empty. I was trying to do it all yet feeling like I was never enough until I started to wake up to the sacred feminine in me. I didn't just wake up one day and have an epiphany. That would have been easier. My morning ritual, many moons ago, started with a "Beep! Beep! Beep!" as I hit the snooze button, bargaining with myself that just ten more minutes was all I needed to face another day. My awakening spanned many a snooze-button moment for years. I would "wake up" only to fall back to sleep (both literally and metaphorically) as I spiraled through my awakening process.

Looking back, I often felt I was straddling two worlds. The pain of being pushed into the splits also pushed me to make some gut-wrenching decisions. While open to my angels and chakras, I still arm-wrestled with my soul, bargained with my guides, squirreled away resentments, and cherry-picked my battles with my husband and step-son. I kept myself so busy that I could rationalize avoiding conflict. I told myself the stress would undermine my creative projects that I was pouring my heart and soul into. I avoided creating ripples and instead created a book, a competitive dance routine, a side hustle — a busy creative life. It was balm for my weary, stress-worn soul, and my inner sanctuary where I could express my truth without pushback. It was a beautiful cozy cocoon where I could explore creative self-expression, but over time it became increasingly uncomfortable. Fulfilling my outer role and honoring who I truly was were at odds, the gulf ever-widening.

As family health issues intensified, I slam-danced amongst worry, heartache, confusion, guilt, shame, and concern, slipping into the default role of playing the peacekeeper as I went with the frenzied 'flow'. In a sincere attempt to face up to the messiness in my life and how I was contributing to it, I became aware that the natural caregiver in me had shapeshifted into its toxic twin, the 'caretaker'. My life was littered with coping mechanisms, and these carried me only so far. What began as a rocky boat intensified into a leaky boat, and no matter how much I tried to help "fix" our problems, sinking seemed imminent. Life felt like it was happening to me, rather than for me or through me. How could my angels and chakras help me now?!

Punctuating the moments of panic, an inner nudging had grown stronger in me. Everyone was doing the best they could, given what we knew. I know that now. Yet despite all of us being well-intentioned, the crisis escalated. You can't give what you don't already have. We were all living from empty cups. I had to seriously ask myself if continuing to do life in the mosh pit with them was truly helpful? Looking back now, these challenging times were like fertilizer; rich soul experiences that truly helped me to grow.

Dis-entangling myself from the expectations of others, in an exceptionally difficult situation for all, prompted me to do the most counter-intuitive thing ever – put myself first and travel on my own – not for work but for self-care! I was terrified of the consequences of breaking the "rules" and being seen as selfish. I couldn't recognize then what I know now. I had perceived my SOURCE of security, identity, purpose, safety, and financial stability as being outside of me, which I denied at first. So that's where all my energy went, out horizontally – and that's why I was feeling so depleted.

I packed that piecemeal quilt of frayed passions, incongruent coping patterns, quickly stitched back together loose ends, and I created a woman-cave abroad where I could heal and come to terms with my decision to grieve the loss of the life I was supposed to live. While my inner renegade yearned to yank the loosest thread and unravel it all, the good girl in me resisted such impunity, pleading she didn't want to hurt anyone. Yet, I was hurting. And there was no one looking after me. And when I discovered I had a cluster of cysts in my left breast, that's when it

got real fast! I decided once and for all that it's not selfish to practice self-care. I could not give what I didn't have!

Prior to this stressful period, the seed for this inner blossoming had already been planted. Like a haphazardly watered house plant, I hadn't given myself full permission to nurture its growth. Six years before I married, the goddess whispered an opportunity to teach abroad one summer in Cozumel, Mexico. Only once had I been on a plane in my early twenties. Never in a million years did I imagine going to Mexico. I even doubted whether my Canadian constitution could handle the heat!

I laugh as I look back. My unfaltering "Yes!" to the job offer, ignorant of where Cozumel even was, felt curiously different from so many other "yes's" in my life up until then. Those ones were tied to what I perceived others expected from me. I wanted to be seen as good, caring, unselfish, and "perfect" by following a well-trodden path and not daring to go too far off-road. My cautious approach to living and not wanting to make a mistake kept me more focused on pleasing others rather than myself.

That "yes" changed the course of my life! La Isla de Cozumel made quite a first impression on me and is now deeply imprinted on my soul. After checking in at our hotel, our student group clambered onto a tour bus that eventually opened its squeaky doors to the sweltering salt-kissed humidity at the Mayan ruin site, San Gervasio. Our tour guide led us along a winding path beside sun-bleached, rustic stone structures and smudged smoke over us to keep the mosquitos from a feeding frenzy. I felt drawn at once to place my hands on one of the ancient stone monuments that had a pair of red hand marks, feeling an intense desire to connect with its ancient energy. Despite being raised not to touch the artwork in galleries, something came over me. By the tour's end, a female student asked me if I had lost my belt. Surprised by not noticing it had fallen off of my long raspberry broom skirt, I thanked her. As I studied the belt, with its oval leather pieces attached by thick leather threads, my throat caught, and my heart skipped a beat. There had been a scissor-clean cut right down the center of one of the oval pieces?! It defied logic. Therein began a litany of spiritual "a-ha" moments that initiated me into a new way of perceiving reality, and unbeknownst to me at the time, were inviting the goddess into my life.

For close to two decades now, I have followed the magnetic pull back to this sweet spot on Mother Earth even if it raised eyebrows, especially once I started traveling there on my own for "self-care". What force was at play, I wondered? Eventually, I came to realize it was the beautiful Mayan creation moon goddess Ix Chel with her flowing skirt like fertile waters, adorned with fragrant water lilies, jade, and turquoise. Also known as Lady Rainbow, this triple goddess, mother of all the Mayan gods, as well as a healer, weather-keeper, writer, weaver, and beekeeper, was radiating her soul song. Patron Goddess of La Isla Cozumel, historically every year, young women made a pilgrimage by canoe to her temple to ask for her blessings in marriage and childbirth. An awesome rite of passage requiring courage, trust, and faith around

the tender age of fourteen. As I mustered courage for my annual pilgrimage by modern ferry from Playa del Carmen to Cozumel, my preparation for choppy waters was ginger Graval.

Her medicine was exactly what my soul needed to embody deeper self-care. Each time I visited the island, a dormant part of me activated, opened, and started to rebalance, the spirit of place revealing soul truths to me. Despite a part of me still waxing wistful for a traditional life that was crumbling, there was also an emerging expression I couldn't yet articulate wanting to birth through me.

Her island is often referred to by twinkling-eyed locals as a womb, and it is said that she tests tourists who dare to dream of living there long after their cruise ship has left the port. Not eager to be home to dewy-eyed tourists seeking to cast themselves in a selfie driven iMovie version of *Eat, Play, Love*, she requires a stamped passport of your spiritual tenacity, your willingness to recognize the gifts in life's stressors, as well as the humility to be transformed by them. For she too was once initiated through life's ordeals into deep self-care and divine service. When the universe conspired to give me permission to climb to the top of her ancient stone temple, my "yes" overrode my fear of heights, and I surrendered to TRUSTING the moment's gift. After placing a rose quartz heart mid-way up, I sat on top listening for the signs spoken on the wind, dancing warmth around me, in silent meditation:

*Beloved Ix Chel, my heartfelt intention is to enter into Sacred Union. I recognize that I have been running away from 'home' and yet I deeply desire to feel at home in my body, soul, and the universe, to feel I AM enough as I AM, and I humbly ask you to guide me to reunion with a sense of my divine worthiness so I can honor my cosmic mission. May this request be fulfilled as gently and wisely as possible for the highest good of all and in alignment with the divine nature and origins of all.*

*So it is! It is done. It is done! It is done!  
Thank you! Thank you! Thank you!  
Love you! Love You! Love You!*

While her tests and gifts are many more than what I share here – perhaps a few snapshots will prove illuminating. Ix Chel from my heart to yours, I am so very happy and grateful!

Ix Chel invited me to get out of my head and grounded me into my body and root chakra. She tested my beliefs around safety, belonging, and trust. From sweaty salsa dancing to sticky insect stings that oozed puss and give me 'cankles', from scoring my thigh against the side of the dock right before catching a flight to jellyfish stings, and stepping on a sea urchin (and still climbing her temple) she tested my stick-with-it-ness.

Ix Chel guided me to more fun and frolic, leading me off the beaten tourist path to other beautiful feminine souls through ballet, yoga, energy work, snorkeling, massages, ear candling, and cooking with the freshest fruits and veggies. Most of all, she inspired me to slow down, nurture

more pleasure, take a more sensuous orientation, and guilt-free naps. Relaxing opened the inner space in my sacral chakra to thaw out the frozen cellular energy from old hurts and habits in the warmth of a renewed passion for living.

Ix Chel activated my soul gifts in my solar plexus chakra, inspiring me to finish writing the draft of my first book *In Rhythm With Your Soul* by suggesting water metaphors, led me to the local Museum to donate Chakradance™ workshops in Spanish, despite my insecurities about my Spanglish, and then enrolled me in Mayan language classes in Spanish to Mayan. She balanced my determination with humility, infusing me with confidence, decisiveness, and a deep desire to serve.

Ix Chel held space for me to stop bottling up old grief, fear, and unexpressed emotions so my heart chakra could heal and open to receiving greater depths of love and friendship. She introduced me to a soulful Scuba guide who helped me overcome my fear of deep water from a near-drowning incident as a child as I learned to trust men to be there for me emotionally. She called me into a Temazcal ceremony with an inspired feminine guide who was so in her heart and in touch with her inner goddess that my fear of being in a hot, enclosed space, transformed into a deeper trust of self and sisterhood.

Ix Chel opened my throat chakra by encouraging me to listen to signs. Her name arose in a polite conversation with a local Mayan artist, experienced with many archaeologists, who led me safely into her sacred jungle sanctuary. As we made our way off-road by pick-up truck, a flock of blue *morphos* (butterflies); a sign she had given me while meditating with her, appeared to dance excitedly, blessing our drive-in. We cut the rest of the way through with a machete to behold the breathtaking cathedral of the earth - Ix Chel's inner jungle womb space.

Ix Chel increased the bandwidth of my third eye chakra to receive spiritual guidance. One evening, I was visited by an etheric dark-haired male shaman with tanned skin, a stocky build, and white loincloth beside my bed, who appeared before a colleague of mine in another room too at the exact same time. This started an unexpected conversation and friendship between a right-brained art teacher and a left-brained math teacher. Later I learned of the hushed island lore about his night visitations. She also led me to a private Mayan Fire Ceremony on the Day of the Elders. The owner of a healing center named after her drove me 70 km from Playa to the Maya Zona. My dream of meeting a real Mayan Priestess expanded into meeting not just one but three of them that day!

Ix Chel invited a deeper crown chakra communion with Spirit through animal totem teachers. From the iguana whose eyes I stared into at length as I stayed in my heart, to the bird in my garden that I nurtured daily trust with until it invited me to gently stroke it, to the spritely orange tabby that befriended me daily and let me remove a splinter from his paw. The Mayan greeting "in lak'ech ala k'in" (I am another you, and you are another me) was the silent telepathic mantra I exchanged with these beings, from my heart to theirs.

Ix Chel aligned my soul star chakra, attuning me to my cosmic mission, including creating a women's Chakradance™ retreat for the women in my Toronto workshops. She inspired a vision of them restoring their sacred feminine creative flow, amplified by the spirit of place, balanced by giving to the local community with humble donations of school supplies and contributing to healing the Earth through a water blessing ceremony with a Mayan Ceremonial Leader. Fireworks resounded in my heart when one of my Chakradance™ clients claimed her "Yes" and came on retreat despite her friend canceling on her. She decided to go alone. Her family needed her. She decided she needed herself too. She trusted that her soul's perfect timing was inviting her on a sacred pilgrimage to heal past hurts, and she let her inner goddess guide her, declaring that self-care isn't selfish; it's loving and responsible.

If you're letting yourself get bumped to the bottom of your to-do list, ask yourself, if someone claimed to love you and would not offer you undivided attention for even 15 minutes a day, how would you feel? If you answered unseen, unheard, unacknowledged, unvalued, then beautiful feminine soul, the one you've been waiting for is you!

If you invite me to guide you, I will show you new ways of being so your "yes" doesn't leave you stressed. By placing your hand in mine, you will take a one-year soulful inner journey, trusting that wherever you are starting from is perfect for what wants to emerge. Let me squeeze your hand through the birth pain, guide your breath through the emotional contractions, and wipe your sweaty brow as you transform struggle into rebirth. May that ineffable truth, beauty, and goodness within you be expressed and received. I will walk beside you to champion your awakening and nurture your inner blossoming each step of the way in the comfort of your own home, on your schedule. Receiving one-on-one monthly medical intuition mentoring will empower you to shift forever how you generate and care for your energy. Opening, activating, and balancing your chakras through guided meditation and ceremony will calm your nervous system, call back your energy from the day, and reconnect you with the unconditional loving guidance of your angels and guides. Committing to your "yes" will empower you to let go of the daily grind one finger at a time as you restore the sacred to your daily life. Expanding your consciousness will remind you that you already have everything you need as an energy being to navigate it all.

All that creative-intuitive divine energy is yours now to collaborate with. That's why your "yes" matters! What so many miss is that on the other side of pain, heartache, and burn-out is true spiritual freedom. You will be amazed at how liberating it feels to clean up the dust bunnies and live from a continuously refilled cup, knowing you have more than enough energy – and are more than enough – to share your gifts with the world.

Experience the Divine Feminine Empowerment difference. Say a soulful "yes" to chakra-care. In my program *Creating Calm in a Crazy World by Balancing Your Chakras*, you come first. Live the inner goddess way so you can shine your love and light even brighter. I invite you to connect with me at: [info@pollyannablanco.com](mailto:info@pollyannablanco.com) and find the creative inspiration and support you need for your sacred feminine awakening journey at [www.pollyannablanco.com](http://www.pollyannablanco.com), [Instagram](#), [YouTube](#).

## **BIO**

Pollyanna Blanco knows all too well from her hamster wheel experiences that slowing down, nurturing divine feminine energy, restoring inner harmony, and balancing your chakras offers you the energy and inspiration to live the fullest expression of your vision and mission. She cares deeply about divinely empowering busy creative souls to reconnect with their spiritual resources to transform stress into magic and miracles. She offers chakra wisdom through a medical intuitive lens. She is a Chakra Energy Healer, Teacher, Mentor, International Best-Selling Author, Chakradance™ Facilitator, City of Toronto Holistic Practitioner, a Samhara™ Reiki Master, Infinity Healing, and Divine Connections Practitioner, along with Sacred Rudraksha, Avesa Balancing, and Ascended Numerology. She is registered with the Canadian Reiki Association, The International Institute of Complementary Therapists, and the Ontario College of Teachers. She holds a Hon. B.A. with distinction, a B. Ed from U of T. and dances her talk as the North American Imperial Pro-Am Show Dance Spring Tulip Champion at the 2013 Ohio Star Ball.