

Turning Resistance Into Radiance

A Somatic Soulpreneur's Guide to Getting Unstuck

Hello My New Friend ✨

This isn't just a workbook. It's a vibe. A reset. A soul spark.


What you're holding right now? **It's your permission slip to stop spiraling, start shaking it off, and *finally* feel lit up again** — from the inside out. Because let's be honest: you were never broken, just a little backed-up in your brilliance.


Let's get outta your head and into your hot, holy, magnetic body. Let's turn the volume up on your inner wisdom. Let's stop waiting for the outside world to hand you permission.


SECTION 1: Your Resistance Map

Let's name what's going on so we can stop letting it run the show.

Ask yourself:

-  What do I keep saying to myself over and over? (Spoiler: it's probably not helpful.)

-  What feelings are hanging out in my body, even if I don't want to feel them?

-  What stuff from other people am I carrying around like it's mine?

Journal Space:





(Write it all out. No judgment. No filter. Get real so you can get free.)

SECTION 2: The 4M Morning Ritual

Meditation. Mantra. Movement. Music. AKA: Your Daily Devotion Glow-Up.

Wanna feel like a radiant powerhouse before 9am? Start here.

Prompts:

-  What's a song that makes me wanna dance, cry, or conquer the world?
-  What words (mantra) light my soul — and butt — on fire?
-  What tiny movement helps me feel alive again?
-  What's one thing I wanna feel or focus on today?

Template:

- **Mantra of the Day:**
 - **Mood Shifter Song:**
 - **Movement Chosen:**
 - **Mission Reminder:**
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SECTION 3: Somatic Activation 🔥

Feel it. Move it. Trust it. Repeat.

Body Check-In:

- Where do I feel tight, heavy, or crunchy in my body?
- What does my body want right now — a stretch, a scream, a shimmy?

Pick one and go for it:

- 🖐️ Shake it off for 2 minutes (yes, like a wet dog)
- 🎧 Dance to one full song like no one's watching
- 🧘 Breathe and stretch for 3 minutes
- 💧 Flow like water with Qigong or freestyle movement

Prompt:

What felt different after I moved?

SECTION 4: Devotion to a Bigger Dream ✨

Let's stop playing small. What do you *really* want?

Ask yourself:

- 🌅 What dream would pull me out of bed even on the hard days?
- 💰 What's my 50K life? (Money, magic, meaning — give me the whole vision.)
- 🌈 If I believed I was totally worthy and ready... what would I do next?

Write a letter from your future self (who's already living it):
"Dear Radiant Me..."

SECTION 5: The Radiance Ritual 💖

The “Get Over It With Love” Practice

(Hint: It’s called Ho’oponopono and it’s a game-changer.)

Say it, write it, whisper it — just *feel* it:

- I’m sorry.
- Please forgive me.
- Thank you.
- I love you.

Prompt: What old crap am I ready to forgive and release today?

Integration:

- Who or what am I letting go of?

- Where can I send love instead of judgment?

SECTION 6: Oracle of the Body

Your body always knows. Let's ask it.

Here's how:

- Sit still. Close your eyes.
- Put your hand on your heart, belly, or womb.
- Breathe deep and ask: *"Body, what do you want me to know today?"*

Now write the first 3 things that come up — no overthinking:

FINAL WORDS

You're not stuck. You're rising. You're remembering.

Resistance isn't here to ruin you — it's here to *reveal* you.

Every time things feel heavy, come back to this.

Move. Breathe. Shake. Scream. Sing. Forgive. Dream.

Do it again tomorrow.

You're not too much. You're just warming up.

With juicy devotion,

Tammy Mack

www.soulprismcollective.com