

Harnessing the Power of Anger for Warrior Healing

EMBRACE THE FURY OF THE VALKYRIE AND
TRANSFORM YOUR LIFE!



Skye Baxter
Shadow intergration specialist

INTRODUCTION:

Welcome, fearless Shieldmaiden, to a journey of self-discovery and empowerment. As a female Viking warrior, you possess an inherent strength that can shape your destiny and unleash your true potential. In this guide, we will delve into the transformative force of anger and its significance in your healing process. Through journal prompts inspired by the bold spirit of Viking warriors, you will uncover the power within, break free from limitations, and embrace your authentic self.



Inside this eBook you will find journal prompts for your self-discovery this is your journey so connecting into yourself is so important to harnessing your own power and worth

if your ready to take a full deep dive into breaking the patterns so you can UnFu*k yourself and vibrate with confidence you can book a free session Breakthrough your belifs!!!!

[LEARN MORE](#)



*If You Don't Pay Attention
You Will Pay With Pain*

SKYE BAXTER

SECTION 1: SHIELDING YOUR TRUE EMOTIONS - THE HIDDEN BATTLE

Lament not, valiant Shieldmaiden, for you are not alone in this struggle. Unveil the cloak that shrouds your true emotions, and learn of the generations of conditioning that sought to quell your fiery spirit. Our ancestors' stories reveal how women were silenced and taught to be meek and polite. It is time to reclaim your voice and let your anger roar!

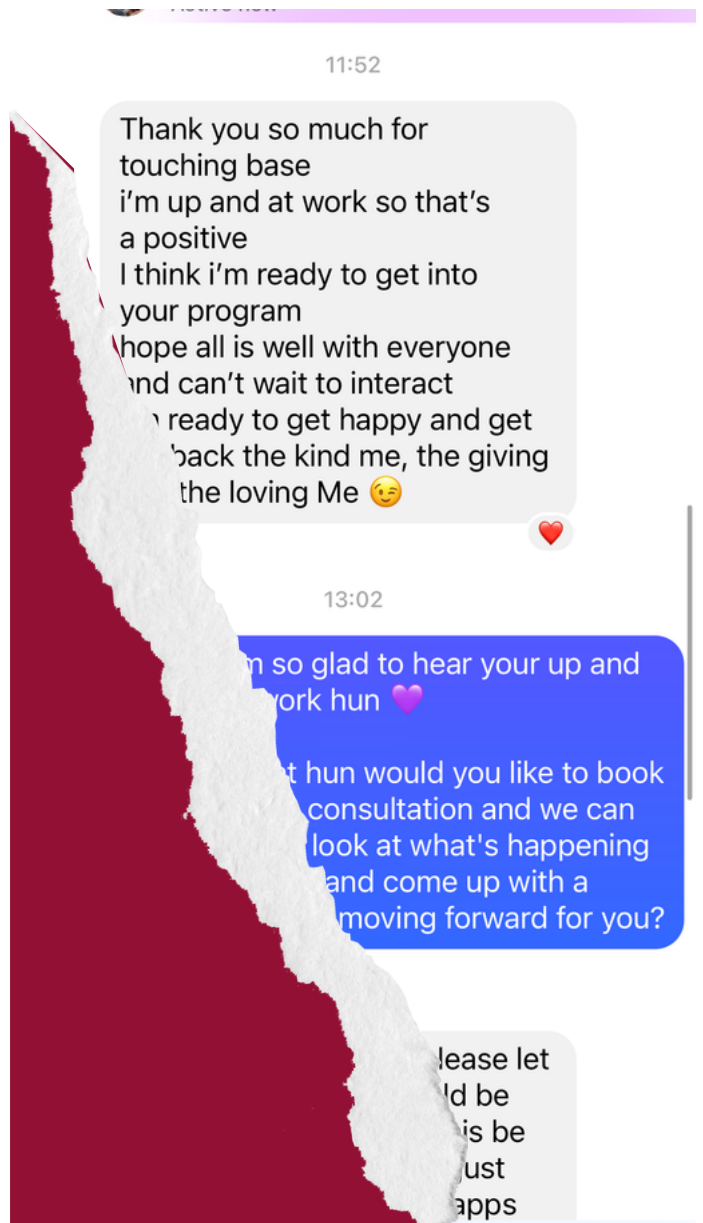
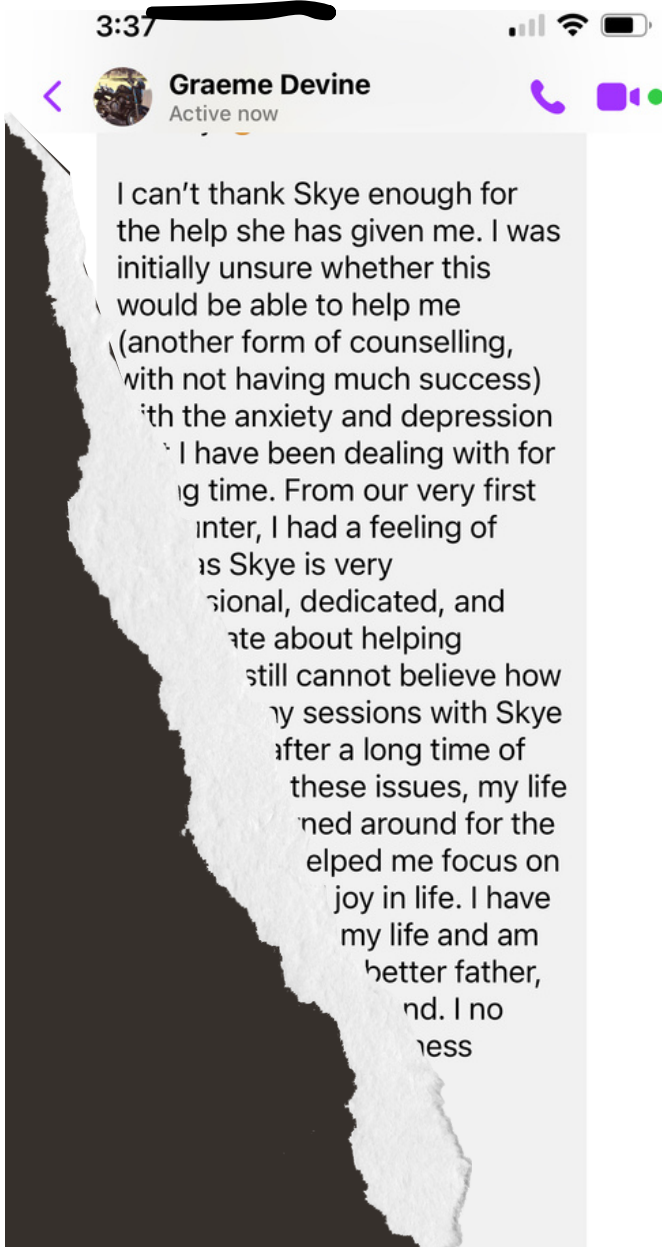
Journalling

Awakening the Warrior Within

- As a mighty Shieldmaiden, what emotions arise when you envision yourself in battle, fearlessly facing challenges?
- Reflect on moments when you've felt the fire of anger burning within. How did you react to it, and what actions did you take?
- Embrace your inner warrior spirit and write a powerful affirmation that celebrates your strength, courage, and resilience.



***You are always more than you think you are
because you have put yourself in a box***



SECTION 2: THE BATTLE WITHIN - AWAKEN THE VIKING WITHIN YOU

Beneath the surface, the rage of a thousand warrior hearts pulses within you. Learn of the battles waged in your past lives and iterations, where your warrior spirit was stifled. Awaken the fierce Viking within you, and let the strength of your ancestors guide you on your healing journey.

Journalling

Breaking the Chains of Suppression

- How has societal conditioning attempted to silence your warrior spirit and suppress your anger? Identify these limiting beliefs.
- Explore the ways in which you have internalized messages about anger and its expression. How have these beliefs impacted your relationships and self-expression?
- As a female Viking warrior, declare your defiance against societal expectations that hold you back. Write a battle cry, expressing your refusal to be silenced.



Client Love



When I first met Skye I was a broken mess. Years of self-hate and not being able to understand my emotions had finally caught up with me and I was close to giving up, I didn't want to be here or be me anymore. After my very first meeting with Skye I felt hope, hope that I could be fixed and I could love myself and my life! The emotional clearing was an amazing experience and unlocked emotions and feelings that had been pushed down far but were doing so much damage! I always felt completely safe with Skye and managed to get to the bottom of all my years of pain! Skye is so down to earth and easy to talk to and her soothing voice during guided hypnosis always made me feel so safe. I don't hesitate in recommending Skye to anyone and everyone as she is an amazing person who does amazing things! Thank you so much!

Forever Grateful



Bec C

@heal_grow_thrive.caaching

Client Love



8hr personal breakthrough

I have received a life-changing breakthrough session with Skye. With her supportive but perceptive approach I was safely able to explore my beliefs of self-worth, changing my focus in life, my mentality around business, and many more from my childhood.

Skye's intuitive ability and compassionate but honest delivery stimulated thoughts that I had not considered and gave me great trust in her. I was able to delve deeply into and deconstruct my problem until it was no longer there and am eternally grateful for the space she created and held. Thank you skye,



Xacaron

@heal_grow_thrive.caaching

SECTION 3: FROM RAGNAROK TO REDEMPTION - A VIKING'S STRUGGLE

The winds of change have swept through the ages, and it is time to face your nemesis head-on. Recall the tales of Viking women who dared to challenge the status quo and carve their destinies. From Ragnarok to redemption, embrace the powerful force of anger and forge your path towards healing.

Journalling

Unleashing the Fury: Embracing Transformative Anger

- In the heat of battle, anger can ignite powerful actions. How can you reframe anger as a force for positive change and growth?
- As a fearless Viking warrior, describe how anger can propel you towards personal transformation and empowerment.
- Write a letter to your past self, encouraging her to embrace her anger as a tool for healing and progress.



*The person who needs the least control has
the most control*

SKYE BAXTER

SECTION 4: EMBRACING THE WAR CRY - THE POWER OF ANGRY VIBRATIONS

Like the Valkyries who soar through the heavens, your anger resonates at a higher frequency. It is a force that transcends guilt, shame, and apathy. Embrace the war cry within you, for it is the catalyst that ignites your journey of transformation.

Journalling

Forging the Path to Empowerment

- Reflect on the cycles of anger suppression you've witnessed in your ancestors or family lineage. How does this awareness empower you to break free from these patterns?
- Imagine yourself in a circle of warrior sisters, supporting one another on the path to empowerment. Describe how this support strengthens your resolve.
- As a powerful Shieldmaiden, declare your commitment to setting boundaries and communicating your needs fearlessly.



Client Love

Looking for someone who genuinely cares and wants to see you win. Then look no further. I came to Skye after trying 4 different therapists and other coaches. Most coaches think they know what they're talking about and it can sometimes seem hard to talk to or trust them. Not Skye. She is there when you need her and is someone who you can trust with anything you are trying to work through.

Just book a call you won't regret it

★★★★★



Jack

@heal_grow_thrive.coaching

SECTION 5: THE VALKYRIE'S REVENGE - THE THRIVING WARRIOR

Seek not vengeance, brave Shieldmaiden, but let the Valkyrie's revenge propel you to greatness. Harness the energy of your anger to dismantle toxic influences, rising above the pettiness of retaliation. Thrive and love fiercely, for it is the ultimate victory against those who sought to break you.

SECTION 6: ASCENDING AS THE VALKYRIE - EMPOWERING YOUR TRIBE

Like the Valkyries who soar through the battlefield, you shall ascend to new heights. Embrace the warrior's wisdom and wield your boundaries like a mighty Viking sword. Empower your tribe, and together, let your battle cries create a realm of healing and transformation.

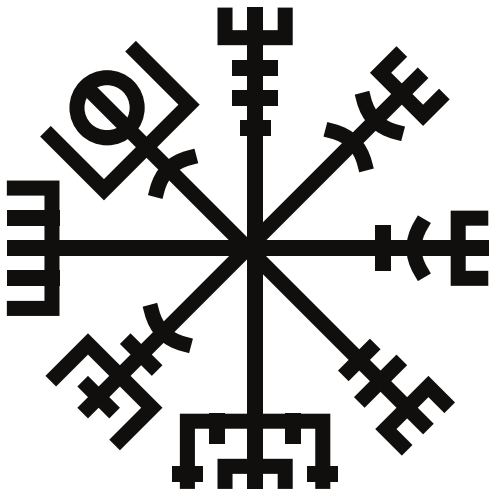
Journaling

Embracing the Warrior's Soul

- As a female Viking warrior, describe your vision of a life where anger is not suppressed but channeled constructively.
- Visualize yourself standing tall and proud, free from the limitations of anger suppression. Describe the emotions and experiences that arise from this newfound empowerment.
- Write a love letter to yourself, celebrating your warrior spirit and acknowledging your journey of transformation.

CONCLUSION:

Fearless Shieldmaiden, you have embarked on a courageous journey of self-discovery and empowerment. Embrace your inner warrior, as you break the chains of suppression and unleash the transformative force of anger. Your path to healing and personal growth is illuminated by the fierce spirit of Viking warriors. As you continue to journal and explore these prompts, remember that you hold the power to shape your destiny and embrace the warrior's soul within you. Unleash the fury, and let the world witness the unstoppable force that lies within a true female Viking warrior. Skål to your journey of transformation and empowerment!



Fearless Shieldmaidens, the time has come to claim your warrior legacy! Embrace the fury of the Valkyrie, for it is the heart of your healing journey. Unleash the power of your anger, and let it guide you towards a life of empowerment and self-discovery. As you embark on this epic quest, remember, you are a true Viking warrior—a force to be reckoned with!

[LEARN MORE](#)



*Your Future self Can always Help you
Now*