



**Girl to  Princess
Ascension**

BY DR. DISHA SRIDHAR

Turn your triggers, insecurities and self doubt into confidence and feminine power!

Are you always struggling to keep up your mood? Do you get triggered easily? Do you feel totally unappreciated tired and drained? Do negative people suck your energy leaving you exhausted? Do you keep working harder and harder without getting results? Can't pretend to smile anymore when you know that your life is not working the way you want it to be.

Maybe you lack motivation and direction to make your dreams come true. You have no clue where your money time and energy are going.

Fear dominates your thoughts and you feel unseen and unheard in work and relationships.

You have tried positive thinking and read a lot of books but you always find yourself coming back to your old ways of being. You could spend years and years like I did trying to figure out what's wrong with you. You could take the shortcut to create a life filled with pleasure and fun with self awareness by letting yourself heal in the sacred container of sisterhood

This program is an invitation to turn your triggers insecurities and self doubt into confidence and feminine personal power .

Just imagine how it would feel to have a peaceful vibration regardless of your surroundings, to sit in the driving seat of your life, balancing your emotions, feeling tuned into your power tapped into your intuition, turned on into life. Imagine releasing family patterns and childhood wounds which keep you waiting for mama and papa to come and save you.

sounds too good to be true right? I get it. Reason you may be shying away from coming into your own personal power is because you are not sure that you deserve it. Still that inner critical voice is running the show which is preventing you from pursuing your dreams, passion and to accept your worth.

Welcome to this practical soul level transformation dear sister!

The traumas of your past, childhood wounds and unhealthy emotions get trapped in your body and make you feel unworthy when you really are a very high value deserving woman with so much to offer the world. As you get over your outdated subconscious programming you will find the divine guidance system turned on and showing you the path of least resistance to your best version aka happily-ever-after version. Your feminine power is more important than any protection you will ever find .

The time has come to awaken the real power. This goes beyond self care and beyond positive affirmations or pretending to gain approval.

It's about energetically and emotionally rewiring the body mind and spirit, its about reprogramming yourself from the Inside out.

It's about ending the cycle where you are spinning yourself and your soul in circles of suffering wasting time money and energy. You are here to make a divine decision. Will you tolerate being sick tired and emotionally drained throughout life or will you stop managing everyone's drama to use your creation energy to create a life you love? I spent years defending myself against other people's negativity and criticism and hiding myself away from anything that would Trigger my wounds and limiting beliefs.

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This kept me stuck and unable to live the life I truly deserved for many years. I was afraid to be vulnerable because of my lack of control over my own emotions. Despite appearing to 'have it all' from outside, I was lonely and unhappy inside. I used my work and personal achievements as mask to gain approval from others and protect myself from criticism and disappointment.

My personal health crisis in my mid thirties inspired me down the rabbit hole of taking charge of my own body and soul by reading tons of books and working with many spiritual mentors . After spending over a decade on my inner work and healing, I made it my passion to guide highly sensitive women from all walks of life to do this potent work so that they can free themselves and reclaim their true self.