



soulfit women
MANIFESTO

“Your life is your prayer. What are you thinking right now? That’s your prayer.
Catch yourself in the act of thinking to find out what you’re praying for.”

—Jeffrey Yen, Taoist Master

YOU are a prayer, in motion. **A SoulFit Woman, ready for initiation.**

When your SOUL is FIT, you face adversity with a flexible heart.

You **evict crippling thoughts** from your mind, and forbid them from entering.

You **invite positive patterns** into your life,
and cultivate a sacred space for them to flourish.

You create powerful boundaries, in your mind & around your body.

Circles of fire that scorch uninvited visitors.
Walls of electricity that preserve your life-force.

You are no longer a survivor—you are a Seeker.

Whatever you desire, you design. Whatever you touch, you transform.

Your hands become instruments of healing—**wands of pure light**—
moving over your body, sweeping away pain.

You have nothing to hide, because **everything is forgiven.**

You have everything you need,
because the art of manifestation is as **natural as breathing.**

Can you feel your power, rising?

You are a prayer. A Phoenix. A transformative flame.
Step into your temple—it’s yours to create, and yours to claim.