

# Unleash Your Inner Goddess

Start Living the Life You Deserve

*Christine* **Rizzo**

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## Testimonials

“Christine is a true blessing. She is patient and breaks down the processes so easily. She is very knowledgeable and encouraging yet keeps you accountable to keep moving forward. Christine is helping me to see and believe how loved I truly am.”

**Patty Myers, Director, Building Pathways**

“When I first met Christine, I was struggling with feeling overwhelmed. I instantly felt a connection with her. Within a short time, she’s helped me to understand how to address years of beliefs that were not serving me, learn to articulate my thoughts and feelings into action, and manifest my dreams into reality. I am so very grateful for her coaching style and the impact she’s had on my life.”

**Kristin Ramirez, VP of Membership Strategies,  
Girl Scouts of Citrus**

*Christine Rizzo*

"Spending time with Christine Rizzo is a beautiful gift everyone should get to experience. Christine has helped me and so many people in believing in the abundance and fulfillment in my own life. She is passionate in her work and in sharing the way she continues to make her own dreams come to fruition. I have the utmost respect for her as a person, a Life Coach and an Author."

**Caro Sbazov,**  
**French Parisian Weight Loss Coach**

"When I first started working with Christine, I was going through a very difficult time in my life. She taught me how to believe in myself and to start loving myself, which has completely changed my life. I became more confident which helped me attract multiple job opportunities and offers. We talked a lot about gratitude and I am forever grateful to have had the opportunity to work with her."

**Lisa Saravo, Licensed Aesthetician**

## *Unleash Your Inner Goddess*

"Christine is a gifted coach, visionary and dear friend. I first met her when we began our Life Coach Certification program and from the first day, she emerged as such a strong, beautiful, heart-driven woman. Her view of the world always impresses me—real, honest and full of generosity. She walks her talk, manifests the life of her dreams and has an incredible knack for helping others do the same without pedantic jargon or bullshit. Her work has a place in shaping an emerging higher consciousness in the world . . . at a time when we need it most."

**Lydia Feldman, Sex and Pleasure Coach**

"Christine's energy is quite simply radiant and magical. Her approach to living life authentically and unapologetically will hook you and draw you right in like a warm, familiar embrace. This gorgeous woman continues to amaze me with not only the way that she nurtures her own personal growth, her connection to Spirit, and carefree style, but also her affinity to know exactly what you need, when you need it most. Connecting with Christine is one of this life's incredibly precious gifts."

**Sunny Rachel Richards, Life Coach**

*Christine Rezzo*

“Christine will be with you every step of the way. She excels at helping you see things you have not, in a different light, and helps you transform you and your goals into reality. I have watched her firsthand do this in her personal and professional life. She changed to a positive mindset and a new way of thinking which has resulted in her current successes.”

**Domenique G. Lombardo,  
Broker/Owner Realtor**

# *Dedication*

To the Inner Goddess in us all.



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# Introduction

I wrote this book during COVID-19 while in quarantine and I completed it in five weeks. While many were freaking out over what was out of our control, I knew what was possible. I wanted to help make a difference in the world, and I knew the Universe was giving me the best opportunity to do exactly that. I took this challenge on knowing that I could get it done. I was so determined, because I know the power that we all have within ourselves—we are all Powerful Badasses. Whatever you set your mind to, you will bring into your life. I have been telling myself for the past year that I was going to write a book, but I didn't know exactly when it was going to happen. I never questioned it; I just had faith in the Universe. I knew that when COVID-19 hit, that was my time. I wanted to help the world recognize what man has known for years. I just wanted to share with everyone what has been happening for centuries.

Man has known how to manifest and manipulate their thoughts so they can bring abundance into their lives

*Christine Rezzo*

forever. Once a secret known only by a few, it has now spread throughout the world. However, there are still many who don't know the power that we all have within us. They are tied to their beliefs, unwilling to part with them.

For those of you that chose this book there was a reason—maybe it was the title, maybe it was the cover, or maybe when you read the back it just totally resonated with you. Whatever the reason is . . . I am so excited that you did. I know in life things don't happen by chance. They happen because they were meant to happen. You were meant to have this book, you are meant to read what you are about to, and I only hope that you use it in your life so you can start living the life you are wanting to live. The life you deserve.

You have the potential to do whatever it is you want to do. Just like I have. You have the power within yourself, and if you want something bad enough, then you need to go after it. Spread those wings of yours and fly. The world is your story, your canvas. You have the power to create whatever you want. So let's see what you've got!!!

WAIT . . . Before you read any further, I just wanted to warn you that this book has a few (well actually more than a few), what some would call “curse words” or “inappropriate words.” I call them “sentence enhancers.” They are part of my vocabulary, and if that offends you, I can't say I'm sorry. This is who I am. Real, raw, and true to myself.

## *Unleash Your Inner Goddess*

### *What Do You Want?*

Tell me. . .

What is it that you want in your life that you don't have right now?

Is it Love? Happiness? Money?

Is it wanting to feel good, because most days you feel life is against you? Are you feeling stuck at times and don't know how to get out of the quicksand that is slowly drowning you? Maybe you feel confused and don't know what you want, but you do know that you aren't happy where you are today? Or you're feeling an emptiness and you don't understand why?

Maybe you want a new home, or a new career? Or maybe you would love to travel, write a book or finally figure out why the hell you are here and what your life purpose really is ???

I know what you're going through, because I have been there myself. I was living this life that I couldn't shake and I knew if something didn't change soon, I would fall into some kind of a depression. That's when I decided I needed to do something about it. I knew that I had to . . .

Well, I just knew that I couldn't go on living the life I was living, and I knew deep in my soul things had to go in another direction.

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I felt stuck and so empty for many years. I would fill my void with shopping, and by avoiding the truth. I kept myself distracted by building three new homes, moving five times and putting all of my extra time (when not with my girls) into working, instead of dealing with my emotions and how I felt about my life and the marriage I was in at the time. I blamed outside circumstances for why my life was the way it was, I blamed other people and I never took responsibility for my own thoughts and feelings. I would blame people for my actions. "You made me react that way because of what you said." I thought by ignoring what was happening around me, it would eventually all go away. NOPE. It never did. Not until I decided to finally take control of my thoughts around my life and accept why I was so unhappy.

I decided to hire a Life Coach. I dove deep into mind management, self-help books, audiobooks, and working on learning to truly love myself for exactly who I was. I started showing up in the world by being authentic to myself. And I stopped worrying if other people liked me or not. Whether you like me or not . . . I don't care. I'm not here for you to like. I am here for me to like. I learned to not care anymore. Not everyone is going to like us and that is OK. As long as I am true to who I am, that is what matters.

I have learned so much these past few years, and I want to share it all with you. That is why I wrote this book, because I want to help other women learn the tools that I learned, so they can create happiness within themselves, and learn to manifest the shit out of whatever they want in their

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life. Everyone deserves to live the life they have always dreamed of living.

If you are unhappy, struggling, searching for your purpose in life, and are wanting to start living the life you are meant to live, this is the book for you. And it's Never too late my friends. I can promise you that.

You deserve to chase those dreams of yours. Bring back your happy that has been lost for some time. Find your fabulous again. Learn to *Unleash Your Inner Goddess* (your intuition). She is in there. She is just waiting to spread her wings again. It's time to RELEASE her, to let go of your past, and start RECLAIMING yourself and the life you want to start living.

You are the creator of your life and you have full control of how you want your life to turn out. Read, listen to your Inner Goddess, and learn. Start taking action to create the life that you deserve. Not what others want for you. *What you want!*

You can have whatever you want, you just have to want it bad enough to take that first step. Life is all about dreaming and creating, to get you where you want to be. Because nothing changes if nothing changes . . .

It's time for you to look at the woman in the mirror and be willing to dig deep, so you can get to where you really want to be in life. Do this for you. It's the best gift that you can give yourself.

*Christine Rezzo*

I will be right there with you, helping you rediscover what has been lost. Your Inner Goddess is in you and I am going to help you find her!!! That my friend is a promise . . . LET'S DO THIS!!!

And in case no one has told you today . . .

I love you.

Xoxo

Chrissy

My Inner Mean Girl  
Made Me Do It . . .  
I Swear

*"Ego judges and punishes. Love forgives and heals."*

**Anonymous**

I am here to tell you that it's not your fault that you are fucked up. That would be our parents and their parents and past generations, who we have to thank for that. When we came to this planet as little itty-bitty babies, incapable of doing anything but cry, poop, and sleep, we were just living in the moment as we were meant to be, and our world was perfect exactly how it was. We had no idea that anything was any less perfect than what it was to us at that time.

As we got older, we started listening to the people around us that we trusted, and we believed whatever they told

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us was true. From the moment we were able to absorb information, our loved ones filled us up with a lifetime of crazy beliefs that they learned from past generations. Many that have nothing to do with who we are or that are necessarily true (you're not smart enough, money is evil, the world is a dangerous place, there is a place called hell and if you don't believe in God you will go there, you will never find a good job if you don't go to college, all other religions are wrong but ours, and so on).

When your parents were raising you, of course they only wanted what was best for you. They loved you, they wanted to keep you safe from the big scary world. They had no idea that these were just beliefs that could actually be questioned let alone not believed, because most of us are just innocently living in an illusion based on someone else's beliefs.

Beliefs are just sentences that are told to us over and over again, and our subconscious mind turns them into our truth through repetition. So, if your father repeatedly told you that you weren't smart enough or pretty enough, your subconscious eventually believed it. Those untrue words of his most likely made you extremely insecure while you were growing up. You may still question your intelligence and if you are attractive at all.

Knowing and understanding that beliefs are just repeated sentences told to us, we can choose to either keep the beliefs we have or we can change them. I mean who

## *Unleash Your Inner Goddess*

the hell knew? Our parents sure didn't or we wouldn't be so messed up with all these fucking crazy beliefs running through our head. That is exactly how the subconscious mind works: by repeating words or sentences over and over until eventually it believes them.

We have both a conscious mind and a subconscious mind. Most of us are only aware of our conscious mind, because that is where we process all of our information. It's where we figure out how to add, subtract, multiply. It's where we worry, judge and criticize other people from. It's also where we love, remember birthdays, and recall that if we don't shave our armpits, we are going to turn into some hippie lovin' bra burnin' chick from the 60s.

Our conscious mind doesn't fully develop until somewhere around our twenties. Which says a lot when it comes to teenagers, and why they react the way they do. Their brains aren't fully developed. They think they're invincible or that they'll never get caught doing the things they shouldn't be doing, because they aren't thinking clearly, they are still in superhero childlike mode. They do crazy things, like stealing a kitten from the local shelter and hiding it in their sweatshirt so they can escape through the front door without anyone noticing. Yup true story, that was me and my childhood friend. We actually got away with it, and we brought the kitten back the exact same way a few days later, once we were told from both our parents that we weren't allowed to keep the adorable, homeless kitten that we "found."

## *Christine Rezzo*

The conscious mind is the part of our brain that keeps us aware of what we are thinking about, stopping only when we sleep. Once we open our eyes, it starts right back up. The subconscious mind is fully developed the minute we come screaming into the world. The subconscious believes everything it is told because it has no filter to know what is true and what isn't. It believes everything as truth if repeated enough. The subconscious runs basically on instincts and feelings.

Think of the subconscious mind as a little kid, because that is pretty much what its age level is. Most of our information that is stored in our subconscious is from our childhood and it doesn't know any better. If our parents told us that the morning of Easter, a life-size bunny comes and hides painted eggs, then leaves a basket filled with candy, we believed them. If our parents fought every day, yelling and screaming mean things to one another, we believed that is what it means to love someone. We didn't know enough to question our parents, we trusted them. I mean why would they ever lie to us???

We had no idea our world was scary, until they told us. We had no idea that you had to work long and hard, or you would never be able to make a lot of money, or that you have to be skinny to be a model, or that if you have sex with more than a few guys you would be labeled as easy (a slut). Girls, if you want to have sex with whoever, however, whenever, wherever, as many times as you want . . . DO IT! Go have fun, just protect yourself please. If men can do

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it, women can too. Get crazy, have fun wild sex and then be proud the next day that you didn't have to fake the triple orgasm that you had—and if you have never had a triple orgasm, keep practicing my friends, you will get there. A vibrator might do the trick for you (big smiles). The problem is that many of these beliefs you were told aren't even true—that is, unless you choose to believe they are.

### *Who Knew?*

Consciously we are aware of what is going on. Subconsciously is a totally different story. We can't understand why we feel incapable about creating more money in our lives, and why our thoughts keep telling us that money is hard to come by and that money doesn't create happiness. With those kind of thoughts in our heads (which is what we have been told our entire lives) there is no way in hell that we are going to let ourselves have an abundant amount of money, because we believe it doesn't create happiness. And we all want to be happy right?

We aren't even aware that these silly beliefs of ours have been holding us back from creating money all our life. We remain stuck and we continuously self-sabotage ourselves with a never-ending cycle. We want to create a life that we would love to be living, but our limiting beliefs keep getting in our way. We have no idea that this is happening, so how can we fix what is broken when we are clueless to why we are the way we are?

## *Christine Rezzo*

Let me explain why this is so hard to grasp onto. Why you haven't been able to get past these crazy limiting beliefs and why you still believe that they are true, even though consciously you know they aren't.

- *Your subconscious mind has been running the show since you were a kid with unfiltered info known as beliefs.*
- *You are totally unaware that these subconscious beliefs are what control your life.*
- *Your conscious mind is still being controlled by all the crazy beliefs that you have been carrying around in your subconscious mind. Even after you know that's really not what you want to believe. WTF ???*

This is exactly why some of us haven't been able to create the life we are wanting. Why we haven't been able to land that perfect job, or why we haven't been able to meet the right partner. We want to, but our subconscious is in the way. It is holding us back. In order to keep growing into the best version of yourself, you need to get in touch with your subconscious mind. You need to try to understand what your limiting beliefs are that are keeping you stuck and held back from where you are wanting to go.

The subconscious is the easiest, most simple and straightforward path to your dreams. The problem is that

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we keep shutting it down, we constantly get in our own way by consciously worrying, overanalyzing, and overthinking everything. We start creating our own problems from the unknown about our future. We don't like to not know what is going to happen or what the outcome may be. If you are afraid of any uncomfortable emotions, you're never going to do the things you really want to do. We want to be in control of everything in our lives and that is just not possible. We have to learn to trust that the Universe has our back, that God knows what "She" is doing, and that your Inner Goddess will guide you.

## *So Many Lies*

Our limiting beliefs (beliefs that limit our thinking) can be right in front of our faces, or they can be buried deep inside of us. The best part about all of this is that our beliefs are just thoughts. That's right, every single one of them, they are just sentences that we keep believing. You can change your thoughts anytime you want to, and you can choose to think whatever you want. Best fucking news ever!!! Your limiting beliefs are what holds you back from taking action. They are the reason that you don't have the balls to start a new business, to leave the relationship that you have been miserable in for years, to quit your job, or call that really hot guy that gave you his business card the other day in the elevator. Your limiting beliefs are the reason why you procrastinate forever because you just don't believe it's possible, or that you can ever get the job done.

Christine Rezzo

To change your beliefs, you must first recognize that the belief is just a thought, a sentence in your head, and that you are able to change it. (Repeat that last sentence again, you've got this!!!) You have to consciously replace it, by letting go of the original thought and replacing it with a new thought. You have to recognize that the belief that you are wanting to replace is NOT true, and then replace it with an opposite thought of the belief. When you replace it with a brand-new thought, *it will empower and free you from that limited feeling*. You can actually do this with any one of your beliefs. So let's get to work, shall we?

Question any belief that is not created from love. That is how you will know if you need to change your belief: when it isn't coming from love. Our limiting beliefs are just bullshit stories that were fed to us at one point in our lives. You can start telling yourself new stories, stories that you feel good about. Stories that don't limit you. Start telling the story that you want to start living, because the more and more you tell that story, the closer it is to becoming your reality.

### *How to Let Go of Those Lies in Your Head*

What if I told you I have a solution that allows you to say adios to your limiting beliefs? How amazing would this be? To find out how to clear those limiting beliefs, so you can start creating the life you deserve? You'd be like, "Hell yeah where do I sign up? Let's do this!" Well here it is.

## *Unleash Your Inner Goddess*

- *Identify the limiting behavior that is holding you back. Are you afraid to take action? Are you procrastinating?*
- *Get curious with your limiting belief. Ask yourself, what thoughts are you believing that keeps you repeating the same behavior?*
- *Question where this belief came from. Where did you pick it up? Have you thought about this since childhood? Did you hear it from your parents? Did you read something that made you believe this? Did something happen in your life that made you start believing this?*
- *Ask yourself what are the benefits of you believing this belief? How has holding on to this belief served you?*
- *Have there been any consequences since you have had this belief? Have these consequences been painful for you? Are you ready to change them?*
- *Ask yourself if there is truth to this belief—or is it just a story that you have been telling yourself? Find as many reasons as you can to prove that this belief isn't true. Dig deep and see what you come up with.*

## *Christine Rezzo*

- *Connect with your Inner Goddess . . . What are you hearing her say about this belief? What are you feeling inside? Is this belief of yours limiting yourself from living your truth? What is the real truth about this?*

Now it's time to choose a new thought, one that makes you feel good, that empowers you. Create that new story and start acting as if you believe your new belief. Your subconscious has absolutely no idea what is real and what isn't, what is true and what you are lying about. Which is exactly why you have been believing all these crazy lies that you have been telling yourself. Your subconscious doesn't know the truth. To your subconscious everything is reality. The story that you start telling yourself will manifest right before your eyes, as long as you start to believe it.

## *Our Sneaky Inner Mean Girl*

**FEAR:** False Evidence Appearing Real.

Fear is defined as "an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain or a threat."

In our lives today, there is genuinely nothing we really need to fear. I mean what threats do we actually have today? There aren't lions, tigers and bears (Oh my) trying to eat us like years and years ago when the emotion of fear was

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actually beneficial to our caveman days (unless maybe you are trapped in the wild). Being afraid today by being embarrassed, or by showing up and being vulnerable because you may mess up during a motivational speech in front of thousands of people really isn't anything to fear. I mean seriously . . . what is the worst that can happen? So you mess up and forget what to say, or maybe you are so nervous that you can't even move, or maybe you vomit, so what, who really cares?

It's not the end of the world. You're still alive, aren't you? You didn't die. Listen, the only reason why you are feeling this way is because you are all up in your head with thoughts like, "What if everyone laughs at me?", "What if I freeze and forget what to say?" or "What if I make a fool out of myself?" It's from your thoughts and how you are choosing to think about what you are about to do. Try to get out of your head and start living in the present. When you live in the "now" you can't find one problem, nothing to stress over, and nothing to fear. Fear is all future based. When you are in the present there is only peace. When you focus on fear, it will become your reality.

Unfortunately, fear is a natural part of our human experience. If you learn to embrace it, and let it be a part of your experience, it won't be able to hold you back from your dreams and desires in life. Each fearful belief you hold on to is a choice you are making. Throughout our lives we absorb all this fear from the world around us, and we grow to believe those fears are our reality. Fear is

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really just a result of a mismanaged mind. We fear things because of our thoughts about what we are fearing. We are choosing to think thoughts that are creating our fear.

All of our emotions come from our thinking. When we fear something, our Inner Mean Girl (Ego) gets in the way. She makes an appearance to show you that She is still in charge. Your Inner Mean Girl cannot survive without fear. She lives off fear and is nothing without it. She is all about protection and self. Love is nowhere in sight when your Inner Mean Girl is involved. When you give into fearful experiences in your life, you block yourself from connecting to your Inner Goddess (Intuition)—which is your connection to seeing reality, to seeing clearly.

Ego is used to refer to the false self or any self that is acting out of fear. We wind up denying our fear in so many ways: for example, the woman that makes excuses for her abusive husband, or the alcoholic that is unwilling to admit their addiction. Your Inner Mean Girl is the part of us that is in control when we do things like sabotage our happiness by using and becoming a drug addict, knowing that those drugs will give us the high that we need at the time instead of thinking about how it may affect yourself and your family.

Your Inner Mean Girl operates according to your limiting false beliefs, this is all the crap that was shoved into your subconscious as a kid that has no truth at all, as well as all the decisions you've made about yourself that are unflattering and far from empowering. She gets validation from outside

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sources. She is reactive (my circumstances control my life, it's your fault I have to do what I am doing, I am a victim). She is extremely fear based, and so committed to keeping you safely imprisoned within the reality you've created based on your false limiting beliefs known as your comfort zone. She lives in your past, your present and your future (if you let her) and She believes you are separate from everything around you—only thinking of herself and no one else.

### *Your New BFF*

Your Inner Goddess on the other hand is the part of you that operates with your connection to source energy. She gets validation from thoughts like:

- *I love and trust myself*
- *I know what is right for me*
- *This feels good, this feels right*
- *I am loved*
- *I have a purpose*

She is proactive (I am in control of my life, I am going to do what I need to do so I can be the best version of myself). She comes from love, and is committed to creating a reality of limitless potential. Your Inner Goddess lives in your present (never thinking of the past), she believes in miracles and is one with the Universe. She is your voice of love, your internal teacher. The more you choose your Inner Goddess over your Inner Mean Girl, the more you will see love.

*Christine Rezzo*

We are all responsible for how we feel at every moment. We are in charge of how we want to think, and we are in charge of how we want to feel. But when our Inner Mean Girl takes over, we start to blame other people for how we are feeling, for why we are acting the way we are, and for the results that we have in our life. We blame the world, we blame the president, we blame the government, we blame the stock market, we blame the economy, we blame our mothers and our fathers. We blame our childhood. We blame the weather. We blame other people. We blame everyone for why we feel the way we feel, why we do the things we do and why our life is the way it is. Your Inner Goddess will never admit that maybe it has to do with the person that you really are. She will never take accountability for her actions. She just loves to sit back and blame everyone and everything else.

When your Inner Goddess and love come in, you are able to let your Inner Mean Girl loose. You learn to take full responsibility for every single thing you feel, no matter what someone else says or does or doesn't do. You take control of your mind and your feelings. When you choose to feel a certain way, you don't blame someone else for making you feel that way. You know it is from how you are choosing to think, because sometimes we want to feel disappointed, and that's OK. Love doesn't blame. Love accepts everything for what is.

Start letting go of those limiting beliefs of yours. You don't have to believe what you don't want to. You are in control

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of what you want to believe. Stop letting your Inner Mean Girl make all your decisions for you. Start trusting your Inner Goddess and start letting her run the show.

*"A Course in Miracles" teaches that projection is perception, therefore, whatever fear-based beliefs you've been projecting onto your internal movie screen have become the film that is your life. It's time to become conscious of what you've been projecting so that you can begin to rewrite your script.*

*Love the one you're with*

Repeat after me:

*I love myself enough to let go of my limiting beliefs.*

Christinerizzo.com

