

The Ann Strong Identity

Joined Mind • Open Heart • Strong Body • Radiant Spirit

Who is Ann Strong?

Ann embraces and expresses the mysticism that chose her. Ann devotes her life to Love, to the Divine, to God. She offers every aspect of her life to God and to Divine Flow. She KNOWS she is beautifully taken care of in every moment.

With every breath Ann takes, she's recognizing detachment as she exhales. Ann feels the never-ending river of Life flowing through her. She is becoming more and more present to every single precious breath. Ann is beginning to see that detaching sets her free to love fully, unconditionally and without reservation. Her energy is open, moving and available and at the same time, still, spacious and deeply loving. Ann allows EVERYTHING to pass through her. Nothing sticks to her unless she sticks to it.

Ann naturally cultivates and communicates boundaries.

Ann blossoms within the emotional, spiritual and physical intimacy with herself. She loves being with nature daily, practicing Qoya and kundalini yoga and working out. She's vibrantly healthy – body, mind, heart and spirit.

Ann expands in abundance, contribution and love every day, as she inspires others around her to do the same. Ann is abundance. Ann is contribution. Ann is Love.

Ann's character traits:

Open-hearted: Ann loves everything deeply and fully.

Detached: Ann is right here, right now, loving fully without needing things to be a certain way.

Light and playful: Ann expresses a playful spirit and holds things lightly.

Courageous: Ann feels her way through dissolving tough situations.

Tenacious: Ann steadfastly holds her vision and perseveres to completion.

Non-judgmental: Ann refrains from judging herself and others.

Penetrating: Ann speaks directly and gets to the heart of the matter.

Extraordinarily present: Ann consistently shows up for herself and for others.

Kind: Ann connects with everyone with kindness and appreciation.

Spacious: Ann consistently lives in, expands and extends spaciousness.

Generous: Ann is generous with who she is and all she has. She easily receives and generously gives.

Ann Strong

The Imagination of Her Reality

- Anything human Ann considers a “problem,” she immediately turns over to God, to Divine Ann – Infinite Source of All, to handle for her, freeing herself to trust the miraculous flow of Life.
- The foundation of her life involves both offering everything to God, to Divine Ann – Infinite Source of All. And, being an excellent steward of her human self – deep, unconditional self-love, self-intimacy and self-appreciation.
- She loves witnessing how everything always works out beautifully. Even the stuff she sometimes considers hard.
- She is delighted to be herself in abundance! She celebrates the Light that she is.
- Ann lives her life in flow. It tickles her to experience mysticism flowing through her.
- Ann naturally accesses the flows of Life; mind, body, heart and spirit aligned.
- Ann naturally experiences radiant health – body, mind, heart and spirit.
- Ann loves moving her body daily. She feels energized, vibrant, alive, sensual and sexy.
- Ann easily and naturally knows what to do or refrain from doing by consistently feeling into and listening to her body. She consistently feels her spine.
- Ann loves sharing the mysticism of life, giving the mysticism of life, receiving the mysticism of life. Ann is the mysticism of life.
- She effortlessly and continuously draws her soul family to her.

- She feels so honored and worthy to serve as a poetess and priestess. Even when she doesn't feel good enough.
- Ann loves deepening and expanding her expression of goddess, of priestess.
- Ann is a stand for Self-Love and for receiving the gift of grief.
- She is a wildly effective writer. Her writing speaks to the heart of her soul family which compels them to deepen, expand and connect, serving All.
- Ann loves experiencing a steady stream of people to serve, just as she experiences a steady stream of air to breathe!
- Ann is a brilliant, genius connector. She naturally generates a constant stream of people and money into her business, for the good of All.
- She loves facilitating deep, expansive, meaningful, transformative work in a light, playful way.
- Ann loves witnessing and experiencing the shifts clients make.
- Clients love telling those around them how much value they receive from working with Ann. Many of her new clients come to her through these natural referrals.
- They feel they receive huge value for their investment in working with her. They know the value of and power of continuing to deepen, expand and evolve.
- She feels engaged, excited and energized to live her own true nature and to support them in living theirs.
- They love that she always points them to their own wisdom and their own true nature, both their unique, human snowflake-ness and their universal Divinity.
- Ann is a money and wealth magnet. It is her true Taurian nature.
- Ann's income and net worth constantly increase, even as she pays off all debt.
- She is an excellent steward of money, using it for good in her life and generously sharing it with others.
- Abundance is her natural state. She is abundance. She recognizes abundance everywhere.

- Ann loves giving 10% of her income to where ever she feels called. It continues to remind her we are all One.
- Ann is a homebody and lives and works with her successful husband and their three delightful pets.
- Every day, Ann wakes up feeling grateful for living side by side, on the land, with her amazing husband.
- She cherishes her strong connection to God/Her Divinity, to herself, to her husband, to the land, to Life, to All.
- She flourishes within the strong affectionate, emotional, spiritual, sensual and sexual connection with her husband.
- Ann deeply appreciates and respects her husband's natural leadership and his high level of self-awareness.
- Every day, she's delighted to discover anew Divinity, herself, her husband and their partnership.
- Ann is deeply appreciative of her husband's unconditional love and devotion.
- She's in awe of how they work through any tough stuff with connected ease and grace.
- She is delighted by how naturally playful and good-humored she and her husband are when they're together.
- Every day, Ann's aware of contributing to herself, to ALL those whose lives she touches, directly and energetically, and to this beautiful planet.
- She's at peace with ALL THAT IS.
- She's increasingly aware, with every breath, that life is created from the inside out. This feels both calming and energizing to her at the same time.
- Ann is creative, resourceful and whole.