



MEDICINE MAGIC & MONEY

A TOOL KIT FOR SOUL-SOURCED
ENTREPRENEURS



DR. RIMA BONARIO

In This KIT...



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Magical, Mission-Based Business

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*Welcome in, beloved!
It is my absolute joy to
share some lessons I've
learned as a soul-sourced
entrepreneur over the
last 20 years. These
principles and practices
have guided me to create
a business of service
and devotion that
I absolutely love!*

ABOUT

DR. RIMA BONARIO

Dr. Rima Bonario is a Dream Weaver, Soul-Coach, and Wild-Heart Healer with 30 years on the path of conscious evolution. She is a respected thought leader, speaker, and teacher for women seeking to stand in their personal power while remaining open-hearted and connected.

Rima specializes in the arena of personal sovereignty and the challenge many women face in maintaining a healthy balance between caring for others and caring for themselves.

Rima's best-selling book, "The Seven Queendoms: A Soul-Map for Embodying Sacred Feminine Sovereignty," explains how women can use the energy, majesty, and noble nature of the Queen archetype to consciously create a life they love.

Her coaching, workshops, online courses, and sacred travel journeys use the transcendent power of myth and archetype, ritual and ceremony, and Soul/shadow work to help her students cut through energetic clutter, dissolve emotional baggage, and form wildly fulfilling habits of attention.

Rima holds a doctorate in Transformational Psychology and has studied with master teachers in body-based energy work, Trauma First Aide and other body-based trauma-informed practices, the Tantric Art of Sacred Sexuality, and the Temple Art of Anointing.

She is passionate about helping women experience personal wholeness, relationship harmony, and material abundance in their lives.

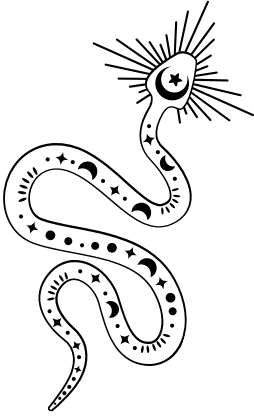




MODULE 1

Seven Keys to Building a Magical, Mission-Based Business

1 Get your mindset and spiritual energy right before working



Treat your work as though it is the most holy and divine thing in your world – which it is. Don't allow yourself to create in your business when your energy is off. Be committed to embodying the highest vibrational energy you can and creating from that space. Take whatever time you need to align your vibration before stepping into work. Nothing is more important. Once your vibration is where you want it to be, use it as a guide to discerning what work is calling you in the moment. Do the work aligned to the vibration you most desire to inhabit.

DAILY AFFIRMATION

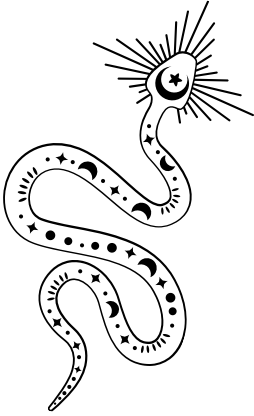
My work is holy.
I am devoted to my work.
Part of my devotion is my practice of creating a high vibration.
I honor my work by taking the time to increase my vibration before creating.
All I create from my aligned vibrational frequency expands exponentially into the world, blessing myself and others.



Breathe and Connect



2 Pull lessons from your life... Teach what you know



Think about the aspects of your life where you've struggled. What are the lessons that your soul is learning in this lifetime? Where have you been required to grow? What are your learning edges? What successes have you had thus far? What lessons have you learned that you can share with others? What is your teachable point of view? Trust that there are others who need this information just like you did. And trust yourself to be the one to provide it. Capture it and use it as the basis for your program offerings.

DAILY AFFIRMATION

My journey through life has taught me many things.
I have risen to the challenge.
The lessons I have learned are valuable and support not only me, but others as well.
I am capable of sharing these lessons with others and supporting them on their journey.
I trust my knowing that I can transmit and share these guideposts effectively to support others.

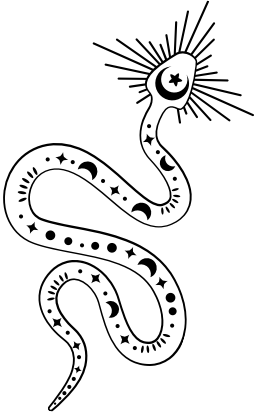


Trust Yourself



3

Learn from others who are masters in your field



Find a teacher or a coach. Allow what they teach you to inspire your heart and inner intuition. Remember that you will have inner knowledge (gnosis) that arises from your soul and lessons, practices, and teachings from elders in your field (lineage). It is essential to respect both lineage and gnosis. Be conscious about your credentials. Studying and developing credentials offers a bridge for many people to feel safe working with you. However, your inner knowing and capacity to hold and transmit perennial wisdom are also incredibly important. Finding the right blend of these two forms of knowledge is critical to your success.

DAILY AFFIRMATION

I recognize the importance of studying with experienced teachers. I am committed to my development and growth.

I also value my inner knowing and the gnosis of my soul.

I rely on the support of others as well as my internal guidance system to help me find the healthy balance between these two ways of knowing.

I do all this in service to the divine.

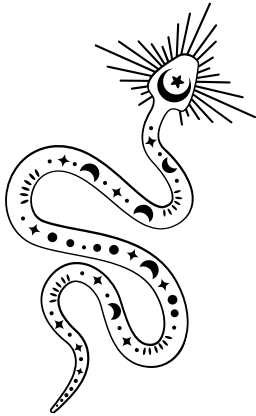


Be Nourished



4

Invest in yourself and your business



Investing in yourself and your growth is part of your initiation as a leader. This will bring you into alignment so you can easily ask others to do the same. At the heart of soul-sourced work is the knowing that what you're offering is worthy and of service to those who feel called to receive it. The best way to experience this knowing is to be served by another. As you invest in your growth, you will find yourself richly rewarded, and in doing so, you can trust that your students will receive the same from you. Allow yourself to be inspired and fed by investing in your growth.

DAILY AFFIRMATION

I know I am worthy of investing in myself.

I choose to stretch but not stress in my financial commitments to growing my business.

I am inspired by my devotion to growth, and I trust that others are also devoted to their growth.

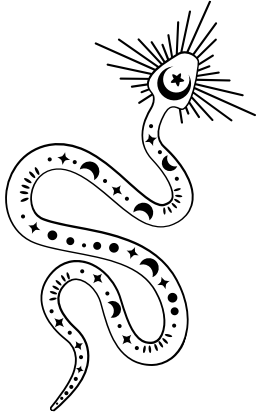
I am ready to be served and serve at the highest level.



Follow Your Dream

5

Make your office a Temple



Create an organized and inspiring workspace where you can look forward to entering it with ritual and intention. Fill the space with beautiful things that inspire you and remind you of why you do this work in the first place. Have incense, sage, palo santo, scented candles, and essential oils in your space to help make it smell delicious. Have good lighting that's easy on your eyes. Have comfortable seating that nourishes your body. Have equipment that supports your efforts, such as a high-quality computer that doesn't have glitches, excellent box or circle lighting for making videos, enough workspace on your desk to spread out, adequate storage for your supplies, soundproofing for peaceful work, and colors and art that uplift you.

DAILY AFFIRMATION

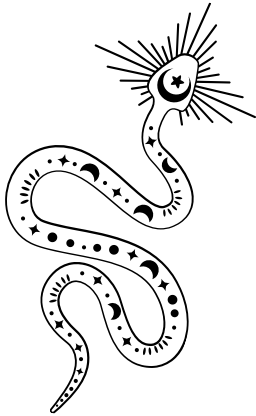
My workspace is a temple that connects me with the divine.
In my temple space, I feel the power of my mission on earth.
I am worthy of a space that uplifts me. My devotion to my work shows how I keep my office temple space.
I feel deeply connected to the divine and rooted on earth while working in my temple space.



Beautifully Your Space



Become masterful at forgiving yourself for your mistakes



If you aren't making mistakes, you aren't growing in your service. When you make mistakes own them, do the repair work to make it right, and move on. Give up the desire to be right and get things right. Release the tyranny of perfectionism. You'll never have it perfect because there are always things that can be improved. Take the 98% and stop squandering time on the final 2%.

DAILY AFFIRMATION

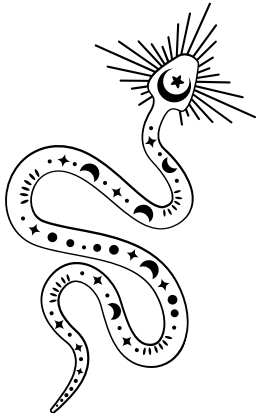
I lovingly forgive myself for the pain of attempting to be perfect.
I recognize that perfectionism is an illusion. I embrace my humanity.
I compassionately and kindly love myself through my mistakes.
I take responsibility for the impact of my mistakes with others and myself.
I take aligned action to repair what needs to be repaired and move on, having learned something new about myself and the world.



Forgive and Thrive



7 Your only work is to serve the Goddess



Remember that your programs, classes, and offerings are not yours. They belong to the Goddess. You are her representative on earth. You are acting in partnership and connection with Her and Her direction. Those who come when called are called by Her through you to the work. If your ego feels frightened, scared, embarrassed, critical, or hopeless, offer compassion to that part of you. Remind that part of you that you are not alone in the work. You have the most powerful partner in the Universe, and you can count on Her. Practice surrendering and trusting in the Goddess. Do your part, lean in, and then let go.

DAILY AFFIRMATION

Every day I deepen my trust and devotion to the Goddess.
My programs are Her programs.
My classes are Her classes.
I do my part and allow Her to do hers. I take all outcomes as feedback and opportunities to adjust, align, and offer again.
I cultivate a spirit of curiosity and wonder.
I let go of trying to figure it out and do what is mine to do in trust.



Surrender to Her



MODULE 2

Nine Tips for Solo-Entrepreneurs in the Feminine Workspace



NINE TIPS FOR

SOLO-ENTREPRENEURS



ONE: DO MONEY WELL

Be clear and in integrity with your money. Create a separate bank account for your business. Pay yourself a monthly salary, even if it's only \$100 to start. Be committed to paying your quarterly taxes. Get excited about paying more taxes each year – it means you're making more money!



TWO: GET HELP

Allow yourself to be supported. Be open to administrative support. Explore trade options if you're very early in your business development and don't yet have the funds for an assistant. As your income increases, be willing to make less money and have more help to create a greater capacity for growth.



THREE: DISCERN BEFORE INVESTING

Be discerning and how you spend your money on your business. Focus on the big rocks first. For example, don't purchase advertising until you clearly know your product sells. Test it and refine it to ensure the price points and copy are on point.



FOUR: COMMIT TO YOUR WORK

Find your groove, sweet spot, and sacred medicine, and keep developing it. Don't jump horses midstream. This keeps you from gaining traction when you jump from thing to thing. Commit to your teachable point of view and work with it until it's found its highest form of excellence.





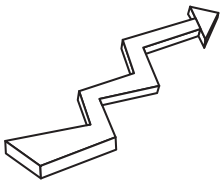
FIVE: CONNECT TO YOUR AUDIENCE

Start building an email list. There are many free sources of email marketing. Begin with your friends, asking them to choose to subscribe to your list, and then place a link at the bottom of all your emails to invite people to join your list and post about it on social media. Offer a thoughtful, free gift for those who join your list. Just start now.



SIX: EMBRACE PROFESSIONALISM

Hire professionals to support you in your business. Pay for a well-written bio, hire a skilled photographer, and take epic photos. It will change how you see yourself and present yourself to the world. Plus, you will need them for social media and your website. You can ask friends for referrals if you aren't sure where to find professionals. Try places like UpWork, Fiverr, and Bark to find freelance support.



SEVEN: PLAN FOR GROWTH

Build your programs one step at a time and plan for growth. Pilot new programs first by offering them at a lower rate so that you can learn, get feedback, and re-launch with confidence at a higher rate. Create your programs with an apprentice track in mind and a leadership development plan so that you can continue scaling and growing.



EIGHT: GET PUBLISHED

Get published as soon as possible! This will be one of the greatest gifts you can give yourself and your business. It doesn't have to be an entire book. You can start with an anthology, just a chapter in a collection of essays with others aligned with your business. Consider blogs or podcasts. These forms of communication have long legs and will bring you clients long after they are out in the world.



NINE: SCHEDULE MINDFULLY

Know your limits related to time. Plan accordingly. Don't overschedule yourself. Make sure there's time for rest. Otherwise, you will resist working on your business. Choose one or two, possibly three items to focus on for a day and celebrate yourself when you complete them.

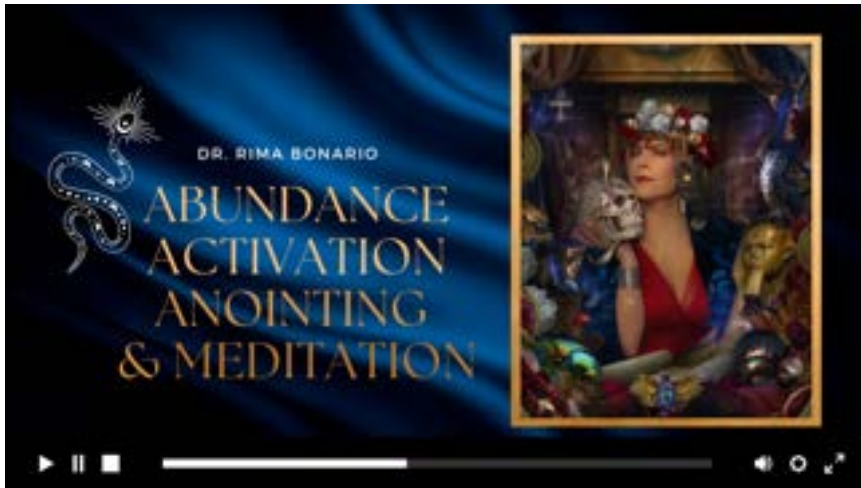


MODULE 3



Abundance
Anointing
Activation &
Meditation

Abundance Activation Anointing & Meditation



Check your email for the link to access this powerful anointing and meditation to activate great abundance!

ABUNDANCE ACTIVATING OILS SET

To deepen your experience with this activation, consider using Bloom Fine Egyptian Oils Abundance Activation Set:

Sandalwood: Open your third eye chakra for clear sight, inspiration, and powerful intuition

Golden Water: To amplify your cosmic power and soul-aligned action and prosperity

Orange Oil: Increase your joy and creativity as you make your work FUN!

Visit BloomwithRima.com and use the coupon code MMM20 for 20% off your order!





Prayer for Soul-Sourced
Solo-Entrepreneurs



**DIVINE GREAT SPIRIT
DIVINE MOTHER
GUIDES
COUNSELORS
PROTECTORS &
MASTERS,
USE ME NOW AS AN
INSTRUMENT OF
DIVINE TRUTH
LOVE, LIGHT
AND HEALING**

MODULE 4

SMARTGoals & Action Planning Sheets



SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



ACTION

PLANNING

ACTION PLANNING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL	
STOP DOING	
DO LESS OF	
KEEP DOING	
DO MORE OF	
START DOING	



MODULE 5



Gratitude Practice Amplifier



Write a Letter of
Appreciation
to Yourself



**GOOD
JOB!!**

Lined writing area for the first letter of appreciation.

Lined writing area for the second letter of appreciation.

**well
done!**

Draw 3 Things
You're Grateful for
today



DAILY GRATITUDE

/ /

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO



DAILY GRATITUDE

/ /

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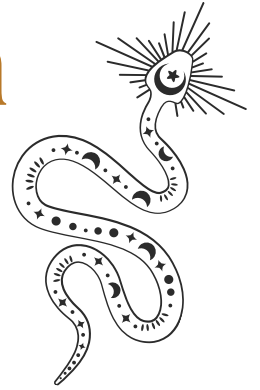
MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO





Work with Rima



WWW.RIMABONARIO.COM

Private Mentoring

Be happier, healthier, and more satisfied with your life. Private coaching sessions are custom designed for you. And you will get access to courses available only for my private clients.

Zoom Healing Sessions

Dr. Rima will help you identify what needs to be mended, released, or transmuted and support you in making a profound and lasting shift.



Courses & Events

My courses are offered in person and online. They range from mini-self-paced classes to in-depth year-long programs. You'll find something for every budget. Jump in, and let's get you headed toward your dreams!

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