



unlock

your

inner

QUEEN

five keys MAM loves

A Note from MAM

Greetings!

My name is Melissa A. Matthews, my friends call me MAM. I am a mother, partner, artist, business owner and supporter of women. Powerful women have helped me shape the life that I live and unlock parts of me that I never even knew existed. So in all of my work, I hope to honor them by doing the same for other women. Women, like you!

I am the creative behind mam-ltd-art. A service for women by women to help unlock your special!

It is a lifestyle brand offering premium, storied, and particularly special experiences to our clients through a range of handcrafted and artfully designed products. You might be asking yourself, what the hell does "unlocking your inner queen" have to do with buying handcrafted things?

And my answer to you is...EVERYTHING! As a woman, juggling quite a few too many things myself, I know how hard it is to take time for yourself. And if I've learned anything in the last decade plus of official adulthood, it has been that if one does not see the value in yourself, you will seldom see the value in honoring yourself.

And honoring you--who you are, aspire to be, and project into the world is what unlocking your special is all about. The mam-ltd-art email service exists to help you furnish your life with the special you deserve!

And that begins with unlocking your inner queen!

Xoxo,

MAM



As women, we often forget that our “special,” that thing that makes us unique, uncommon--well, us needs nurture and practice. There is a quote by Martha Graham quote that I read to myself every now and then, to remind myself of my own “special” :

“There is a vitality, a life force, a quickening that is translated through you into action, and there is only one of you in all time. This expression is unique, and if you block it, it will never exist through any other medium; and be lost. The world will not have it.

It is not your business to determine how good it is, not how it compares with other expression. It is your business to keep it yours clearly and directly, to keep the channel open. You have to keep open and aware directly to the urges that motivate you. Keep the channel open.”

-- Martha Graham

It takes practice and dedication to keep the channel open. And in this little guide, I just wanted to share a few tools, I’ve compiled because I intend to start using them OR I have actively been using them as i strive to keep my channel open.



Unlock your MIND power

SO I don't know about you but I crave peace, clarity and clear headedness--98% of the time, I feel like I am running a race in my head. Between mommyhood, business woman...well, business and trying to be an interesting, loving, nurturing partner those things can be rare commodities if I don't make a conscious effort to attain them.

My main attempt at this is meditation: meditate and pray for up to two hours in the morning [on a good day] or as little as 20 minutes whilst taking a shower and brushing my teeth. The time doesn't really matter but the practice does. And I am always looking for ways to better my practice. So on one such journey, I stumbled across a site called operationmeditation.com.

And guess what they specialize in?! MEDITATION...lol! SO whilst scrolling through the site looking for some guidance on how to improve my practice, I found this great article called [*How to Unlock your Mind Power: 3 Simple but Effective Methods*](#) by an unnamed genius of course!

And that genius, whoever she [or he] is furnished me with the first two keys that I think are absolutely essential to unlocking your inner queen:

1. Delve A Little Deeper:

They reminded me that it is estimated that human beings often function using only 10-20% of our brain power. Can you imagine living life, using only 20% of any of your other vital organs? 20% of your heart or liver or kidneys? Ummm...No! Right? That sounds silly. So if we put what the good ole folks at Operationmeditation.com are telling us at face value, we are missing out on some significant opportunities to be awesome by under utilizing our highly capable brains.

How do we delve a little deeper?



They say meditation alters our brain patterns in four different stages : [Beta, Alpha, Theta, and Delta](#). But even if you just have time for one, I suggest Alpha because it's the first altered state, it's apparently the easiest to get to and it's friggin' awesome. Check it out:

Alpha:** the first altered state which is associated with light relaxation and the beginning of the meditation process. In this state you will begin to be able to access your subconscious mind. you will experience waves of creative thought and be able to see how ideas that may have seemed unrelated might actually be deeply connected. Problem solving becomes easier and solutions deeper. As you progress with meditation you will gradually be able to access even deeper layers of your consciousness and the true power of your mind will be unlocked. Doesn't that sound **AMAZINGLY AWESOME?

2. Believe in the Vitality force that is You

True power comes from within! I know every woo woo hippie, meditation guru and motivational speaker says this but there is a reason for that! Wait for it. Wait for it...It's TRUE!

If you are living in a state of constant self-doubt and wondering why things aren't going your way. Wondering why your life feels dull or you are lacking energy, passion, and/or gusto for life...wonder no more! It's because you are shrouded in self-doubt and just like those paranoid stoned college students wondering if everyone in the class can tell that they're high, you are wreaking of it. People and the universe can smell it on you. You need to wash that stink off of you.

As meditation helps to awaken you to your inner potential, take a bath in your new found promise and splash on a couple spritzes of promise perfume! Find confidence in your abilities and wear it like a new dress. Everybody sparkles with a little bit of confidence.



Unlock your BODY power

Umm...here's where I get to the "things I want to be doing" but my inner queen is a work in progress, just like yours...so yea, we're trying! I'm not going to tell you to start doing yoga everyday after your meditation or to run like a religious zealot 5 days a week. No shade if either of those things work for you. Go forth and God bless. I am just not a health and body fanatic. AND trust me I am learning everyday how much better care of my body I must take if I want to be just as flawless at 90 as I am at 30 something. And those somethings start to add up after awhile ... so here's the advice I can offer as a self-professed work in progress:

3. GET UP AND DO SOMETHING

At least once a week treat your body to a physical endeavor that you can stomach. A walk through your favorite park, a jog on a treadmill while jamming to your favorite song, or a sexy pole dancing class (I hear it works ALL of the important parts). If you've got mini-mes, take them on a playdate where the parents can play too. Take it one step at a time if you are anything like me!



4. REWARD YOUR BODY AND PAMPER YOURSELF

A quick mani-pedi: for those fingers you used to type away all day and those feet you've been shoving in those stilettos you love that don't love you back. If money is tight, soak your feet in some epsom salts, give them a nice scrub, and polish while watching your favorite tv show. After a glass of wine or five, you won't care if the polish is neat but you'll feel fabulous!

A massage: for your aching bones after getting back on that treadmill after a six month hiatus or tried to be super mom and launch your little baby into the stratosphere on the swing only to realize you launched yourself into spasm.

A nice meal: A good meal soothes all that aches. I truly believe that! Some say I am a fat woman living in a petite body. I say they have not had GOOD food! LOL. If you are like me, go out and get that unctuous meal you've been craving but denying yourself. If money is tight or you can't get a babysitter (life happens): Order in from your favorite take-out spot and eat it on a fancy plate! If you like wine, have a big glass. If you don't drink, pour your juice, water, or soft drink into a wine glass, it makes everything fancier! ENJOY it!



Unlock your SPIRIT

Spirituality is deeply personal and truly means different things to different people. I won't pretend to know what spirituality looks like or feels like to you but I will tell you what it looks like and feels like for me and leave space below for YOU to draw/write/brainstorm and/or scribble what it means to you.

Spirituality to me is apart of everything I do. It is my ongoing conversation with God as I go through my day. It is a loving conversation/exchange/embrace with my spouse as I wholeheartedly believe in this verse by poet Saul Williams from his book *Said the Shotgun to the Head*:

“Have you ever been kissed by God? Passionately (tongue, lips, etc.)? Or are you one who simply condemns God to the realm of the invisible? When do you feel most comfortable? When do you feel most loved? Perhaps it is in the warm embrace of your lover or in the assuring touch of your mother. Perhaps, like me, you have likened this person to God in your life and realized that God was loving you through them. Or maybe you don't believe in God. Cool. Here's a simpler question: Have you ever lost yourself in a kiss? I mean pure psychedelic inebriation. Not just listful petting but transcendental metamorphosis when you became aware that the greatness of this being was breathing into you. Licking the sides and corners of your mouth, like sealing a thousand fleshy envelopes filled with the essence of your passionate being and then opened by the same mouth and delivered back to you, over and over again---the first kiss of the rest of your life. A kiss that confirms that the universe is aligned, that the world's greatest resource is love, and maybe even that God is a woman. With or without a belief in God, all kisses are metaphors decipherable by allocations of time, circumstance, and understanding.”

Moreover, it is dancing to music-- blaring loudly...swinging my daughter around until we are both too dizzy to stand, reading a good book, singing “la la la, la la la, elmo's song” as I kiss my munchkin good night and waking up to do it all again the next day.



5. (A) Define what makes your spirit soar:



(B) Make a list of 5 ways you can incorporate one or more of those things in your daily life. (e.g. I will recite a mantra that reflects my power every morning in the mirror before I start my day.)

1. _____
2. _____
3. _____
4. _____
5. _____



CONGRATULATIONS!!!
YOU'VE JUST BEGUN TO
UNLOCK YOUR INNER
QUEEN!
ISN'T SHE LOVELY



Postscript

Remember, it's about practice. Everyday is an opportunity to take better care of yourself, to be better, to do better and make an impact in the world around you. Even if you have to reread this guide ever so often to remind yourself to do the work of keeping your inner queen unlocked! After all, there is only one you-- you've got to nurture all of that special locked inside in order to share it with the world. No one else is going to be able to give what you've got! Especially not the same way you do!

"The most important thing is to enjoy your life - to be happy - it's all that matters."
-Audrey Hepburn