



*...from Overwhelm and Isolation to
Connectedness and Inspiration*

Pernilla Lillarose

Women Standing For Love

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connectedness and inspiration*

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I am so glad you joined me in this endeavor to bring Heart and Love to where it is so needed on our beautiful planet Earth.

One of the bonuses that I am offering is a [free discovery session](#) to help you find...

- Where you feel stuck
- What is getting in your way, and
- What kind of support you need to move forward in your life.

People who take advantage of these sessions walk away with...

A greater sense of Clarity and Confidence

- More Energy and Inspiration to take your next step
- A renewed sense of Trust in the Wisdom of your Wise Heart
- A sense of Relief because you know you are not alone!

Just click [here](#) if you feel moved to explore your options in a [Discovery Session](#)

Women Standing For Love

Welcome!

Welcome and congratulations for taking this step. It is an important step, and I am grateful that you listened to your call to get out of overwhelm, hopelessness and inertia and to connect with Women who have decided to Stand For Love, inside and out. Together we can start taking action to clean up the mess we are finding ourselves in and create the world we all long for.

We are all feeling the call. Many of us have already done a fair amount of work on ourselves so we now feel more equipped to focus on the world at large. However...

How about that feeling of overwhelm?

Overwhelmed to the point where you don't even know where to start, and instead have remained passive, frozen or detached from what is going on in the world.

Me too! It is a lot to face all at once, isn't it!

I agree, it is not possible to do all that much on your own, when the whole world is falling apart. How can one little you or me even make a dent? It **is** overwhelming!

Let's face it, no matter where you look, whether locally at the homeless person down your street, or women being abused and molested in countries far away (and not so far away), the

pollution, the dying rain forest, the chem trails, the oil spills, the climate change, the..... It just seems too much.

Sending \$50 to some charity may help you feel less helpless, and going to a meditation retreat may help you feel peaceful and detached. But really, it is enough?

What is enough?

What **can** you do? And where do you **start**?

This little book is a good start. And let me tell you right off the bat: I don't have all the answers by any means. **I only have the answer to what I can do.** And as you start taking a Stand For Love in your life, you will realize that **you have the answer to what you can do.** And that **is** enough.

Part of my answer has been to start this movement called **Womxn Standing For Lovx**. This movement will be part of your answer too, because when we all start gathering together we realize that the feeling of overwhelm that we have felt was partly because we felt alone and disconnected from each other. And that is really a big part of the problem. Disconnected from ourselves and disconnected from each other, resulting in overwhelm, isolation and fear.

The idea behind **Womxn Standing For Lovx** is to help you find your connection inside with yourself, and outside with other like-Visioned Women. Getting together will **replace overwhelm and isolation with connectedness and inspiration.**

You are not alone anymore. Isn't that a relief?

What this little book is offering

- ❖ How this movement came about
- ❖ Our mission statement and its three Pillars
- ❖ Each *Peace* of the puzzle makes a MasterPeace
- ❖ 1st Pillar. Standing For Love in yourSelf and your own life
- ❖ 2nd Pillar. Actively creating or joining a Circle of your Vision
- ❖ 3rd Pillar. Committing and collaborating with one another
- ❖ Why Women and not Men?
- ❖ The global impact of Self Love. What it means and what happens when you Love yourSelf
- ❖ The world needs you
- ❖ What can you do?

How this movement came about

My name is Pernilla Lillarose and for many years I have been committed to living from my deepest place of integrity to the best of my ability (not to perfection).

Daily meditation and prayer for the world; growing my own organic garden and initiating a community garden on the street where I live; many years of service/volunteer work for some well respected spiritual teachers; working my way through conditionings/ traumas/ disillusionment/limited belief systems to be able to See clearly instead of reacting to my own limited projections; teaching meditation to students at UCSC and the local jail; teaching private clients how to be kind and present with themselves, and realize their true nature and potential; spending several years (and a small fortune) on marketing to learn how to reach and support more people in realizing their true nature and purpose in life; clearing out debris standing in the way of living from an open Heart; and on it goes.

I am sure you can relate, and I think that together we have done as much work as we are capable of – on our own. After all these years of work on myself, it has become apparent that it is now time to gather what we have realized and leave behind our comfort zone so we can include a larger sphere. We are now ready to start collaborating with each other, bring our Gifts to the table and make a real difference in the world.

After years of living in my own little paradise and retreating into my cocoon of comfort and peace, I started feeling discouraged and unfulfilled. Somehow it wasn't enough

anymore. And somehow I still wasn't reaching as many people as I would like and was wondering what my real purpose was.

Discouragement, overwhelm and hopelessness have been frequent visitors and invited me to go deeper into myself, realizing deeper depth of my Being and expression.

At the same time, I was regularly blogging about something new that started revealing itself in my consciousness. I would talk about it on my radio show, ezine about it and share with my friends about the importance of Women getting together.

At hindsight I realized that this new awareness had been seeping through for many months and kept getting louder. Every time I went *inside* for inspiration and guidance, I kept feeling: "Women need to get together, Women need to get together," so I kept sharing it.

One day, somebody said to me: "Pernilla, when are you going to have a gathering where we physically get together?" Eh...? Oh...! Bingo! Wake up call! That question opened up the door to what I had previously only talked about.

With that door open, it all started making sense and a lot of new inspiration came through: I created a website page, a Facebook page and an event date for a real physical meeting within a few days. The Energy was wild and big and kept me creating with joy and effortlessness. I did things within a few days that normally took me forever because there was so much inspired Energy behind it that I couldn't stop myself.

Everything fell into place with ease, and 42 powerful Women

showed up at the first Gathering. We all knew that this was the next step we had been waiting for.

That was the birth of **Womxn Standing For Lovz** and She keeps growing, both in size and in Vision.

After our first Gathering, inspired by all the good energy that was shared, I realized we have to start in our own community, Santa Cruz, and make this place a model for the rest of the world. That realization was infused with this amazing Energy and every time I shared it with my friends, they got goosebumps – the good kind.

Here is what we are about:

Mission Statement

Womxn Standing For Lovz's Vision is to support Women in listening to and trusting themselves so that they can bring forth their unique soul's calling – their *Peace* of the puzzle – linking us all together to create a *Master-Peace* united in love and harmony. We are so much stronger together than alone.

Women must gather together to share, listen, support, and inspire one another so that we can begin to create the world we all long for.

By cooperating, collaborating and organizing ourselves in smaller circles we can take real steps to solve any challenges we face, bringing balance, harmony, peace and love to both ourselves, our community and world at large.

Intention

Women Standing For Love's Intention is to help you feel empowered, supported and inspired to create or rebuild businesses, projects, infrastructures and causes to help you and your community thrive. By getting together, we define and create a new paradigm.

My Vision

My Vision is a world where we live in peace and harmony within ourselves, with each other and with our beautiful Planet.

The 3 Pillars of Women Standing For Love

1. Standing For Love in your Self and your own life
2. Actively creating a Circle of your Vision/Cause or actively joining an existing Circle of your Vision/Cause
3. Committing to each other in the Circle and to the Vision. Working together as one in your Circle, supporting and inspiring each other, while keeping the one Vision/Cause at the center and focal point.

Each Peace of the Puzzle Makes a MasterPeace

The way it has been shown to me is that we all carry a unique piece in our Heart of the solution to the problems in the world. Whether you are conscious of it at this moment or not does not change the fact that in your Heart you already know. *It* is waiting for you to recognize it so you can become an outlet and expression for it in the world.

It is OK if you are not aware of it at this moment. It took me some soul searching and support from friends, coaches and teachers to start connecting with this piece inside. It was there all the time, but I needed to learn to feel it and trust it. And coincidentally this has become a big part of what I love to do in the world: Helping people like you find your calling and purpose in life and trust it. So by going through my own process **with the help of others**, I found one of the pieces that I came here for. You may need that help from others too. That is why we need circles, mentors and each other.

I kept seeing it as each of us carrying our unique *Peace* of the puzzle in our Heart. First by connecting with it and living it in our own life, we automatically bring more peace to the planet. Then, when more of us connect our *Peace* with other Women whose *Peace* resonates with ours, we start fitting the *Peaces* together and little by little we create more *Peace*. Finally when enough of us are connected we start creating The MasterPeace: A community and world living in oneness, peace and harmony inside and out.

Your *Peace* of the puzzle

You are carrying your *Peace* of the puzzle and need to start finding those who fit into your *Peace* and you into theirs.

When you make a puzzle, you look for similar colors, edges, images, shades and forms and put them together in little clusters until you finally make it all fit together and see the full picture.

That is exactly what we are doing here: You start finding people with the same Vision, inspiration, longing, pain, Ideas and resonance and you connect. You share, you listen, you inspire, you encourage, you create and you make it happen. You put together the individual *Peaces* of the puzzle and suddenly you see something take shape.

Too busy to make time for something better?

I know we all have very busy lives and taking out time for *one more thing* can feel overwhelming.

I would suggest that you consider what makes your life so busy, and if you want to live the rest of your life like that? Or if you would like to do what it takes to change that structure, to make more time for family, friends, community and creativity. It takes time and energy to implement a new structure, which will benefit you and your children for the long haul. By creating it now, we will all benefit and enjoy the fruits of our labor for generations to come.

A question to ask is: “What kind of world would you like to leave for your children?” And is your busy life helping to

create that new world or perpetuating what you don't want?

We are at a point in time where **we can change** the current structures to **what will work for everyOne**. And of course we are the ones to make that happen.

Here are a few possible shapes to consider:

Start a community garden in your neighborhood;

A community built on caring for each other instead of struggling for money;

Educate people and schools about the destructiveness of plastic bottle and bags;

Talk to people of influence and create an organization with their support to affect problem areas in your community;

Help feed the homeless once a week;

Support established organizations which are already making a difference and start volunteering in your spare time;

Find an area/shape that inspires and educates you. Something that makes you feel alive and gives meaning to your life. Do it with people you enjoy and who make you feel valued.

These suggestions are just a few drops in a big ocean, but remember how many *drops of Women* there are all around the globe. And everyOne has a unique *Peace* of the puzzle, which means there is a unique area for everybody to start with and to connect with others around. We can only do this if we all

contribute to make it happen and are willing to leave behind what does not work.

It is no small task, I know, but if we want to create a community and planet based on oneness, love and harmony, what else can we do?

This book will help you find hope and inspiration to find your *Peace* of the puzzle, and motivate you to connect with other *Peaces* that resonate with yours and then... you'll naturally and organically find the joy of doing what you love while you transform yourself and the world.

Feeling Isolated vs. Being with Like-Visioned Souls

Feeling isolated has made us do things that are not in our best interest. When we feel lonely, we easily overeat on foods that are not good for us, we drink, overwork, compromise our values, passify our pain and loneliness and basically ignore the greater problems in the world.

When we get together with like-Visioned souls, things lighten up, loneliness disappears, depression lifts, inertia turns into inspired action and we are turning the tide.

The keyword is: *together*. This is what **Women Standing For Love** is all about. We are moving out of isolation, competition and feeling separate, into oneness, cooperation and community. This is what is natural to us, and all we need to do now is **choose it**. Seriously, that is all it takes.

When you do, I want to share these 3 pillars to support you in

your choice, and keep you connected with yourself and others. This in itself is already the foundation of the new paradigm that we are creating.

1st Pillar: Stand For Love in Your Self and Your Own Life

This is essential. As long as we are not Standing For Love in our own life, we are not fully able to Stand For Love in the world.

As Women we have too often given away our power and compromised our values because we have grown up in a patriarchal world. Truthfully, we didn't really have a choice, and if you look at your parents' generation and beyond you can see how Women had to compromise and had to ignore their values. Women didn't have the right to speak their truths. Those who did got burned at the stakes, and when Women started the Women's movement, they had to break through some very rigid structures and it didn't come easy.

Remember it is only about 100 years ago that Women could start voting in this country and that *privilege* is still not every Woman's experience.

Let's face it, the Feminine has been suppressed in both Men and Women, and it seems that the Feminine is done with being suppressed and ready to burst through.

The Feminine Is Ready To Rise Up In Love

Learning to Stand For Love in your life starts with turning inside and open up to what is waiting for you there.

You need to start listening inside to your Heart, your wisdom, your values and to what deeply matters to you and makes you come alive.

You need to allow this inner wisdom to come forth from behind the layers of fear, compromise and fitting in.

You need to take this wisdom seriously and start acting on it. And for a while you need a Circle of likeVisioned Women to help you find your rightful Seat again.

We are not alone anymore. We have each other.

Some of us have already walked this path and have learned to say no to compromise, no to trying to fit in, and no to what is not Love. Instead we are saying yes to Love, yes to what we know deep inside is true and yes to stepping out of the old paradigm and be led by our Heart, hand in hand with other Women.

Standing For Love in your own life means saying no to what is not based in Love and oneness and the good for all. It means saying yes to what you know in your Heart is true.

If you need help in building this 1st Pillar, please get support. This Pillar is essential and worth spending your energy on to make it strong. We all need support at some point in becoming fully ourSelf. This has become one of my strong puzzle *Peaces* to help Women like you get grounded in yourSelf, listen to and trust your own wisdom.

Once you feel in resonance with yourself and Stand For Love in your own life, it is so much easier to find and connect with those you resonate with. When you know your own

resonance, you'll recognize those that 'hum' with you...and those who don't.

2nd Pillar: Actively Creating a Circle or Joining an Existing Circle of Your Vision/Cause

You don't need to be fully perfect in Standing For Love in your own life in order to Stand For Love in the world. It is in moving into the world, supported by your Circle that you will get stronger and stronger. None of us are perfectly perfect! We are all in an ongoing evolving process and our vulnerability and authenticity with each other furthers and encourages this process. So, no perfection needed. Willingness and commitment is what it takes.

When you start finding your Vision, it is perfectly OK to feel it out by joining a Circle and see how it *fits* you. Take your time until you feel in full resonance inside to feel out where your *Peace* fits in. If it doesn't fit, the puzzle won't be whole!

When you start sharing your Vision with other Women, you'll find those who resonate and those who don't. Please don't ever try to fit a square peg into a round hole. You'll bend out of shape and create kinks in the natural flow of your Vision.

But when you do find a resonance inside, be brave and start a Circle. Put it out to the [Womxn Standing For Lovz](#) group on Facebook or connect in other ways to see which *Peaces* feel like they may be a fit. Or join an existing Circle that feels like a good fit and worth your time and energy.

Take your time to check each other out. It is all about

resonance and fitting. None of us are perfect and none of us are free from old conditionings. We are all just willing to do what it takes to change our community or world and we are here to support one another in doing so.

Once you have created a Circle, make sure you announce it to us all or your community, so others can join. It is important that we stay connected to eventually complete the Master-Peace.

The Circle is here to support you in becoming the best You you can be and stay true to yourself and your Vision. The Women in your Circle will reflect back your Vision and values, so instead of doubting them you'll start feeling more confident.

I have been in several Women Circles in my life and have found tremendous support in them in becoming Me! It is not always easy, when we need to face things about ourselves that are not Standing For Love. However, with a committed Circle of Women with the same Vision we have each other to trust and lean on because we know what we are committed to.

3rd Pillar: Committing To and Collaborating With One Another

Working together as one, collaborating, supporting and inspiring each other. Keeping the one Cause/Vision at the center as the motivating and focal point.

The 3rd Pillar is where you put your commitment to create a community based on oneness. What does that mean?

When I committed to my Circle, I have to admit I got a little scared to fully say yes. The fear was/is about having to give up *me* to create a *we*. Can you relate? I think we all feel the hesitation to give up our little comfort zone of *me*, (even though we may not be very happy in that zone) and exchange it for a *we*. We don't know what that looks like yet. But don't let that stop you. In a world grounded in oneness, we have to care about each other as ourselves and be willing to make it so.

We are so accustomed to expect lack, loss and pain when we commit to something and we have to learn a whole new way of Being. We have to learn that oneness is not lack, loss and pain. On the contrary.

So if you feel a little fear while we are on the subject, just allow the feeling to be felt and move through so you can make space for what really wants to happen.

When we are committing to smaller Circles of similar Vision we need to commit to each other's wellbeing and to the creation of the Vision.

We don't want to commit to isolation, me me me, and personal success.

We are committing to togetherness, we and the good for all.

Once that is in place you will start experiencing a joy and passion that can only be felt when you are in touch with your divine inspiration without the familiar doubt and hesitation.

I have been experiencing more inspiration and energy by putting out my Vision and even more so when I found the

Peaces who fit into my *Peace* of the puzzle. We inspire and ignite each other to stay true to ourSelves, our Vision and to what is possible.

Why Women and not Men?

That is a good question and one that I keep checking in with myself about. When are we ready to make it “Women and Men Standing For Love?” I hope soon and trust that it will be soon.

However, as Women we need to learn to stand in our power and authenticity first, and we need each other's support for that. Many of us have moved so far away from our own truth that having mirrors of Women who have walked before us is essential.

Ask yourself:

Who am I when I don't compromise?

Is it OK to be powerful as a Woman?

Will I be rejected if I speak my truth?

These beliefs are what holds us back from acting on our Heart. Let's bust them and support each other to not buy into them anymore if they try to creep back in.

Having each other's reflection makes it so much easier to find our true authority and power.

After eons of being silenced, we are still prone to slipping into the old patterns of pleasing and compromising our own values. We have all done it and we need to stop it. It goes so

much deeper than our own personal compromising patterns. It is the whole collective Feminine, both in Men and Women that has been compromised. We as Women are just as responsible for it as are the Men. Not in a blaming way, but in a mature and empowering way. Being a victim does not serve this new energy that we are tapping into.

As Women we have played the victim role long enough and by doing so we have not been allowing the Feminine to embody Herself and take root in our life.

As Women we are the ones who have abdicated our Throne of wisdom, Vision and Love and we are the ones who need to take back our Seat.

As Women we are responsible for bringing the Feminine back on Earth and not dwell too long on how we have been dethroned. That era is over now. We have each other if we need support and encouragement to take our Seat back, but we are the ones who have to do it.

Bottom line: beliefs such as

~I am not good enough;

~It doesn't matter what I say, nobody is taking me seriously;

~I am wrong/ there is something wrong with me;

~Who am I to be powerful?

~I'll be killed (again) if I speak my truth....

are outdated. So please be willing to leave them behind.

Yes, we all have plenty of experiences that these were true in our lives, and for the most part we didn't have much choice. However, the days of the old paradigm are over. The only thing that is left from those days is the memories and feelings that we experience in our bodies and we must clear those out to make space for the new.

We have entered the new paradigm and it is our responsibility to take back our Seat and bring forth our Gifts to create a new world.

We need to feel seen, heard and recognized in our essence by each other and let go of the self doubt to fully embody our power and Love. Then, we will be able to face the world that still suppresses the Feminine, yet needs Her. We need to be strong in our Love to face what is not Love.

I think there will be a phase where this is easier for many of us as Women when we have each other's reflection to move beyond it.

At the same time there are already many Men who are leaving behind their conditioning and starting to build a new world. We all need to do this together but we need to have all of ourselves on board first.

In reality they are not two separate things. It is perfectly possible to be in a Women Circle and simultaneously work side by side with Men to bring in the new paradigm. Follow your own Heart and all is well.

The Global Impact of Self Love

What it means and what happens when you Love yourSelf

If you want to learn more about the 1st Pillar, Standing For Love in yourself and your own life, I have books, programs and courses that teach that.

But in a nutshell: We are already Love, but we have left parts of ourselves out of that Love by disowning our Self, trying to get rid of parts of ourselves and dishonoring and feeling ashamed of who and what we are. By doing so, we cut ourselves off from the divine flow that fulfills every single part of our life.

When we *cut off any part of ourselves* we don't feel whole. So we go out in the world and look for something/someone that will make us feel whole again. Because we want to feel whole/loved so badly, we are willing to cheat, lie, steal and kill to get it – and compromise. So when you engage in cheating, lying and compromising, you emphasize your belief of not being whole and perpetuate the experience you don't want.

As long as you feel broken or *un-whole* inside, you look for it outside of yourself. On the other hand, when you stop disowning who you are, you feel whole again and instead of wanting to get something from the world, you actually bring it there. As you start allowing, listening to and loving yourself, you bring all the missing pieces back home and feel whole again. Your feeling of Being whole is the solution to this world's problems.

It is easier said than done, but once you get the feel for it, it is just a matter of time before your wholeness shines through your life and you become the solution to all the problems you thought needed fixing. You are Being all of yourSelf, and the divine flow of your life can move through and *fill every area full* of itSelf.

That is the nutshell. If you feel the need to be supported in this process, let me know.

Getting support has been a healthy and important part of my *coming back to wholeness* process, and if you are struggling with self Love and self acceptance, I recommend you do the same.

The world needs you

The world needs you to Be who you are. What that means in your case is something that only you will know by going within and listen deeply to your Heart and its wisdom. Nobody can tell you what that is. They may suggest something, but only you will know by your body's resonance and feeling of Yes!

The world needs you, me and everyOne who feels called to create a world built on different values. If you feel that calling, please listen.

The more people, Men and Women who listen to their calling, start Being who they are and express that which is in their Heart, the more we'll all benefit. Our growing resonant field of Love will affect more and more people and finally envelop the whole globe.

But it begins with you and with me and our community.

What is waiting inside your Heart for you to listen to and express?

What Can You Do?

Listen to your Heart!

Does it make you feel inspired, alive, expanded to be part of creating a new world?

What part of the world or community are you mostly drawn to, to help make a difference?

What deeply pains you *out there* that you would like to see come to an end?

Who inspires you to the point where you wish you could do what they do?

The answers you find are yours to follow.

I invite you to come to one of our Gatherings if you live in the Santa Cruz area, or watch the videos. If you feel the resonance and live outside of this area, consider starting your own Gathering. I would love to support you in starting a Gathering or Circle in your area.

Whatever it is that you feel in your Heart is what you came here for. Trust that. Feel it. Open up to it. Put it out there and see what comes back.

You can share it on the [Women Standing For Love](#) Facebook Page and find some resonant buddies there if you want.

No Vision is too small, no Vision is too big.

Every Peace is part of the puzzle and is equally essential to create The Master-Peace: A world where we all live in harmony within ourselves, with each other and with our beautiful Planet.

Please take one step now to start connecting with others to help your birthing and creation process so you can become part of this global movement of **Women Standing For Love** to make the world a better place.

Imagine living in a community that you help create where we care about each other and where we care for each other, where there is healthy organic food, clean water, warm shelter, holistic healthcare, inspiring education, creative expression, sustainable resources, free energy and mutual support and love for everyOne.

Now, let the creation begin...

For more information please go to lillarose.com or WomenStandingForLove.com

Other services offered by Pernilla:

Private coaching

Please sign up for a [Discovery Session](#)

Books

[“Imagine Being Kind to Yourself – Inner Peace At Last”](#)

[“Allow Yourself To Be You”](#)

[“Why Did This Happen To Me?”](#)

Classes

[“Trusting Yourself Without A Doubt – Living By Your Own Rules of Wisdom”](#) (previously called “The 40 Day Should-Free Mind Cleanse”)

CD Set

[“Meditation and Mindfulness – Six Simple Steps To Serenity”](#)

App

[Be Kind To Yourself](#)

Radio show

EvolutionaryWomenRadio.com