



A Guide to Remembering Your Inner Brilliance

**6 GENTLE WAYS TO RECONNECT
WITH YOUR VOICE, WISDOM
AND TRUTH**

CREATED BY KALEO WHEELER
HER VOICE RISING:
ROOTED IN THE HEART OF ALOHA



THEHEARTOFALOHA.COM



W E L C O M E

Welcome. Beautiful Sisters!

There comes a moment, especially as you enter the midlife and beyond season , of your life when the roles you've lived so fully begin to shift or end. And in the quiet that follows, you may feel alone, no longer defined by who you were — and unsure of what comes next.

You may feel adrift.
Invisible, Unseen, Unimportant
Longing for something more in your life now.

And in that stillness, that silence, something stirs —
a whisper you can't quite name... but feel deep inside.

You may not know what it's saying yet —
only that it matters and wants to be heard.
It is an invitation - and the beginning of Your Sacred Return -
your Divine Feminine Essence calling you back home to you.

This guide offers 6 gentle ways to begin this Sacred Return —
to your voice, your wisdom, and the brilliance that's always
lived within you.

Let's begin.

With love and aloha,

Kaleo



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6 GENTLE WAYS TO RECONNECT WITH YOUR VOICE, WISDOM, AND TRUTH

*Are You Ready to Be Your Empowered You Through
Awakening Your Inner Brilliance?*



A Note Before You Begin

These practices are grounded in the Spirit of Aloha —
a sacred path of presence, harmony, and truth.
In Aloha, there is no concept of being broken.
You are not here to fix yourself.

You are here to remember who you truly are.
The old story — that you must revisit your wounds, relive your pain,
or prove your worth — has run its course.

This is a different way. A softer way. A wiser way.
These 6 gentle practices are not about healing your past.
They are about reclaiming your present — by listening inward,
honoring your voice, and choosing small acts of self-trust each day.
Let them meet you exactly where you are.
No pressure. No perfection. Just presence.

The 6 Ways



01

Ho'oloha - Sacred Listening

Reflection

In Hawaiian, *ho'oloha* means to truly listen — not just with your ears, but with your whole being.

It's how your Wise Woman begins to speak.

Practice

Each morning, before anything else —
before the phone, the to-do list, the outside world —
place your hands on your heart and ask:
“What is my truth today?”

Then listen...

Not to the chatter of your mind - but to the quiet voice beneath it.
Even if all you hear is silence... keep listening.

And keep showing up.

This is the first act of self-trust.

It is the beginning of hearing *YOU* again.

Aloha Reminder

You don't need to search for answers — your knowing is already within you.

Wise Woman Prompt

What happens when I choose to listen... instead of fix?

02 The Breath of Aloha



Reflection

In times of change or confusion, your breath is your anchor. In Hawaiian wisdom, Aloha begins with Ha — the breath — the sacred life force that connects you to yourself, others, and the Divine.

Practice

Place your hand gently on your heart.

Close your eyes and take 3 deep, slow breaths — in through your nose, out through your mouth.

With each inhale, feel yourself receiving life.

With each exhale, release what no longer serves.

Whisper softly:

“I return to myself with love.”

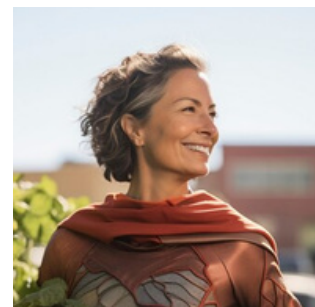
Aloha Reminder

Your breath is the first place you come home to your truth.

Wise Woman Prompt

What do I feel or notice when I pause and breathe with intention?

03 One Act of Self-Honoring



Reflection

The Wise Woman doesn't wait for permission.
She listens inwardly — then chooses to honor what she knows.
Often, that begins with one small act of sacred self-care.

Practice

Today, choose one small way to honor yourself.
It could be saying no.
Or saying yes — to a walk, a rest, a boundary, a song.

Let it come from love.

Then whisper to yourself:

"I matter. My voice matters. My needs matter."

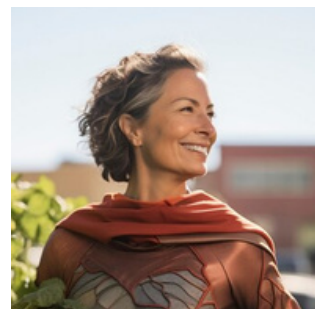
Aloha Reminder

Self-honoring is not selfish — it's sacred.

Wise Woman Prompt

What is one thing I can give myself today — without guilt?

04 Return to Joy in the Moment



Reflection

Sometimes that old inner voice still shows up — telling you you're too much... or not enough. You don't have to believe it. You simply pause — and choose joy.

Living in Aloha means choosing presence over pressure — and allowing joy to guide you back to the perfection that already lives within you.

Practice

When you feel doubt, fear, or pressure rise, stop and ask:

✦ *"What is bringing me joy right now?"*

✦ *"What can I notice, feel, or do to reconnect to my truth?"*

Let the answer be small. Let it be real:

A warm cup of tea. A breeze through the window. A deep breath. Name it. Feel it. Let it shift your energy.

Aloha Reminder

You were never meant to chase joy.

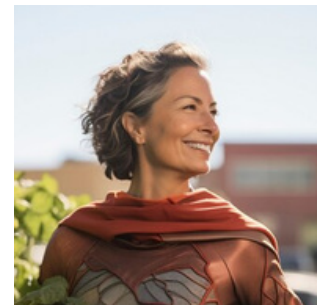
You were meant to return to it — again and again, in every sacred moment of now.

Wise Woman Prompt

How can I let joy be my compass today — even in the smallest way?

05

Speak with Aloha – Transform Your Words, Transform Your World



Reflection

The original Hawaiian language was a living language of positivity - a language of creation rather than limitation. It was free of words like “can’t,” “won’t,” “try,” and “not.” Instead, it reflected a world filled with possibility, intention, flow and truth.

Practice

Start with just one hour today.

Become your own gentle guardian of your language - and let that awareness naturally expand.

Listen softly to yourself and notice when you speak negative words – even when your intention is to say something positive.

Then pause.... and ask:

✨ *“How can I say this in a more positive, creative, life-affirming way?”*

✨ *“How can I speak from the reality I choose to live in - rather than the one I’m choosing to leave behind?”*

You may be surprised how often these limiting words appear in everyday conversation.

And each time you shift one, you reclaim a little more of your power.

Aloha Reminder

Your words shape your world. Speak with intention, and watch your life rise to meet you.

Wise Woman Prompt

What would I say differently if I trusted in my power to create?

06

Speak One Simple Truth Aloud Each Night

Reflection

Your voice doesn't need a stage.
It just needs to be heard — by you.

Each time you speak a small truth aloud, you affirm your inner wisdom.

You say: *I see me. I hear me. I honor me.*

Practice

At the end of your day — just before you fall asleep — take a few moments to sit in stillness.

Then speak one truth aloud - something you did that day that made you feel good about yourself.

✦ *"I gave myself rest when I needed it."*

✦ *"I spoke kindly to someone who was struggling."*

✦ *"I finally said no and it felt freeing."*

Whatever it is, let it be real. let it be yours.

This simple act of speaking aloud begins to restore the bridge between your inner and your outer voice - and it reminds you how to feel joy within yourself again. It tells your soul: You matter.

And finally, speak how you want to end your day, in gratitude:

✦ *"I choose to rest in peace tonight."*

✦ *"I welcome ease into my dreams."*

✦ *"I close this day with love."*

This is more than a reflection — it's a nightly act of alignment with your voice, your wisdom, and your becoming.

Aloha Reminder

Gratitude strengthens your inner connection.

Your Wise Woman hears you — and she stays close when you honor her.

Wise Woman Prompt

What truth am I grateful for tonight — and how do I want to rest in it?



🌸 Mahalo for Walking This Path With Me

Thank you for taking the time to explore these 6 gentle practices to reconnect with your voice, your wisdom, and your inner truth.

Each small act of presence, each breath, each whispered truth — is a step in remembering the brilliance that has always lived within you.

You are not becoming someone new.

You are returning to the powerful, radiant woman you already are.

If you feel called to go deeper... to be seen, supported, and celebrated on your journey... I warmly invite you to take the next step by going to:

✨ www.TheHeartofAloha.com

With deep love and the blessings of Aloha,

Kaleo

