



# Your Introduction & Guide to the Rockstar Revolution

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I AM A  
**ROCKSTAR**

Dear Rockstar women of the world,

I want to run out and stand in the middle of the street with a loudspeaker and yell out to all women- Listen Up! We are not damsels in distress, we amazing and inspiring women, yes you! The ones that have suffered through immeasurable pain, heartbreak, childhood miseries, rape, abuse, sadness, loneliness... we are the ones that who have learned to carry the weight of the world on our shoulders, in order to learn our true strength. YOU are the change agents of the world.

Now you might be saying, me? Yeah, right, I can hardly get through the day, what are you talking about...me? And it is to these beautiful souls, that I say from bottom of my heart, it is to you that I dedicate my life to, and it is you that inspires me every day to continue my quest of empowering others to find their own strength through their amazing capacity to heal. And I will not stop until you know how amazing you are and how lucky the world is to have you in it.

Love,

*Lindy Ariff*

Founder of I AM A ROCKSTAR

# *Hi and Welcome!*

Welcome to I AM A ROCKSTAR where our goal is to create a sacred and safe space where healing naturally takes place. A place where we can celebrate life's journey and our ROCKSTAR resiliency.

Let's dive on in. Together!

Like we're sailing a ship together and we find the brightest stars to guide us along the way. And it's through those stars that we know that we're on the right path, moving forward on our journey.

Our hope is that you spread your beacon of light to those in your life that you love and care most about. And then that light spreads through the world like wildfire- Quick, Strong, and Effortless.

Thank you for allowing us to be a part of your journey and for being a part of ours!

Here are a few links to find out more about us!

- [Our Mission](#)
- [Resources](#) for you
- About the [Founder](#)
- [Rockstar Stories](#)
- [Share](#) your Story!

If you find yourself struggling and in need of emergency help, please take care of yourself and go to the nearest hospital or call 911.

RAIN:  
<https://www.rainn.org>  
Hotline: 800.656.4673

National Suicide Prevention Hotline:  
<http://suicidepreventionlifeline.org>  
Hotline: 800.273.8255

# Rockstar Manifesto

## I Make a Commitment to Me

I recognize that my healing and honoring my personal journey is important. I make commitment to my own healing and self care. I make a commitment to nourish myself and my body.

## I Give Myself Permission to Heal

I give myself permission to see the subtle changes within me as I move along in my healing journey. I promise to be gentle, caring, and kind to myself along the way.

## I Celebrate Me

I recognize that I made it, I survived. I've made it through the tough part, now I am growing, healing, and working to recognize my own Rockstardom.

## I am Determined

I recognize my strength and determination to heal. I make a commitment to make progress towards my goals with gentle loving kindness, one tiny step or giant leap at a time.

## I Honor all Rockstars

I recognize that everyone has their own story, and I make a commitment to honoring each and every rockstar. I will recognize, encourage, and support the bravery and strength of all Rockstars everywhere.



## Stay Connected to Your Rockstar Community!!

Thank you for joining the Rockstar Revolution! We are so grateful to have you here and look forward to having your voice and energy be a part of our movement of love and inspiration!

For weekly-ish rockstar blog posts of empowering thoughts, healing tips, and inspirational stories, check your inbox and visit [IAMAROCKSTAR.ME](http://IAMAROCKSTAR.ME).


To share your story to inspire others check out our guide [HERE](#).

For community support and a wealth of Rockstar knowledge join us at workshops and events!

Stay tuned for upcoming events at [iamarockstar.me](http://iamarockstar.me)!

Follow us on [Pinterest](#) and like Lindy's [Facebook](#) page!

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**Help us Spread the Word!**  
**Share love, hope, and**  
**inspiration with others!**

[iamarockstar.me](http://iamarockstar.me)