

Ebook

The Life I Want

By Daniela Custodio

Return to her



For My Mother

"I dedicate this space to my mother, my first teacher of love and resilience, guardian of my very first home, who showed me that it is possible to bloom even in the driest of soils and taught me to honor the sacredness of life.

Every circle, every healing, every sharing born here carries a piece of your strength, a whisper of your heart, and the blessing of your love.

Eu te amo."

Daniela Custódio



Summary

A Sacred Journey Back to the Feminine	03
My Healing Journey	04
A Sacred Feminine in a Modern World	05
Motherhood and the Missing Village	06
My Offerings	07
Final Reflection	08
Stay Connected	08



A Sacred Journey Back to the Feminine

A story of healing, truth, and the awakening of a woman's purpose

Welcome

“

This is not just a story, it's an invitation.

To slow down.

To listen.

To return.

”

In a world that pulls us away from our inner wisdom,
this eBook is a soft whisper from the feminine.
A memory from the womb. A light on the path.





My Healing Journey

I didn't know I was seeking healing,
until life stopped me.

My journey began with the grief of a
pregnancy loss. That moment cracked
me open. It showed me that no amount
of running, pretending, or external
searching would bring me home.

“

From the pain, I found the plants.

I sat in women's circles.

I listened. I cried. I

let the Earth hold me.

”

Later, I traveled to the Amazon
forest and met the Huni Kuin
people.

Their songs, their presence, and their
prayers became part of me.
I received their teachings not as a guest,
but as a sister, and I knew I had to share
this sacred medicine.

That was where the calling came:
To hold space for women.
To remember what it means to be
cyclical, emotional, intuitive,
and whole.





A Sacred Feminine in a Modern World

I live in Ireland, far from the land where I was born. Here, I've learned how to adapt the sacred feminine to a fast-paced, disconnected reality.

We live in a world that treats men and women the same, but we are not the same. Our bodies move in cycles. Our emotions speak in waves. And our spirit asks for ritual, rest, and return.

Bringing the sacred into daily life is not a luxury, it's a necessity. It's how we survive without becoming numb.



Motherhood and the Missing Village

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Motherhood came as a blessing.
Natural, powerful, like breath.

”

But modern motherhood is not supported.
We are expected to mother as if we don't work.
And work as if we don't mother.

There is no real village anymore. No space for the full expression of a mother's truth,
the beauty and the exhaustion, the joy and the shadows.

Being a mother in this world means swimming upstream.
But it also means remembering: we are not meant to do this alone.





My Offerings

Everything I offer is born from my lived experience.
From the forest to the circle. From loss to life.
From silence to voice.

“

If you feel ready to meet your truth,
here is what I hold sacredly for you:

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Women's Circles, space for healing, sharing, and sisterhood
Yoni Steaming Course, ancient wisdom and modern practice
Coaching, personalized guidance for your path
Retreats & Gatherings, ceremonies, rituals, and deep connection
Sacred Products, handcrafted stools, herbal blends, and tools for your self-care
Indigenous Cultural Exchanges, hosting Huni Kuin leaders in Ireland for sacred events
These are not services. They are invitations.





Final Reflection

Healing is not a destination. It's a returning.
A remembering.
A soft, slow unfolding back to who we've always been.

If you feel the call, I invite you to begin.
Or continue.
From wherever you are, your story is welcome here.





Stay Connected

Let this be the first step of our journey together.
You are not alone.
And the path is sacred.

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