

VOLUME 2

MIDLIFE MUMMA

MIDLIFE

MAGAZINE

WHAT CASUAL
REALLY MEANS

THE MANIFESTATION
HACK NO ONE TOLD
YOU ABOUT

SAVAGE
MODE

TAKING LIFE BY THE
BALLS

7

PRO TIPS

TO NOT
GIVING A
F&*K

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1. DECIDE WHAT ACTUALLY MATTERS (IT'S LESS THAN YOU THINK)
IF IT WON'T MATTER IN 6 MONTHS, IT DOESN'T GET YOUR
EMOTIONAL RENT MONEY TODAY.

2. TREAT OPINIONS LIKE NOISE

MOST PEOPLE ARE PROJECTING THEIR OWN INSECURITIES. NOT
YOUR CIRCUS, NOT YOUR EMOTIONAL BANDWIDTH.

3. BUILD A 'TINY CIRCLE, ZERO ACCESS' POLICY

ENERGY IS EARNED. ACCESS IS EARNED. NO EXCEPTIONS. THIS
ALONE FREES UP 80% OF YOUR MENTAL SPACE.

4. STOP OVER-EXPLAINING

A QUEEN DOESN'T SEND FOLLOW-UP PARAGRAPHS.

"NO" IS A FULL SENTENCE. "NOT FOR ME" IS A BOUNDARY, NOT AN
INVITE TO DEBATE.

5. LEARN THE POWER OF STRATEGIC SILENCE

SILENCE IS A WEAPON. PEOPLE FILL IT WITH THEIR OWN ANXIETIES,
NOT YOURS.

6. MAKE YOUR MOVES IN PRIVATE

PRIVATE GROWTH HITS HARDER. PRIVATE WINS HIT LOUDER. AND
PEOPLE CAN'T RUIN WHAT THEY DON'T KNOW ABOUT.

7. CHOOSE YOURSELF EVERY SINGLE TIME

WHEN IN DOUBT:

"DOES THIS MAKE ME FEEL RESPECTED, VALUED, OR PEACEFUL?"
IF THE ANSWER IS NO — FUCK IT, YOU'RE DONE.



SAVAGE MODE

It's as if lightning struck you straight in the pineal gland—
and somehow, that shock was exactly what you needed.

The awakening isn't gentle.

It's not soft or poetic.

It's raw, clarifying, supercharged.

You suddenly see everything with brutal honesty: what's real, who's genuine, and what no longer deserves a single drop of your time, effort, or emotional bandwidth.

Savage Mode isn't anger.

It's a rebirth.

It's the moment you stop surrendering your power and start owning every inch of it. Opinions no longer matter.

You've outgrown the need for approval, applause, or permission.

TAKING LIFE BY THE BALLS

You refuse to play small just to keep the peace or make other people comfortable.

It's now or never —

and if it takes dying trying, so be it.

Because anything less than your full power feels like betrayal.

This is the new era.

And you're not tiptoeing into it.

You're kicking the door off its hinges.

This is the power that comes after the fire.

Not in spite of it.

The power earned through every breakdown, every betrayal, every quiet night you had to rebuild yourself alone.

The graduation of fire.

The evolution forged in heat.

The woman who walked out of the flames with clarity in her eyes and purpose in her bones.

This is your savage rebirth.

And you are absolutely here for it.

CASUAL

WHAT REALLY MEANS

BABE, DON'T BE FOOLED.

CASUAL DOES NOT MEAN HE PLANS TO SEE YOU MORE THAN ONCE.

CASUAL MEANS:

"I'M SHOWING UP WITH ZERO EFFORT, TAKING WHAT I WANT, AND DISAPPEARING THE SECOND I'M SATISFIED."

IT'S NOT ROMANCE.

IT'S NOT POTENTIAL.

IT'S NOT "SEEING WHERE THINGS GO."

IT'S CONVENIENCE.

HIS, NOT YOURS.

AND THE MOMENT YOU UNDERSTAND THAT?

YOU STOP CONFUSING A MAN'S AVAILABILITY FOR HIS INTENTION — AND YOU STOP GIVING YOUR TIME, BODY, OR ENERGY TO SOMEONE WHO TREATS YOU LIKE A PIT STOP.

YOU DESERVE MORE THAN CASUAL EFFORT DRESSED UP AS CASUAL CONNECTION.

DON'T LET HIM FUTURE FAKE HIS WAY INTO YOUR BEDROOM, WHILE ABANDONING YOUR HEART.

The manifestation hack no one told you about

If you're anything like me, you've spent years wondering what the fuck you were doing wrong.
You were good.
Well-behaved.

You dotted your i's, crossed your t's, played by every rule, showed up with heart, effort, and integrity...

And somehow, you still got punished for it.

That—right there— is where the fuckery truly began for me.

Because nothing will break your spirit quite like realising that being the “good girl” doesn't protect you.

Turns out, your vibration — your energetic frequency, your emotional baseline, the way you move through the world — is what guides your manifestations.

That's why you'll sometimes see people who are selfish, manipulative, or flat-out narcissistic seeming to “get what they want.”

It's not because the universe rewards bad behaviour.

It's because they operate with unwavering certainty in their desires.

They don't question whether they're worthy.

They don't hesitate.

They don't second-guess themselves the way good-hearted people often do.

Their frequency is locked onto entitlement, confidence, and outcome — and the universe responds to frequency, not morality.

But here's the real plot twist:

When you finally stop doubting yourself...

When you stop apologising for wanting more...

When you stop playing small, self-sacrificing, or “nice” to earn what should already be yours...

You become unstoppable.

