



WILD SACRED WOMAN

SACRED PRACTICES
FOR THE WILD SACRED WOMAN



YOUR WILD SACRED WOMAN

Perhaps you desire more in life... to dance in the richness of life; freeing your wild, sacred woman.

Maybe you have always lived this way, but you are ready to be deeply rewarded with your own wild wealth flow now and to deeply value what you offer.

This is the last frontier for women. We have liberated our bodies, our minds, our sexuality (in degrees), opportunity and creativity. All that is left is to liberate our internal wealth flow, and the possibilities on the planet are limitless. As we watch the old systems break down and the patriarchy begin to crumble, we are liberating a new way of creation. One that is seeded in the deep feminine, and not an outdated work-hard masculine model.

We are being beckoned into a new way of being, yet one that is deeply familiar in our bones. You are in the right place if you are desiring deep, embodied ways of being on this earth.



CONNECTING WITH FEMININE POWER

Perhaps woman, you desire to go about your day generating feminine power and healing wherever you go and being on the Earth with radiance and reverence?

This may feel like a long way off, but you are completely ready.

The Earth is invoking you now to rise up in your wild feminine magnificence and restore the planet, with the much needed balance of the feminine way.

Perhaps your inner wild, sacred woman is quietly whispering to you, or perhaps you can hear her roar. Whatever is the case bow now at the feet of her temple, and she will guide you home.

These self care practices will inspire you to offer your most authentic self to the world, to no longer hide in the shadows or bow to your conditioned mind. We are being asked now to shine and be seen, to express and connect.



FIRE PRAYER

Take the time this week to light a fire that you can sit around and feel the power and luminosity fire can bring to your soul.

If this really isn't possible then a candle flame will do. Ideally though, carve some sacred space for you to connect to the fire element, and feel into the sacred fire within your self.

If possible be alone under a star lit sky nestled into nature, in your own divine company.

As you prepare your sacred space take time to wild forage for dried leaves, sticks and wood.

Walk barefoot on the earth feeling your connection to the Mother and slowing down enough to feel her healing pulse.

Give thanks to the fuel of the forest, for all that has died to be returned to the earth, for the power it has to light your way and warm your soul. As you gather wood sing your thanks to the earth. Allow your sound to connect to the energy of nature, and nature to merge with your sacred sound. Feel the healing medicine of this simple gesture and offering and feel how nature wraps her love around you in return.



FIRE PRAYER ...

Upon lighting your fire give your prayer to the fire.

Travel deeply into your heart and set your intension.

- What luminosity are you calling in?
- What energy or limitations are you desiring to incinerate or transmute?
- What ashes of experience or challenge do you wish to offer back to the Mother in this ceremony?
- Connect now to your ancestors, your spirit helpers and your sovereign self as you connect to your wild woman (and your wild desire).
- How is the fire that you sit around connecting you to your inner fire?

Connect to the energy, passion and power of fire...

You may choose to sit in her quietness, or dance wildly around her dancing flames, or write in the fire light. It can be powerful to stand and send your declarations and requests verbally into the fire, whilst your arms are open wide. There is power in the spoken word. Feel how the fire speaks to you.



FIRE PRAYER

WILD DESIRE - JOURNAL PROMPTS:

(These journal prompts are here to serve you and can be explored just exactly as you desire to. You can do in a quiet moment over several days, upon waking from your dreams or in seeding your dreamtime. They can also be done around your sacred fire.)

- So Woman I ask you, where do you most feel your desire?
- In your quiet moments where and what do you yearn for?
- What is it that calls to you dear sister?
- What calls you in deep to the caverns of your soul and asks for you to feel her wild ways?

Breathe it. Feel it. Sense it now sister. Feel your wild woman.

- Sister, what does your voice of fire and longing speak of?
- What in the deep stirring within, is longing to be felt?
- Where in your body temple do you house your fire and sacred desire?
- Do you feel your wild woman calling?
- Do you feel the loud moans of wild desire vibrating within you, beckoning you out of any restricted, limited, distorted views of yourself?



BODY & SOUL

The more we honour our sacred vessel and say yes to respecting the wisdom of this body; the more we are likely to feel grounded on the path, resulting in a deepening of our sacred purpose here on the planet. We are all here with a valuable contribution to make, just by the very energy we bring. And we are given the perfect body for sharing that.

It took me a while to figure out the importance of both; my body and soul and the embodied wealth in both. Depending on what your life has looked like you may at times neglect one aspect and favour the other.

Some of us become body obsessed and deeply fixated on the physical realms, whereas others of us become somewhat soul obsessed. I would definitely be the latter! Part of my learning in the last quarter of my life has most certainly been to learn the art of residing in my body, safely connected to this earth and manifested on a physical level, in wealth and in love.

For others the challenge might be to extract oneself from one's physical conditioning; jobs, bodies, and earthly goals to realise there is a deeper whisper going on beneath all this. A hum that if we quieten ourselves we will hear a whole other level of being and seeing. This is the frequency and language of the soul.



BODY & SOUL

Our greatest joy comes when we truly understand how to inhabit both, the experience of the body deeply earthed and grounded, embodied on the earth plane, and yet living a life connected to the wisdom and magic of our soul's voice.

With presence and curiosity can I show up fully to the mysteries of life?

Seated in the mystery of life can I share of myself, freely and courageously?

One of my deep heartfelt prayers is to become a vessel of light here to walk the earth, fully integrated into the mysteries of the physical and spiritual planes. For me the desire is not so much to be or do anything, but to share my intrinsic wholeness with all of life. And in doing so arrive fully here to all that I am and am blossoming into.

This training is for the woman we are instinctively becoming, but also the one we innately are.

As woman, on our journey to wholeness, we are already whole.



BODY & SOUL

SACRED PRACTICE:

Here is an invitation to take some time in your busy week to be with you. Take a moment to feel into the deeper realms of your existence.

- What am I aware of in my body?
- What is expanding for me in this moment?
- What is contracting?
- What wisdom or communication does my body speak of?

Allow your body to express this, without your mind needing to.

Take a moment to breathe and allow your body to move into full expression. Put whatever music you desire on and allow yourself to fully feel what is in your body.

Where is there heat? Coolness? Tightness? Looseness? How does the texture of your body feel? Are you desiring to move quickly or slowly? Smoothly or erratically? Do you desire to inhabit the top areas of your body or the lower areas? What do you sense? Run your hands over your body as you move. What do you notice?



BODY & SOUL ...

Allow your full body to communicate with you. Take up space. Stretch into yourself. Allow the cells of your body to communicate with you.

We are soul living through matter. Just as we borrow this vessel to fully incarnate our light here on the planet; to the degree that we remember this, to this degree we shine.

With humility we honour this primal body who has so graciously in all its imperfection elected to house our spirit.

Each day we wake, we have the opportunity to give reverence to this incredible and precious journey of life.

As we anchor into our body sphere we allow the roots of our belonging and grounded-ness to earth us back to the Mother, mother Gaia.



BODY & SOUL ..

PRIMAL BODY - JOURNAL PROMPTS:

(These journal prompts are here to serve you and can be explored just exactly as you desire to. You can do experience them in a quiet moment over several days, upon waking from your dreams or in seeding your dreamtime. They can also be also be explored through sound, art and movement).

- How can I honour my body temple more?
- What is the relationship my body and soul have?
- How does my body desire to move? Be fed? Be treated?
- What activities feed my soul and where in my life can I make space for these?

Pour oneself a bath and fill it with flower petals, salts and oils to deeply nurture your temple body and give thanks for all your body does for you in your life.



STARDUST DOLL

SACRED DOLL MAKING PRACTICE:

Here is an invitation to take some time in your busy week to be with you. Take a moment to feel into oneself as stardust.

- Who was I before I took birth in this realm?
- Who am I beyond my body, forward and backwards in time beyond this life I am given?

Feel the purity and the essence of the stars how they radiate with their unique light, in a constellation of togetherness.

Feel your unique light. Feel how you also have your place of belonging and connectivity to the cosmos.

Now reflect on any wounding or limitations you may have collected in this lifetime around your body or your appearance.

Take some moments to connect to your primal body. The body that feels sensual delight in contact with the elements; the sun, the wind, the ether, the water, the earth. The body that is made of this elemental magic.

Your skin, blood, bones, body.



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STARDUST DOLL ...

Create a replica or doll of your physical body.

Use materials from nature or sew or knit a small doll like version of your physical self at a time when you felt most disconnected from your sense of innate worth.

What age are you and what is happening in your life at this time?
What decisions did you make about you?

As you create and sew take the time it takes to feel into any residual feelings or judgements you house around your physical body. Allow them to wash through you, without feeding them with stories or distortion, simply allow any feelings to be felt with compassion and empathy. See if you can also invite in and feel your older, wiser self sitting with you as you sew; lovingly bearing witness to your journey.

Take time to commune or journal with your doll, as you might converse with a familiar friend.



STARDUST DOLL ...

What would you like to ask her?

What does she have to say to you?

Is there anything you would like to share with her?

Now turn your attention back to the present moment giving thanks for your doll, and your inner child. Allow anything unspoken to be settled, and then find a space to place her in your home where you can continue the conversation if you desire to.

Breathe into this moment and honour the time you have invested in your soul, your primal body and your wounded body.

Know that you walk with all of these and each of these aspects of self will continue to be honoured by your presence and your awareness of them in your daily life.



STARDUST DOLL

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Where in my body do I feel numb, desensitised or disconnected?

Take a moment to journal any memories of experiences you had as a small child coming into contact with this physical world.

Trust whatever comes to you and write about it. There will be reasons these memories have come to you; they will be medicine for your present day self.

- Where in my life has trauma caused me to disembody and contributed to difficulties in taking residence in my body, and in my primal self?
- Where have I or others judged my body as unacceptable and where may I have dishonoured my soul identity by attaching to the perceived limitation of my physical identity?
- Take a moment to connect in with yourself now. What is the wisdom of my body asking me now?
- What wants to be invited more? Breathed more? Sensed more? Tasted more ... to earth me back into connection with my primal self.



DIVINE NEEDS

To be in a state of pleasure we must remain intimately connected to our needs.

Our needs are holy, as they communicate their wisdom to us. They prepare the fertile soil with all we need to thrive: love, acknowledgement, value, respect, honesty, safety and freedom.

When we are intimately connected to our divine needs, we have a voice and we empower ourselves to fill our own cup with the abundance of life.

When we learn to value our needs, we see the value in honouring the needs of others and although we do not have responsibility to meet the needs of other's, we can honour them as important and give them the respect and acknowledgement they deserve.

Our needs are our direct line to our soul.

They are the conditions our soul requires to truly thrive in life. Our needs are both universal in nature, and uniquely individual. Most importantly our needs require gentle attentiveness. The better we get at attending to and honouring our needs; finding expansive ways to fulfil them, the more we will embody trust in life and a respect for all of life in its marvellous unfolding.



DIVINE NEEDS ...

- Where am I not being honest about my own needs?
- Is there any needs that desire to be communicated?
- Dig into any areas of unhappiness and see if you can identify a need that is as yet unacknowledged?
- How can I breathe life into my sacred needs, for the benefit of all life?

SACRED BOUNDARIES

Our boundaries are the arms that hold our sacred needs.

Our boundaries are what assist us in defining our needs, as distinct from the needs of other's.

This is where we notice that it's okay for others to have needs and emotions, but it is not my *responsibility* to fill them. I don't have to anticipate the needs of others and I don't have to surrender my own needs to accommodate other's needs as more important than my own.



SACRED BOUNDARIES

When something is requested of me it can be an honour to offer our love and support, but it no longer becomes a necessity. And I am no longer dependent on the approval and gratitude of other's to fill my needs.

The more I learn to sense into and respect my sacred needs and boundaries, the safer I will feel around others. Boundaries are not so much about keeping other's needs and demands out, but rather about understanding myself so deeply, that I am able to hold and honour my own needs first and foremost, before extending myself to others.

When I am in touch with my own boundaries, I am then empowered to choose how I support other's around me. When I am in touch with my own boundaries, I am then empowered to act from a space of love and generosity; instead of expectation or resentment.

Our sacred needs are being communicated to us all the time and our body will quite literally open and expand with a Yes, or shrink and contract with a No. These energetic decisions are what define our boundaries.



SACRED BOUNDARIES

The more we attune to what I call my 'full body Yes', the more I feel a sense of aliveness and openness flow through my body. I may still feel fear but I will feel the power of my yes to carry me through. The energy of yes from within strengthens our boundaries, and allows our energy field to fill or occupy a space. We begin actively existing and taking up space.

When we say no, either verbally or energetically this act seals our energy fields to the level of expansion it is currently operating. We need both our 'yes', and our 'no' to maintain a healthy, vibrant energy field.

When we fully listen to our body, we enable our intuition (inner tuition) to speak.

Our bodies are the intimate vehicle of expression housing our soul; and our cellular intelligence is vast, if we choose to listen. So too, by feeling into our body sphere, we can feel if there is a sacred No; and we can acknowledge and give voice to honour this. It is safe to say Yes and live our wildest dreaming's. It is also safe to say No.



SACRED BOUNDARIES

When we are wanting to heal our energy field's and our boundaries it is helpful to enquire as to where our yes, or our no is blocked; or where in the past we've been trained that our yes or our no is invalid and learnt to over ride them.

Within every no is a yes for something more important.

The power to choose is essential.

So what imagery and whisperings have arisen for you around your 'full body Yes'? Paint it or move it.

And where in your life do you need to honour your 'sacred No' more? Paint it or move this through your expression or dance movement..



BOUNDARIES

Practice with a friend or loved one the ability to say Yes or No. Partner up and take it in turns to ask each other questions and with your eyes closed feel into your body for signals of a yes or no answer.

Feel whether your body opens or closes to the question. Feel if it rocks backwards or instinctively leans forward without your conscious mind being involved.

Tune into the language of your body.

Which body parts speak to you? Which parts of you feel silent, numb, blocked or disorientated?

Give yourself full permission to really be present to the answer you get, and not to override your instinctive answer.

If you feel confused or unsure of your answer, say out loud your Yes and witness your bodies response. And then say out loud your No and witness which one feels more real to you in this moment. Sometimes confusion arises if we have habitually learnt our answer is either invalid or not safe to have.

This exercise will help to bring back permission and sovereignty in governing your own boundaries.



BOUNDARIES - YOUR 'YES'

Using this powerful somatic exercise stand opposite your partner with your eyes open. Think of something you would like to say yes to. Anything you desire.

Now using a repetitive, gentle jumping movement allow your arms to be loose and open as you create a gentle rhythm for your body.

As you jump connect your eyes with your partner and say 'Yes' with each jump. Surrender to the feeling and the energy this creates as you feel into your full body yes, yes, yes! Do this for as long as desired, 5 minutes at least affirming and connecting to your yes.

You may have mind chatter arise that tells you to stop, or that its ridiculous, or that its too much. This is all part of the healing. Continue to connect back into what it is you are saying yes to and release any extra thoughts.

When you feel you have reached completion allow your body to come to stillness and close your eyes, breathe into your body deeply. Take some time to really feel all you are feeling, and then share this with your partner, and swap roles.



BOUNDARIES - YOUR 'NO'

Secondly, now come into standing opposite your partner again and place your palms on your partner's hands so you are connected palm to palm.

Begin by closing your eyes. Gently lean into your partner so you can feel their energy meeting yours and yours meeting theirs.

Stand with a slightly split leg stance so you are both well balanced and you will then begin saying 'No' to them, repetitively with small pauses in between.

You are not fighting them or pushing excessively, with your eyes closed you are simply feeling their resistance and they are meeting you in this.

You may practice changing your tone, and your volume as you repeat your No's. Keep breathing and feel how this feels in your body. Feel yourself connect to your No.

What is it you are saying No to?

Are there any areas of your body that feel weak, or strong?



BOUNDARIES - YOUR 'NO'

Continue with this exercise even if things arise for you.
Keep breathing.
Keep feeling your No.
Keep making space for this to have a voice.

There is a reclaiming going on.

And your partner is fully here supporting you with love.

When you are feeling strong in this you can also open your eyes and with eye contact continue the exercise, keeping your connection to yourself as you feel the presence of another witnessing you.

When you have finished shake it out. Give thanks to your partner. Share your experience, and if you desire then swap roles.

This is powerful work and can bring up a lot of feelings.

Take some time to integrate and journal your experience. You can repeat this exercise as many times as you desire at various times of your life, especially during times when you sense your boundaries feel weakened.



BOUNDARIES - AN EXERCISE

Another wonderful exercise you may do to explore boundaries, is to partner up with someone and have them slowly walk towards you from quite a distance. They need to be in ear shot and they walk slowly towards you as you say 'Yes'. Once more feel into your body, and the moment you feel differently you are to say 'No'. On this request they immediately pause. This is then your space to breathe and feel whatever it is you are feeling in your body. If and when you feel ready you may say Yes and your partner then continues to slowly move towards you.

This exercise repeats and as it does you get a very clear visual and energetic experience of your boundaries being honoured.

This exercise also provides an intimate opportunity to tune into your body and feel what happens for you when there is a Yes and when there is a No.

Often times simply deeply honouring one's no, can create safety and trust. This safety can open a space for yes, but completely free of expectations. There is plenty of time to listen, and just see what arises. A no may remain a no.

Deep listening is the key here.

SACRED NOURISHMENT FOR THE WILD SACRED WOMAN

Perhaps you desire more in life ... to dance in the richness of life; freeing your wild, sacred woman

Maybe you have always lived this way, but you are ready to be deeply rewarded with your own health & wealth flow now and to deeply value what you offer. This is the last frontier for women. We have liberated our bodies, our minds, our sexuality, opportunity and creativity. All that is left is to liberate our wealth flow, and the possibilities on the planet are limitless. As we watch the old financial system break down and the patriarchy begin to crumble, we are liberating a new way of wealth creation. One that is seeded in the deep feminine, and not an outdated work hard masculine model. We will not achieve this if we continue to burn ourselves out trying to please everybody & everyone, and not truly sustaining ourself.

We are being beckoned into a new way of being, but one that is deeply familiar in our bones. You are in the right place if you are desiring deep, embodied ways of being on this earth.

Do you desire to go about your day generating feminine power and healing wherever you go and being on the Earth with radiance and reverence?

This may feel like a long way off, but you are completely ready.

The Earth is invoking you now to rise up in your wild feminine magnificence and restore the planet, with the much needed balance of the feminine way.



Perhaps your inner wild, sacred woman is quietly whispering to you, or perhaps you can hear her roar. Whatever is the case bow now at the feet of her temple, and she will guide you home.

These practices will inspire you to offer your most authentic self to the world, to no longer hide in the shadows or bow to your conditioned mind.

We are being asked now to shine and be seen, to express and connect.

These practices although simple, are inspired to support you in living your deepest soul path, without compromise. To those willing to do what it takes to live a rich, creative, abundant life.

We commit to living in the lush, free, sacred, flow of life by courageously stepping into our soul essence.



Are you ready to trust in life and dance in her life-giving pleasures?

Are you ready to release your fears to live a wildly embodied, sacred life?

These practices support and empower you to take up space in the world; to return once more to the ancient ways and find your sacred place in this modern world

By connecting with our fluid feminine flow, our wild Shakti, creative life force and authentic expression; we shed, heal and rebirth and form a new way.

This way is the future.