

# Sacred Woman Module

## Sovereign Sensual Self



Women, we are being called to invoke the priestess, leader and shaman-ess within us. In doing so we are called to remember our power & place in the world.

At this time of evolution, we are asked to release the struggle with *how* to channel our medicine into the world, and instead simply begin.

There are many wounds of the witch and priestess that will block our rising. For centuries there has been persecution. Temples have been looted, and the sacred arts have been stolen from us as the patriarchy rose. Women have been raped, burned, drowned, poisoned, dis-embowed, tortured and persecuted in the most gruesome ways for their healing power. Deep in our psyche lies the fear that we will once again be cast out and betrayed for the gifts we bring to the planet. The trauma of this runs deep in the subconscious of our sisters, aunties, mothers and elders. And this fear lies in the heart of men also and the culture of toxic masculinity, where men are celebrated for being warriors rather than healers. Without us presencing this and actively embracing the fear and resistance that wants to keep us hidden, we will continue to keep our healing powers dormant.

We may still practise our healing arts but be struggling with visibility, self worth, shame or sabotage preventing from us deeply shining and assisting others with deep value and radiance.

As women through the centuries we have also been shamed for our sensuality. It was either too much, or not enough. Our sensuality has been bought and sold, trimmed and manicured, shamed and ridiculed, judged and owned. I believe when we begin to reclaim our sensuality as our own, as distinct from the conditioning of society or the ownership of others bringing our sensuality home to our warm sensual bodies, with permission to feel, move and live in our bodies in the way that we desire, the feminine will once more claim her power.

When as women we find safety in once more being present within the body and feeling the full spectrum of feeling, we give permission for the feminine shakti (power) to flow abundantly through us.

By choosing to align to what *is* right for us, claiming sovereignty and saying no to what is *not*; then we find once more a nourishment and power that comes from within.

When we re-claim our inner and outer sovereignty and stop compromising our own authentic voice, we live in accordance with our soul essence offering our light to the planet to truly shine.

## Yoni Roots



**When we learn that every part of our body is sacred, we come to bow at the temple of our own body for the wisdom and intelligence that is embedded in every cell.**

Finding our roots is vital as a woman, and re-claiming our bodies as our own is empowering and essential on our path as a powerful woman.

**For a woman, our yoni and our wombs are our roots.**

The term 'yoni' is a sanskrit word that means sacred place or sacred cave. Yoni is the term increasingly used in conscious communities to refer to the vagina, the sacred temple of the feminine body.

I like the word yoni, as it is untainted by the medical and pharmaceutical industries, and by the many associations the word *vagina* elicits. Yoni is not clinical, nor does it house pornographic imagery in connection or the doctrine of religious conditioning. It is a word you can make uniquely your own.

Yoni soulfully describes the sacredness of a women's inner most cave; a sacred space that deserves the reverence and honouring it has not always had throughout history.

If you desire to connect more deeply with your feminine temple and your feminine roots I suggest developing a reverent and deeply honouring relationship with your yoni.

I like to imagine a lotus flower blossoming in the centre of my yoni, my sacred flower. This flower is the portal of my womb space and the holder of sacred wisdom. Its velvet petals are pure and divine and will gently open with the sunlight of love and honour; just as a flower opens to the light of the morning sun.

When we connect with our yonis in this way we open to the wisdom we have stored, as well as our innate innocence.

Our yonis are a deeply emotional centre for our body and any form of *dishonour* causes our yonis to house trauma. Trauma causes us to disconnect and disembodify and stored tension in our yoni's can cause them to become extra sensitive, painful or numb.

As we start to gently connect with the reservoirs of emotional holding our yonis may have through trauma or disrespect; these areas of emotion can release, bringing availability for great healing and pleasure.

Our bodies are designed for pleasure, and none more so than our yonis. With so many nerve endings our divine flower temples are literally *made* for pleasure to flow through us. They are the portal for greater connection and intimacy with ourselves and ourselves as divine feminine beings.

If this is not already enough, our yoni's also birth life!

**Woman is a divine creatrix of life, capable of great things.**

As a woman we have the incredible capacity to bring new life into this world. What an incredible honour!

Our yoni's are the gateways of our inner life and outer existence. Our yonis will communicate with us what we desire to receive and what we wish to keep out. The more we listen to her speak, the more we will learn about our sacred power as women.

*What do the tissues in my bodies speak of?*

*Do the cells of my yoni and womb space whisper of sweet pleasures or do they scream, sob or rage?*

*Do my cellular memories speak of celebration or by the fireside of my soul lineage do they have old stories to share?*

**When we connect with our yonis throughout our day they will tell us of our sacred needs, our divine boundaries and our creative power of woman.**

## Womb temple



The womb is our sensual portal. Our power place of sensual pleasure and expression: our access to divine flow, earthly rhythms and ancestral wisdom. As we dance with our hips, we activate this. As we connect in with our womb wisdom; we learn much about the power of being a woman, and the intrinsic creative power of the feminine.

Let me breath through the lips of my yoni flower to access the knowledge held within me in my womb space.

As I travel into my womb space, are there any areas that are numb, shut down or disconnected from my deepest yearning and pleasure?

*Where within my body do I feel most juicy and feminine; lush and abundant in my full womanliness?*

*How can I more deeply nurture my feminine flow and activate my sensual pleasure?*

The sacred communication arising from connecting to our womb space is powerful, and even our pain and shadows speak a courageous, transformative tale. Now more than ever in history (her-story) it is vital our wombs have a voice; so all that can be spoken of can be healed and honoured in ways the feminine hasn't for so long.

**Your womb space is forever seeking her return to warmth, joy and aliveness.**

All that is on fire in your womb can be tended to, and all that is frozen is whispering to be embraced. As we bring our presence to this space we heal her; and she gains an opportunity to feel again.

When we *feel* once more, our pleasure flows home; for the greatest gift we can give ourselves is being home in our bodies.

**Our womb space is the alchemical cauldron of earth, fire, water, air and ether.**

She contains the essence of all the elements. She is the fire in the belly, the passion and the rebellious spirit. She contains earth wisdom, and air and ether flow through her with a deep

intuitive voice. She is the holder of sacred waters, the tides of life and the wisdom of creation and evolution.

She is raw power.

If we desire to tap into the gold of our feminine abundance, we must first connect with our feminine power to *alchemise* and *magnetise*; deep in the cauldron of our wombs. We do this through healing our womb space, and through becoming a clear channel of divine light through this portal, into all areas of our life.

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## Celebrating Maiden



In today's modern world our innocence can feel like it is stolen from us early. With the pressures on the feminine to be beautiful, manicured, available and compliant we learn all too early what is expected of us.

Part of coming into whole body celebration of our wild sacred woman is in honouring and appreciating our inner maiden.

Our maiden is the pure, unadulterated innocence of our early years. She is also the heart longing to be seen and held, acknowledged and appreciated.

There is an inner maiden within you that will never grow up. Allow her to walk beside you as you walk this life. Her beauty and her wisdom lives in you always.

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## Lush Feminine Body



As we grow more fully into woman, we form our lush feminine body. This body is the house of our blossoming soul.

Our feminine body then waxes and wanes as the tides of the earth does. She grows and sheds fluids, riding the waves of her inner tides.

As woman, we go through a dying every month as we shed our blood. Our lush, feminine body cycles into full radiance, blossoming into magnetisms and beauty.

Learning to befriend your lush feminine body becomes a wonderful honouring to the vast intelligence of woman. Woman has the capacity to grown life and birth her creations into the world. She has the capacity to feed life, with her body and milk like no other on the planet can.

The life giving fluids of her body are amrita, divine nectar.

**Your lush feminine body with her life giving force, channels the beauty of your soul.**

Next time you are tempted to put down your body or subscribe to the conditioning we have around feminine imperfection, remember you are divine and there will never be another woman just like you are. You are an incarnation of the divine feminine, no matter how imperfect your body appears; it is supremely perfect and vastly intelligent.

**Your body carries the wisdom of life times and the stories of old. Your body is beautiful.**

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## Earth Mother



**Mother of radiant lushness!**

I want to say to the Mothers of the world - I see you, and I celebrate you in awe of all you do.

I see the goddess reflected in you, and your line reflected in a long lineage of women.

You are the carriers of this world; the sustainers. And I bow at your feet.

Whether physically or energetically, transitioning from Maiden to Mother priestess, demands great growth on all fronts and is the bringer of much power and strength. As we blossom into this service, we channel the Mother energy.

**Motherhood brings a deepening; a widening, a grounding; a sense deep in your being.**

Whether it is babies you birth, or creative offerings to this planet; the journey you go on will change you.

**Mothers, I deeply honour you.**

Perhaps the greatest offering into our physical existence; that of our blood, our milk, our energetic secretions as we nourish the next generation not only with nutrients of a cocktail so exquisitely matched to our child being. But also a nectar filled with the love of life, the love of a mother; the love of sleepless nights and deeply devotional offering.

To me there is no baby brain as under par. There is supreme intelligence that makes no apology for its humble powerful life force. Our medicine goes to us and our child, and thus to all of life. And our deep motherly presence is an offering that far exceeds our brains.

Thank you for your offerings; and may all children feed from this divine nectar of life sustaining love.

Awe to women, in all her forms.

**Woman, whether or not you are mother in this life time, you are Earth Mother.**

Custodian of the land; your breath, your footsteps, your hands lovingly tend this earth.

You are the mother of all, channellers of Earth Mother medicine; through your loving frequency and nourishment.

Whether in business or in the home, the blessings you bring are limitless. Your energetic capacity to birth is vast, and as creatrix you sustain all life so it may flourish. As women this frequency naturally flows from us; to our clients, our family, our partners and the world.

Celebrate your womanly ways. Celebrate the Earth Mother that lives within you.

**Allow yourself to mother your creations so they may thrive.**

Heal the wounds of any trace of toxic mothering so you become your own best mother.

*How does the divine feminine within you, call to you; and what is her power asking of you?*

## Priestess of the Moon



The cooling energies of the Moon are a healing balm for the planet. Just as the solar energies of the sun illuminate and warm us and the energy of fire elevates and purifies us, so too does the moonlight.

The softening, ever powerful energies of the moon remind us to replenish, align, wait, radiate; in luminescent knowing of the perfection of all life. The moon shines light into the shadows and the night. The lunar tides govern the tides of our bodies, nature and the plant and animal kingdoms.

We have the power to plant by the moon, bleed by the moon and shed by the moon.

We are connected to the physical and emotional tides of our beings, governed by the moon. Whether we know it or not, all life is governed by the sacred tides of the moon, even the bacteria within our bodies.

There was a time not so very long ago when we lived and breathed this moon wisdom. We lived and bleed by the moon. For women this often meant we bled together and there was time and honour put aside for this. Women were seen as the bringers of messages, as the bridge between the subtle worlds. When we bleed it is said the veil is thinner and we have greater access to the non-earthly realms. Women were said to be the visionaries for the tribe, the bringer of sight for the directions and protection of the tribe. Bleeding women were honoured in this time and given space to rest and receive.

When we give attention to our moon cycles, our menstrual cycles, we are able to tap this wisdom within us. When we remember to rest deeply whilst we bleed, giving our blood back into the earth in flow with the moon, we can once more become the messengers for ourselves and our families.

When we bleed, if we find ways to return our blood to the earth through moon cups, or through the rich water from material pads or our direct bleeding on to the earth — we offer our DNA back to the healing of the earth. In return whatever plants we feed and water with our moon blood, these plants have the power to sustain us deeply, for they contain the DNA of our blood. Much as a mother's milk contains the DNA required to give that baby just exactly what it needs, so too our blood has this same power. Our blood contains medicinal qualities, as does the blood that moves through us when we birth. There is now scientific knowledge that proves what women have known for lifetimes; the cells and nutrients in a babies placenta has such potent medicine for the life force of that child. A babies placenta can be used fresh or dehydrated into medicine for a very personalised DNA imprint for that child and mother, and made into tincture or dehydrated



into capsules as personalised medicine. Much as animals eat their own placentas, we also have the power to receive this healing, and there are many modern methods for harvesting this medicine for the mother and child.

When we live our lives by the wisdom of the moon, we can tune into the sacred tides of our own bodies, and the tides of the earth. This means we are able to be in flow with the forces of life, and not against them.

When we tap into the power and flow of the moon it also means we are able to utilise the power that is available to us; instead of pushing, striving and efforting using our will and adrenals to live the life we desire.

When we live our life by nature's design, giving respect to the times of high energy and low energy in our moon cycle then we are able to become true manifestor's or wombman-ifestor's in life with ease, flow and grace in our lives.

As women in touch with our feminine power we are able to magnetise our sexual desire for creativity and life, and we are also able to rest, die and resurrect when we give our blood back to the earth. As women we are the true creatrix's of life as we learn to do so with the magnetic powers of the moon and her sacred tides in flow *with* life, and not against it. This is where we will find her true power and where we return and honour the energies of the earth, in sustainable flow with her rhythms. Much destruction has been caused by our disconnection to the earth's rhythm and so women have great potential to restore healing on the planet by the return to our cycle wisdom to the earth. As we honour and restore our own energies, we are part of the restoration of the planet.

## Tidal Proweress



When we come to recognise the wisdom in the moon cycle and our bodies we give reverence to the cycles of life occurring in our womb space. By respecting our cyclical nature, we begin to intimately understand the divine ways of our rhythmic bodies and being.

First and foremost our womanly bodies follow the ways of the moon. Our bodies are governed by the forces of Mother Nature herself. We are not separate from the earth that we walk upon, and our fluid power is held in Her mystical waters. Our bodies consist of 80% water, interstrewed with cosmic energy and warmed by our internal fire. Just like nature; the sacred waters of our bodies like the waters of this earth, are moulded and shaped by the earth's magnetism and the tides of the moon.

Let us dive in to understanding the moon, as the moon governs the flow of Earth Mother's tides as well of the waters of the feminine form, in the form of her menstrual cycle. It is the menstrual cycle that mirrors the subtle energetics of a woman's powers of creation. As we dive into the physical cycles of the feminine, we are gifted with insight and wisdom entailing the energetics of feminine manifestation (wombman-ifestation) and abundance.

There were times in history (her story) where we lived under the energy of the moon, rhythmically guided by her ebbs and flows. We made love under the moon's influence, we planted by the moon's cycle, and ceremony was guided by the phases of the moon. But in today's modern world where electromagnetic frequencies play havoc with our fluid bodies, where we rarely spend time in the moonlight and where hormones are synthetically monitored; it can be easy to lose touch with our cyclic nature.

So let us begin our exploration with the *phases* of the moon, and the effect this has within our body temple.

In the darkness and absence of light, the dark moon is traditionally the time of shedding, dying, releasing all that no longer serves us. This is our winter time within our body; the crone phase of our cycle and our time of bleeding. This is our time of retreat from the world. We are the furthest removed from our solar energies and we may find our energies wanting to travel downward into the earth to rest and replenish. Just like the seed of an old oak tree, our energies retreat inward into the earth of our bodies; resting in the darkness, in the compost of all that came before us, until we

are called back into the light of our new beginnings. Each time we bleed we go through a mini death and it is helpful to rest in this space.

As the new moon begins to surface, her lunar energy begins to draw us outwards and upwards. The seed begins her fertile journey towards her destiny. This is a good time to set intentions, but not to rush into action.

The new moon time is the time of the visionary, the mystic, the seer. Still deep in the earth we see our future. Deep in the earth the seed sees the whole tree and in the fertile knowledge of her existence her soul moves her onwards and upwards. She learns from the wisdom of her past, the rich compost of her life, her winter and yearns to follow her destiny; the deepest callings of her soul.

From here we move into the waxing (or growing) moon energies, when our bleed is complete and new energy is stirring us into action; springtime. In this moon phase there is energy to grow and expand and these energies encapsulate the emergence of the yang energies of our cycle. It's a wonderful time to embrace our springtime energies and drink in the sunlight of life. We are released from the earth's gravity in this phase of our cycle and we can embrace our rising solar energies and take actions to unfold our vision. Under the waxing moon energy we move more into our masculine energies with energy to plan, action and create. We are in the maiden phase of our life, our energies are expanding and thirsting for life.

From the waxing moon phase we move into Summer, our Mother phase; our time of fruition and flowering, within our body temple. As the moon comes into fullness we experience our bodies to be full, magnetic, radiant, abundant and deeply in our feminine juiciness. This is the time our creations can be birthed and deeply actualised; we radiate with feminine abundance, and are completely backed by our masculine powers in sacred flow. The full moon time is a time of celebration, expression and connection; and we are deeply fertile.

Having a true understanding of this magical, mystery flow in our bodies and beings enables us to tap into our innate flow of abundance. We learn when our body is ripe, and when we need to rest. In our resting phase we accumulate our wisdom and power, and we vision into our psyche all that is to be. Once truly rested we accumulate and build our dream, and we have power to do so. This is then the time to actualise.

As our energies wane, we slowly move into a phase of shedding and releasing all that is old and no longer serving us. But just before our bleed when we release our blood back to the earth it is often a time when we become acutely aware of all that may be out of alignment. This is the time we may feel cranky or irritable, restless or fiery and it has been labeled as our time of PMT. This is not a negative phase. Each phase of our cycle holds great wisdom and paying attention and ease-fully riding our tidal waves greatly enhances our manifesting powers. This Autumn phase of our menstrual time is a very valuable time for us and the concept of PMT/PMS (wrongly termed premenstrual syndrome, or premenstrual tension) can in fact be viewed as our PMT; Power – Medicine - Transformation, or our truth seeing time. This is the time that all that has needed a voice in our cycle; rises up to be transformed, seen, spoken and finally released. It is a time of

'great energy' that can bear many fruits, gifts and insights for our whole cycle. Pay attention during this time.

*What is the wisdom your body is giving you?*

*What do you need to bring into alignment?*

*Where are you needing to speak your voice more and connect to your truth? Give space to this.*

Not all women will bleed in rhythm with the moon in this way. Some women will bleed near the full moon and ovulate close to the new moon instead. Regardless of when you actually bleed, the cycle of creation you follow will be very similar, with four distinct energetic phases; the shedding releasing phase not just in blood but energetically also, the building phase, the fertile embodied phase and the fully expressed phase. Each woman will journey the full season rotation of her creative cycle. By understanding this you will be able to deeply understand your creativity and the incredible power of manifestation we have within our wombs and lives.

This knowledge of our moon cycles is wisdom that all women ought to know and celebrate, and instead we are taught our cycles are dirty, unhygienic, inconvenient, and troublesome to say the least. Each phase of the cycle strengthens us however, and is vital to 'the whole'. Each season feeds the whole as a complete system; encapsulating the wisdom and power required for the sustenance of the entire cycle of creation. In nature anything that is circular in structure is at its strongest; there is power in the circle. We have placed so much emphasis on linear growth, but this model is unsustainable and is behind the destructive relationship we have with the planet and our feminine bodies.

To reclaim our feminine abundance, we must find pathways home to our bodies and our divinely orchestrated tidal nature. Whether we are menopausal or not, it is never too late. Our menopausal years take us into the deep mystery of creation; from here our cycle is energetic. In our menopausal years we have the powers of an elder who sees the whole. We become the seers as we overlook the cycles of life, both within and without, and we move powerfully into the *wisdom* of our seasonal energies.

So dear sister, I encourage you to befriend your magical menstrual cycle and ride this powerful magnetic force. For in doing so we discover the wisdom of our elders and our innate feminine power to magnetise our deepest desires towards us.

We are the keepers of the powers of the moon. We are magical. We are divine. We are the keepers of earth wisdom.

## Blood Rites



Part of the journey with re-claiming our divinity is re-claiming our relationship with our blood. Before the time of feminine suppression, our blood was considered sacred. Our blood was our life force, containing the power of creation. Our fluids were the amrita (sacred nectar) that flowed from the divine feminine, a life giving elixir that healed anyone in contact with it.

Our blood was given back to the earth to sustain life.

As women we would bleed together onto the earth and bring visions back for all the tribe. We were in sink with each other and the moon. This was our time of rest and our time of visioning.

As our blood returns to the earth our DNA mixes with that of the earth. When we eat of these plants containing our unique DNA wisdom, we nourish our bodies with the supreme intelligence of plant life as medicine; containing the wisdom of our blood template as medicine for our body temple.

There is an ancient hopi prophecy that states when the blood of many women is given back to the earth, all men can return from battle. When we give our blood to the peaceful restoration of the planet, any blood shed in violence will no longer be necessary. I believe this prophecy speaks of the healing power of the blood and the powerful link we share with the earth when we honour our cycles and find our place of balance on the earth. When we live in this way, we live in a non violent way on the planet, in a culture of non violence.

**Our blood is sacred. And the flow of our blood and creativity is vital for the health of the planet.**

Next time you bleed dear sister, instead of tuning to the *inconvenience* of your blood; take time to honour it as the holy source that flows from the divine feminine. Let it be a life giving force in your life, and in the life of others around you.

It is likely too late to honour your menarche, your first bleed. But if it is not then this time is a sacred time of greeting your womanhood through ceremony and honouring. Surround yourself with sisters and journey into the wisdom of the womb and your cycles in celebration of the life blossoming through you.

If you are approaching menopause, then you can save a little of your blood for when it is your last blood. And as the Native American women would do you can save it in material as a medicine bundle made into a sacred item in ceremony and worn on your body or placed in a place of importance to honour your transition. This can then be buried and given back to the earth in prayer.

If you are to birth, know your blood is sacred to you and your baby. The rich source of your placenta as the tree of life within you can be encapsulated and offered as medicine for you in your postpartum healing and to your baby throughout its lifetime as powerful homeopathic medicine.

**Your blood is your power and your medicine.**

Treat it wisely and the healing strength and wisdom of your blood will return to you.

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## Sexual Healing - Cultivating Shakti Energy



The divine feminine arts combine principles of the awakened feminine with emotional embodiment, erotic awakening and the healing arts. As one experiences oneself more sensually alive, succulent and responsive through the exploration of these arts; one taps and activates a greater sensual intelligence in the body, amplifying one's erotic magnetism. Our senses wake up, our hearts open and our presence expands creating a dynamic, expansive orgasmic energy within the body.

**Our orgasmic energy is the energy of the Universe, of life itself.**

When one learns to explore the *feeling* body and the inner channels, the chakras (or great wheels of energy within the body) activate; expanding one's divine orgasmic nature.

When we move and open our energy centres, we give space for our kundalini (divine sexual energy) to flow. This flow within our body is our erotic flow, and the radiance this flow creates is magnificent.

Whenever we see someone in love we are seeing their erotic flow, though it does not need to occur only for lovers or those newly in love.

This energy is within us and it is always circulating. We can choose to move our erotic flow any time we desire.

**Through soulful, juicy, creative living we move this energy.**

We can learn to soften, surrender and open to this flow of grace any time we desire.

## Sumptuous Self care



### **Sumptuous self care is vital for the embodied goddess!**

Self care keeps our heart frequency alive, our soul aligned and our body lush!

As women we are often conditioned to put ourselves last. We take care of our work, our children, our home, our garden, our friends, our lover's, our communities; and if we are lucky we have space left over for us!

*However, how can we be the radiant women we want to be if we are exhausted, burnt out, depleted, resentful or overwhelmed?*

Our sacred self care time is a priority! Nothing else we do will have deep meaning if we do not sustain our self first.

Sumptuous self care can be as simple as a bath or taking the time to sit quietly in nature. It can be lavish and extravagant like taking oneself on an overseas retreat, or backing oneself financially to follow one's intuition and passion in business.

*Do I desire to sing, or move, or create?*

*Do I long for quiet time to my self, or activities that love my precious body temple?*

*What is it that fills your cup dear sister?*

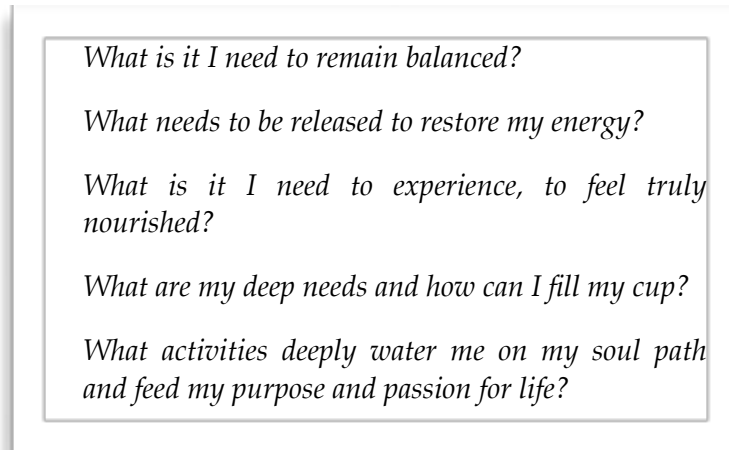
Self care is about watering the roots of our soul with all we desire in life.

Sacred self care is about the deep care we offer ourselves. It is about sustaining ourselves from the inside out. It can in part be about giving things to ourselves, for example treating ourselves to a fancy haircut or new clothes. Although these things are important and they may enhance how we feel about ourselves in our daily life; true self care runs a little deeper.

Sacred self care is about our soul life. It relates to the deep nourishment we offer our body and soul; in respect, care and love for the being that we are.

Sumptuous self care is the deep *love* we offer ourselves, that truly nourishes us into us shining in our full potential!

So go there, sister. Go to your sacred temple within yourself. Nourish your self lushly and drink from her sacred well.



Surround yourself with all the love, support, respect and deep care you need; to radiate at your fullest capacity!

You are worth it. And this will flow into the lives of all you touch.

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## Radiance



It is said that nature abhors a vacuum. Wherever blocked energy is cleared, fresh new energy rushes in to take its place. This rush of new energy lends itself to a fullness, a peace, a radiance; a fullness of self where one can gently rest back into oneself without any necessity for pushing or striving. This newly formed energetic space is simultaneously empty and full.

**As we empty out we feel the pleasure of new energy.**



I call this movement of energy in the body as the awakening of Shakti, of divine feminine radiance. Shakti is quite simply the cleansing, potent release of feminine *power* or life force within the body and Universe.

Shakti energy can be met with awareness and channelled or circulated throughout the body to enhance one's vitality. It can be felt as radiance, joy and sensual aliveness. The magnetism this aliveness generates is your pure Shakti power! It is natural to you as a woman, particularly if you work on enhancing it.

When a woman is channelling her Shakti power she transforms the atmosphere around her with her radiant presence. Both a man or a woman can be in touch with their divine feminine power, their Shakti; it lives within all of us.

**It is Shakti power that is most needed right now in transforming the planet.**

Its pure creative force is at once replenishing, restorative and renewing to all of nature. When we learn how to feed our Shakti roots we are able to spread this essence throughout the world.

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