



Month 4 Immersing in Feminine Energy



When we journeyed to the garden where we met Pachamama, what was your experience? What gift(s) or qualities did she give you?



Did she give you a symbol or image to take with you as a touchstone? If so, make a sketch of the symbol. Does it have any words?



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Questions to journal:

1) If I felt like I was fully supported in every way, I would...

2) If I felt I was good enough I would....

3) If I knew I was loved no matter what I would...



This week's practices:

- **Immerse yourself in the Feminine Flow** and see how that affects the way you walk in your life
- Celebrate the juiciness of your **sensual Feminine** side – what does that look like for you?
- Ask a question and **doodle to music** that moves you
- Explore your **Seed of Potential symbol/touchstone** – be open in dreams, repetition, synchronicity, meditation