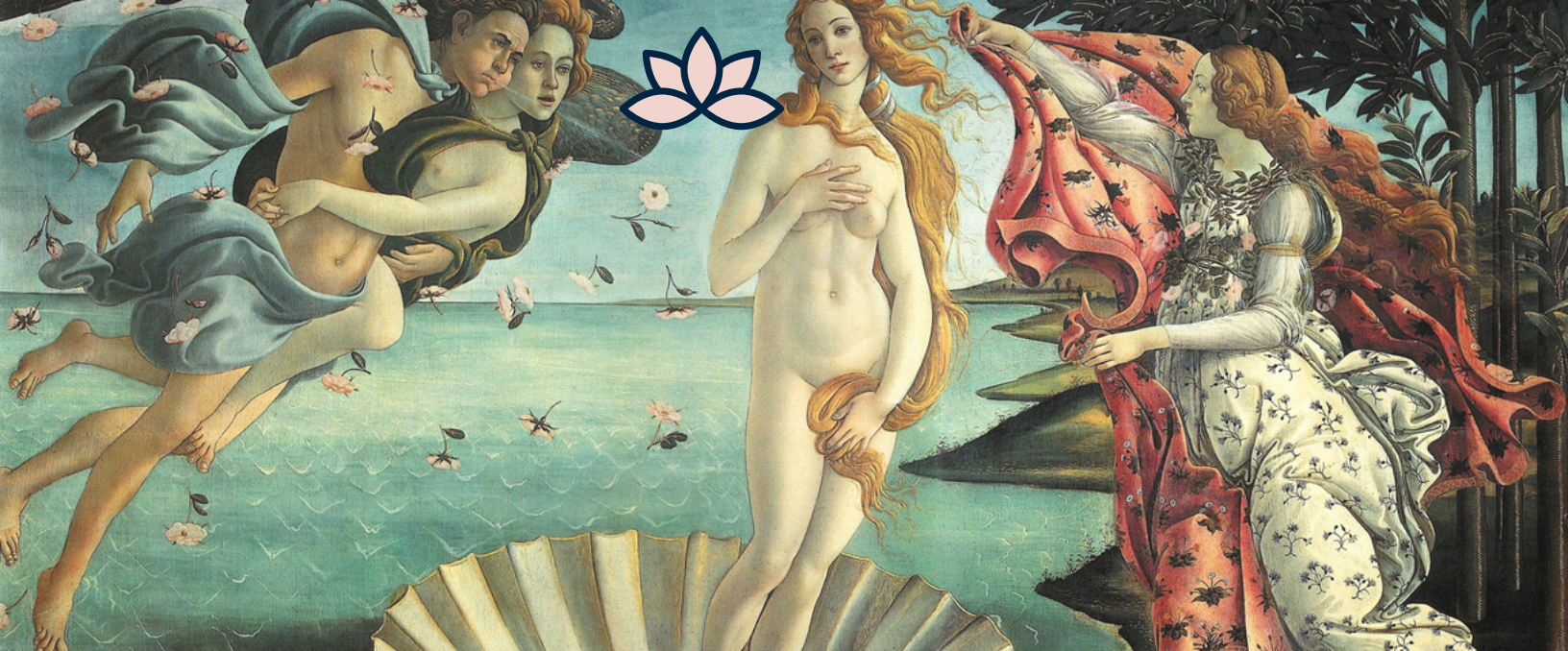




04

Feminine Flow

Discover a new way to step into the flow of your success so you can be open to create from the juicy Feminine.

Welcome to our 4th Month together!

The theme for this month is “Feminine Flow”

I believe that there is a transformation happening in the world, a paradigm shift, and much of it has to do with a **re-balancing of the feminine/masculine energies**.

The Western world, in particular, has held a bias towards the masculine energies of **action, dominating, intellect, producing, upward movement, restless, fire**.

There is nothing wrong with these unless they **out of balance and alignment with feminine energies of flow, softness, nurturing, collaboration, receptiveness, rest**, to name a few.

This month we will:

- Create more space for Feminine Flow by dissolving worn out **roles and identities**.
- Energetically connect with the subtle Feminine and Masculine energies to bring start to weave them together and **create aligned integration**.
- Access our **Creative Right Brain**
- Talk about the practice of **Tantra/Sacred Sexuality** for manifestation and empowerment.
- Embodiment and unleash your unique **Feminine Goddess**.



Month 4 Unraveling Roles

Pg 1 Of 2

 Write down, what are the **qualities of Feminine Energy** for you? Do any of them hold any "negative" connotations?





Month 4 Unraveling Roles

Pg 2 Of 2

Write a list of all the roles and identities you carry that you can think of.

For example:

-  All the roles: ways in which we **justify** and define our existence:
-  All the labels we attach to ourselves:
-  The roles **others hold us in**: it's like having a sign pinned on your back:
-  **Religious** roles and concepts:
-  Roles we play when **battling others**, proving ourselves:
-  **Unlived lives** and roles we never got to play but wished we had:
-  **Others**: