

# Re-membering the Shakti Wom(b)an Shaktiship

A year long exploration, engagement, expression, and embodiment in Wom(b)en's Spirituality.

The intention of Shaktiship is to create a safe, open, trauma-informed compassionate sisterhood space that brings wom(b)en from different social, cultural, ethnic and regional backgrounds together to enter into an organic exploration, discussion, reflection, sharing, re-membering, remembering, and witnessing each other in their own process of

- i) Reclamation of an embodied spirituality that honours their bodily rhythms,
- ii) Recovering from the matri-lineage wounds of the Wild Feminine,
- iii) Re-informing sight of the inside and outside to distinguish facts from perception, while also,
- iv) Re-Learning to take 100% responsibility for every aspect of what emerges in the here and now; the dark, the light, and the shadow.



## SHAKTISHIP IS FOR YOU

- If you find yourself at a pivotal crossroad of your life longing to immerse in a living spirituality of being a wom(b)an in body.
- If you are called to explore your deepest inner can't longings, even those you quite name or understand or recall.
- If you are seeking to know yourself, be yourself and express yourself - fully - without inhibitions.
- If you feel emotional as if a hurricane is stuck inside; struggling to hold and allow space for you, and for others.
- If your voice feels stuck deep inside desiring to be released and set free.
- If your creativity feels chained in the voices of your inner critic.
- If you are desiring deeply to step into, and stand tall as the Emotionally Mature Adult Wom(b)an



## - GIFTS GATHERED

- Re-Claim a Personal Spirituality that places 'You' and Your experiences at the center.
- Re-inform your relationship with the Sacred Feminine (**Who - What - When - Which - How is She**) - Explore Her Form, Her Myth, Her Rituals, Her Stories, Her Journey - across different timelines of human civilisation, and also, within your own family structure. By Unraveling Her, Unravel & Know Yourself.
- Sync with your Lunar Rhythm, Integrate Blood Wisdom, Trust your Embodied Intuition, and Reclaim your Feminine Body & Biology.
- Begin to Recognise Internalised Masculine Patriarchal Narratives of Power, and the split of the Masculine and Feminine within and without.
- Learn to recognise trauma in the collective, trans-generational, and mother-daughter relationships carried in the bodies of women, and begin the process of re-membering, recovering, and integrating all parts of oneself and slowly feeling the strength of the maternal and paternal ancestry behind.
- Receive Guidance in the Creation and Facilitation of Ritual & Rites through a Wom(b)an- Centred lens.
- Learn to Explore, Engage, and Express Your Feminine Creative Impulse.
- Experience Safety of a Nurturing Sisterhood in Holding Space for your Life's Journey

# WHO IS THIS JOURNEY FOR?

24+ years, and one born in the biology of a Human Female

*Unlike before*

## NOW THE SHAKTISHIP RESOURCE KIT

IS AVAILABLE FOR PURCHASE AT ANYTIME OF THE YEAR

at a cost of Rs 10,000 (\$150).

**You will need to purchase it to be on the apprenticeship.**

It consists of

### 1. SHAKTISHIP ART JOURNAL & WORKBOOK

A 230 page A4 Size Printed Workbook with exhaustive content for explorative engagement.

Given below is the Table of Contents of the Workbook.

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Each Archetype section in the workbook provides the space to creatively engage in the Energy of Major Arcana, the reading materials for the week, and the worksheet activity that supports you to deepen aspects of the journey. Some examples of worksheets are Befriending Inner Critic, Being a Wom(b)an, Aliveness and Deadness, Sacred and Non-Sacred, Exploring Power Versus Force, etc.

### 2. READING MATERIALS

There is nearly 1200 pages of reading materials collected from an assortment of worldwide Wom(b)en's spirituality books, journal articles, web links, and more. You are also, provided with resources of websites, video libraries to deepen your journey.

### 3. AUDIO TRACKS

All the worksheets in the workbook are associated with audio tracks that guide you through guided visualisation, active engagement, and sacred exploration. All you need to is to play it and engage with the activity for that arcana week.

### 4. VIDEO PRESENTATIONS

There are video presentations and communication with the facilitator guiding you through the various in-roads of the journey.

**WHO IS THE SHAKTI WOM(B)AN?** - I have included description of this at the end.

# THE SHAKTISHIP PATH AND METHOD PHILOSOPHY

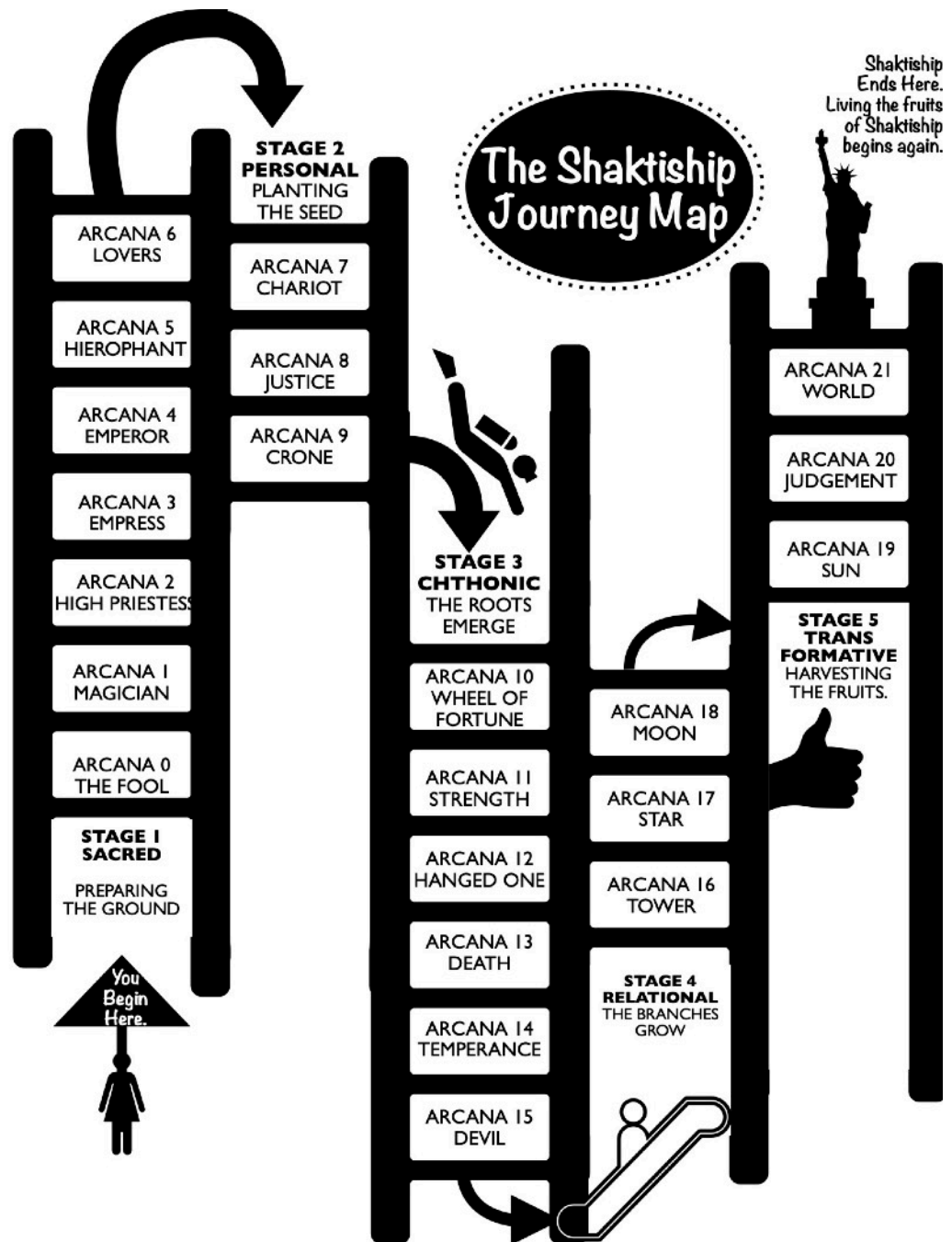
## METHOD PHILOSOPHY

Shaktiship Journey unfolds within the five stages of the qualitative transpersonal research method philosophy of Organic Inquiry viz.

1. Sacred: Preparing the Ground
2. Personal: Planting the Seed.
3. Chthonic: Roots Emerge
4. Relational - Branches Grow
5. Transformative - Harvesting the Fruit.

## THE ARCHETYPAL PATH

The active esoteric alchemical quest of self discovery and self transformation held within the embodied experience of being a Wom(b)an is facilitated through the alchemical archetypal energies of the 0-21 Major Arcanas of the Mother Peace Tarot Deck namely



0 - Fool - Trusting Ones Elf

I - Magician - Dancing the Fire

II - High Priestess - Paying Attention

III - Empress - Giving Forth

IV - Emperor - Separating Off

V - Hierophant - Repressing Others

VI - Lovers - Joining Together

VII - Chariot - Winning One's Own Way

VIII - Justice - Setting Things Right

IX - Crone - Turning Within

X - Wheel of Fortune - Going the Great Round.

XI - Strength - Finding the Magical Helpers

XII - Hanged One - Accepting Initiation

XIII - Death - Letting Go

XIV - Temperance - Grounding Cosmic Energy

XV - Devil - Denying the Spirit.

XVI - Tower - Shattering the Structure

XVII - Star - Opening to the Goddess

XVIII - Moon - Experiencing the Mystery

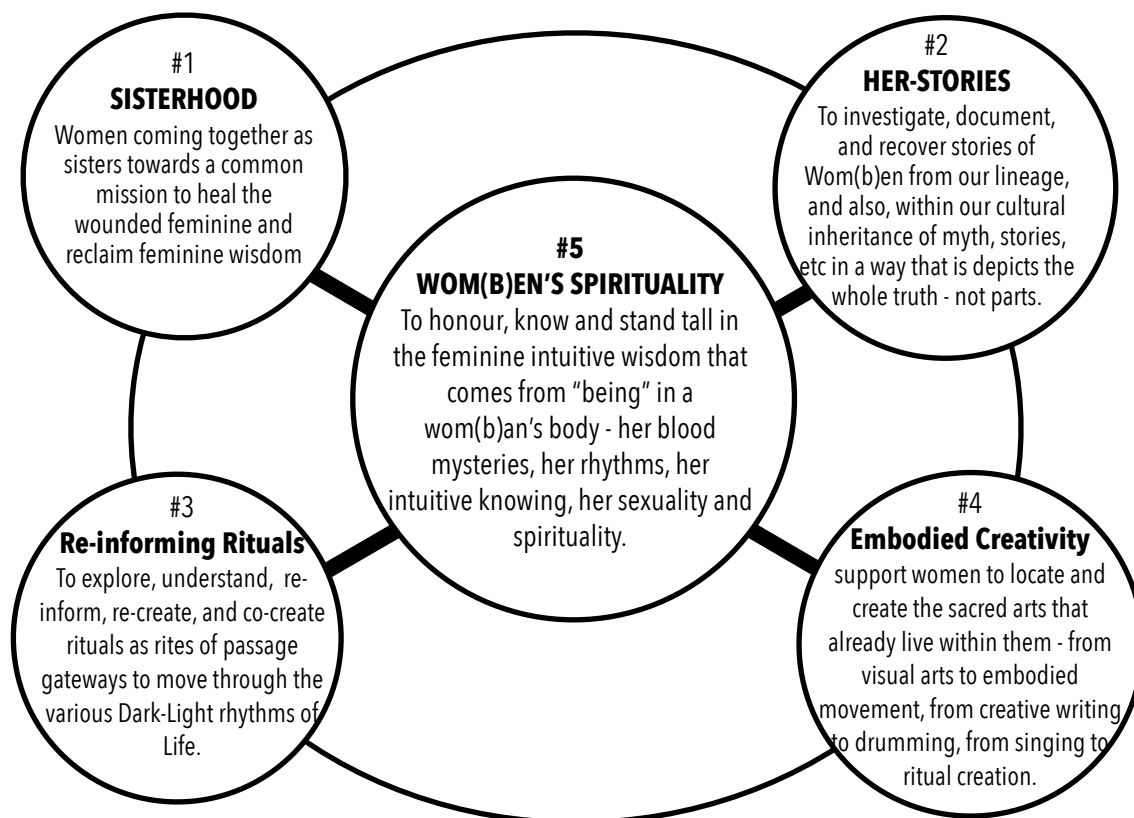
XIX - Sun - Raining Consciousness

XX - Judgement - Healing the Earth

XXI - World - Casting the Circle.

# THE WISDOM MAP OF THE SHAKTISHIP

is grounded in the Five Foundational Pillars of She Stands Tall Project.



## THE PEDAGOGY OF THE SHAKTISHIP

The pedagogy of Shaktiship is founded in the M.A - Women's Spirituality Program that was (*no longer is*) offered at the Institute of Transpersonal Psychology (*school and faculty transitioned out in 2014 after gifting nearly four decades of phenomenal transformative work to the world*). The pedagogy is based on a whole-person philosophy that integrates six aspects of human development namely the *Physical, Emotional, Psychological, Relational, Creative and Spiritual* such that a living spirituality, the sacred arts, the body, and participant interaction - all become part of the transformative experience. Within a safe, trauma-informed sisterhood container the experience of individual and collective healing, reflection, and self-authorisation becomes a possibility.

## THE VISION OF SHAKTISHIP

Aligns with the vision of She Stands Tall Project - *for Wom(b)en and Girls to become Catalysts of Transformative Change within themselves, their family, community and the world*. Furthermore, it creates the safe space needed for wom(b)en to claim their autonomy and authority in the world in-formed by her phenomenological experience of being a Wom(b)an in the here and now.

## TIMELINE OF SHAKTISHIP

Shaktiship is the journey of becoming Shakti Wom(b)an. I see it as a life long process. Shaktiship initiated me in 2010 when I entered my M.A in Women's Spirituality, and then I began to initiate Wom(b)en on this journey from 2014 when it first got offered. It is a journey without an end as it is dynamic Shakti - life itself. That is why I am differentiating Shaktiship from the process of Initiation. I am calling the Initiation as Apprenticeship. It situates you on *Your Shaktiship*. The course set for this initiation is a year. However, you can take as many iterations as you wish. For some Wom(b)en it is two years, for some it is three and for some it takes a decade to situate on the Shaktiship. Through your process, you can keep returning to the Apprenticeship container to find safety, support, and companionship.

## ENGAGEMENT IN THE SHAKTISHIP

There are two independent ways to engage in the Shaktiship journey.

### 1. DO IT YOURSELF (DIY) OPTION

**Get the resources & start on the journey on your own.**

Follow your pace. Plan Your time through the various activities. This model is introduced for anyone who wishes to explore this journey on their own first before they are ready for a group, or maybe she prefers it that way. Then the process relies completely on your self-discipline, and ability to support yourself through the various aspects of Shaktiship initiation. Find your place to start or begin.

### 2. JOURNEY AS AN APPRENTICE WITH SHE STANDS TALL PROJECT

**Get the Resources & Journey as a Shakti Apprentice.**

Apply by emailing [shestandstallproject@gmail.com](mailto:shestandstallproject@gmail.com).

The apprenticeship is founded on a fellowship model of commitment to journeying within a structured timeline, involves active engagement and participation in the various GIVE AND TAKEs of the journey. It is FREE and available at no additional cost. However, You need to apply for it, and get selected. The apprentice qualifies you to apply for the SSTP's Shakti Moon Circle Leader Apprenticeship later on. All the apprenticeship gatherings will happen online on ZOOM.

#### **AS AN APPRENTICE YOU ARE COMMITTED TO CERTAIN MOVEMENT.**

- You will sign a Consent Form of participation in the apprenticeship.
- Be part of a Sisterhood Group Journeying for 12-months within a structured timeline..
- You are encouraged to commit 6-8 hours a Week in Shaktiship Exploration, and Engagement. More than *doing* the activities, you are also, learning to make time and space to show up and navigate the energy of the Shaktiship and the Arcana. Allow it to be felt, met, and explored.
- Attend 15-Online Circles with the Facilitator that will deepen your exploration by providing you space to check-in, pro-actively participate in transformative movements, engage in ritual, etc. It will be scheduled on *Sunday: 9:30 AM thru Noon IST*. These gatherings will occur once a month timed with the start and middle of a stage of organic inquiry.
- You will be part of an Online Sisterhood Nest Group, and a Buddy Dyad. The Nest group and Buddy dyads are there to support you to enter into a safe shared experience on this journey. It is supported through Community and Dyad agreements that you explore, engage and co-create with each other.
- You are invited in the engagement of the Creative Her-Story process of Body Mapping.
- You are required to offer 8 Hours of Social Media Exchange on the SSTP Facebook page. You will be guided further as the journey opens up.
- You can Schedule Three 60-Minute One-on-One session with the Facilitator to deepen your own journey. You can choose the sessions to be in Family Constellation, Expressive Art, EFT, Compassionate Inquiry, and other modalities the facilitator is trained in. Additional sessions of therapy will be available at a subsidised price.
- You are recommended to be in some form of therapy on the apprenticeship, or have a Personal Support Structure.
- You will emerge out of the apprenticeship through a Graduation ceremony in the witnessing presence of the SSTP sisterhood community, and your family (if you choose to invite them).
- You will also, be able to attend the She Stands Tall Project offerings thru the year at a discounted rate.

## FIELD OF THE SHAKTISHIP APPRENTICESHIP

The Shaktiship container opens, and moves in ritual energy space.

From the moment the container is ritually opened to the moment the container is ritually closed, you will experience yourself enter a tangible field of liminal space that can distinctly be sensed, felt, and experienced. It is phenomenological in the sense the body in the here and now reveals the unknown, and unconscious in a customised way connected to the movement of your own soul within the archaic energy. You are encouraged to resort to the resources on the journey to navigate this dark space and allow it to carry you into deeper *insights and truth* about yourself. This field carries and includes the energy of all the sisters on the journey, and sometimes even includes those from previous journeys in an energetic field space. You will notice many coincidences emerge in your world outside in a way that might feel like past, present and future are in close interaction. I have always been in wonder of this phenomenon until I became familiar with Family Constellation and the morphogenetic field. Everything ever is tangibly here held safely within cosmic boundaries. Our readiness is revealed in our choice to move towards or away from it, and in that movement we also, meet many truth. This field of energy will often reveal *conscience, truth, and insight*. It is more an emergence in the here and now. I would like to share with you these three words as described by Bert Hellinger (founder of family constellation work) in the book *No Waves without the Ocean*. It will support your navigation of its experience on the apprenticeship.

### Conscience

is experienced as a sense through which we directly *perceive* what is necessary for us to belong to a person or group. *"What must I do to belong and what must be avoided to ensure my belonging?"*

*On this journey you will experience oscillation between the feelings of innocence and guilt. Innocence when you feel your right to belonging is assured, and Guilt at the fear of loss of your right to belong in the group. You are encouraged to be curious about these sensory emotional perceptions through the apprenticeship journey, and explore into its roots.*

### Phenomenological Truth

"Truth as that which appears like a flash from nowhere, and then after only a moment vanishes into nothingness. Briefly it lights up and then disappears. For that moment in which it is visible, however, It counts. There can be no doubts about that. But alas, when one reaches out to grasp hold of it, it disappears in a trice. The desire to work though an issue is actually a desire to hold on to an old truth. Truth is an ephemeral treasure. Nonetheless, in the moment in which it shines forth it is completely valid. Any defence against it always comes too late, because the flash of truth has already passed."

*On this journey, when phenomenological truth opens in a moment for you, simply look at it, bow down before it and let it go. Practice an inner stance of Awe in the face of truth. As Bert says, this avoids the temptation to manipulate the truth or dilute it or intensify it.*

### Insight

Truth makes room for insight.

"What stands in the way of insight is opposition to *what is*. The catchphrase for this opposing theory is the 'yes, but ...'. By using 'yes, but ..' the initial perception is devalued. For example, if I look at a mountain and say 'Yes, but...' I am no longer able to see it properly, even though it is still before me. With my 'Yes, but ..' I take away something of the mountain's greatness and impact. Objections require little of us. But insight requires the ability to observe, and the patience to allow new experiences to suggest itself. That is why objections come so quickly. Insight, on the other hand requires time. Insight cannot emerge from thinking alone. It emerges from awareness. Then thinking ensues. Insight begins with awareness and is developed through the process of thinking. Insight requires the ability to observe and the patience to allow new experience to suggest itself. It takes time."

*On this journey, you will meet many objections and oppositions to phenomenological truth. Be curious. Observe the objections. Practice patience. Insight takes time. Let it be revealed. Stay with what is open.*

## ABOUT THE APPRENTICE JOURNEY.

This journey is solely and completely about you.

It invites you to be *Curious* about your reactions, triggers, and allow that to be held in *Compassion*. So Curiosity and Compassion are the two most valuable qualities you will learn to develop on this journey.

The apprenticeship invites you to become curious about the process of what it means to take 100% responsible for your experience of engagement, participation, activation, and also, your transformation on this journey. This can include all scenarios of

- *When you are able to show up and when you are not able to show up,*
- *When you are having a pleasant interaction, and also, when you are in a triggered relational experience,*
- *When you are meeting deep sadness and pain, and also, when you are in joy and laughter,*
- *When you are able to be in community and when you want to stay away, so on and so Forth.*

These are all opportunities for mirroring curiosity and compassion.

There are no rights and wrongs, should and should-nots formulated on this journey. However, you will meet these notions in your own inside, and feel limited by it. Those are opportunities for exploration. There are no mistakes on this journey. What you may perceive as mistakes might only be opportunities for *Taking (or receiving) a lesson in meeting, knowing, and integrating Missed parts of yourself*. Remember: this journey is about exploring, engaging and locating your own inner navigation compass in the here and now, and allowing it to be expressed without judgement.

This apprenticeship also, requires engagement in the body using a deeply feminine model; healing happens with awareness, intention and conscious choice. It is a bitter-sweet journey of looking into the mirror. and being honest to what you see (perceive), feel, and sense. Hence, it is important that you choose to participate in this apprenticeship on your own choice, and not coaxed by anyone. You do not need to feel obligated in anyway to anyone to be part of this journey. If you choose to participate and later on if you feel uncomfortable about any part of this journey, you are free to let the facilitator know so she can work with you to do the needful - continue or pause. All is ok. You can say No at all times on this journey to anyone including the facilitator.

Although no guarantees can be promised, participating in this journey may have some benefits.

You may feel more in touch with your memories, feelings, bodily sensations, trauma wounds, and experience a deep connection to your self. You may learn about your personal reactions to, emotions toward, and thoughts about your relationship with your self and others in an intimate manner. You may also experience benefits including feeling a sense of belonging, rediscovering yourself, unraveling deeper meanings about your life, feeling held and taken care of, letting go and releasing old wounds, exploring and learning new things, and connecting with self in all aspects. The journey could help you process emotions and feelings that you might be struggling with, so you can begin to heal. It can also, provide insights into deeper aspects of your relationship with yourself that maybe you didn't know existed - good or bad. Additionally, being in a group provides a sacred container of healing with other women, being heard and witnessed, witnessing others and being witnessed by others.

## RESOURCES EXPLORED ON THE JOURNEY

Expressive Arts  
(draw, colour, sing, dance, collage, free write, etc)  
The Wisdom of Trauma  
Systemic and Family Constellation Philosophy  
Cultural and Religious Myths, Stories, Archetypes  
Scholarly Works of Wom(b)en Researches,  
Writers, Anthropologists, Theologists. Feminists.

Feminine Intuitive Divination  
Yoga and Mindfulness  
Nature and Ancestor Connections  
Solar and Lunar Menstrual Synchrony  
Exploring Guided Visualisation, Chanting.  
Recovering Indigenous Practices  
& much much more

## FREQUENTLY ASKED QUESTIONS

### 1. **How do I engage with the Shaktiship?**

You can engage with the Shaktiship on your own, or as an apprentices on a group journey.

### 2. **What is my first step to join the Shaktiship.**

Get the Shaktiship Resources.

If you wish to join the apprenticeship, then you need to email [shestandstallproject@gmail.com](mailto:shestandstallproject@gmail.com) and schedule a call with the facilitator.

**Deadline:** Aug 11th, 2022 for September batch.

### 3. **Can I buy the Shaktiship resources and do the journey on my own?**

If you feel you are not ready to be part of a group and engage in sisterhood sharing, reflection and exploration, then this is an option you can begin with. It will require you to be committed to the process in a timed way. Get familiar with the journey on your own. Then show up another year in the apprenticeship when you feel called to. The resources constitute 27 pre-recorded Zoom videos with the Facilitator that will guide you through each Major Arcana opening, and support you to know what is coming and how to show up in it.

### 4. **Is there additional cost to the Apprenticeship?**

There is no additional cost to the apprenticeship but it requires commitment of engagement as you are moving with others, and your movement will affect others.

Earlier the entire journey of Shaktiship cost Rs 20,000. Apprenticeship was the only option. However, now apprenticeship is free and needs to be chosen. It is a voluntary movement at all time. The apprenticeship is facilitated by the founder of She Stands Tall Project and the creator of the Shaktiship exploration, Rekha Kurup. It will move through a timed pace, and requires you to be tuned into the pace.

Every two weeks you will be introduced to the next Themed Exploration on the journey held linearly by the Major Arcana of the Tarot. There are twenty two Arcana, and thus, the total journey with pauses takes 52 weeks ( $22 * 2 + 8$  weeks) to move through fully. You are encouraged to find your own individual pace within the overarching container.

### 5. **When will the apprenticeship open in a year?**

As of now there has been only one Shaktiship journey held every year. Going forward there is an option to open the apprenticeship every equinox (March and September) depending on the interest.

### 6. **How many sisters need to be on the apprenticeship journey?**

The apprenticeship requires a minimum of 12 sisters to be on the journey.

### 7. **Does that mean if there are not enough sisters, the apprenticeship will not happen.**

Correct. There needs to be a minimum of 12 apprentices for the apprenticeship journey to be held. So those who are joining are always encouraged to join with another sister. That way they can even be buddies on the journey.

## **8. What are the agreements for the Shaktiship journey?**

Whether you choose to be on the apprenticeship or journeying SOLO, you are encouraged to incorporate your movements within these guidelines. You will learn a lot about yourself, and how you show you with others through these agreements.

1. This is a voluntary journey at all times.
2. Each one of you has equal right to belong here.
3. You are required to give ONLY YOUR 100%.
4. Open to Taking 100% responsibility for your choice of Words, Behaviour, Actions, and movement on the journey.
5. Notice when you take things personally.
6. Be Curious about your Triggers/Activations.
7. Acknowledge the Sensations-Feeling showing up. Inquire into the Interpretation - Belief- Story you are forming about yourself and others in it, and in situations or events that occur.
8. Do not make assumptions about anything or anyone.
9. Honouring Privacy & Confidentiality
10. Speak in the First Person. "I versus we or us". Stay within the realm of your Knowing, and from your knowing.
11. Refrain from giving advise to anyone without seeking their permission
12. Honouring the Time, Space, & Resources.

## **9. How many hours do I need to commit to on the Shaktiship?**

If you wish to move through the Shaktiship in its energetic entirety, then you need to plan and keep aside 8 hours a week for the Shaktiship journey whether on the apprenticeship, or journeying solo. It requires personal commitment, and discipline. It is a journey of growth and transformation. That means it also, requires you to take 100% responsibility for yourself, your circumstances, and how you show up in it.

## **10. What is the age requirement for the Shaktiship?**

You need to be 24 and over to join the Shaktiship.

## **11. What is the most important aspect of the Shaktiship?**

The most important aspect of the Shaktiship is YOU. It is not what you do, how you do it, and how much you do. You do not get any prizes, praises, accolades, or brownie points for completion of engagements with each arcana. What you do, how you do is up to you. What is most important on this journey is the awareness of the *Who* is showing up, how she is showing up, why she is showing up. On this journey the awareness of the quality of the *being* is more important than the quantity of *doing*. This is transpersonal qualitative journey in every aspect.

## **12. Can I take my time through doing the activities in the Shaktiship Apprenticeship?**

Apprenticeship is a group journey. Your pace needs to align with the energy of the collective even. Your *doing rhythm* with the activities in the Shaktiship workbook can be at your own pace. However, your other commitments on the apprenticeship like showing up on the ZOOM gatherings, engagement within your sisterhood nest, meeting in dyads, work exchange with SSTP, etc cannot be compromised. That has a pace and being on apprenticeship invites you to align with that pace. If you are unable to show up in group explorations, then you will be invited to take a pause and go solo, and return at a later date.

### **13. When will the LIVE ZOOM calls be held? Will the dates be published in advance?**

All LIVE zoom calls on the apprenticeship will be held on Sundays between 6:30 PM to 9:30 PM IST.

The dates for 2022 September Apprenticeship are as follows:

#### **Sep 18, 2022 through Sep 24, 2023**

- |   |  |
|---|--|
| 1. Sep 18, 2022 - Opening Shaktiship          | 9. May 07, 2023 - Who is Unfolding?                  |
| 2. Oct 2, 2022, Entering Sacred (14 Weeks)    | 10. Jun 04, 2023 - Entering Relational (6 Weeks)     |
| 3. Nov 6, 2022 - Where are you?               | 11. Jun 11, 2023- Meeting the Other Within           |
| 4. Dec 4, 2022 - How Are you?                 | 12. Jul 02, 2023 - Entering Transformative (6 Weeks) |
| 5. Jan 8, 2023 - Entering Personal (6 Weeks)  | 13. Aug 06, 2023 - Who is Emerging                   |
| 6. Feb 5, 2023- <i>What is your Seed?</i>     | 14. Sep 03, 2023- Closing Shaktiship                 |
| 7. Mar 5, 2023 - Entering Chthonic (12 Weeks) | 15. Sep 24, 2023 - Graduation Ceremony               |
| 8. Apr 02, 2023 - What is Unfolding?          |  |

### **14. How important is it to attend the LIVE Zoom calls on the apprenticeship? What if I miss due to unforeseen circumstances?**

The LIVE zoom calls support you to process whatever is emerging on the journey. It is a must for you to schedule the calls on your calendar. It is often seen that when a sister misses a LIVE gathering for more than two consecutive times, then there is a break in her flow and she is unable to engage further with materials. You are allowed to miss a maximum of 2 LIVE calls but it cannot be consecutive. And you need to inform the facilitator ahead of time, then she will make the recording available to you. If you miss consecutively, or you know prior to coming on the apprenticeship that you won't be able to keep up the commitment, then you are (will be) encouraged to pursue the journey at a later moment when you have the time and space For it. So the Live attendance is an important aspect of the journey. It cannot be compromised.

### **15. How long will it take me to fully complete the Shaktiship?**

Shaktiship is an initiation into the Shakti Wom(b)an. It is a life long movement.

However, in this case, I would like to take this question as connected to the engagement and completion of the Shaktiship Resources.

That depends on the person. You do not want to hurry yourself through the process. You learn to find your own pace on the journey. Within each arcana as it opens, engage with what is drawing you towards it. Do not focus on completion. You need to be able to be present in the journey and the engagement. It will open worlds in you, and You will need to allow those worlds to be held, acknowledged, seen. It will need time to settle before you start with the next. Remember: It won't settle if you do not engage with it, and allow it to be seen.

Many sisters have taken two years to complete the entire Shaktiship engagement. Some sisters have joined a year. Then taken a break and returned few years later when they have gained a certain emotional maturity. Find your rhythm and know that this space is open and available for you just the way you are moving in it.

Whenever there is confusion, seek support within your Buddy Dyad and Sisterhood Nest.  
If confusion persists, Speak to the facilitator

#### 16. **What would my FULL TIME COMMITMENT on the Apprenticeship look like?**

Here is a breakdown of time in terms of hours.

	<b>Shaktiship Apprenticeship Activities</b>	<b>#Occurrences</b>	<b>Total Hours</b>
1	Live Zoom Calls	15 * 3 hours	45 hours
2	Pre-Recorded Arcana Videos with facilitator	27 * 1 hour (maximum)	27 hours
3	BiWeekly Major Arcana Reading/Listening Engagement	1.5 Hour	33 hours (1.5x22 Arcana)
4	BiWeekly Reading +Hands On Engagement (including body map)	5 hours a week	242 = 22 * 11
5	Sisterhood Engagement	6*1.5 hours	10 hours
6	Dyad Meeting in Every Arcana	22 * 1 hour	22 hours
7	Self Care Specific to Shaktiship (Therapy, etc)	22 * 1 hour	22 hours
8	Work Exchange with SSTP	8 hours	8 hours
<b>TOTAL SHAKTISHIP HOURS</b>			<b>409 hours</b>

That is 409 Hours in 52 weeks; 7.5 hours a week on average.

If you extend it to 8 hours a week i.e,  $52 * 8 = 416$  hours, then it is still only 4 percent of the total hours in a year (8760 hours). Most average adult is asleep for more hours than that in a year.

### 17. What would my BARE BONE TIME COMMITMENT on the Apprenticeship look like?

The bare bone minimum time commitment on the apprenticeship invites you to engage only with the Arcana energy while glancing through the other resources without doing it.

	Shaktiship Apprenticeship Activities	#Occurrences	Total Hours
1	Live Zoom Calls	15 * 3 hours	45 hours
2	Pre-Recorded Arcana Videos with facilitator	27 * 1 hour (maximum)	27 hours
3	BiWeekly Major Arcana Reading/Listening Engagement	1.5 Hour	33 hours (1.5x22 Arcana)
4	BiWeekly Reading +Hands On Engagement (including body map)	2 hours bi-weekly	44 = 22 * 2
5	Sisterhood Engagement	6 * 1.5 hours	10 hours
6	Dyad Meeting in Every Arcana	22 * 1 hour	22 hours
7	Self Care Specific to Shaktiship (Therapy, etc)	22 * 1 hour	22 hours
8	Work Exchange with SSTP	8 hours	8 hours
TOTAL SHAKTISHIP HOURS			211 hours

That is 211 Hours in 52 weeks; 4 hours a week on average.

You will note that the only difference is in the number of hours spent in the hands-on engagements with the activities in the Shaktiship workbook. All the other aspects on the apprenticeship journey cannot be skipped or missed. So the apprenticeship requires considerable commitment on your part towards yourself.

It requires you to place yourself at the center of your life. You will meet a lot of resistance from your own psyche as well as all those who surround you.

### 18. What would SOLO (non apprenticeship) journey look like?

It is completely upto you but you do not get the support and sisterhood nest held by the She Stands Tall Project. You will need to plan out your journey. What you will have access to is the entire Shaktiship Resources including

- Shaktiship Workbook
- Pre-Recorded Arcana Videos with facilitator
- Entire Reading material, and Audio tracks

Then you will need to build the pace for yourself, and also, the support structure for yourself.

You can plan to do it together with a close friend. Get your individual resources and then do the journey by yourself. Having clearly established boundaries are very important as you will meet the trauma of the inner child. It is highly recommended to work with a therapist.

**19. Do I need to complete the Shaktiship Apprenticeship in a year?**

No. There is no such expectation with the apprenticeship. Each apprenticeship lasts a year but not everyone will be able to fully complete all the activities of the Shaktiship in that year. It is not designed that way. The journey of Shaktiship happens in the field of energy and so you will meet a lot of suppressed, repressed, de-pressed emotions emerging on this journey. So for many sisters, just becoming present to this overwhelming emotional charge that is carried inside itself is a lot to navigate. So the first year of apprenticeship might be just allowing space for it, and supporting it to be processed, and integrated. While there is emotional overwhelm, it becomes difficult to engage with the cognitive part of the journey (like reading, understanding, etc). So that is what you allow yourself.

**20. So I can attend the Apprenticeship again.**

Yes. You can attend the apprenticeship as many times as you need to. However, that means you will also, be committed to walk with the group aspect of the Shaktiship - giving and taking with others in the process. Every Apprenticeship has a different energy to it as the women on it will be different.

**21. Can I be on another Self Development training while on the apprenticeship?**

You are encouraged to not be on another heavy duty self development training while on the Shaktiship apprenticeship as you will not be able to do justice to either. Look at your availability and commit consciously.

**22. What happens after I complete Shaktiship?**

Shaktiship is an initiation. From what I have seen, it changes the course of life whenever you take it. Even after the timed completion of the Shaktiship, give yourself time and space to integrate the learnings, stay in touch with the sisters, keep engaging with the tools learned on the Shaktiship. Go deeper. Practice to Live the wisdom. If it calls you, then come on the Shakti Moon Circle Leader Apprenticeship and start facilitating women's circle. Be part of a global community of Shakti Women. Enquire how to stay involved with the community.

**23. I feel overwhelmed. Is that normal?**

Yes. It is very normal to feel overwhelmed on the journey. And the more you are going to situate yourself on it in a *doing* mode, and measure your movements within the Shaktiship based on *completion of doing*, the more you will be overwhelmed. Bring it up in the live gatherings. Speak about it. It is ok.

**24. I am so afraid to be judged on this journey? Is that ok?**

Yes. It is totally ok to be afraid and overwhelmed on this journey of showing yourself. You will become present to your masks and also, the masks of others on this journey. Your trauma map will be revealed on this journey. You will be triggered, irritated by sisters on the journey. You will be tears again and again on this journey. You will feel very sensitive, and vulnerable or numb, blocked and overtly judgmental of other sisters. These are all revealing of your own inner trauma map. The more you are able to be honest about it and look at it as something happening inside of you, you will be able to also, process and heal it.

*Remember: It is never about the other on this journey. The other is merely a clear mirror to your inside. Find the language to express the movements in your inside without projecting it on the other or blaming the others. That is where you will meet your deepest work.*

## ABOUT THE FACILITATOR



Welcome to the Shaktiship Exploration. It is created to support you to go deeper into re-membering, recovering, reclaiming and living the Embodied Spirituality of Being a Wom(b)an.

This entire journey has emerged out of my own need to step out of the complicated intricately woven web of patriarchal conditioning that overtime had begun to gnaw at my life force, choke my creativity, chain my body, suffocate my existence, and distance the unfamiliar Wild Wom(b)an in me. The various aspects of this journey revealed itself at different points of time, and as I engaged with it - something in me shifted, shed, purged, evolved, deepened, awakened, and expanded, and it continues to do so even now - guiding me in ways I am still in Awe. I have learned to slowly and steadily stand tall as me - *unapologetically* - expanding into the sky, rooted onto the earth as an adult woman with my conflicts, hesitations, doubts, and pain. I am my guiding compass.

My role on this journey with you is to create a safe, trauma-informed systemic container that supports you to move closer towards and gather your own truth. I am more and more clear that I am not here to fix anyone, save anyone, guide or even mentor anyone because the everyone is perfect just the way they are, and where they are. Wholeness is intact in everyone even though it may not be perceived as so. What I know is that I am on my own journey of Returning to Wholeness and Remembering the truth of who I am, and on the way I make opportunities share my own process with others in the hope that maybe it supports them to recover their own process of re-membering their truth.

I have gathered many tools, and found many teachers on my journey. In fact, it makes more sense to say that the tools and teachers have found me, and showed up just when I was ready for the next step of my life. I am immensely grateful to be here even when sometimes it is excruciatingly painful. I am learning to allow, hold space and agree to all of me - as and when it emerges, surfaces, and shows up in the here and now, and take 100% responsibility for the un-awakened unconscious parts in me. You may also, meet that on the journey.

What I know for sure is that The Great Mother's source of wisdom is infinitely deep and bottomless - without any beginnings, and end in sight, and most importantly it resides within for every Wom(b)an, and available for every Wom(b)an. So in a way all that you need is already within you. All that I am attempting to do here is to create a safe compassionate space for you to curiously explore, engage, shed, unburden, unlearn that you is standing in the way of your truth. Your navigational compass is within you. I do not have it. Let us be clear about that.

I hope this journey brings you closer to your own truth, supports you to Stand Tall in your own power, re-member your ancestry, and awaken the Shakti Wom(b)an asleep inside of you. My only guidance to you would be to not get too attached to the words, the illustrations, the instructions given on the journey, but to tune again and again into your own inner knowing to navigate your direction.

This is your journey. On it, you will discover many gifts.  
I am here. And maybe we will meet on it.  
The journey will always continue.

Blessed be.  
Rekha Kurup

## WHO IS WOM(b)AN. IN THE SHAKTISHIP WORKBOOK

While this Shaktiship exploration may be a guiding compass for everyone, it is centred in the Biology of the Human female; the one who is born with a Womb, who ovulates and menstruates, ovulated-menstruated, or will ovulate-menstruate in her time.

That one is referred in this book as Wom(b)an - woman - women - she - her - they - them - we. You may pronounce the word Wom(b)an as "woman with *b* silent" or as womban emphasising the *ba* sound. I am distinguishing her from the energy of the Woman or feminine for this journey. It is referring to she who is in the lived experience of the physiological rhythms of the Womb. She brings a distinct signature to Earth. Her energetic footprints are different. We are yet to see her Wild footprints in our civilised society.

In the biology of a wom(b)an the wisdom of the Great Cosmic Womb of Nature Mother is entrained in its wholeness. She - Her is the mother of all human life. This workbook supports you to deepen that wisdom.

I am a Wom(b)an even though I chose not to  
give birth.

I exist because my mother, a Wom(b)an  
housed & birthed me,  
and her mother, a Wom(b)an  
housed & birthed her,  
and her mother, a Wom(b)an  
housed & birthed her,  
and so on.

It goes way back into the unseeable unknown  
presence-ful nothingness.

A Wom(b)an's body is our first experience of Human Home. In her is our first experience of Rest (Dark - Feminine). She is the first Love, first Relationship, the first Other - My Other - Mother.

A human child enters life through the body of a Wom(b)an.

Nine months it swims in her body - receiving from her. At birth by reaching out for her love, the human child experiences the doorway to the ever flowing Great Cosmic Mother. In being fully seen, held, received, and acknowledged by her (the earth mother), and through her the world around, the early awareness and experience of unconditional love and wholeness of *Who I am*, and *how I am related to the other* gets informed in the human child.

Any state of ambivalence or disruption in this early relationship and its environment gets integrated into the mind-body continuum of that child. It impacts the experience of life and relationships in the world - as a child and then as an adult.

That is why it is so important for Wom(b)en to remember, recover, and reclaim her whole feminine potentiality on her own terms, and step into taking 100% responsibility for her power (Shakti). May this journey take you into that awakening.

# WHO IS THE SHAKTI WOM(B)AN FROM THE SHAKTISHIP WORKBOOK

The word Shakti has its roots in the sanskrit language from the subcontinent of India. It means Power. However it is not power as visible in the civilised human social culture held & demonstrated through control, domination, and hierarchy. Shakti is not that power. I have learned to recognise that dominant energy as Force; not Power.

Shakti represents the unseen, invisible dynamic Power of nature. Bring to your memory a time of

- *Visiting or going to a mountain range, volcano, or*
- *Watching the ocean, a waterfall, tropical rain, or*
- *Looking over the desert or canyons, or*
- *Being in the Nearness of a large tree (Banyan, Peepal Redwood, Sequoia, Oak, Eucalyptus, Fir, Spruce, Pine) or a forest of tree,*
- *Witnessing a wild animal like tiger or lion, wolf, elephant, whale, Ape in its natural setting, or*
- *Seeing a wild animal resting in its herd, or*
- *Looking at a blossomed flower like rose, dahlia, lily on the plant, or*
- *Watching the gathering of dark clouds in the sky just before a torrential rain, or tornado or*
- *Observing an indigenous hunter-gatherer community bonding in an activity, or*
- *the moment of mammalian birthing, so on and so forth.*

What is present if you could just stop the need to click a picture, social media it, remember it, draw it, or speak it. What happens when you are just there with it. What opens up for and in you?

Let me get more specific.

*Imagine a Mountain, or a gigantic Tree.*

Can you observe the impact it has on you?

Can you feel its presence - its energy?

That is Shakti - the unseen invisible dynamic Power in and of nature. It is not asserting. It is not wanting anything of, or from you. It is beyond validation.

It is still and dynamic.

It is Rested and Alert.

It is here and everywhere. It simply is.

That Power associated with the presence of being-ness, is-ness is Shakti.

This power is not reactive. It is there in spite of who witnesses it, validates it, sees it or acknowledges it.

It is dynamic spacious feminine energy which is simply here, and allowing the will of the masculine to rise, direct, and subside in it.

It is all permeating. It every-where. It is every-thing. It makes up the dance of this entire dynamic universe. Human life is potent because in its mature blossoming, we are able to consciously know, feel, sense this power - within and without, and source our life from its movement.

What we observe generally in any civilised human society, or a civilised human family or a civilised human being is an energy held through the controlled norms of civilised hierarchy, rules of culture and religion. This is asserted and mandated by and through an external energy. It is not power even though we may use that word. It is Force. It only allows that which serves the civilised human society to emerge in an individual. When this external energy is pulled away or loosened, nothing stays the same. Things seem to topple.

Force is reactive. Power is responsive.

Force is external. Power is internal.

Force is violent. Force gives rise to Trauma. Force causes fragmentation. Power is whole.

Force constricts energy. Power allows.

Force is linear. Power is cyclic.

Force tries to create Order. Power moves in natural Order.

So Awakening or Remembering Shakti Wom(b)an is the journey of recovering this witnessing invisible power of nature held in the embodied Being-ness of a Wom(b)an. Within the rhythms of a wom(b)an's womb, this invisible nature power is intact. It is forever moving - shifting - pulsating in her. Civilisation came into being by dominating or controlling this power in Nature and in a wom(b)an.

So this journey is about recognising to step out of Force, and recover Shakti pulsating in you.

It is connected to your Gut - Your Womb - Your Heart - Your Knowing. It is all over. Stay tuned for it.