**Walking with the Feminine**

*Goal/Application: gain understanding how feminine energy differs from masculine so that we can learn to fully embody our feminine in a powerful way, rather than defaulting to masculine examples of power and leadership.*

Bring to mind a color that feels very feminine to you. Bring to mind a garment that feels very feminine, and imagine putting that garment on. All the masculine and neutral energy in your body drains out through your fingertips and your toes, and your body is filled with 100% feminine energy. Bring to your ear a sound that feels very feminine to you. Keep draining all the masculine and all the neutral energy.

When you walk with your feminine energy, bring attention to your hips – feel the sensuality in them and enjoy the way they sway when you walk. Sit back in your body, and walk as though you do not have anywhere you need to be or anything you need to do.

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**Unguarded Protection**

*Goal/Application: boundaries, safety, use when feeling intimidated, during confrontation, or when feeling the need to defend yourself.*

Feel your light globe – the edge of your energetic presence that extends just beyond an arm’s length from your body and is filled with the tingling, vibrating energy that is in and around your body. Rub hands together to feel this energy, if needed. Connect to womb space, and practice keeping your heart open while maintaining your boundaries. Feel love for the person you are setting your boundaries with.

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**Stop Performing**

*Goal/Application: Recognize when we are in “performer” mode – acting out of a self-consciousness desire to appear to be a certain way, rather than being fully authentic. In “performer mode”, our energy can have the effect of pushing people away or turning them off.*

Be aware of when you jump out of your body because of self-consciousness. One way sounds like “*What are they thinking of me? I must look weird or not good enough,”* and one way sounds like “*Wow, this must look good, what a gift I am giving them.”* The latter is performer self-consciousness. Become aware of how your “performer” talks, and practice coming back to womb space to speak from your authentic feminine power.

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**Feminine Presence Meditation**

*Goal/Application: activate and move feminine energy through your body (access your power, intuition, and radiance). Practice staying present to your body, and coming back inside it when we start to feel self-consciousness – it quiets our mind so we can follow what movement wants to happen – in the meditation and in life.*

Put on some soft music. Stand with eyes closed, feet hip-width apart, and knees soft. Ground through feet and flow your attention to your womb space. Rest your hands gently on your lower belly. Your upper body is tall and relaxed with the back of the neck long, chin slightly down. Begin to slowly tilt your pelvis back, then tuck your pelvis back under, generating a slow, smooth front to back movement. Stay beneath the beat of the music – generating your own, slower rhythm. Isolate your pelvis in the movement, tilting and tucking front to back, not side to side. Feel the potency of energy in your womb space increase, and flow that energy up to your heart and throughout your body – always checking back in with your tilting and tucking.

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**Make Your Mark**

*Goal/Application: make an impression, be seen, be solid, strong, unapologetic, walk with the intention of giving your gifts and making your mark.*

Walk with the intention of being seen and being heard. Imagine you are creating a wake behind you and making a footprint on the ground. With each step, sink your roots into the ground *and* feel the earth energy that comes up through the ground and into your body. Imagine how the avatars in the movie Avatar connect with their flying animals.

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**Vertical core**

*Goal/Application: connect womb (intuition/emotion), heart (warmth, love), head (knowledge, info), and be solid and stong in relating to others. Strong connection with others because strong in self (not needy, leaning in too much or being too distant). Imagine two telephone poles not dug solidly into the ground and leaning in toward each other – the wire will be slack. So it is with the energetic relationship between two people – if both are not centered, the relationship cannot be strong.*

Stay focused on the center of your body while connecting with somebody else. Focus on the 3 main points of your inner vertical core: center point of pelvis, center point of heart, center point of head. For each point, one at a time, bring your awareness to the center of that part. Imagine a point of light there. See and feel that point of light breathing as you do. Bring all of your attention there and notice what it feels like.

After repeating with each point, bring your attention to all three points at the same time. Imagine all three points of light there. See and feel the three points of light breathing together as you do. Bring all of your attention to these three points and notice what it feels like. Practice this awareness in conversation.

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**Receptive body**

*Goal/Application: good listening, making people feel comfortable, connecting in conversation, being welcoming to talk to. Sit in the back of your body, sit back in chair.*

Soften your body and you lie down on your back, eyes closed, breathing deep and slow. Soften and open your body to receive. Bring your attention to your hands and notice how your hands feel. Imagine opening your hands to let all the love and abundance in that wants to come flowing to you.

Do the same with attention to your: heart, yoni, longing, and finally your whole body. Feel what it feels like to have a receptive body – opening to let all the love and abundance in that wants to come flowing to you.

Feeling into the back side of your body, and the back of your “light globe” helps you to be in receptive mode.

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