

WEEK 3: GODDESS SURRENDER TO THE MOON

Step 1: Identify Your Dark Feminine Nature

"YIN IS STRONGER AND MORE ABUNDANT THAN YANG."

Sheroes – heightened sensitivity is most likely your natural state! You are an expression of the divine feminine – the emotional body – which is a storehouse of unlimited creative power! Your Shakti. There is a Goddess rising up within you. This is why you're here. You know it innately. With any superpower however there lies an achilles heel. On the other side of your powerful emotions are those feelings that paralyse or overwhelm us – emotions that become obstacles in our growth.

When you have not brought these emotions to the light of your consciousness they begin to rule you and direct your fate. You become stuck in 'victim' mode, often not knowing how to regain control, often resorting to unhealthy coping mechanisms such as overeating, emotional co-dependency, offloading emotions on to others etc. Victimhood becomes an identity, hard as hell to shift out of! You may notice a perpetrator in the form of an inner critic keeping this state active.

The feminine body represents expansion, creativity, movement, the ever-changing, therefore your emotions are pure power; warrior energy. How does one shift from victim to warrior? Reclaiming your power is to reclaim your emotions – and especially your dark feminine nature. Emotions such as pain, anger, rage, guilt, fear and shame make up this shadowy inner landscape. Don't be afraid to explore your darkness, for the Warrior Goddess is both light and dark; creation and destruction; life and death. To reclaim our wholeness, it is necessary to embrace both aspects of our psyche. In fact, to be rooted in the darkness, like the roots of a tree in rich fertile soil, is to embody a healthy state.

A good way to move in the flow of your emotions is to sync up with nature, particularly the cycles of the moon. Make it a routine ritual to set intentions to release emotions, people, things that don't serve you on the full moon (Purnima). And on the new moon (Amavasya), re-plant the seeds of your vision. Keep emptying, releasing, filling up in alignment with the moon, keep staying present with your emotional body wisdom.

Your dark feminine landscape becomes a painful playground if you resist looking at it. This resistance keeps us repeating behavioural patterns that steal our Shakti and bring the same circumstances and types of people back into our lives. This is a chance to awaken to our dark feminine nature, to re-programme our thinking and make a different choice. Most of us have taken unconscious vows, often stemming from childhood, that keep us locked in emotional turmoil. E.g. 'I don't deserve healthy relationships,' 'I can't say No,' 'I don't deserve abundance,' etc. These are stories that have been given to us, that we continue to unconsciously perpetuate. These vows can also be karmic and ancestral. Part of our purpose in this lifetime to heal these wounds. To do a daily self-audit of the four bodies, mind, physical body and emotional and spiritual body is a great start in getting on top of the turmoil, the resistance, the dark feminine! When challenging emotions arrive, the first step is to identify the pain and be present with it.

After your 4-level check-in meditation complete the following written exercise:

: : Journaling task : : What vows have I taken to keep me locked in my current emotional turmoil?



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Step 2: Confront Your Shadow

A MAN WHO IS UNCONSCIOUS OF HIMSELF ACTS IN A BLIND, INSTINCTIVE WAY AND IS IN ADDITION FOOLED BY ALL THE ILLUSIONS THAT ARISE WHEN HE SEES EVERYTHING THAT HE IS NOT CONSCIOUS OF IN HIMSELF COMING TO MEET HIM FROM OUTSIDE AS PROJECTIONS UPON HIS NEIGHBOUR. – C.G. JUNG

To embody the Warrior means to have the willingness to look at the pain and the grief. You have to hang out in the shadow. This takes courage. And I know that you have it.

Know that the more you resist stilling the Self and observing your emotions, the more the dysfunction in your being, in your life, increases. What we resist, just like what we fear, is what we need the most.

It is important to ask these questions: Where am I resisting being nourished? Am I addicted to the chaos, the malnourishment? Recognise the places within where the pain has become an addiction, where it's become all too familiar, therefore bringing change to this familiarity becomes a fearful prospect.

A big clue to the resistance is other people. Who in your life triggers your uncomfortable emotions? Relationships often serve as mirrors to what needs to be brought to light for it to be healed.

Suppressed emotions lead to illness, physical and mental. We need to keep doing a daily clean up. Therefore implementing daily rituals (re-visit Week 1 and 2) and moving the physical body is essential in stopping the emotions from getting stuck and causing dis-ease within.

Who is on your list of support? Use your support system but be conscious of your re-telling of the same stories to them. Attend to the pain, rather than offloading on to others on autopilot. This is not healthy. However it takes time and practice to become self-dependent.

Keep looking at the disconnection, the resistance within you. The stronger the connection with your shadow, the unconscious, the stronger the access to your Shakti, your innate creative, warrior power and the stronger your visibility in the light.

: : Journaling task : : What is keeping me in the grip of the fear of change? What is it costing me to stay hidden in my shadow?



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Step 3: Befriend Your Emotions

"FRIENDSHIP WITH ONE'S SELF IS ALL IMPORTANT, BECAUSE WITHOUT IT ONE CANNOT BE FRIENDS WITH ANYONE ELSE IN THE WORLD."

— ELEANOR ROOSEVELT

I reclaimed the power I lost from long-term narcissistic abuse—mental, psychological and sadistic torture through this one method – by befriending my emotions.

When you begin to understand what a powerful, wholesome and expansive being you are, your mind begins to shift and you start making choices that reflect care and love for yourself. Again it takes practice, investment in yourself and willingness. These are qualities of the martial artist. Revisit the martial arts mindset (Week 1).

Treat your emotions as deities, especially the dark ones, honour them and win their respect and they will, in return, offer you the medicine you need to move forward, to move closer towards your vision of wholeness, freedom and fulfilment.

You cannot manifest your vision into form without being 'embodied'. Your physical and emotional body is innately linked to your material reality. The healing balm then is in deepening the relationship with your Goddess form – your emotional and physical body wisdom. Then, keep moving towards your bliss – go to the places within and without that offer you nourishment and vitality. Make choices that bring joy.

Be in right relationship with yourself. Show up for yourself. Open up to the possibility that you can re-write the story of your challenge, reframe the conflict and the pain.

You are the Shero – the protagonist and you can do and become whatever the hell you want!

Surrender to the Goddess, the moon, the shadow, the feminine. Let her give you her powerful elixirs. Be willing to receive.

: : Journaling task : : Using the 4-level check-in – identify a challenge you're currently feeling. Personify this feeling. If this feeling had a human name – what name would you give her/him? Spend 10-15 minutes in dialogue with her/him (writing this conversation out).

What message does s/he have for you? What does this feeling need? How can you honour her/him?
What gift is s/he offering you through this challenge?



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Step 4: Re-Shape The Story and Collect your Elixir!

"ART IS A WOUND TURNED INTO LIGHT."

- GEORGES BRAQUE

:: Art Journaling task ::

When this current emotion is no longer in the way of your vision and purpose,
what does your path look like?

What are you doing, where are you and who with?

Draw an image of this emotion that you have just communicated
with and befriended.

Spend about 20-30 minutes on it.

Title the image.

Finish the sentences:

I am, I want, I need.

I sense, I feel, I imagine.

If the image could speak, what else would it say?

Summarise your inner wisdom.



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Step 5: Drink Your Warrior Potion Regularly

"ACT OR ACCEPT."

When you become accustomed to taking responsibility for your emotions (by communicating with them) you become less dependent on others, for their advice and support.

Remember that constantly repeating the same painful stories to others will just keep you locked in conflict with the Self – with less potential to bring about positive change.

When you become your own source of support, you become empowered. That's why the daily self-audit is so important for your healing and transformation. Consistency of practice is key.

From Step 4, identify your "I need" statement. Honour that need within you.

The action step you take to meet that need is your warrior potion.

Drink it daily or as much as you can in your week and restore your vitality and power this way.

: : Journaling task : :

[Look at what you've unmasked in Step 4]. How can I meet this need today? How can I consistently meet this need over time?

When you do this inner clean up work, a space is created. Don't fear this space. This space represents a loss. A loss of the old. Allow yourself to be receptive (this is a quality of the feminine - the quality that will help you align more with your vision).

Write down: What new things can I fill this space with? What nourishing things?



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Step 6: Attend The Live Class this Week

"VULNERABILITY IS ABOUT SHOWING UP AND BEING SEEN. IT'S TOUGH TO DO THAT WHEN WE'RE TERRIFIED ABOUT WHAT PEOPLE MIGHT SEE OR THINK"

BRENE BROWN

Sunday 21st May

Bring your journals, art pads
and colouring tools!

&

be prepared to move your body.

Click the link to the live webinar -
sign up to show up!

Join the Webinar



WEEK 3 ~ GODDESS

You are the Goddess. The embodiment of Shakti. The creative warrior.

**This week you'll be journeying through your dark feminine nature.
Keep your grounding tools close to you.**

**We will revisit the art embodiment work in our live class, don't worry if
you haven't caught up this week or at all.**

Showing up to the class is all you have to to! :)

Keep going. I've got your back!

**I'd love to know how you got on! Share your progress in the **Shero Rises
Facebook group**, this will help others keep up and follow through.**

Have any questions?

Feel free to email me:

mindbodyspurityyogi@gmail.com

Stay connected :)

:: Payal ::

