

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 you – emotions that have become obstacles to your 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 (numbing), emotional co-dependency (lacking boundaries), 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 excruciating place if you resist looking at it. This resistance keeps you repeating behavioural patterns that steal your Shakti, bringing the same behaviours, circumstances, and types of people back into your life. This is a chance to awaken to your dark feminine nature, to re-programme your 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'm not allowed to say No,' 'I don't deserve abundance,' 'I don't get to have needs.' 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 is 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 today complete the following written exercise:

JOURNAL THIS: What vows have I taken that keep me locked in my current emotional turmoil?

WEEK 3 : GODDESS SURRENDER TO THE MOON

Step 2: Confront Your Shadows

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, both 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, to trust yourself to meet your own needs.

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.

JOURNAL THIS:

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

WEEK 3 : GODDESS SURRENDER TO THE MOON

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 deep 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 2).

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.

ACTION + JOURNAL THIS:

Using the 4-level check-in – identify a challenge you’re currently feeling. Personify this feeling. If this feeling had a name – what would it be?

Spend 10-15 minutes in dialogue this energy (writing this conversation out). What message does this being have for you? What does this feeling need?

How can you honour her/him? What gift is this being offering you through this challenge?

W E E K 3 : GODDESS
SURRENDER TO THE MOON

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 minutes on it.

Title the image.

Write the following down around/behind 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 the wisdom of your inner body.

W E E K 3 : GODDESS
SURRENDER TO THE MOON

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. And 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 you vitality and power this way.

JOURNAL THIS:

[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?

W E E K 3 : GODDESS
SURRENDER TO THE MOON

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 2nd December

Bring your journals, art pads and colouring tools!

& be prepared to move your body.

**Set your boundaries so you will not be
distracted by others.**

This is an important time for your self-care!

**Click below to go to secret Facebook group
where I'll come on live next week at 2pm UK time:**

[**Shero Rises
Facebook Group**](#)

W E E K 3 : GODDESS



You are the Goddess. The embodiment of Shakti. The Creative Warrior.

We will revisit the art embodiment work in the 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 do :)

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: payal.mindbodyspurityyoga@gmail.com

Stay connected :)

::Payal::

