

## FOCUS #3



## FEMALE SELF-IMAGE



### *3<sup>rd</sup> month-What is Our Feminine Self?*

*Who are you as a wombyn? Today we are many things, but we are still the life givers of the planet. We bring life into being. We create new life either through our children or we channel creative energy to bring new life through our ideas and talents. We wembyn weave the web of life and keep it going. Our blood is Sacred because it is the holy essence from where life originates. It is the blood that flows without killing. It is the 'heavenly waters,' our moon flower, our wise blood.*

Many wembyn inherently like to nurture, heal and love. Some of us have been taught to deny or shut down that part of our nature. That denial can create pain, both physical and emotional. We are often taught to ignore our desire to unconditionally love. We learn to hold back and to protect our hearts. Shutting down our love clogs our beings, it blocks our flow, and what blocks our flow creates disharmony. What creates disharmony leads to pain.

Yet other wembyn allow their inner Hindu Goddess 'Durga' strength to surface, their 'take charge' power. Sometimes it leads to a more male shade of dominance, sometimes it just gets things done. If this assertive strength is used for assuring life survives and wembyn sound louder and stronger voices, they have a better chance to have more control over their destinies. Life has a better chance of surviving. It unblocks their energy, it allows their flows to flow.

Maybe it's time to unclog, open up and rejoice in the essence of your true femininity? Not

the model that magazines want you to adopt, but what it truly means to be a wombyn. Not the model that the corporate, male dominated world has conditioned you to believe is the real wombyn either.

Maybe it's time to recognize and remember what your true nature is? Maybe it's time to empower that true nature, the part that supports and gives life? That part that attunes with moontime energy, trusts her intuition, feels confident that her knowing is divine, that she has the capability to heal and manifest these healings for herself, her family and the planet? Maybe...

It is important that every wombyn remembers that her moontime is a gift. Men don't have a physical monthly guidepost to remind them to slow down, look around inside, check in and see what needs to change, be fixed or cleansed. Men keep going until illness or crisis force them to do that, but a wombyn has the opportunity to *retreat* from the outer world and get closer to the Divine when your blood flows each month. Men may strive through years of discipline and spiritual practice to try and achieve connections with their inner worlds. Wembyn can open up to these connections monthly. Wembyn can heal.

Many of the great religions of the world have been controlled and designed by male consciousness. They have designed life so that menstruation is considered to be a time when a wombyn is made to feel dirty and ashamed, often banished for fear of contamination. Yet the real fear, conscious or unconscious, is that a wombyn would be more spiritually powerful and take their power and control away from them. Then they wouldn't be able to dominate and control not just wembyn, but life itself.

Since they can't 'burn us at the stake' anymore, at least not in the Western world, wembyn aren't as terrified into submission as in the past. Still there are corporate, male-dominated power structures that control our daily rhythms and feminine rhythms. They deny the rhythm of the Feminine and ignore the valuable connection that this rhythm has to a wombyn and Mother Earth.

They have turned to ruthlessly dominating and destroying nature instead. Their greed and ignorance supersedes their respect for nature's gifts and beauty. Global threats like climate change and fracking are out of control. Will we be able to rebalance the rhythms of the natural world and eliminate these dangers to Mother Earth? To life itself?

We can't let it continue. Our survival and all life depend on it. Perhaps it is up to wembyn to lead the way back into harmony with nature, by going forward, and asserting our true nature. That essence of wombyn that in not just our sexual or procreative nature, but our Sacred nature as well. Perhaps it is by returning to harmony with our *feminine essence* that we will lead the way to return to a global harmony with nature, mother Gaia and all life itself. Is it not all connected?

It is an important global direction that we remember our feminine essence. Personal, feminine and planetary harmony is linked to this reconnection with the wisdom your moontime. Finding one's moontime harmony is a wonderful place for a wombyn to start in order to reclaim her feminine essence and female self. If you return to the essence of your Sacred Feminine self, your feminine self-image will remember that it is really life giving and divine. Please find, remember and become familiar with your Divine Feminine connection. Listen to her wisdom during your moontime! Trust your moontime truths.

What is your feminine self-image? Is she Sacred and Divine?

What aspect of being feminine gives you the most pleasure, makes you feel the most whole?

What emotions describe your feminine self-image?

Does your feminine self need healing? What would she look like when you are healed?

