

Learning to hear your Inner wisdom!



Being a woman for me means embracing all that makes me female and I mean everything, spiritually, psychologically, chemically, physically and emotionally.

I love the fact that as a woman I'm unpredictable, crazy, wild, passionate, strong yet vulnerable, soft, curvy and wise.

I want to know what makes me tick, how I can become more of who I am. I want to feel all my feelings without label or judgment but so that I can hear the inner wisdom which comes through me when I pay attention. I want to love fearlessly and be brave enough to let my heart break open again so that I can know REAL love.

I want to know how body communicates to me so that I can give it what it needs to be healthy and strong. I want to feel my body, embrace every curve, line, dimple and scar and appreciate the miracle of it all.

Getting to know yourself requires spending time with yourself and asking questions. Questions which you may not want to know the answer because of the pain that it may cause but you know that you need to know the answer in order to grow and move on.

We do this because what somewhere deep within us there is a driving force which propels us to seek the answers to the questions we ask.

In order to do this it requires us to 'be in the NOW!' To lose the 'ego' completely, meaning not being identified with the mind. I go to my safe place and for me this is the bath. For you it may be a space in your home or nature maybe. My intention is to ask the question and receive an answer. I do this with love in my heart, when there is love there is no judgment, no shame, no guilt, only healing.

Why do I feel like I do when my husband does this or my children do that?

Why do I shut down when someone tries to get close?

What is my body trying to tell me when I feel this or experience that?

You know the questions that you need to ask!

This process is a journey, it is not the destination. Sometimes the answers come and with them is pain, sadness, loss, sorrow, guilt, any type of emotion can arise and the secret is to love yourself through it. Feel the feeling, do whatever you need to do, cry, laugh, howl, but remember when you are in the 'NOW' there is no past or future, nothing can hurt you, you are safe.

Then after the outpouring of emotion or acknowledgement of the answer there will be a moment of healing that takes place.

This comes from the space of love that you made when you first asked the question.

After the process I journal everything so that I have a written record to read back on over time.

All this helps to centre me, ground me, and enrich my life, bring forth wisdom and intuition that is purely feminine and powerful.

It is our God given birth right to possess those things and it is our soul's desire that we do. I believe we will never be completely fulfilled until we do.