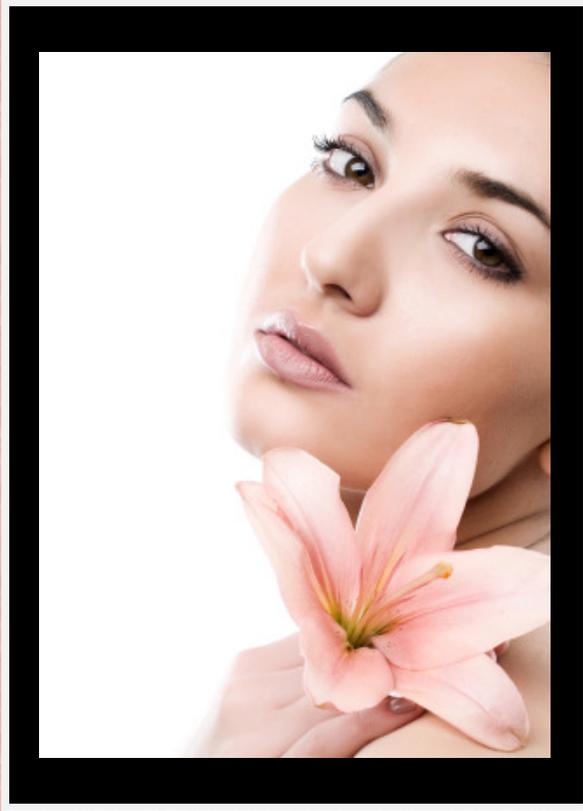


Whole Woman



**A collection of Wisdom
from Whole Woman
Presenters.**

**Compiled By Natalie Hennessey
www.spiritedwomensnetwork.com**

The Whole Woman Ebook was inspired by the Whole Woman teleseminar series. I feel that the content and value each woman gave when being interviewed was invaluable and that the essence of their interviews should be made available for all women to access.

The women who have contributed all have their own businesses but are also mothers, daughters, sisters and partners. Their sharing is part of their life experience.

Individually and collectively they offer wisdom, skill and compassion to the world.

May the content you find within bring you either closer to or deeper in, connection to your Whole Woman Being.

Sacred and Sassily Yours,
Natalie

*“There came a time when the risk to remain tight
in the bud was more painful than the risk it took
to blossom”*

Anais Nin

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5 Steps to Reconnecting with your Creative Inner Child



Your Creative Inner Child holds the key to your ideas, playfulness, inspiration and motivation. Once you have found the key and unlocked the door, creativity and play will begin to flow naturally and with ease.

To reconnect with the creative inner child, start by getting back to the basics of being alive and exploring the simple things in life.

1. Back to Basics – Breathe

Practice breathing. Concentrating on the breath keeps you grounded and in the present moment. It is not possible to be concentrating on the breath while also maintaining a busy mind. Practice 5 Minutes of focused breathing every day and experience the changes in your life.

2. Be Curious

Curiosity is the key to opening the potential of your creative inner child. Curiosity enables you to discover, to explore and to feel inspired. Approach the world with a child like curiosity and you will soon experience a world you have not noticed before.

3. Observe

Observe the world around you as if seeing it for the first time. You will see things you have never noticed before. Your world will become brighter, more colourful and more interesting to live in.

4. Ask – Don't Assume

Ask questions that bring you back to the curious mind rather than acting from a space of assumptions. As we get older we forget to ask questions, we rely on what we remember. This is one of the main causes of the lack of inspiration in our lives.

5. Create

Creativity is more than drawing, painting, craft or sculpting. Creativity is getting in touch with your inner knowing, the space where your ideas and motivation come from. Creativity is an awareness of your true inner self, a space of intuition and peace. Find creative activities that suit the person you are. What one person finds creative another may find boring. Explore what creativity means to you and why you want to reconnect with your creative inner child.

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Living Sacredness

I believe that when we are created, deep inside us resides our Jiva, our seed of unlimited infinite potential, our connection to source, our own delicious sense of sacredness. External sacredness is what makes our inner sacredness juicy!! It's what creates inspiration, goosebumps, excitement and nourishment to our infinite divineness and limitless potential.



For everyone this is a unique journey, sacredness can come in many forms and shapes. For me sacredness is the magic Mother Earth creates. Sacredness resides in the wind dancing through the leaves of the trees; it trickles through the rainbows that dance across the sky. I feel it in the ebb and flow of the divine ocean and the spark of a fire which is ignited for ceremony.

Bringing the acknowledgement of sacredness back into our lives with gratitude and love is so important on the planet right now. Honoring that we are a part of the earth and the earth is a part of us, will enrich our souls and our mother earth.

Create a Sacred space where you can create an alter to honor the earth and your self on a daily basis. I love creating my alters in different shapes for different occasions - Love Hearts, Peace signs, Circles, pyramid shapes - be creative and let your intuition guide you on this journey.

An Elemental Alter.....

- ♥ The Earth Element brings purification, grounding and protection. You can use bark, leaves, mud, stones and Earth element crystals (Black Tourmaline, obsidian).
- ♥ The Fire element creates transformation, manifestation and self power, lay out some candles, smudge stick, red stones or crystals such as citrine, carnelian and rhodochrosite.
- ♥ The Water Element invokes emotional balance, unconditional love and release. Collect some shells, a bowl of water, sand and the crystals Rose Quartz, Rosophea and Lemurian seed Crystals.
- ♥ The Wind Element invokes a divine connection with Spirit, enhances our breath, amplifies our intuition. Collect feathers, flutes and crystals such as Amethyst, Azeztulite and Celestite.
- ♥ The storm element, a combination of all the elements in their divine power is the most sacred purifying force as it recharges and cleanses every energy centre and chakra of our body.

Enjoy with passion your journey to Living Sacredness

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Children as our Teachers

Recently a friend phoned me in a bit of a state...

“My child has just hit someone, absolutely belted them, and he won’t take any responsibility, he won’t see that he just can’t do that, he just doesn’t get it. It’s been happening since he was three. He needs help, he has to have counselling. This has got to stop. We are at loggerheads, he doesn’t listen to me. He’s going to end up in jail. Apparently the other kid was teasing him, but it just doesn’t matter. I’m making him write apology notes....”.

I invite you to tune in to how your body feels when you read this...what’s happening inside? I noticed as I was listening that my stomach tightened, my heart rate increased and my breathing got shallower. My attention shifted immediately to my head to work out what was going on. Basically I felt the fear that this mother was experiencing. As I tuned into this, I was able to name it for her and the tone of the conversation shifted. She was probably still frustrated but she definitely had something else to think about. She became focused on her reaction to her child, as opposed to blaming, naming and shaming him. The conversation that followed revealed this parent’s own history of violence. Her own un-integrated childhood experiences were being triggered by this situation. An awareness of this and time spent with these feelings allowed an ownership of her own feelings and needs and created a clearer doorway to come back to seeing her child with love and compassion.

In my work as a child & parent psychotherapist, I have seen many adults, teachers and parents alike, project their own fear onto a child when a child has done something that hurts. It is very tempting to immediately blame the child or another individual that is involved when we are hurting. It is also natural to start to problem solve the situation without first acknowledging our feelings and body reactions. It is almost automatic to focus our attention on what is wrong and how we can make the other change to stop us feeling this way.

Parenting in today’s world requires a change in thinking...it is not about what to do with our child when they do something to us, themselves or others that is hurtful, it is about something much greater. Parenting is about cultivating relationship. If we want to create a world where there is no war, where our children can experience safety in the streets and their homes, we need to start shifting our parenting paradigm from, “What do I do with my child when...?” to asking ourselves, “What happens in me when my child...?”, “What is my child’s behaviour telling me s/he needs?”

When we learn to tune into our body sensations, our feelings and our unconscious thought patterns, we grow mindfulness. This state of awareness, that grows with continued practice, can help us hit the pause button when our emotions feel overwhelming. We can tune into what we are feeling and what we need and then begin to separate ourselves from our child’s behaviour. It is in this space that we can model self-responsibility and choose how we respond to our child. When we feel powerless and get lost in our own fears and emotional baggage, we are not seeing our child as a unique

individual that needs love and guidance, but rather we begin to parent with fear instead of trust; reach for the quick-fix instead of searching for resolution and healing; manage instead of engage.

Every parent has a story. What is our story? Our earliest experiences shape our internal states, our neural and emotional circuitry, our maps of relationship, and our depth of trust and security. We might think what's done is done. But the truth is that our past plays out in our present relationships EVERY day. If we want to truly clear the way for ourselves and our kids, we can change the way we make sense of our experiences, and in doing that, science shows that this practice alters the way those experiences were embedded in our brains. So, parenthood is very literally a healing journey in that we can discover where the past still influences us. We have to know in order to grow. The alternative is rigidity and chaos. That's why parenting or working with children is a beautiful gift, an opportunity to heal and an invitation to our humanity, our authenticity and connection.

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Networking with Heart

Networking is the new buzz word in business, right up there with Social media, for raising your business profile, building your business and attracting new clients. However, networking has been around since the dawn of time – it was simply called “word of mouth”.



Have you ever moved to a new school, town or country? Do you enjoy setting up your life again? Running around trying to find new service providers, eg doctors, dentist, lawn mowing company etc or would you rather walk next door and ask your neighbours to refer you to someone they use?

I know which option is the easiest and usually the most reliable. After all no one recommends a dodgy service do they?

Traditional business networking usually follows a formal structure, with a guest speaker, facilitator, and often they restrict membership to only one person per trade. and the focus is placed on selling, marketing and self promotion and can often feel like a competitive market.

However, at Enlightened Goddesses Business Network, we network with heart. What this means is that we have created a space where women can come together to support and encourage each other toward success for all. A network where women understand and embrace the power of contribution and omit competition from their minds. How does this work you may be asking?

I don't know how, it just does.

For a woman to feel happy and successful in any area of her life she needs to feel accepted, encouraged, supported and guided along the way. In some business circles where competition is fierce, women can be left feeling frustrated and inadequate, wondering what is wrong with them.

Women are natural connectors and networkers, they do it everywhere, they willingly and enthusiastically share their contacts list with others, recommending the best hairdresser, printer, accountant etc. Women also innately need to connect with other, to feel of benefit to another and to have others contribute to their lives. That is what networking with heart is all about.

Stepping into your own power and acknowledging all the facets that make you a woman- your sensitivity, intuition, empathy, compassion, and care for others. In a traditional business network environment this is often not encouraged or supported.

That is why I created the Enlightened Goddesses Business Network, to offer women the opportunity to be comfortable with being themselves, alone and around others. So that women could recognise all their amazing qualities in their personal lives and feel safe and confident to bring those qualities into their business lives. Where once it may have been considered a weakness to show your feminine side, in our network all our members realise that there is a real strength in doing just that.

Your clients will smell someone being unauthentic a mile off, and in these changing times your clients are now seeking stronger connections with the people they do business with- YOU. Before a client will do business with you “They want to know you, trust you and like you” when you are a member of a reputable network like ours, that happens instantly simply through association.

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Inspiring A Life Of Purpose

Are you committed to being the change you want to see in the world? To making a difference? To living a life of purpose? To living an Inspired Life? To leaving a legacy?

I know that many of you are currently creating wonderful lives. You are becoming your very best selves and you are working out how best to live your purpose. I want to inspire you and support you in that journey. For years I lived with this quiet little whisper that one day I would help children less fortunate than ourselves. I thought perhaps that would be in Africa. Once it was almost in Romania. I knew there were problems in the world and I knew I cared, and one day I wanted to help. But I didn't know how or where to start. I know for me my life began to change the day I decided I really would get on a plane and go see how I could help girls rescued from sex slavery. **You have a whisper sitting quietly in you.** I don't know yet what your particular whisper is saying to you, but I do know how to listen to it. And I do know how worth it it is to listen. I want to inspire and support you in your journey, as you live your purpose.

Amazing opportunities are around you all the time. Your attitude determines which ones you notice and which ones you decide to have the courage to say 'yes' to. You just have to say yes to one & that leads to dozens of new opportunities. Each opportunity you say yes to brings a new experience, a new learning, a new tool you can use later, a new person with a new message. It all leads you to exactly where you should be. So I said 'yes' to getting on a plane to Cambodia & that led to a radio interview which led to a radio show & founding a charity. Live with passion and enthusiasm.

Your attitude can ALWAYS improve. Your attitude is determined by the questions that you ask, and that determines the answers you get. These questions and answers are your thoughts; your 70,000 thoughts a day. How you feel is a summary of these 70,000 thoughts. And these thoughts lead to your actions and your actions lead to your results. It all begins with the questions you ask yourself.

What do I care about? What do I care most about? What is one thing I could do today? Who am I being in this moment? Am I bringing the best of myself to this moment? Is this opportunity a win/win/win? A win for me, a win for the other and a win for the greater good?

I use the analogy that when you're piloting a plane, before you take off from the runway you program in where you're going on this particular flight. If you don't program in a destination then you'll either fly around aimlessly until you run out of fuel, how many people have done that! Or you'll land somewhere, but it won't necessarily be a place you wanted to go! Whereas if you program in the results you want to achieve, the experiences you want to have then you will attract those to you, and you will notice the opportunities when they're around.

Decide WHAT you want
Decide WHAT matters MOST
What do you want to experience?

What adventures do you want to have?
What do you want to change? Give? What's your purpose?

For the last 2 and a half years I have invested hours every day inspiring myself, learning from others. What characteristics and qualities do others who have followed their path, lived their mission, shared their gift and achieved success in their field, what do they advise and what can they teach, how did they do what they did? Every day I have read, reflected, watched inspiring movies, attended seminars, talks, reflected again, met with successful people, got curious, asked questions, reflected some more and used all of this to fuel me in following my path and living my mission. I know though that not everyone can spend all this time every day devouring such inspirations. And so I got to thinking, how can I use what I've done and what I've learned to assist you? What would be the very best way of sharing this? And how can I do it in such a way that even though you don't have much time you still have time for this? And even if you don't have many funds right now you can still totally afford this? What made the biggest difference to me was inspiring myself constantly, daily in fact, and empowering myself with an education on how to live my purpose from those who already were.

Our materials will inspire you and they will guide and direct you, they will focus you and they will teach you week by week the stuff you will require for your journey. They are designed to lead you step by step through *your* life of purpose: to inspire you, to empower you, to equip you.

How do you live an Inspired Life?

Do what matters most.

Quieten your life of noise, simplify your life from distractions so that you can hear your own inner voice. You have the answers.

Spend time in nature every day, reconnecting to yourself and the power of the universe. This energises you.

Live a life of adventure. Step outside of your comfort zone and challenge yourself to something new. This awakens you. This adds excitement and enthusiasm to your life. And this is where you grow! You learn more about you and more about the world. These challenges and learnings prepare you for the next stage of your journey.

Contribute to the world in line with your heart and soul. You came to this world to contribute something specific. And this was not to have children, though you may have had them and given much of your time and energy. That's great! But there is something else you came to this life for. Discover your mission. And live it.

Come from a place of love.

Shine! Bring the best of you to each moment.

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Director of Inspired Living & CEO of Free To Shine
www.pilotyourplane.com



Stress Strategies From An Authentic Place



We are busy women! Life can be overwhelming and chaotic if we let it! Learning to stress less is an art. It begins with knowing the self, our own boundaries, capacities for coping, stress triggers and on the flip side, what makes us happy what feels good, what do we want more of in our lives. From here, this point of inner knowing, we can make intelligent informed choices that sustain us and our lives, rather than create dis-ease, disharmony and destruction. When we are not in alignment with our inner guidance and knowing, stress happens. There are 'Six Spheres of Success' that need to be addressed to achieve a life balance that is necessary to effectively juggle the demands of a busy lifestyle.

Kids, jobs, partners, finances, hobbies, 'me time' (hehe what's that?!), exercise, passions, wants, needs... it goes on and on... I feel 'stressed just typing them up! All these things EXTERNAL things do require attention because they feed us on some level and keep our lives afloat. But with time and energy in short supply some days, and considering our propensity to wanting the household to be happy and run like a well-oiled machine, stress can loom up and bite us on the bum if we are not paying close attention to what's happening to us on the INSIDE! So what we need is a strategy to cut chronic stress off at the pass, and maintain our '*Personal Sustainability*' for a long, happy and fulfilling life.

Being *personally sustainable* is about balancing life in such a way that no single thing absorbs all our time and energy. It is satisfying our inner calling, passions, our heart's desires in a holistic way that empowers us and our loved ones, and as such, creates more of the same as we hone the skill of keeping our balls in the air. The 'Six Spheres of Success' all need to be energised and operating. When one is lacking, the others cannot function and be sustained at their fullest potential. Life becomes imbalanced, inefficient and misaligned.

So... how do we discover what our authentic self needs or wants to be less stressed and more fulfilled, balanced, happy and sustained?

TRY THIS MINI MEDITATION: Hearing Your Heart Voice

Allow your breathing to become quiet and flow at its own natural rhythm. Now... bring your attention into your chest. Follow the breath as it flows in and out of your lungs.

With each breath, imagine a beautiful radiant light is filling your heart with source energy. As your heart glows with this energy, you notice a deep peace begin to enfold you. Look into your heart now. In its centre you perceive a tiny, but brilliant star. This is the core of your being, the place where infinite potential resides, the seat and voice of your authentic being. Keep breathing into your heart centre and notice how peaceful you are becoming, how still and quiet your mind is. When you feel ready, ask a question of your divine spark at the centre of your heart. Wait with your attention focused gently on your breath. A word, sentence, feeling, or perhaps an actual voice speaking to you will return an answer. Do not 'try' to hear. Just wait patiently and listen. The answer will come. Trust your inner voice to know what you need and want at this time.

What are the Six Spheres of Success? So glad you asked! Let's try a little exercise. Sit down with TWO large pieces of paper and some coloured pens. On each piece of paper, recreate the diagram 'The Six Spheres of Success: A Model for Personal

Sustainability” with JUST THE HEADINGS in each of the coloured spheres. Put your own name, or ‘ME’, in the yellow circle in the centre of each page.

The Six Spheres of Success

A MODEL FOR PERSONAL
SUSTAINABILITY



Now... start with the first page. For each sphere, ask yourself “*what am I doing/being/having that supports this sphere of my life*”. Then list a word for each thing under the heading in the empty sphere.

When you’ve done this for each sphere, you may notice that some of the spheres are ‘lacking’ or are blank, and other spheres are full or overflowing.

This gives you an indication of where your life is out of balance and need to either take something away, or add something in, to your life to bring about a greater equilibrium and reduce your stress levels.

When you are ready to address the second page of empty spheres, stop for a moment and meditate using the mini-meditation above. When it’s time to ask your authentic self for guidance, bring to mind the first sphere and ask yourself “*How do I want to feel in this area of my life*” and “*what could I do/have/not have in my life that will bring balance this sphere*”. List the answers you get in the empty sphere. Do this for all six categories.

This exercise requires a bit of time, but is well worth it. You will not only be able to see where your life is struggling to be personally sustainable, but you can discover what actions you may be able to take to bring greater balance.

“Potential is nothing until you take action”

Good luck, stress less and be well!

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Intuition is Our Birth Right.

Intuition, to me, is a birth right that we all have. Our inner guidance system that speaks to us through many different channels. What most of us lack with utilizing our intuition, where we second guess ourselves, is the disconnection from trusting our inner voice of guidance, term, or in another term, our higher selves.

There are many ways to develop this trust, and begin to live a life where your higher wisdom speaks to you like a best friend, and you work together to create a life that is filled with ease, grace and joy. Basically it is a choice that you make to remember and connect. The beauty of Intuition is that it doesn't discern, as we do in our mental busyness. It is constant, consistent, always truthful and when we totally open ourselves to this gift we have, life takes on a richness and calmness that we deserve. How do we remember and reconnect with this sense of 'knowingness' that we are all born with?

We have the basic sense or instinct that all living creatures have, that warns us of danger, when something doesn't feel right. This sits in the 3 base energy centres, and we call it our gut instinct. It is a form of intuition which governs fight or flight, safety and survival. You feel the discomfort of fear, or something not being quite 'right'. This is what you hear people experience when they 'feel' they can't go on a flight, get in a car with certain people, as they have strong sense that something is wrong, only to hear later that the flight crashed, the car was involved in an accident etc.

The upper 3 energy centres hold the connection to the 'divine' intuition. The senses of clairaudience (clear hearing), clairvoyance (clear seeing), clairsentience (clear feeling), and Clair=cognizance (clear knowing). This is totally different to the instinctual feeling. These senses give you messages, words, images, inspirational ideas and thoughts, as well as wisdom that comes from deep within. This shows up as 'prophetic' information, or having a message that you MUST pass on to a person you are with that makes no sense to you at all, but complete sense to the other. You may 'hear' things as a whisper, see things around people, or witness a series of images that are in your minds eye, or have a knowingness of things, that you have completely no idea how you know, you just know. It has been said and taught by many of the sages, ancients and wise people, that everything we need to know for our lives, we all ready have within us. This is where I believe our intuition takes us to once we open up to it.

Historically, we have shut down and closed off our highly tuned intuition due to the prejudices, persecution, torture, burning at the stake and the fear that was instilled into the population of the times. This 'memory' sits in our subconscious and unconscious minds, and contributes to the belief that it may not be 'safe' to live a life guided by intuition.

The key to utilizing this inner GPS is very simple.....TRUST. Many people who have tapped into their intuition or have recognized it is a part of them, often negate the power of this sense, by not acting on the information that they receive. Most go into the self-doubt, the questioning, even the mentality of thinking that the messages they are being given to act on, will be too challenging. Can we please just STOP....Our intuition,

that connection to a higher aspect of ourselves, our inner wisdom, will NEVER ask of us anything that will take us out of alignment, or off our path of service or purpose. What creates all the hardships and challenges, is the egoic mind, the mental conditioning we have accrued over our life experience and the limiting beliefs that we have been installed with. This keeps us second guessing, doubting and eventually distrusting that part of us that is guiding us. Like any new skill, talent or interest, the only way to achieve success is to practice.

Reclaiming your birth right of Intuition is the same, it takes practice....by trusting the messages, signs and inspiring ideas that come to you, as well as acting on them, you are then practicing and strengthening your inner guidance. The more you do that the clearer your sense of intuition becomes and you can trust the way it navigates you through life.

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How to Fire Your Inner Critic

Do you love yourself and give yourself the support and respect you need to make your dreams happen, or are you constantly beating yourself up?

Positive self-talk is one of the most simple, yet empowering things you can engage in. Every day we have a choice about what thoughts and attitude we will embrace. We can choose to think positive empowering thoughts such as "I am a wonderful mum and wife", or "I am capable of doing anything I set my mind to" ... or we can tell ourselves disempowering statements, such as "I'm stupid", "I could never do that", "I'm not as good as her"

These are all messages from your inner critic, who unfortunately is your own worst enemy.

The problem is, if you repeat these negative criticisms over and over they can become a reality, and you start to believe them.

The most important relationship we will ever have ... is the one we have with ourselves. So when did we forget to love ourselves and why did we stop?

I cringe when I think of the nasty things I've said to myself. If you spoke to a child the way you speak to yourself when no-one is listening ... they would call the authorities. Negative self-talk usually begins with words like "I can't..." or "I'll never..." or "If only I..."

They are the beliefs we tell ourselves that keep us from playing BIG in our lives. Put-downs and negative self-talk not only make us unhappy and discouraged, they become stubborn roadblocks to goal attainment.... Because every thought we think is creating our future.

So how do we 'Fire Our Inner Critic'?

The first thing to remember is that the way you talk to and about yourself is just a habit and this habit can be changed. The more you hide from your inner critic, the bigger and louder she becomes.

1. I'd like to invite you to shed some light on your inner critic.

Can You Name Her? What does she look like? What words, phrases does she use? When does she pop up? In what situations? What does your inner critic say to you? Listen to the thought Can you challenge it? Is it really true? What happens to you, when you listen to her? If you keep on the path with your inner critic running the show, what type of life are you going to create?

How would your life change if you didn't believe her anymore?

2. Begin To love Yourself - By loving yourself, I'm not talking about egotism or arrogance, but real love for the being that you are.

God (or The Universe) doesn't make mistakes. Love yourself. Love yourself for who and where you are right now. Accept yourself totally and unconditionally. Forgive yourself and let go of past 'failings' and mistakes. Own your worth and know you deserve the best in life. Connect to the goddess that you are and the wondrous beauty and gifts within.

Who you are is more than 'enough'. Who you are is AMAZING!!! You don't need to DO anything to be loved; you are loved totally and unconditionally already.

There is nothing you need do to win that love and nothing you can do to lose it, for you are loved completely.

3. Pay attention to the daily messages you give yourself. Halt the negativity, banish the thought - it's only true if you believe it to be true

4. Watch your thoughts. Notice when the “not-good-enough” pattern comes up. Take an action that will disengage you from those thoughts, such as a walk, meditating, dancing, singing a song, playing with your children
5. Forgive yourself
6. Create NEW beliefs for a fresh new life!
7. Be your own best friend. Step into the shoes of your closest friends - what do they love about you? And I’d say it’s not the things you complain about! Is it your smile? Your fun loving spirit? Your compassion? Your laugh? - think about what people find compelling about you.
8. Stop comparing yourself with other women
9. Make a list of 10 reasons why you are wonderful. Give yourself permission to gloat with glee. Have fun doing this! The more you can connect to all the fun and fabulous ways you rock, the more you can celebrate yourself
10. Say this to that voice in your head:

“Thank you for protecting me from the disappointment of failure. I am so grateful that you do this to stop me from the possibility of getting hurt. But I’m a grown up now and I have lived through all of those emotions, good and bad; I have survived them once so I know I can survive them again ...and now I’d like you to help and protect me by talking to me in an encouraging, kind voice and helping me to go after the life that I really want. Thank you.”

At first these changes will be something you’ll need to consciously think about and you can make it into a fun game. Within months, you will see how your new responses will become more automatic.

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4 Essential Ingredients to Create Your Dream Sanctuary.



Begin by raising your awareness and appreciate of the way we all live; Create a home for you that truly reflects your unique style and individual personality. The 4 essential ingredients that allow you to start creating a calm, loving and peaceful home sanctuary to nourish and inspire are -

1. CONNECTION

With today's rushed and busy lifestyles it can be very easy to unconsciously disconnect from the very essence of your existence. Before you know it you have forgotten the importance of nourishing your soul through connecting with yourself, your loved ones and yes, even complete strangers. When you are not centered and connected to your inner peaceful sanctuary emotionally, physically and spiritually, life can seem like an uphill battle and relationships or interactions with others fractured and tense.

Here is a quick way to create reconnection –

- ♥ Cook a delicious meal to share.
- ♥ Set the table beautifully with floral arrangements, candles, creatively folded napkins.
- ♥ Say a blessing for the meal and then go around and share what you love about them or share a wonderful thing they did for you that day.
- ♥ Bring in elements that connect you with nature – natural light, water features, coloured walls, living creatures and plants.
- ♥ Use essential oils, music, candles and lighting.

Remember your home is not a place to impress others. Make it a true reflection of you and those who live there.

2. CLEANSING

Keeping you and your home cleansed is a very important ritual to embrace on a daily basis. The golden rule here is to firstly keep your home uncluttered and clean in every area. Letting go is great as it frees up so much stuck energy and makes space for the new to flow in. What are you going to let go of today to bring on the new?

It is time for you to become ethically and authentically responsible for both your and the earths long term wellbeing. Try these –

- ♥ Commit to using natural and eco-friendly products that do not emit chemicals. Toxic over manufactured chemicals cause headaches or anxiety and are present in every aspect of your home from cleaning products, to linen, clothing and building materials.
- ♥ Use simple things such as vinegar, lemon juice, bi carb soda, essential oils and purpose made cleaning cloths are all you need to sparkle and shine your home. Not only are they deliciously fun to use, these products enhance and support your senses and overall health physically and mentally.

Self care is an important key to staying connected. You can assist this by –

- ♥ Eating raw organic foods that nourish your body and mind plus give you energy, you gain greater clarity and stamina for your daily journey.
- ♥ I love to exercise often in a place of nature because you breathe in deliciously invigorating fresh air and connect your spirit back to the natural environment.
- ♥ When you walk back into your home the area or item that is creating dysfunction or out of place will be so blinding obvious you simply will not be able to ignore it any longer.
- ♥ Always aspire to surround yourself with beauty. Think beautiful thoughts. Be a beautiful person. Speak beautiful authentic and heartfelt words things.

- ♥ Make responsible choices and educated decisions in your life style directions. Money is merely an exchange of energy and there is plenty to go around. If you give with a pure heart, you will receive with a pure heart.

3. CREATING PURPOSEFUL ROOMS

It is incredibly important to create rooms that are practical as well as aesthetically beautiful. So when it comes to designing any room in your home, there are some essential rules of thumb to follow. Remember that form follows function always. Honestly and authentically ask yourself “How can I create a space where I can be more efficient so that I have more time for play and living the life my heart desires ?”

Consider things like –

- ♥ Things like bench heights, appliance and basin widths and so on all have a huge impact on your everyday comfort and wellbeing.
- ♥ What kind of lighting will you require for a room? What practical essentials are needed such as plumbing, special electrical hook-ups, ventilation, and so on to make your dreams become a reality?
- ♥ What temperature do you need in this space to make it comfortable and practical for its intended purpose? How many people will this room accommodate? How often will this space be used?
- ♥ What is the general feeling you’d like to create in this space? Do you really need the latest and the greatest, or can you live with the basics, even if it is temporarily?
- ♥ Once again by using natural products to build or renovate your home or studio environment with, you are further enhancing the health and safety of yourself, others and the mother nature.

4. SUCCULENT BLISS THROUGH DECORATION

Can you imagine walking into a room and being visually lifted with soothing colour and warm textiles that invite you in.. You take a deep breath, close your eyes, and melt away, even if for only a few moments. This is your Dream Sanctuary. Here you are safe. Here you are serene. Here you are at peace.

So how do you create such a space. Easy! Create balance:

- ♥ Make sure both colours and furniture placement are in harmony with one another.
- ♥ The basic colour scheme should be neutral, with splashes of passionate colour added through luxurious accessories or to reflect seasonal changes. Coordinating colours that are equal in depth help to form harmony in the contrast that invokes a sense of calm, making you feel nourished and comforted.
- ♥ Sharp contrast between your backdrop and your quirky pieces is an important design element for colours and materials in eclectic style interior design.
- ♥ Choosing large simple pieces that anchor the eye and calm the scheme.
- ♥ Use rich textures to add warmth and sensual pleasure.
- ♥ Learn how to express your style and individuality with wild and quirky pieces or elements that create spice and passion without compromising ambience, harmony or calm.

Home is truly is where the heart is. Much love and blessings to you as you journey on lovingly creating your very own dream sanctuary.

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www.createyourdreamsanctuary.com





The Importance of Communication

Communication is the foundation for all relationships. It does not matter what relationship you are in (with your business partner, with your intimate partner, with your children, with your teachers, with your work colleges), if the communication is not working than your relationship is not working.

Some of The Core Elements for Communication

- ♥ Be Open and Honest with yourself – how do you truly feel about what is going on within any of your relationships – and this means the good, the bad and the ugly. Tell the truth and then you will be authentic.
- ♥ Be Open and Honest with the other person – communicate to them about everything - and this means the good, the bad and the ugly. If you are communicating with the other person and being open and honest with them, then it can bring about a sense of relief from the other person, as they are glad you brought the topic up as it now gives them an opportunity to be open and honest themselves. If you are staying silent about anything, then the problem will never be resolved. (remember that “Anger is just unexpressed communication” ~ Stacey Huish)
- ♥ Listening – Listening is a tool that is used to make sure that you understand what the other person is saying and to also make sure the other person feels understood – this is a key element in effective communication.
- ♥ Always ask questions to clarify your understanding of the situation and never assume you know what is going on for the other person or how they will respond to what you say.
- ♥ Take ownership of your own emotions – In any situation, always be responsible for how you choose to feel about anything that has been said or done. It is never ok to blame the other person for how you feel. Do not say to the other person “you made me feel _____” or “it is all your fault that I feel like _____”. No one can make you feel anything, how you feel in any given moment in time is always your choice. What you can say is “I choose to feel _____ when you say that to me” or “When you do that behaviour, I choose to feel _____.”
- ♥ Non Verbal Communication is so important and can communicate so much. Ask yourself this: What does it mean to you when someone stands there with their arms wide open when they see you and gives you a huge hug? What does it say to you when someone punches you in the arm? What does it communicate to you when someone gives you flowers and looks at you with their eyes. Most often when someone we know is upset, we do not speak (just in case we say the wrong thing) what we will do is to open our arms and offer a hug.

It is all about getting the communication working in your life, because when the communication is working then your relationships are working. And, That is what is important!

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The 5 tips to Harnessing the Metabolic Power of Pleasure and YUM!



The message is out loud and clear! In my world, and I hope yours too, calorie counting is so last century! As awakened women, there is so much more to what influences our health, weight and energy. No longer are we simply affecting, and affected by, the physical realm of life.

Once you take that leap, or enter into that expansion, there is NO going back. Sometimes we wish we could go back. Life seemed much easier and more simple when we could pretend that there was a comprehensive, neat little way to not only understand, but also control life, ourselves and our bodies.

When you are an enlightened woman, the spirit and soul realm are more closely linked to your metabolism weight and energy than we may realise. Harnessing the power of PLEASURE becomes an essential component in powering up our metabolism.... Where once you may have gotten away with “Eating less/better, exercising more/better”, you may not find it so easy once you step into a deeper relationship with life.

Many of us accept that what manifests physically is a sign of some deeper cause. So if you are struggling with the effects of a “sluggish metabolism”- weight gain, fatigue, ageing, “fogginess” and even depression, how can you use pleasure and “YUM” to shift things up a few gears?

First, it is useful to define exactly what metabolism is. The standard textbook definition is “the sum total of all the chemical reactions in the body”. What most of us are referring to though when we talk about our “slow or sluggish” metabolism and wanting to “speed” it up, is actually our calorie-burning capacity.

The thing I was pointing to earlier though is that metabolism doesn’t just occur in the body. It operates equally and simultaneously in the mind, body, emotion and spirit realms. We can no longer argue or ignore the now proven mind-body connection & how what we think and feel profoundly affects our internal body chemistry.

So a more accurate definition of metabolism would be something like, “the sum total of all chemical reactions in the body as influenced by our thoughts, feelings, beliefs and experiences”. Just think. When you are feeling down and depressed, if someone were to ask you what your metabolism was like you would instinctively say something like “slow and sluggish”.

Yet, compare this to a moment when you are super excited about something in your life- a phone call from a long lost friend, the job offer of the century, or a long awaited marriage proposal! If someone were to ask you then about your metabolism, you would say something like, “Buzzing!”, “Ultra-charged”, “Humming”.....

This is absolutely true. Our chemistry is affected moment to moment by what is going on “up there” as well as certainly how alive, nurtured and aligned your spirit also feels!

Simply, when we are stressed (anything other than not at ease), our sympathetic nervous system is in the drivers seat and we are in an optimal state to fight, flee or freeze (aka the stress response). This means our body is geared for externally focused action and all of our resources are dedicated to the extremities of our body (arms, legs, eyes, etc). We certainly are not going to worry about digesting any food if we perceive our life to be at risk! Thus our “metabolism” is shut down.

Conversely when we are relaxed, the parasympathetic nervous system is active and our metabolism and digestion is on and humming ☺ The more relaxed, or at pleasure we are, the faster/more optimised our metabolism will be.

So! The 5 Tips to make this work for you:

- ♥ Ask yourself, “At this moment, am I aligned with my truth? Am I ‘actioning’ that which I feel, pleasure physiology; being disconnected creates a stress physiology; at best low & chronic, at worst a high& chronic.
- ♥ How much pleasure do you allow into your life? How much of your day is spontaneous, joyful, unstructured and not for any doing purpose? Being constantly on is stressful. We need off times throughout our day just to breathe, appreciate, reflect, be. Build these in if your day is very structured.
- ♥ Consider, is the voice “up there” kind, supportive and loving? (a pleasurable environment) Or is it constantly critical, full of endless expectations and just pretty much giving you a hard time 24/7? (stressful environment) Keep a “thought audit” journal and start making conscious shifts if need be
- ♥ Do you enjoy pleasurable touch? With your partner, children, family, friends? This includes intimate touch to non-intimate simple tender arm squeezes and hugs. If you are a person who is constantly “closed off to affection” because you are so busy thinking, doing and planning, you are missing a massive opportunity for embracing pleasure and yum! When you enjoy a yummy embrace with a loved one your body literally shifts into a harmonic, healthy & restorative physiology. When you enjoy an intensely pleasurable moment of intimacy with your partner, your metabolism is firing on all cylinders! ;p
- ♥ When you eat, do you enjoy food, or is it an act full of judgement, haste and even shame? Is it completely “non-event”? You can hugely impact your metabolism simply by truly loving your food. Whatever you are eating, eat it with full presence, joy and pleasure! Eat slow and purposefully, with NO presence of guilt ☺

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The Importance of Ritual - Carole's Initiation Into Her Womanhood

Times of Transition - A true Rites of Passage marks a time of transition.

Adolescence is probably the biggest one we are called upon to make.

When we do not mark important times of transition - a girls first menstruation, a boys first wet dream, leaving school, first sexual experiences, leaving home - life simply goes on - ho hum.. like. Until one we day realise I'm not a kid anymore or I'm just about to die and we think What happened to my life?

In day-to-day life we go from one thing to another, often without conscious awareness of what is going on underneath the superficial layers of our activity. We can pass from one important phase in our development to the next without acknowledging what we are moving through either.

Here is an example of transition. A story from South Africa. I was staying with Carole and her mother at a challenging time in their relationship. Because of my close association, I offered to support them and set them a number of challenges, which were to be a part of Carole's initiation into womanhood. She writes:

"Amrita came into our lives in the middle of a crisis. I was on the brink of my nineteenth birthday and desperately trying to discover myself. My mom and I were constantly at each others' throats. She kept trying to make me leave home and I was pushing her away and clinging at the same time.

The first week Amrita stayed with us, I was frustrated and desperate to communicate, but afraid of the consequences of opening up. She offered to help me and to support me into an initiation into womanhood. The first thing I learned was that transformations are painful. There were a lot of things I had to sacrifice - my childishness, my reactions and my fear of growing up. What I wanted out of this initiation experience was to:

Feel secure and know where I stand with people around me;
Be confident and stop worrying;
To have my lover and my mom and not to have a fight,
Stop being afraid;
Have the money and ability to do the things and have what I want;
Connect with the Goddess.
I realised I am alone because I alienated everybody.

I think the hardest challenge was not seeing or making contact with my lover for a week. This was the most painful week of my life. Firstly having so much time to search inside myself was frightening. Suddenly I was much more vulnerable and I had nobody to rescue me. Every new discovery and challenge I faced alone. I realised that I didn't like being alone and not having somebody to fall back on was difficult. There were lists of things Amrita wanted me to write but I had to look hard to find the answers. I did some journal writing:

I'm confused by myself and by the dualities around me. I feel abandoned by my mother. I lost some of that magic with my lover when all the anger was there. I felt guilty and I didn't want to admit it. I never know whether I am innocent or some hateful manipulative

something. So many things hurt me but I can't tell if I deserve them. How do you tell - by seeing how others react to you or looking inside and running the risk of lying to yourself? I lie to myself a lot. I'm scared of letting go in case I lose everything. I love my lover so intensely and I love my mom, two different kinds of love but both very real. Am I just taking advantage of everybody? I'm always crying. I live in a poor me. As a result I expect things not to last. By trying to make people feel sorry for me, I alienate or irritate them eventually. I think I have been taking too much and not giving. I've felt

For the weekend over my birthday Amrita, my mom and I drove to a beautiful place called Utopia in the Magaliesburg mountains. There, we went through numerous hours of working through things as I had a lot of things to go through. On the Sunday morning, Amrita and I sat by the river without my mom and worked through some things about my dad. That was pretty traumatic! Amrita asked me to write him a letter:

I also wrote this to give to my mother:

Dear Mommy, I love you. Thank-you for taking care of me. I'll always be your friend and daughter.

A poem for my mother
Somehow, in Earthy becoming
I misrealised the how was of it
And fighting gravity, strayed above ground.
My earth mother, safe and beckoning
Could entice only momentarily and then I made flight

Somehow we missed each other, oppositely headed
Crossing in inconnected spirals, we lost each other.
Time is an unnecessary happening, not part of my reality
But 19 starts and new beginnings have brought us full circle
Both wiser and more knowledgeable
The last is the first step in rebecoming.

That night, my lover arrived and I got dressed up. The three of them were there to see me pass from child into woman. They each gave me a gift and I gave up my childishness and took responsibility for myself.

In the end, having been through the ritual still means that everyday I have to work on myself. Slowly I am accepting my cycle and my femininity as well as my womanness. Everyday is an experience of learning about myself. Amrita, with my mom and my lover, helped me start that journey. Now I am trying to find my own way.”

In what ways can you ‘weave magic into the process of growing up?’

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The Feminine is a force of Love and Beauty.



Most women have a feminine sexual essence, which means you relate more to the flow of love than the pursuit of freedom and purpose. You may be a leader in your field, have a great business, a full life in the world, but passion, community, compassion, intimacy, devotion, the bliss of sensuality, will be a priority and if they are missing you can feel deprived and imbalanced, even if your business is a raging success.

Many women innately recognize this and ask how can they deepen into their feminine essence? The feminine is about opening to the flow of feeling and love, and expressing it through the body. This is completely natural to the feminine. What isn't natural is the lack of understanding and honoring of this wonderful essence in our culture. Women come to the Living Love workshops and unravel layers of protection around their heart, bodies and energy that are stopping them living full, happy love-filled lives. The feminine *is* a force of Love, unstoppable, nourishing, tender, fiery, playful, wild, intuitive, ever changing fullness. Being full as a woman and being loved and recognized by masculine consciousness is the spiritual dance of polarity.

How do you become full when you are feeling tired, depleted, unseen, overwhelmed or lonely? Many women suffer from a chronic condition in our society of overdoing their masculine energy and tasks. Or the feminine is lived out in binges of moodiness, romance movies and chocolate. For most women, access to their feminine essence is easier when they are supported by trustable men and caring, open women. And yet we don't have to wait for the bud to flower and release her fragrance.

Let me outline some of the essential ingredients - even little steps make a big difference:

- ♥ Embodiment - movement of your body, dancing, whatever brings you satisfaction, even a 'cat stretch' or a daily wiggle will help!
- ♥ Exercise is fantastic and sometimes it's good to drop the cardio workout and go for a stroll and smell the flowers, smile at people....
- ♥ Nourishment – what does that for you? warm baths, healthy foods, an engrossing novel, a rose scented cream
- ♥ Juicing up your energy – get your hands in the earth, laugh, cry, move, kick if you want to, let-go
- ♥ Saying Yes to feelings...when feelings come up, give yourself time to explore them in your own safe space. Feel them in your body and accept them until its just natural to do this. You don't have to get rid of fear. How beautiful to have your fear and vulnerability as a love offering.
- ♥ Enjoy female company. When meeting with friends see if you can bring some touch into it. Hand massage, lingerie shopping, share food, make crafts, support each others lives, be vulnerable.
- ♥ Being receptive – do less at times, allowing in more masculine guidance and support. No men in your life? What about the clued-up guy in the hardware store, your 'on the ball' accountant, the man with the road sign... they are everywhere, loving to help women who appreciate them.
- ♥ Trusting in your intuition and feminine heart goals, and using your masculine energy to support them. Find what you enjoy to do. Start following your pleasure, your bliss
- ♥ exploring and accessing different flavours of your feminine energy – from innocence to worldly sexiness - dressing up for a mood, with music
- ♥ encourage community – where you live and work, on the internet, special groups and workshops that support you

When women really deepen into their essence their inner radiance comes out, it's the best beauty therapy ever - every woman is truly beautiful and magnetic, especially to the opposite sex! When that light shines is the time for the spiritual art of adornment. Choosing clothing and jewellery to shine your essence more fully, being proud to be a gorgeous woman whatever your age. It's not personal. It's not about need. It's about the shade of blue-green that matches your eyes and heart today or the dress that expresses the beginning of spring you feel in the air or the wild hair that tells your story.

Initially as we grow up we may be adorning ourselves out of a need for attention and reassurance, then we evolve to self love and doing it because it makes us feel good, and finally gifting your radiance to open others and enhance the world.

Sounds great and we all love it, but..... So what blocks women and makes it challenging to be in their feminine essence? A major barrier is feeling you are not really good enough. Many women appear confident and successful but underneath have a high level of self criticism and doubt, dominated by an inner judge (usually masculine) that is constantly evaluating everything they do - did I eat too much? Do enough exercise today? Have a deep enough orgasm? Say the right thing? Was I kind enough? All of which makes her feel less than ok and rarely measuring up. That is a contracted place to be in and the feminine essence is a lot wilder and fuller than that. Your feminine beauty may not have been honored in childhood, perhaps your academic skills were easier to value than your flighty, chaotic, delightful, loving being. Your younger sister may have been described as the 'pretty one' the 'graceful one' while you slunk off in a jealous rage and became the family 'brains' or 'helper'. Or you may have been abused, your innocence betrayed, your trust disappointed.

As women grow they also learn discernment, where to offer their full radiant sexual essence and when to cloak it. You want to be able to feel what's right, to recognize your own signals and trust them. To know when protection is appropriate and when it's a barrier to love. This is an art women learn over a lifetime. We are always developing the arts of the feminine.

We also need access to the darker, fierce, feisty, wild feminine side of ourselves. Unfortunately this isn't valued much in our culture - women are trained to be nice, to nurture, preserve life and please others. Which is beautiful, but sometimes only the energy of the 'warrioress' can destroy what needs to go. And women are afraid of this energy because they don't want to be a 'bitch' and hurt others, which is a good impulse but not always what is authentically required. If we have repressed these deeper darker wilder energies and start to explore them, they can come out in ways that we're not comfortable with. Like any new experience, it can take some time and skill to refine. Try exploring it in your body on your own or with a woman friend. What if you put on certain music, rhythmic drums, and see what happens. You can be uncomfortable, you may not feel safe initially, but having access to that energy is profound.

We can look at the parallels in nature. We've seen a lot of the wild fury of nature recently with earthquakes, hurricanes, floods. Compared to the quiet pond, the bush sanctuary, nature is also very powerful and wild, destructive at times. It's inexhaustible. For women who are getting tired and drained, you can be quickly energized just by shifting from the masculine into the dark feminine for one minute. Try it and see.

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Astrological cycles of life

Astrology is a form of ancient wisdom that enables us to gain insight into many different aspects of our lives. It is particularly useful in understanding the different cycles of life, at what age certain energies are likely to affect us and what that underlying energy is, what the Universe is demanding of us at that time. Astrology shows us the cosmic timing of these cycles and gives us a deep understanding of their purpose.



There are different kinds of cycles. Some are what we call ‘generational’ cycles, which means that everyone experiences them at roughly the same age - examples would be the Saturn Return and the Mid-Life “Crisis”, both of which I’ll discuss here. Then there are ‘personal’ cycles which affect us uniquely, even though none of our friends of the same age are experiencing anything remotely similar – this has to do with our own individual birth chart. Thirdly, the planets move all the time, each at different speeds, so we also get overlapping cycles which are very challenging periods to experience, whether they are generational or personal – and often they are a mix of both.

The Saturn Return

The Saturn Return is one of the generational cycles which happen to everyone at roughly the same age, between 29 and 30. The gift of the Saturn Return is that it is essentially a time when we are invited into a new level of maturity, but the way this happens is not usually easy. The energy of the Saturn Return is to put things to the test, which means that anything in our life that is wobbly, that no longer serves us, has to go. When this happens, we have a choice - we can either accept what the Universe is demanding of us and go willingly, or we resist the inevitable change, making the transition more difficult and more painful – basically the Universe carries us kicking and screaming into our future. This is the classic time of things falling apart, and often relationships are where this is most evident. However, this can be a really good time - in this testing period of the Saturn Return, anything that is really strong and solid will survive the test, and in some way will move to a new level of maturity. This could be a couple getting married, or deciding to have their first child, or a promotion at work into a new level of responsibility. I know so many people who either broke off a serious relationship between the ages of 29 and 30, or decided to get married, or had their first child in that period, all characteristic of the Saturn Return.

It’s worth remembering that these are cycles, and the Saturn cycle doesn’t stop at the age of 30. There is a second Saturn Return between the ages of 58 and 60, when again our lives are seriously tested and anything wobbly has to go. Hopefully by this stage of our lives we are more in tune with ourselves, what works for us and what doesn’t, and this transition is usually (but not always) easier than our first Saturn Return. Again we are invited into a new level of maturity, possibly with the birth of grandchildren, or in some way becoming an elder in our community.

In addition to these periods which everyone experiences at the same age, there are the many times that Saturn affects us personally as it triggers an individual birth chart, so that we have a Saturn experience unique to ourselves – usually a major transition in some area

of our life, often one that involves a loss of some kind. This is a good time to be aware of the astrological cycles at work in your life, and be prepared for likely changes.

The Mid-Life “Crisis” or Transition

Psychology has long recognized the “Mid-Life Crisis”, but is pretty vague as to when exactly it takes place. Astrology can pinpoint four distinct stages, and can also demonstrate that it doesn’t need to be a crisis – with awareness, we can move gracefully through this period. The phrase I use is the ‘Mid-Life Transition’.

Astrological cycles tell us that the Mid-Life Transition will be experienced between the ages of 38 and 45. It is a particularly challenging time because this is a period when four major generational cycles overlap, giving us the four distinct phases of the transition – first, a challenge to step into our power, usually brought into our lives through some form of confrontation, then a polarity shift in some area of our life – doing something “out of character”, something we would never have dreamed of, that amazes our friends who’ve known us for years, such as moving overseas when you’ve lived in a small town all your life, or getting married after a lifetime of being single – the classic mid-life transition. The next phase is a challenge to become more spiritually attuned, a time when it is really hard to engage in left-brain activities and logical thought seems to disappear in meltdown, and lastly a time of reflection where we evaluate our life to date – have we achieved what we wanted to? Are we where we wanted to be in life? For some, if those goals have not been reached, this can be a time of inner searching. Astrology shows us that decisions made at this point are crucial in determining the future direction of our lives, as we now have 15 years till the second Saturn Return, a kind of second chance to get to where we want to be, or often a complete re-evaluation of where we are heading.

I have only discussed two major periods of change in people’s lives here – the Saturn Return and the Mid-Life Transition. There are many different astrological cycles at work all the time, both at generational and personal levels. An awareness of these cycles, either through an astrology consultation, or through the study of astrology, can really help in preparing you for the energies coming into your life. With this knowledge and understanding, you can choose to work in harmony with the Universe, rather than unwittingly fighting against it. This is the gift of astrology, bringing a higher level of consciousness into our lives.

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Conscious Love and Female Sexuality



To me, Conscious Love is holding the highest intention of love instead of ego or personality reactions. It doesn't mean being perfect as that is simply not possible but it is more about noticing, 'where am I unloving? Either to myself, or the other.

So in relation to sexuality, it is a very delicate and sensitive issue. The more understanding a man and woman can have around both male and female sexuality the more they will be able to appreciate and understand their differences.

Research shows that 82% of women would rather kiss and cuddle than make love so clearly this is a big statement of the universality of this issue.

Few of us have been taught what a loving sexual relationship actually is – if you really think about it, generally boys learn from their peers or porn magazines and girls learn from what they experience with boys or men. And sometimes things that just don't feel right for a woman are normalised as being ok. It can be said that many women distrust sex, but I believe it's not so much women distrusting sex. They may have come to distrust men, but even more, distrust themselves because many women, unknowingly, have compromised themselves – we have said yes when we really meant no and when we abandon our bodies like that, over time, the body remembers. So if this is the case (and good for you if it isn't!), a woman's body's only option is to close. Women naturally WANT to open up in their bodies but sometimes, the body simply will not go there.

So what can we do about this? For a start, we need to understand the fundamental differences between men's and women's bodies.

Tantra has been teaching for thousands of years, about the nature of our bodies and that each body, man and woman, energetically speaking, has a magnetic pole. So the positive polarity for the man is his penis and the receptive pole is his heart – for women, the positive polarity is her breasts and her receptive pole is her vagina.

Therefore men in general, can take longer to open up emotionally (heart being their receptive pole) – and women can take longer to open up physically (vagina being their receptive pole) ... in lovemaking, it is said that energy can never rise from a receptive pole so be patient with each other!

Women naturally are more emotionally connected because of their make up. The upper part of our body, particularly the breasts are essential to the lovemaking experience. Over time, however, without this knowledge, lovemaking often can become genitally focussed rather than whole body or heart focussed which is becomes very unfulfilling for a woman and consequently also for the man.

Women can often into the sexual experience feeling like something is missing, like something just doesn't feel right – he seems to be loving you, but something just isn't there ... there's a knowing that there could potentially be more. As women are the receptacles – the nature of our body is that we receive. It's a very interior experience – its very intimate, very vulnerable, we are taking another part of a person's body into ours. We are in fact merging our energy with another person.

For a woman to really enjoy lovemaking and deepened intimacy she needs time – time to warm up, time to open up. When there isn't enough time, or the sex is fast and hard, over

and over again, there is little space for her to drop into her receptive nature, which is where her deepest experience of femininity resides. This will inevitably affect her outer life as well, in subtle ways. Often she can become more emotional.

When I first came across this information, it opened my eyes to have more compassion with myself, to finally begin to trust my body - that if it was not opening up then the environment wasn't right or I have some emotional stuff going on that was preventing me from being able to open. So I became more self- loving and more understanding.

Some tips about speaking to our daughters about sex....

- ♥ When speaking to our daughters, or sons, it's important to always have an open door policy when it comes to love and sexuality.
- ♥ Deal with any of your own issues around sexuality and that can only help your children.
- ♥ Use your intuition when it is the right time to say something.
- ♥ Have your daughters spend time with your dearest friends. Consciously choose women who you know love your daughter and can reflect her beauty and appreciation of who she is and who can model a healthy and whole appreciation of love and sexuality.
- ♥ Share some of your own experiences, good and not so good if you feel ok about it and when the time is right, so that she gets to understand what are healthy boundaries and what is loving sex.
- ♥ Encourage her to treat her body like it is her home – you do not let strangers into your home. Meet them at the gate. Get to know them at the gate. When you are ready you can invite them into your garden, enjoy the blossoming of love. And when you feel ready, you will know when to bring them into your home.

And finally, to all women and girls, whatever age

TRUST YOUR BODY – trust what feels right, honour what feels right. If something doesn't, stop. This is YOUR body, no-one else's and no-one can say what is good or right for you.

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How to Live in Your Body ...with Full Awareness!



Ohhhh wouldn't it be wonderful to be fully present in your body at all times... To be free from pain and stiffness... To move with grace and ease, like a joyful child! Well I promise you it IS possible! I used to be crippled with back pain, barely able to sit or walk or even turn my head... I went on a decade-long journey to find my way back to full health. Now I am a healthy, juicy, slinky, active woman who runs and dances and does cartwheels on the beach!

What was my secret weapon that helped me make such a dramatic recovery? Body Awareness. I was very lucky to stumble onto the Feldenkrais Method™, which taught me how to live with full awareness of my body. I'm now a Feldenkrais Practitioner and I help people all over the world rediscover their own graceful, free, slinky selves!

Why is Body Awareness the Key?

We all have habits of how we move. Habits of how we stand, how we walk, how we bend, how we reach, how we breathe, how we sit, how we turn etc... Some of our habits of movement cause us to move gracefully, effortlessly and painlessly. But some of habits of movement are inefficient, stiff and clumsy. They cause muscle tension, stress our joints and create pain. The only thing that can change our movement patterns is to develop BODY AWARENESS and to start to investigate what we are doing when we move. When we take the time to investigate our movement patterns, we can identify which habits are creating our pain and stiffness, and then we can learn new ways of moving that are graceful, fluid and pain-free. It's that simple!

STEP 1: PAY ATTENTION

A good place to start is to pick an action that gives you pain or discomfort, or that feels clumsy, and start to pay very close attention to HOW you are doing that action.

- ♥ **Slow the action down**, so that you can really feel what you are doing with all parts of your body.
- ♥ **Break the action into pieces** so you can sense what you are doing during every single stage of the action.
- ♥ **Do the action really really small**, so that you can pick up even more information about how you are doing it.

At this point, DON'T JUDGE the information you are picking up. Perhaps you noticed, for example, that whenever you bend over to put dishes in the dishwasher you are holding your breath and engaging your right buttock. Fine! Just notice it for now. It is not wrong and it is not right. It is just information. Collect as much information as you can about all the movements that cause you pain.

STEP 2. EXPLORE AND PLAY!

Once you have noticed how you are doing those movements that cause you pain or discomfort, now is the time to PLAY!

If, for example, you noticed that whenever you type at your computer you lift your shoulders towards your ears, try typing *without* lifting your shoulders and see how that feels. Then try typing while pulling your shoulders *even higher* up to your ears, and see how that feels. Then try typing while pushing your shoulders *down* and see how that feels.

Do this with all the habits you have discovered. Explore, play and try new options. The more options you can think of to try, the better! So get out there and start exploring! Start playing! Don't make any judgments about what you discover. Just have fun with it!

STEP 3: FIND THE EASIEST PATH

As you playfully explore all these different ways of moving, you will start to notice that some ways **FEEL BETTER** than others. Some ways of bending or sitting or walking feel easier than others. Some feel more graceful or lighter. Some feel more coordinated or efficient. As you start to notice which ways of using your body feel easier and which feel harder, your brain and nervous system will be taking notes.

Your habits will slowly start to change. Instead of reaching for the coffee mug the old way that you used to do it, with locked ribs and stuck shoulder blade, your brain will automatically organize the movement in the new easier way. You will suddenly notice that as you are reaching for the coffee mug, your weight is shifting, your ribs are opening, your shoulder blade is sliding, and suddenly the movement feels effortless and light and your old shoulder pain has disappeared! Like magic! This is not a quick fix. It is a real fix.

This fix will **STICK** because you have addressed the underlying cause of your pain. You have explored new options of moving. You have discovered which options feel easiest and freest. And your brain is simply making the best choice in the moment from the options you have given it, choosing body patterns that feel easy, effortless and pain-free.

STEP 4: GET SOME EXPERT HELP!

The best modality out there to help you with this process of re-wiring your movement patterns is the Feldenkrais Method™. This method is all about developing awareness of your body patterns and then upgrading them to more efficient, painless and effortless ones.

So in conclusion, don't forget:

**THIS IS YOUR LIFE!
DON'T WAIT FOR SOMEONE ELSE TO FIX YOU!
START INVESTIGATING, START EXPLORING AND START
LEARNING!**

And watch, with wonder and gratitude, as your body transforms before your very eyes...

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Abundance Abounds – Attracting Abundance In All Its Glorious Forms So You Can Have Plenty Of Everything You Need, Want And Deserve All Of The Time

Abundance for me is everything in life that makes me feel rich – many people associate abundance with income or money but it's so much more than that. It's the sum of every single thing that you have to be grateful for because it's those things that make you feel rich on the inside and out.

A lot of women struggle to manifest or create abundance and that's usually the result of a couple of things. It's either a lack of self-value or fear or both. It's a very real truth that many women do not know how to value themselves and this leads to them playing small in their lives and businesses and when they do this the abundance and prosperity has a hard time flowing freely and steadily

The other challenge faced by most of us is fear. It might be fear of failure, fear of success, or fear of something else. While we talk about wanting to be abundant and feel and be rich when it comes to actually making it happen the fear rolls in. The fear might be fear of how your life might change when you have the sort of prosperity you've been dreaming of, it might be fear of who you'll upset or even dis-empower when you are abundant, the fear of the discomfort that might come with taking abundance attracting action.

Whether one or the other or both of these factors are at play, they can have a devastating impact on your abundance attracting attempts – something I like to call your Abundance Flow Plan. Even to the point that the flow is completely stopped and you just can't manifest even a slight feeling of being rich. I encourage women to explore their definition of abundance and to take action to proactively create an abundant life and I regularly get asked how to do that. These 3 tips are a great place to start

Focus on feeling rich

Think about how you define abundance and what makes you feel rich – really think about it and be honest as to what it means to you. A great way to do this is to answer the following questions at the end of each day. Today I feel rich because.....

- ♥ Today I feel abundant because.....
- ♥ Today I..... to welcome abundance into my life
- ♥ Today I..... to share my brilliance with the world
- ♥ Tomorrow I commit to..... in order to ensure I am open and ready to welcome abundance to flow freely into my life

Choose to live a champagne life

This is an exercise where you can make your own abundance mindset commitment. Earlier this year I was talking about living a champagne life with some friends and the term 'the MOET mindset' came together. I see the abundance mindset commitment as my agreement with myself to live my own MOET mindset. Take some time to create your own commitment by writing out a statement to reflect what you are creating;

The statement starts with 'I am', is in the positive, and captures your commitment to attracting and keeping the riches you deserve in life. An example would be 'I am wealthy and valuable and all the riches I need and more flow to me freely and easily'

Read your statement daily, at least 5 times in a row to sort of imprint it in your mind, in your imagination, in your visions. Read your statement slowly for as many times as you need to so you've implanted the memory as a statement of your reality and then see what happens. They say that a picture speaks 1000 words so you could take it a step further if you like and draw or collage an image / vision to capture and support your commitment.

Take abundant action

Make a decision to take abundant action. If something happens that you would have previously responded to in a contracting sort of way, one where you are starving yourself from a life of abundance ask yourself "What would a woman who welcomes abundance and wealth into her life do in this situation?" and then take action in line with your abundant self. You could use the statement you just created, your abundance mindset commitment statement here.

Whenever I am faced with a decision to make in life or business I stop and ask myself this question and then I allow myself the time I need to answer honestly without judgement – and I feel where the answer comes from in my body. I listen to that also and then trust and take the action I know I need to take from the place of abundance and prosperity rather than fear or lack of self value

Have fun implementing those tips. Do them consistently and they will make a difference to your ability to attract abundance in all its glorious forms. Lastly, I'd just like to share one final bit of money mindset wisdom with you. Often we are confused about how some people seem to attract all the 'riches' in life while others seem to be in a constant battle with abundance. In my experience I've learned that there are 5 key, common elements expressed by those who **naturally attract abundance**

They

- ♥ Have a healthy relationship with abundance and money and are empowered with a supportive mindset that supports the women they are and the prosperous future they are creating
- ♥ Have been able to forgive themselves for any guilt, self sabotaging behaviours and issues from the past
- ♥ Are accountable and take action – they don't just sit back and wait for the abundance to flow – they go after it, confident and empowered and they give themselves permission to let the abundance flow
- ♥ Understand their personal relationship with money and abundance and they know how to leverage that relationship to create something sacred where there is free flowing give and take, and they
- ♥ Understand how important being playful and creative is when it comes to abundance – this doesn't mean that they don't take it seriously, quite the contrary – they take abundance very seriously but also allow themselves to have fun, be colourful and creative in their abundance making endeavours

Dare to be abundant!

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What is Spirited Women's Network?

Spirited Women's Network provides the platform from which women can find the ideal learning that will be the wind beneath their wings and that enables them to soar. Whether it is expanding their personal or business life, connecting to the right workshop, event or presenter can have a profound effect on their growth. While life certainly provides many opportunities for us to grow, sometimes it takes a formal approach to create the shifts and changes required to live a more authentic life. The courses, workshops, seminars and events presented in Spirited Women's Network are able to assist you in this goal.

The website provides a quick, easy and effective way to search and research events all around Australia. The facilitator profiles, full event information, testimonials and comments assist seekers to make a more informed choice.

Workshop providers are able to promote their events 24/7 and find support in spreading their message to thousands of prospective participants.

Life is an adventure – so pack your bags, choose a destination and take the first step.

www.spiritedwomensnetwork.com

