



*The Pillars
of the
Feminine
Mysteries*

Stalking the Goddess in the 21st Century...



Welcoming The Sacred

Gathering together...

Try to get on the call in person, if you can, especially at first. I want to give you the experience of being in a circle of women regularly and what that feels like.

Try to be on time. But if something comes up, please JOIN US when you can. We love your energy and want you with us.

All the calls will be recorded. They will be sent to you via email and loaded on the classroom page.

PLEASE PUT THE LINK to the classroom IN YOUR BOOKMARKS SO YOU CAN FIND IT

Bring a journal. That will be happening about every class.

Yes, I will be creating a private fb page so we can chat. Watch your email.

Using this material later...

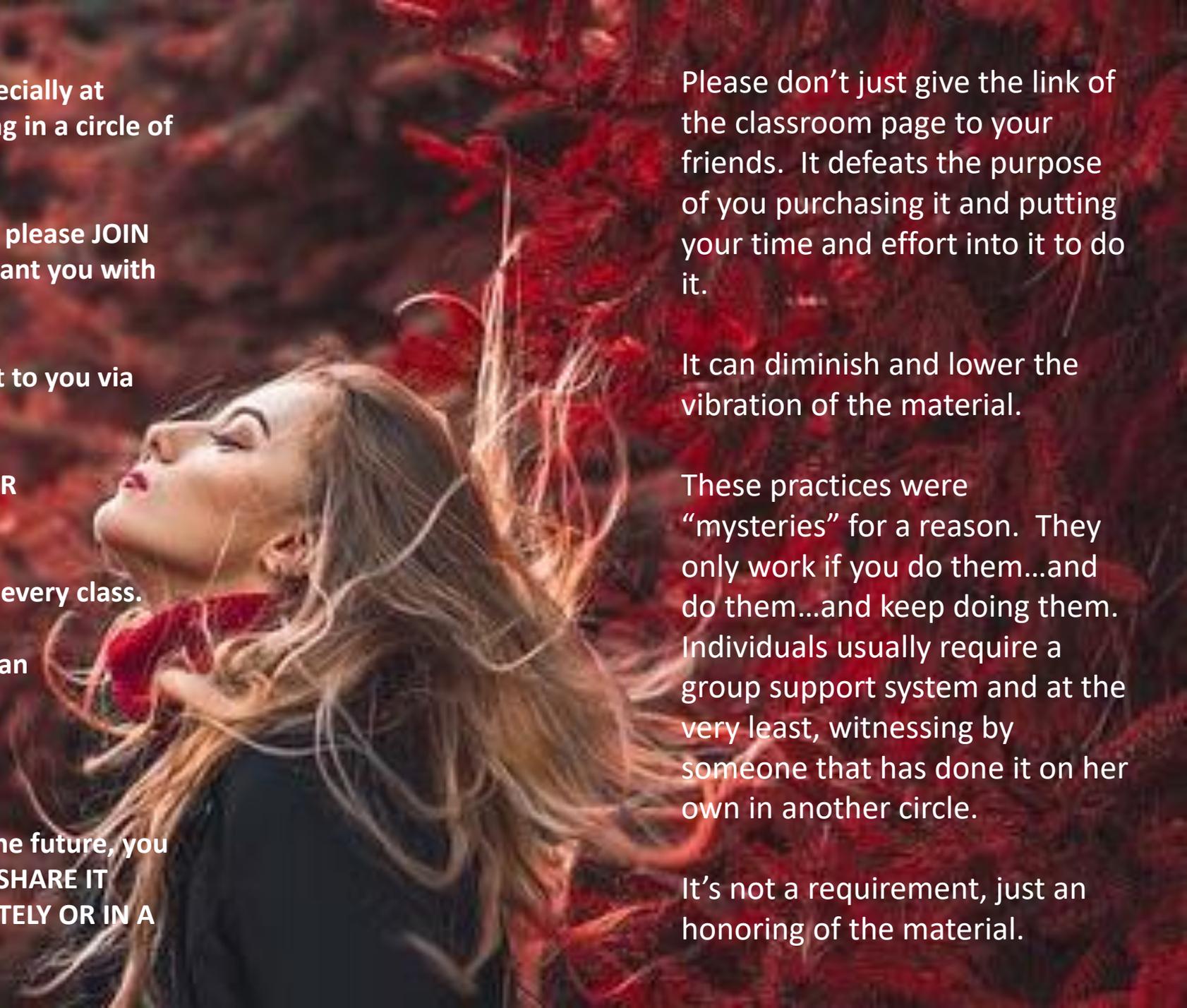
If you are on this class now, or purchase it in the future, you have my permission to USE IT YOURSELF AND SHARE IT YOURSELF WITH OTHER SISTERS EITHER PRIVATELY OR IN A CIRCLE OF YOUR OWN.....BUT.....

Please don't just give the link of the classroom page to your friends. It defeats the purpose of you purchasing it and putting your time and effort into it to do it.

It can diminish and lower the vibration of the material.

These practices were "mysteries" for a reason. They only work if you do them...and do them...and keep doing them. Individuals usually require a group support system and at the very least, witnessing by someone that has done it on her own in another circle.

It's not a requirement, just an honoring of the material.

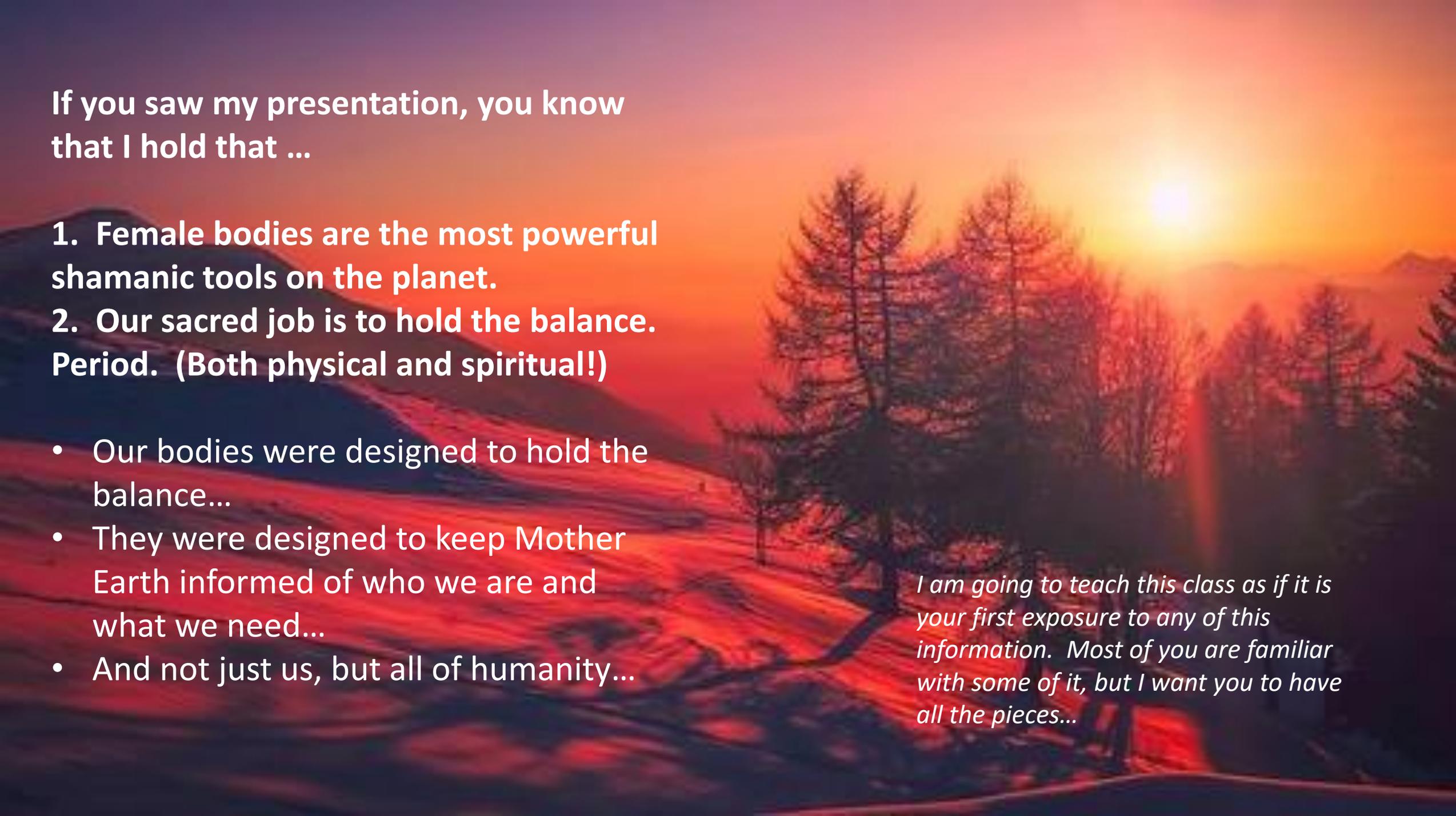




Guidelines...

*Setting an
Intention for this
Course...*





If you saw my presentation, you know
that I hold that ...

**1. Female bodies are the most powerful
shamanic tools on the planet.**

**2. Our sacred job is to hold the balance.
Period. (Both physical and spiritual!)**

- Our bodies were designed to hold the
balance...
- They were designed to keep Mother
Earth informed of who we are and
what we need...
- And not just us, but all of humanity...

*I am going to teach this class as if it is
your first exposure to any of this
information. Most of you are familiar
with some of it, but I want you to have
all the pieces...*

So what I'm getting ready to share with you is "*The Talk.*" The one we all should have received when we were 10 years old. When we were young and eager to learn and still open to receive. When our mothers were Goddesses and we couldn't wait to be one.



Womb Training



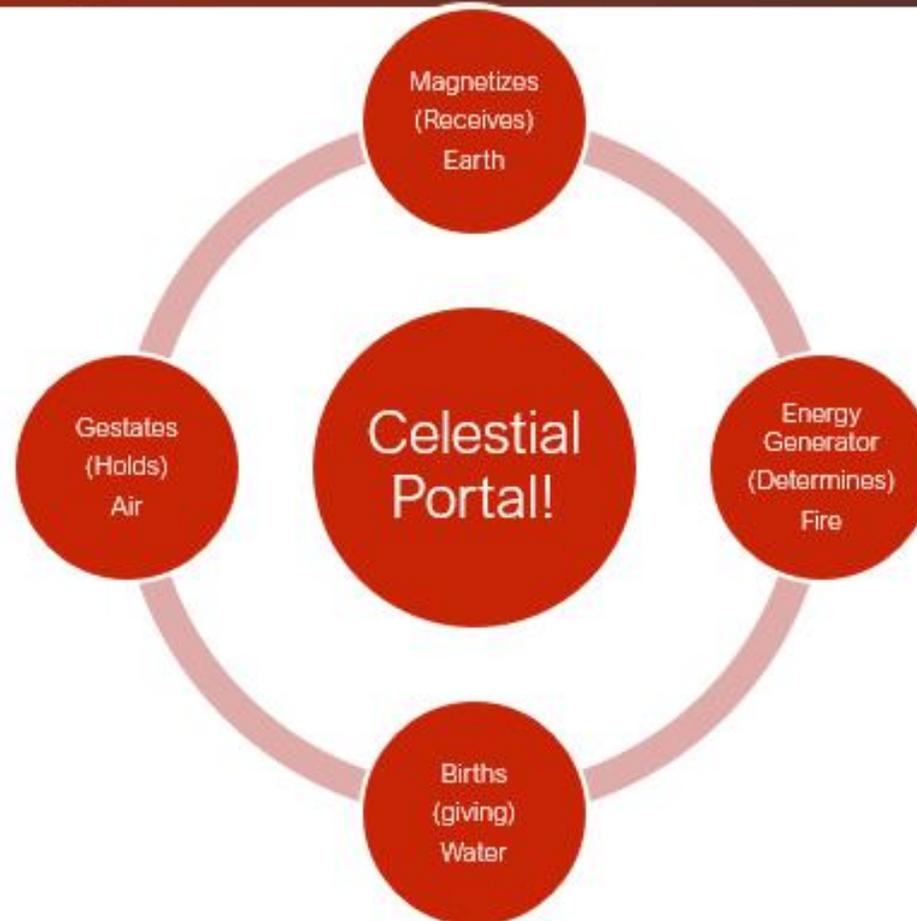


Women are sitting on a powder keg of power and don't even know it. This giant power-tool does what she does. She works tirelessly and constantly behind the scenes under our awareness mostly. And because we may not be consciously aware of what she is doing and how she works, her work may be benefiting us or causing us a lot of pain and distress. But with a bit of knowledge and tweaking, we can harness her energy to serve us in magnificent ways. And I think you all would agree that NOW IS THE TIME...

What the Womb Does



What the Womb Does



This all turns on at puberty! It works whether you still have a physical womb or not. It works whether or not you can bear children.

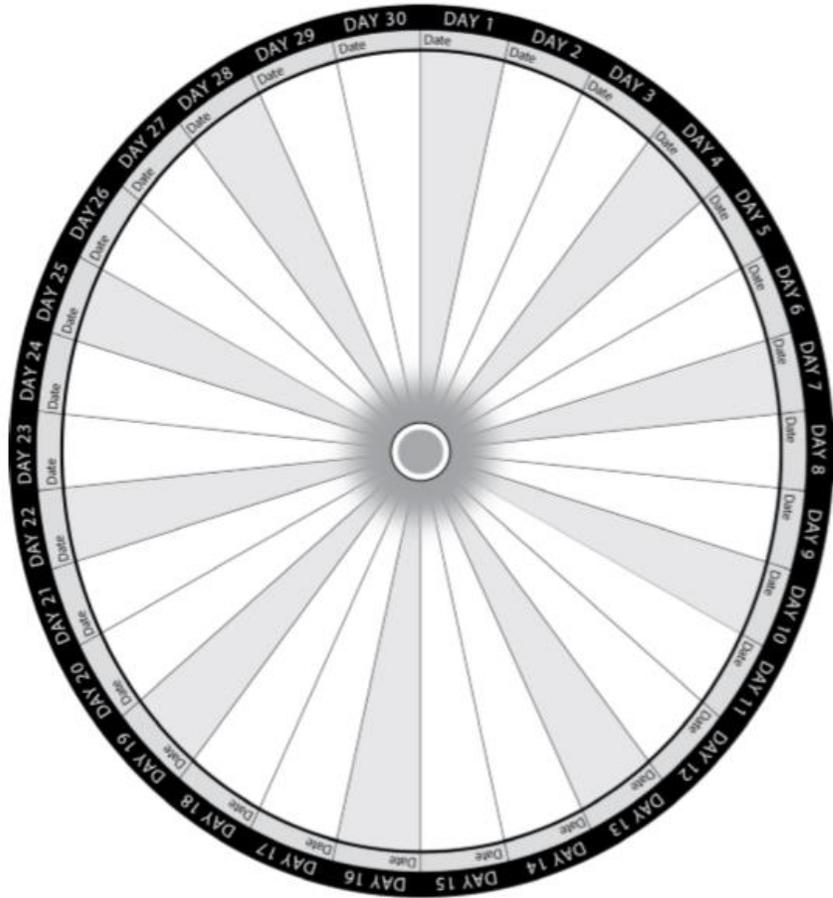
It doesn't turn off at menopause...it expands, coagulates, and literally takes over our being!

The practices that we are going to dive into are simple and practical. They make sense. If we had been coached in them when we were younger, they would have saved us much grief. They will help us get our bodies back in shape. They will put our bodies (not our minds) back in the driver's seat.

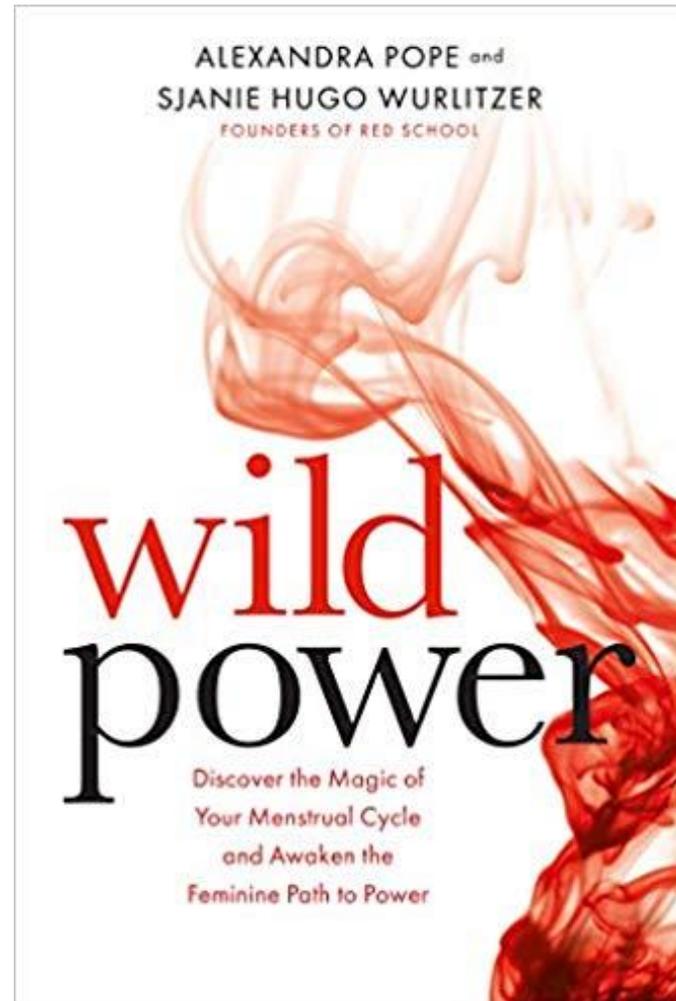
The first practice will give us a container in which to place all the others..



On the first day of your period start recording your thoughts and feelings on Day 1 of the Menstrual Chart. Watch the patterns of your cycles unfold as you continue to record over a number of months. Begin a new chart at the start of each period. Copy this blank sheet as needed.

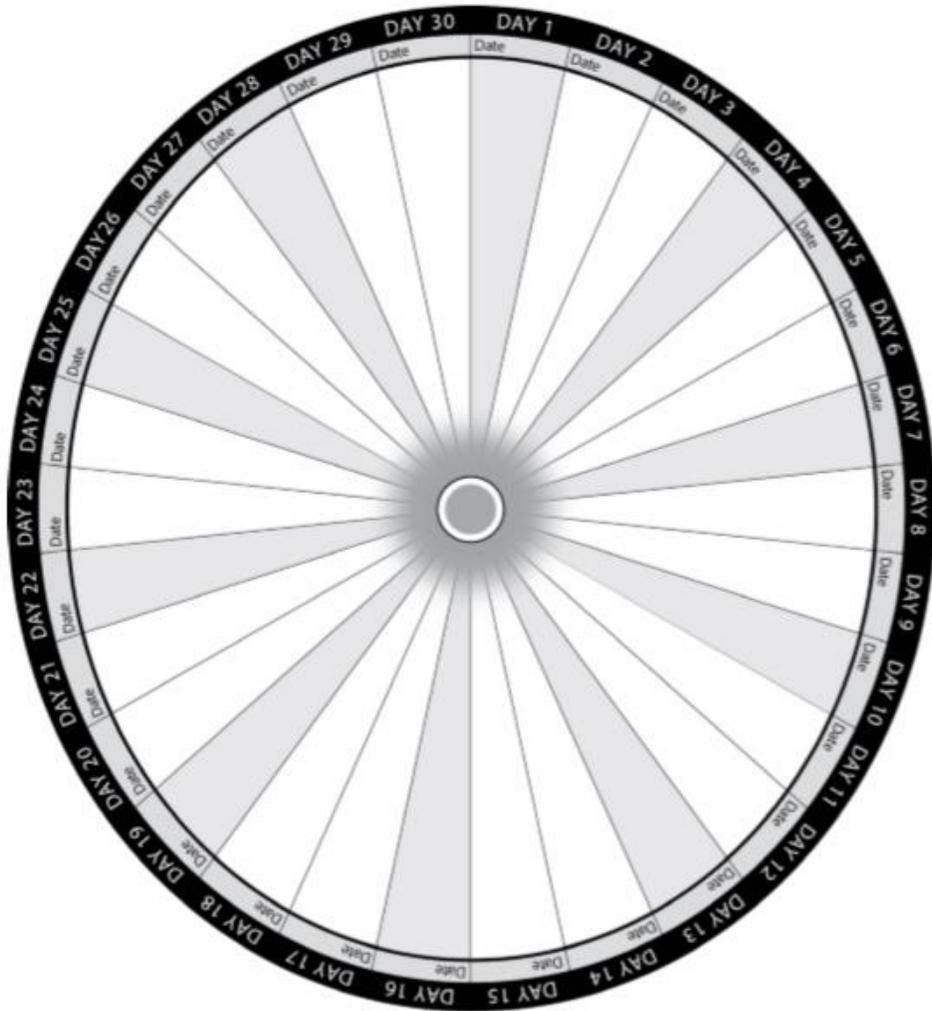


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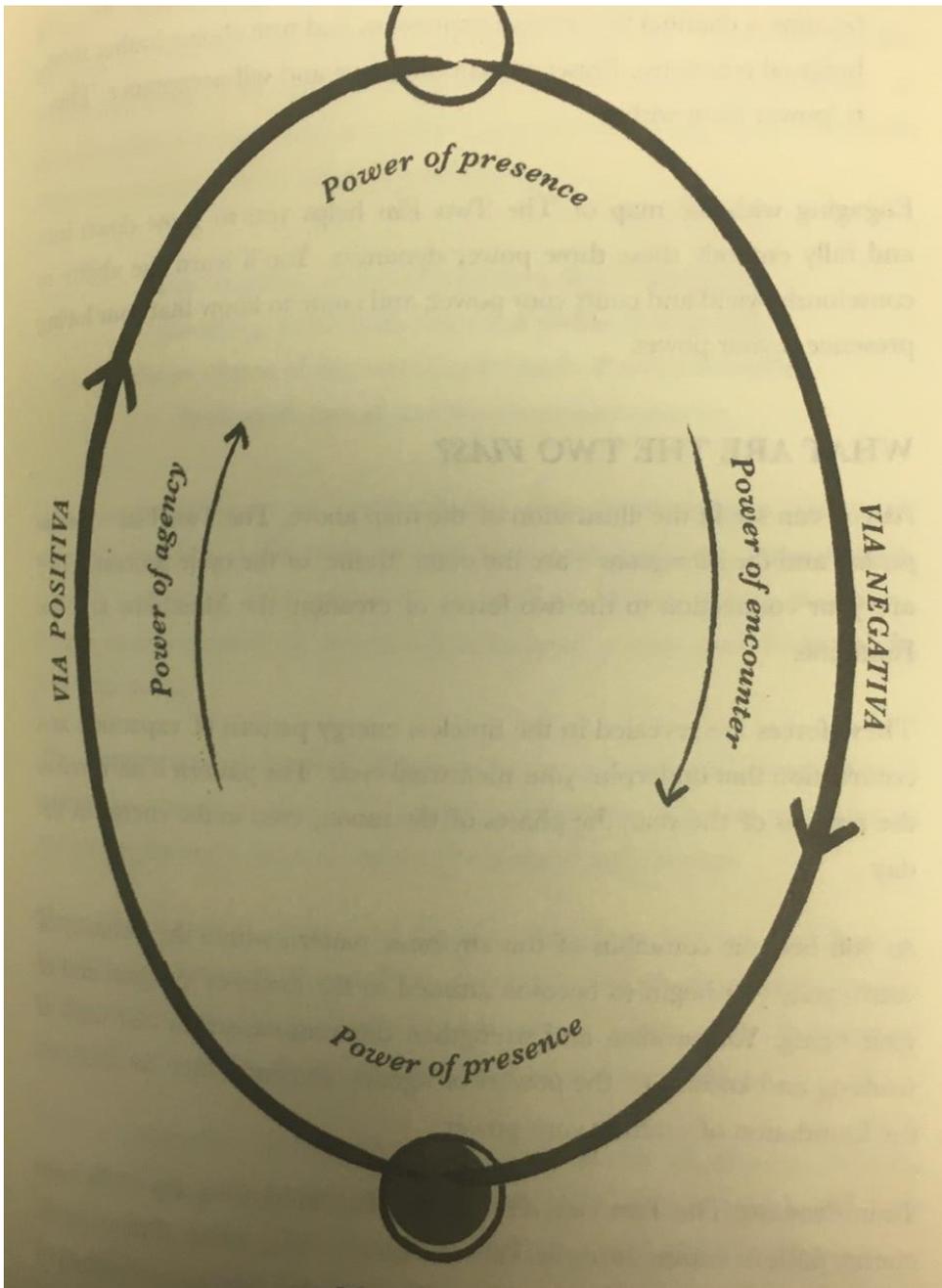
<https://www.greatwombawakening.com/copy-of-aurora-farber>

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The menstrual cycle holds a key piece for fueling this revolution. As women claim their Wild Power – the intelligence within their menstrual cycle—and men meet it, relational consciousness is generated: a consciousness that recognizes all of life as connected and sacred.

The moment you start practicing menstrual cycle awareness and encounter this living presence within you and let yourself be initiated by the death and rebirth process within it, you reunite with the source that nourishes you, and restore your connection with the natural world, the cycles of life and the divine force of Love.



The 2 Vias...

Your Inner Feminine & Inner Masculine **OUTPICTURED!**

Via Positiva – the impulse to step forward and assert your will—take control, shape your conditions. It's your core feeling of agency: a sense that you are in charge of your life and can make things happen. It is characterized by a sense of urgency. As you go out into life as a young person, this is the energy you need most. It supports you to initiate and realize your ideas.

Via Negativa – awakens your ability to come into relationship with life and co-create. It is restraint NOT CONSTRAINT. Rather than asserting your will, you drop down into something: **depth**. It's no longer about your needs or ego, but the needs of something greater than you which is expressing through you; it's not your timing but the mysterious force called **Timing**. You move from imposing your own will, to being willing. There is room now for the unknown to speak and be heard.

Pre-ovulatory phase—your inner spring (approx. days 5 to 12)

In this phase your energy is slowly building and expanding, your attention moving away from a deep connection to your inner life to refocusing on your outer work and others. You'll experience greater clarity, focus and motivation.

Ovulatory phase—your inner Summer (approx. day 12 to 19)

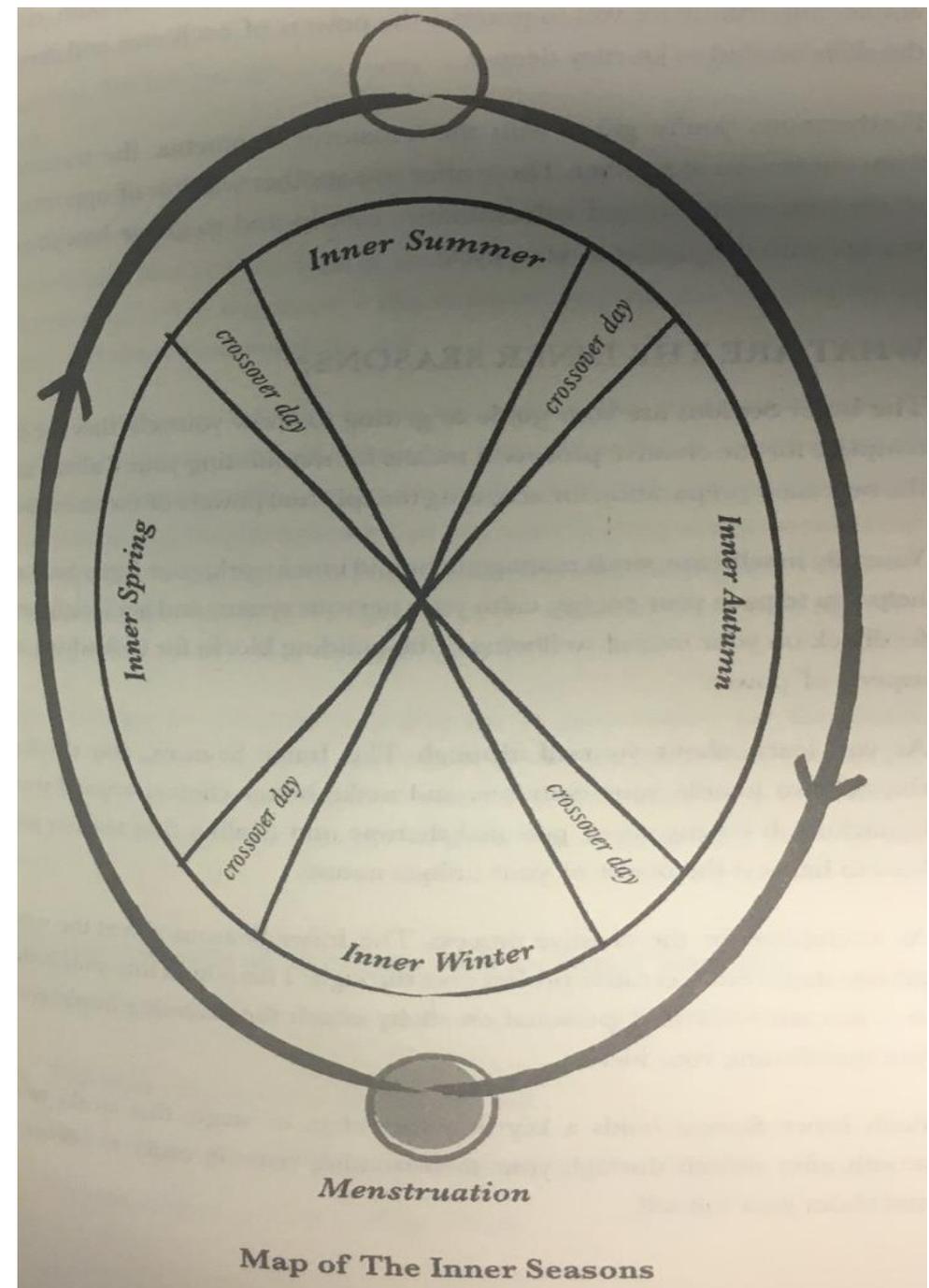
This phase can bring a feeling of 'arrival', of being comfortably in the flow of your life or feeling charged. Generally, you are at a peak of energy. It is a time of confidence and a greater capacity to achieve or manifest things. You may have more time and patience for others and being superwoman feels just about possible.

Premenstrual phase—your inner Autumn (approx day 19 -26)

In the second half of the cycle from ovulation to menstruation there is a gradual pulling in of energy, drawing you back into yourself, amplifying your inner life and needs. You have more insight into what's working and what isn't in your life, and a potential drive to sort it out. You may feel more sensitive and vulnerable as you get closer to your period. While this may feel uncomfortable, it isn't a weakness but rather a process of awakening to the deeper You. You may also experience heightened intuition and psychic ability.

Menstrual phase—your inner Winter (approx day 26 to day 5)

Your energy reaches its lowest point just before menstruation. And just as in Winter you might feel you want to retreat from the world and rest so you may at menstruation. This is entirely normal and healthy. For you to experience the abundance of 'Summer' you need the rest and relaxation of 'Winter'. This phase of least energy and most vulnerability provides an opening to a very deep sensibility. It can begin a day or two



Map of The Inner Seasons

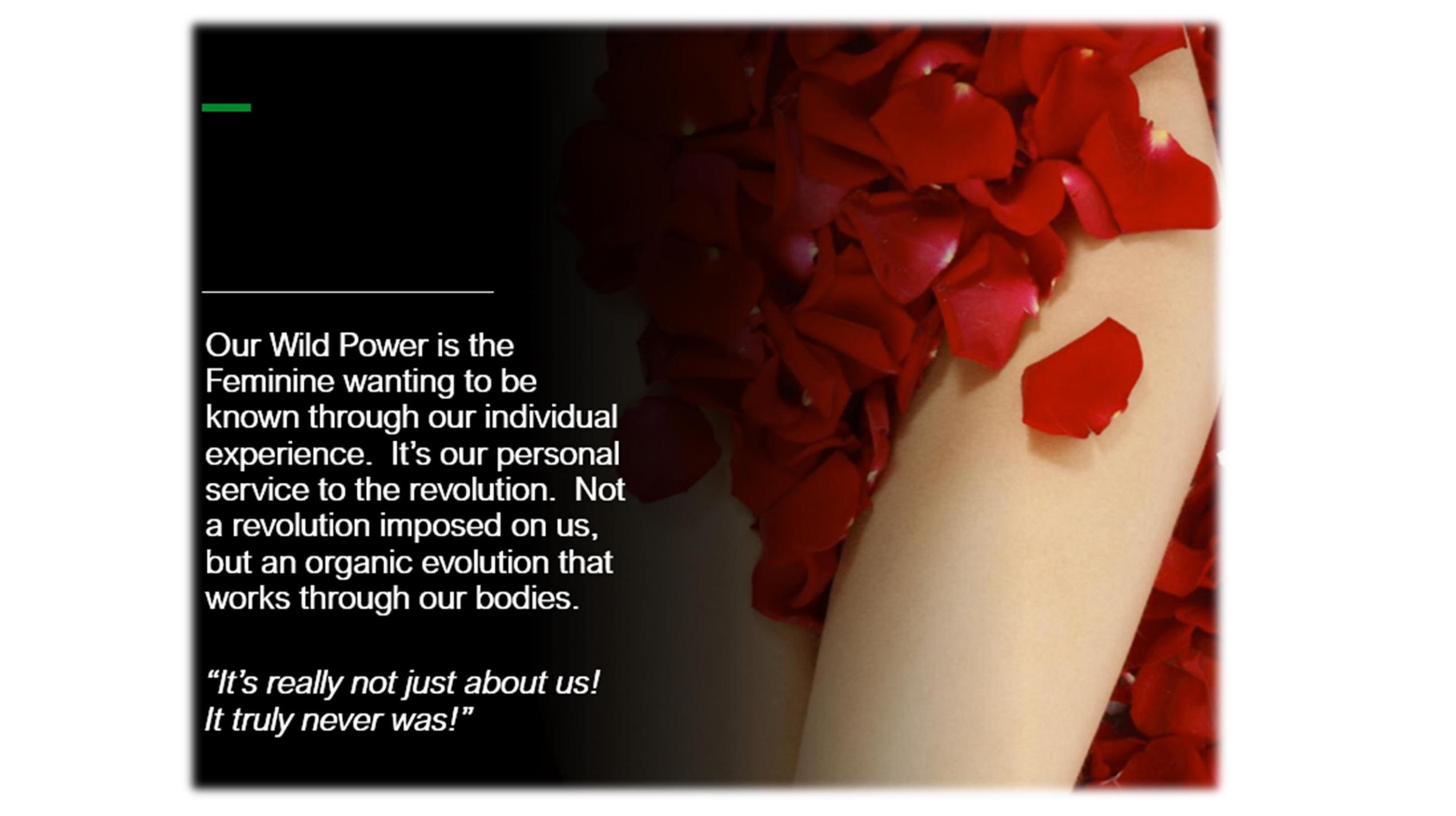
Why tracking our cycle is important for the earth right now...

The fundamental pattern of the menstrual cycle—building up and breaking down is, **the initiatory process in action**. The first half builds our sense of self. The second half undoes our sense of self. ***It makes us UNDO our EGO!***

We need to experience vulnerability to recognize that we are not invincible. We cannot exist alone. We belong to something larger. ***We need each other and the Earth.*** We need to be responsible for each other and for the world. In essence, ***each menstrual month, we're shifting from an egoic worldview***, in which the **emphasis is on me**, to a sense of our self and the world as one: **to a feeling of us**. We're evolving our capacity to think and feel for the World's Sake. We're allowing for a higher order of evolution. The built in **imperative of your menstrual cycle is to facilitate this evolutionary process**. But if you only honor the MASCULINE (which equates to not practicing moon lodging or tracking) you can end up sabotaging this natural process of initiation.

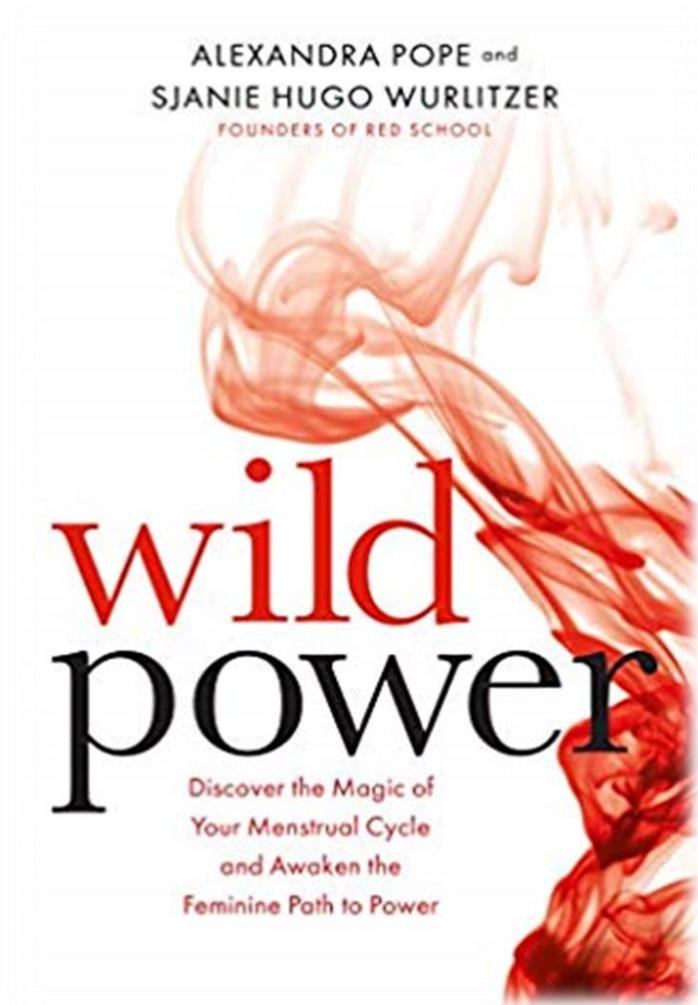
Much of our menstrual and menopausal suffering is ultimately a profound feeling of indignation from our soul that this awesome process of evolution has gone unrecognized. The grief and rage that emerges premenstrually, and at menopause, has a direct line back to this loss. Much postnatal suffering is also the result of not being tutored in this initiatory dynamic so the initiation into motherhood shocks us!





Our Wild Power is the
Feminine wanting to be
known through our individual
experience. It's our personal
service to the revolution. Not
a revolution imposed on us,
but an organic evolution that
works through our bodies.

*"It's really not just about us!
It truly never was!"*

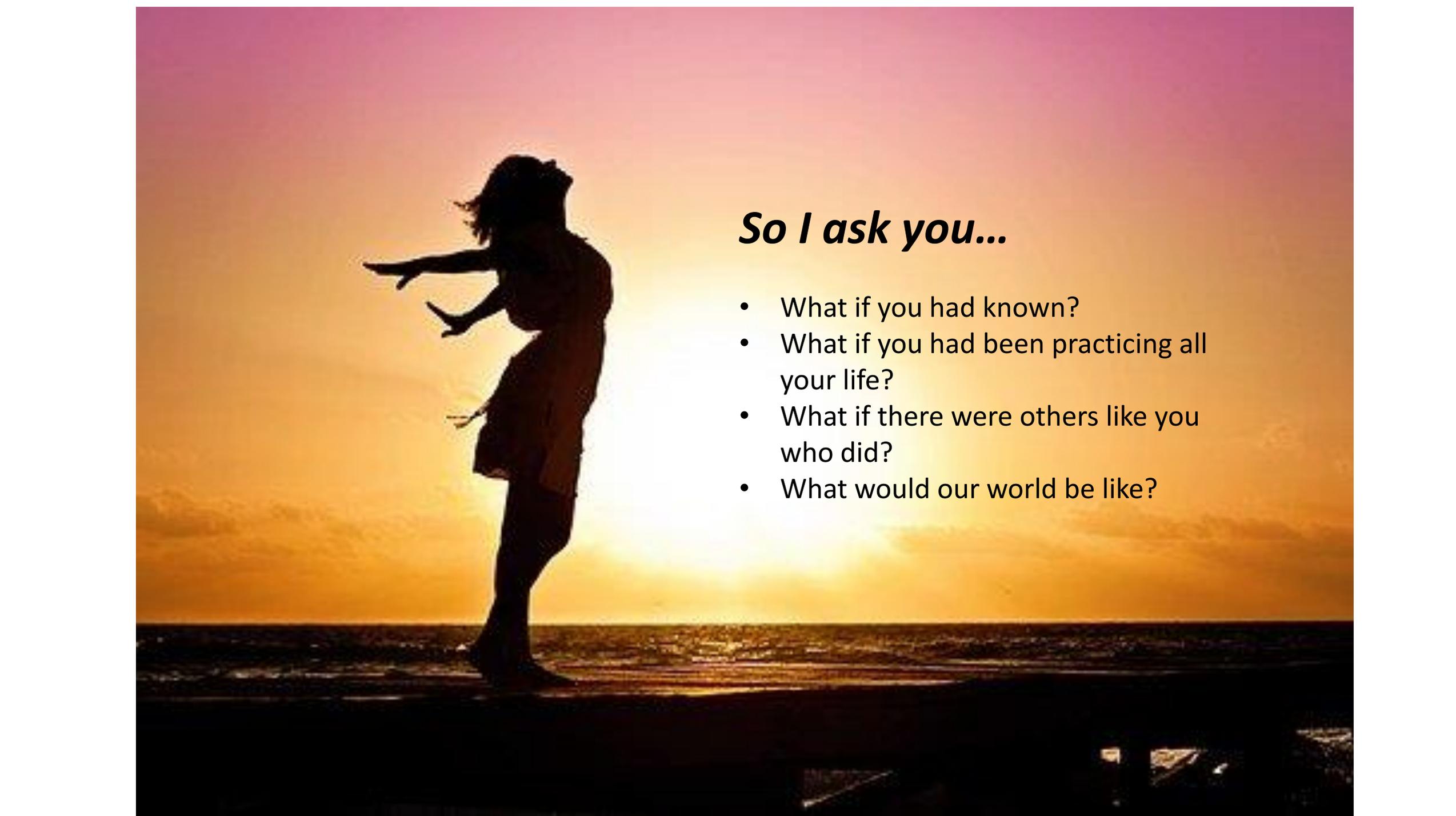


Homework:

- Begin Tracking your menstrual cycle. Day 1 is the first day of bleeding.
- If you are no longer bleeding, start at New Moon – TODAY!
- Track things like emotional state, Energy level, and what happens during the day.
- Get the book!
- When get your book you will learn more!



Questions

A silhouette of a person standing on a beach at sunset, with their arms outstretched. The background is a vibrant orange and yellow sky over the ocean.

So I ask you...

- What if you had known?
- What if you had been practicing all your life?
- What if there were others like you who did?
- What would our world be like?

For our
daughters...

