



Feminine
MASTERY



MODULE 1

Flow



NATURE
PHILOSOPHY
WOMEN



MODULE 1

Emotional Flow

MANTRA:

I invite a healthy emotional flow into my body, so it can express the fullness of my soul's power. Let go and allow it.

Principles

- You can have stuck/frozen places in your emotional body, and this can manifest in our physical body also. Most of us reach adulthood with a range of frozen, undigested emotional material from childhood.
- You are seeking to cultivate a state of flow which is represented by your capacity to be in intimate and willing contact with everything you are experiencing in any given moment, even difficult emotions.
- You do not need to change or alter any external parts of your life to come into flow. Instead focus on cultivating a deep internal acceptance of your authentic responses to external triggers or events.
- When you are intimate and friendly with your emotional body you become aware of your deepest needs. This a vital ingredient in developing the belief that your deepest needs are worthy of being met and respected with clear boundaries.
- A fully flowing emotional body is characterised by increased intuition, instincts, knowing, visionary purpose in life, sexuality and creativity.

Home Play - Embodiment Practices

Hands on heart – 3-step daily practice

- intention in bed before getting up;
- something to play with during the day – on contact breath through the belly, release and let go and allow emotions and sensations; and
- connect again before sleep.

