



Feminine
MASTERY



MODULE 2

Safety



NATURE
PHILOSOPHY
WOMEN



MODULE 2

Safety

MANTRA:

I give myself permission to embody true safety and I welcome safety into all parts of my feminine being.

Principles

- Safety is not a given, it needs to be cultivated, and we must give ourselves permission to be safe.
- We can get stuck places in our 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, and we form unconscious beliefs based on these experiences.
- Cultivating a sense of safety to feel these undigested experiences is critical if we want to sustain personal power and live authentically.
- The most powerful place to cultivate safety is in your feminine body.
- We're seeking to understand the mechanics of how our internal landscape works, as this will allow you to identify when you're triggered. It will also allow you to bring silence, deep belly breathing and emotional flow into dynamic embodiment so you can release your authentic expression.
- Building a deep sense of trust with yourself will help you to know who you are and what does and doesn't feel right for us.
- Life will present you with opportunities to bring into aliveness and flow any unexpressed frozen expression from the life you have lived.
- When we master this process, we see challenges and difficult experiences as fuel for transformation and opportunities for expansion.
- Silence is also a critical factor in cultivating safety. It will help you become bigger than any wave in the ocean and ultimately allow you to develop a safe relationship to the power of your Soul's essence and trust in your Soul's desires.

