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Following the Flow: Trusting Your Divine Feminine Energy

This month we're looking at the question, "**What is it time for now?**" Rather than being stuck in patterns of what we "should" do, have to do, etc., we're looking to our inner guidance to see what action is aligned for us right now.

This is a very yin/feminine way of approaching work. A theme running through all the work we've done over the past months has been coming into our feminine¹ power, and balancing it with healthy masculine power.

I love this description of what healthy and unhealthy versions of these energies looks like.

From Tao Tantric Arts for Women by Minke de Vos (emphasis added):

True And False Yin, True And False Yang

"False" is a limited or contracted expression of our unlimited true nature.

Both true yin and true yang are heart-centered; the heart center is their balance point. False yang is head-centered: the head becomes overheated and the heart becomes cool. False yin is belly-centered: the heart becomes over-heated and emotional as the belly and sexual waters become cool or frozen with fear. When women live primarily in the emotional heart, rather than the inner soul heart, they are led by emotions that are partial, rather than by unconditional love and compassion.

*It's important to understand that every male body and every female body has within it the challenge of balancing the yin and yang forces flowing within. Some women may have an extremely yang nature and some men may have an extremely yin nature. The important issue is whether a person's energy flow is dominated by true yin or yang or false yin or yang. **False yang manifests as***

¹ I love referring to this energy by the non-gendered term "yin". At times, I use "feminine" in order to reclaim the term and its associated female-related traits. All humans possess feminine/yin energy as well as masculine/yang energy. The patriarchy's disparagement of the feminine has therefore been harmful to all of us. Re-centering it in balance with the masculine is key to the health of all individuals and society. If the term "feminine" is problematic for you, please feel free to substitute "yin".

personal will and control, while false yin leads to submission and victimhood.

Under the dominance of the patriarchal grip, the water/yin becomes frozen. At this time in history, women are becoming liberated, and with this emergence new qi is awakening! The true water wants to flow and be warmed by the true fire! The spiritual journey is from the personal to the transpersonal level, moving from false masculine and false feminine qi toward the Divine Masculine (divine will) and Divine Feminine (divine surrender).

Yin energy invites us to go inward and deep. It's here that we connect with life force or sexual/sensual energy. There's a profound guidance and knowing that is found in our depths. When we connect with this knowing and allow it to guide us, we're led to take inspired, aligned action. When we have access to our healthy, masculine energy – and integrate any blockages and old patterns – we then take that action.

In this harmonious, embodied and integrated state, we know what it's time for now, and we do it.

The \$1,000 (\$1,000,000?) question is, of course, how do we know that we're being guided by our inner knowing and not by our fears and conditioning? When are we taking a needed break, and when are we avoiding something? When are we taking inspired action, and when are we pushing ourselves in order to avoid something? Is our intuition speaking, or a conditioned fear?

A conditioned fear is any fear that focuses on protecting us from a perceived threat rather than an actual one. In addition to fears we've developed from personal experiences, we also "inherit" fears from our cultures and families. In one study, male mice were taught to fear a specific scent. Amazingly, a high percentage of their grandchildren, when newly exposed to the scent, also showed fear. These conditioned fears can include things that may seem like intuition or "common sense", like being afraid of men who are tall, or who are in groups. Or, sadly, men who are Black. This is one reason it's really important for us to examine our fears and biases and reach for our deeper knowing.

So how do you get to your authentic knowing? It's a process. I like to think of it as a muscle you develop. The more you practice, and notice when you're "off" and make adjustments, the stronger you get. The more you drop into your body and *notice* its signals, the more finely attuned your senses become. And the more you can relax and play with it, the more it all flows.

One thing to know is that **your authentic guidance will always lead you toward more love.** It may feel scary, vulnerable, messy, and foundation-shifting in the short-term. You may not even be able to see *how* it's leading you to more love. And it is.

Your inner guidance comes from your soul, and your soul always wants a greater expression of your essence. The underlying quality of your essence is love, shining through your individual facets.

Following your truth can take great courage. That's because your soul isn't concerned with societal expectations or conditioning. In fact, your soul will chafe at any restrictions to your authentic expression. Your soul wants your wild and creative freedom.

In other words, you're here to create your life, not to follow anyone else's recipe.

One sign that you're hearing what calls to your soul is having a deep sense of turn on. When you're really connected to your body and your Divine Feminine energy, this can actually be a sexual or sensual sensation. That bodily sense of, "Oh, yes!" We'll come back to this in a moment.

Turn on can also show up as excitement, relief, joy or a sense of rightness. **The trick here is that these emotions can be felt by different parts of you.** For instance, let's say that you've gotten the inner sense that you need to stop and rest. Your body and soul might be feeling joy because rest is in alignment with your true needs. It's also possible that the joy is coming from the part of you that's avoiding a big project out of fear, and that true alignment would mean taking a next step of making some phone calls.

With emotions like relief as your guide, you'll need to do some deeper work. What part of you is feeling the emotion? What's beneath that? What's beneath *that*?

On the other hand, **guidance from your body is much more closely connected to your soul.** Your emotions are next, and then your mind. When you develop a refined sense of awareness of your body, the signals you get from it are much more reliable than those from your emotions, which are more reliable than what you get from your mind².

Cultivating your connection to your body, and specifically to the area of your root chakra, builds your capacity to know what's right for you. It's like the difference between having strong signal from your GPS versus the intermittent, static-y signal you'd get driving through mountains. This is why we're doing body-focused exercises. Having this clearer connection will increase your confidence because you know when you're on your path and when you're not.

² Your mind is wonderful in many, many ways. However, as we've talked about before, in our culture we've made the mind supreme and ask it to do things it's not designed to do, like make decisions. The mind is where stories are created and fears are perpetuated. A mind that is clear of things like distorted perceptions, unconscious biases, unprocessed fears, and unfounded judgments is an incredible tool. Getting there can take a lot of time and a lot of work. Everything you're doing in this program is helping your mind become clearer, more open and more discerning.

If you find this to be scary, take a few breaths. You're in control of this process. You get to take the time you need. Just keep in mind that the more you follow your inner guidance, the more your life opens up.

With everything going on in the world, knowing your own truth is becoming ever more important. It's how you stay rooted in love instead of fear, and how you expand.

On the Clearing Call, I'll introduce you to some more practices to help you connect with your body and deeper knowing. And along the way, we'll reassure your nervous system.

As always, if something in particular comes up, please schedule an individual session. Stuff coming up is a golden opportunity for big integration.

Okay, ready to do some exploring? Let's go!

A specific situation where I've felt stuck or challenged:

My thoughts about it:

My emotions about it:

What I feel in my body:

What I don't want to see/feel/know about this:

What I'm scared might be true:

When I get still and breathe, and drop down into my body, I know it's time for me to:

When I contemplate doing this, I feel _____

The part of me that feels this is:

If I take this step, then:

If I don't take this step, then:

An identity, quality or way of being that will help me take action from my truth:*

*Examples: Queen/Sovereign of Energy, inner Goddess/Goddx, Divinity of Love, strong, courageous, empowered, freedom to be myself