

Week 3 Lesson 5: Divine Feminine

Honoring the Divine Feminine is open-hearted, deep emotional work.

Dear heart,

As we begin our third week of *Ferocious Compassion*, I want to honor the beautiful work you have already done. You have been making space by letting go of what no longer serves you and you have been welcoming in love. Those are not easy things to do! And yet, they are so life-giving.

What you may find is that the practices from this course have begun to crack your heart open, but now it is up to you to decide what to do with each heartbreaking experience. Do you use it to open your heart further? Or do you return to a more closed heart?

This is where working with emotion comes in. Our capacity to be with our deep and intense emotions will inform how much we can remain open-hearted. Our own emotional work, shadow work, and inner work is what creates capacity, resources and strength in the realm of the heart.

This week I encourage you to honor the Divine Feminine by engaging with emotion. Feel and observe your emotions as they come up. Allow space for difficult emotions. Be present with everything you feel.

Of course, it's impossible to remain connected to your emotional body 24/7 and there will be times you need to check out. But as much as possible, tune into what is underlying. Do the inner work of remaining aware of what is occurring within you.

Presence is where you ground. Find somewhere to sit and feel the earth beneath you as you observe your emotions. This keeps you from being carried away. A grounded-ness anchors your open heart, so that you can tap into source as you feel your way through the dark to the light.

And as always, hold fiercely to compassion for yourself as you go into the deep places, dear heart.

Journaling and Meditation Questions

Look at the following list of emotions. Read each word aloud and write down anything that comes to you about that specific emotion.

Adoration

Amusement

Anger

Anxiety

Awe

Boredom

Confusion

Contempt

Craving

Disappointment

Disgust

Empathy

Envy

Excitement

Fear

Guilt

Horror

Joy

Nostalgia

Pride

Relief

Romance

Sadness

Satisfaction

Sexual desire

Surprise

Sympathy

Now write down what emotions (if any) that you felt you were not permitted to express as a child or in your family of origin.

What emotions do you find come naturally for you? Or which ones are easy to express?

What emotions are harder for you? Are there emotions that you tend to suppress or check out in order to avoid?

Keep this list of emotions close this week and use it to observe what comes up for you throughout the day. Try to observe your emotions without judgment. To let them just be.

Use your journal to ask yourself several times each day: What am I feeling right now? What emotion is present. What does it feel like? Is it a tightness or a releasing. Is it small or large. Does it have a color? What about a texture?

The more often you do this very small practice of observing your emotions, the more you are allowing for emotional embodiment. Describing your emotions is a way to sort of trick your mind into staying present with your feelings. And presence heals.