

Week 3 Lesson 6: Divine Feminine

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

Dear heart,

As you have observed your emotions this week, I hope you have experienced the healing that comes from embodiment.

Even though it is a simple exercise, staying present with our emotions is hard work. So congratulate yourself on doing your shadow work this week!

I want to give you some practices for the weekend that will enable you to reach even further into embodiment. Movement is where our Divine Feminine can come forth! Let her out this weekend in whatever way feels good to you.

In his book *The Practice of Embodying Emotions*, Raja Selvam explains that when people expand an emotional experience to as much of their body as possible, they can create a greater body space for containing and tolerating it, as opposed to isolating and concentrating it in one area of the body or pushing it aside altogether. By expanding the experience of emotion throughout the body, he notes that people can improve their emotional health as well as physical, energetic, cognitive, relational, and spiritual lives. Here is the central thesis of his book: "involving more of the body in emotional experience can create a greater capacity to tolerate emotion and stay with it for a longer period of time."

It's my hope that these practices will give you that greater capacity.

*Embodiment means we no longer say,
I had this experience;
we say, I am this experience.*

-Sue Monk Kidd

*Walking, I am listening to a deeper way.
Suddenly all my ancestors are behind me.
Be still, they say.
Watch and listen.
You are the result of the love of thousands.*

-Linda Hogan
Native American Writer

Embodiment Practices

Use this same list of emotions from Lesson 5 as you work through these embodiment practices.

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

Embodied Emotions Through Movement

Choose one emotion from the list that has come up for you multiple times this week to “move through” in this practice. You can do these practices multiple times, but just choose one emotion at a time.

Clear a lot of space in a room in your home where you can be alone. You could also go outside in a forest or in your backyard, but it’s important that you feel totally free, uninhibited and safe.

Work through your emotion through movement in one or all of the following ways:

- Choose a song that you feel matches your emotion. Play it loud or with headphones on repeat and allow yourself to move freely. Let your body dance through the emotion as you feel its power. Close your eyes and notice the colors and textures of this emotion. Let your hands move as you think the emotion would move.
- Roll a yoga mat out and lie on the floor either on your back or your belly. Close your eyes and allow yourself to move freely on the floor through your chosen emotion. Rolling, kicking, pushing, swerving. But all within the confines of being on the floor on your mat. Add any noises that you think your emotion might sound like. It could be moaning, singing, yelling or even whispering. Let yourself freely make noise and move like a snake on the floor for 5-10 minutes. Then curl yourself up into a ball, remind yourself that you are totally safe.
- Write your emotion. Take a piece of paper and write your chosen emotion at the top of it. Set a timer for 15 minutes and free write whatever comes up for you around that emotion. It’s ok if it doesn’t make sense or if it turns out to be a letter to someone. Just

start with “I feel _____” and let it go from there. When you finish, do something with the paper that feels appropriate to you. You can burn it or read it out loud or put it in your journal.

- Draw your emotion. Get a blank piece of paper and colored pencils (or you can also use paints or any medium that you like). Set a timer for 15-30 minutes and draw your emotion. Just work freely without judgment. Try to release your mind from this exercise but allow your emotional body to create and draw anything that it wants.

After deep emotional work, you always want to be sure to return to self-care. This prayer practice is designed to make you feel safe and nourished. You can follow it up with a hot bath, a healthful, delicious meal or a nap under a cozy blanket. Choose something that is clearly an act of self-love.

A Prayer Practice for Embodiment

by Elle Bieling

This body blessing prayer is to help you find oneness with your body. It is a way to love your body and bless it and therefore love yourself. It is a moving meditation for you to thank your body for its gifts and messages, bless your body and ask that its messages be revealed to you. Your body is the physical manifestation of your soul, your temple.

You may repeat the motions in the body blessing prayer as many times as you need to open yourself to your body and love your body fully, with all its scars, cellulite, wrinkles and imperfections.

The body blessing prayer starts with a modified Yoga Hero Pose, because you are a hero. Your body is the physical manifestation of the hero in you. Your body is the path to oneness of body, mind and soul. Your body is a window to your Soul. Health and healing cannot come until you love your body:

Begin in a kneeling seated position if that is available to you (modified hero pose). Or find any seating position that feels comfortable and reverent for you. Open your hands out in front of you with your palms upward, representing your openness to receive Love and blessings from above.

1. Bow your head.
2. As you breathe in deeply, slowly bring your open palms up toward your shoulders, bending your arms at the elbows.
3. As you move your arms upward, scooping up Divine Love, you will bring your open palms towards yourself, touching yourself lightly on the shoulder to symbolize your receiving and accepting Love from the Universal Source.
4. Slowly lower your arms again as you exhale and bow your head.
5. Repeat as often as needed to feel the blessing and to love your body!