The Feminine Spirit
Who is Namaste?  

Life Alchemist. Femininity Catalyst.  
A Force of Nature

I have spent my life seeking means of stroking and sustaining the Feminine ember. Embracing education both Auto-didactic and formal, I am called the “bodhisattva of femininity” by my clients. I have studied many methods of Healing as well as Life Transformation. A certified Life Coach, Ordained Minister, Licensed Art of Feminine Presence Teacher and Certified Law of Attraction Practitioner, I am the Founder of SOFT – The School of Feminine Transformation, a system of Empowered, Embodied, Enthusiastic Feminine Living. Namaste believes that living life embracing our authentic feminine selves is living life ecstatically.

“I have come to evoke and kindle you to aid in fulfilling your deepest bliss with Passion, Purpose and Presence. Within any desire is the potential for its fulfillment”.

Some toys in my playground include: Law of Attraction and other Cosmic Laws, EFT, Oxytocin Awakening, NLP, Chakra clearing and charging, Menstrual mysteries, OM’ing, Muscle Testing, Intuitive Health Choices, Tantra and other forms of Sacred Sex, and much, much more!

As Featured In:
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Welcome!

Thank you for gifting yourself this amazing class!

It is my sincere hope and desire that you will find yourself within this course and find ways to understand and embrace all of your facets in Light and Shadow.

Before going to deeply into this workbook I encourage you to watch all of the video lessons and simply accept what IS. See where you feel resistance, and where there is expansion. Notice your aha moments. Grab a journal and take notes- but most importantly sit with yourself and feel the love!

How to Use this Workbook

Take your time – without judgment and allow yourself to see all of the benefits of each other these facets. You’ll find each facet has been divided into 4 parts:
• **The Privilege** - Every aspect of you is worthy of honor. It is a privilege to have any facet in operation in your experience no matter how deep her Shadow is or how much she may be demonized by society or by your inner critic.

• **The Invitation** - This section is where you find ways to invite the energy of this Facet to be more evident in your life. This may be because you have been denying her out of fear or loathing, or because this facet has not yet stepped forward. If you feel this facet calling to you – take advantage of the actionable items in the Invitation section.

• **The Shadow** - This section talks about the shadow side of each aspect. Shadow is nothing to fear or run from – on the contrary, the Shadow will often show you where you may be triggered, have unmet needs, experience fear or insecurity. The shadow of any aspect also tends to show up when you deny that Aspect in general. What
which we resist persists. Sometimes the easiest way to get out of Shadow is simply giving that Aspect some room to express itself and some love.

• **The Acceptance** - This is the opportunity to grow past the Shadow. I named it the Acceptance as a constant reminder that acceptance is ALWAYS a good idea. Demonizing the Shadow does not make it leave- but acceptance allows space for finding amazing, empowering ways to address those wounded areas using Self Love and Nurturing.

Once you have completed the workbook you will find an Invocation on the last page. Take your time with it, as it is profound and powerful. Wait until you are ready to do it.

In Love, Life and Lushness,

Namaste
Playlists

The Wild One
- Sia - Titanium, Wild One, Breathe Me
- Joss Stone – Right to be Wrong
- Katy Perry- Roar
- Mary J. Blige – Family Affair

Wisdom/Strategy
- Fugees - Ready or Not
- India.Arie- I Choose
- Eurythmics – Sweet Dreams
- Alicia Keys- Girl on Fire
- George Michael – Father Figure

The Priestess/Devotee
- Tina Malia – Silent Awakening
- Madonna - Like a Prayer
- Donna Delory – Ha Ma Durga
- Desert Dwellers- Shiva Nataraj, Mysterious Presence

The Wife/Companion
- Dido - White Flag, Here With Me
- India.Irie – The Truth
- Adele – Rolling in the Deep
- Aretha Franklin- Respect
- Jennifer Holiday – And I am telling you
The Mother

• Whitney Houston - Celebrate
• Pink – Family Portrait
• Maxwell – Woman’s Work
• Cheryl Pepsii Riley- Thanks for my Child

The Unformed One

• Purity Ring – Crawlersout
• Ariana Grande – Baby I
• Berlin – Take my Breath Away
• U2 - I Still haven’t found what I’m looking for
• Bonnie Tyler- Total Eclipse of the Heart

The Alchemist/Transformer

• Kelly Rowland- Kisses Down Low
• Donna Summer – Hot Stuff, Love to Love you Baby
• D’Angelo – How does it Feel
• Massive Attack- Teardrop
• Floetry- Say Yes
The Wild One

The Privilege

• This is the Facet that loves the Wild places, loves to be free, she is expansive and free.
• Untamed.
• The Huntress with perfect aim.
• Allows you to create goals and meet them.
• Goal focused, competitive (with heart and womb in activation).
• Strong connection with “The Sisterhood”.
• Connection with nature and wilderness in total comfort.

The Invitation

• Allow yourself to become absolutely focused without distraction
• Spend time alone focused on your own pursuits
• Focus on your sisters
• Organize your life around what matters to you
• Connect with women’s only programs and rights of passage
• Spend time in the Wilderness – Hiking, Camping, etc;
• Howl at the Moon
• Feel the internal pull of your inner Wild Child
• Spend time outdoors Naked
The Shadow

• Lacking connection to close emotional intimacy
• No home base
• Contempt for Vulnerability (in men, women or self)
• Coldness and Cruelty
• Destructive rage in the form of extreme hostility
• Emotional distance and inaccessibility
• Lacking mercy

(STOP – No judging yourself ‘kay? You’re AMAZING and AWESOME!)

The Acceptance

• Choose not to throw out the baby with the bathwater - there is no need to sacrifice the softer feminine ideals in order to stand against feminine oppression.
• Learn to value vulnerability
• Allow yourself to love and care deeply for someone else
• Spend time around women in “traditional” roles - learning to value what they offer in the world
• Think of your end of life - do you want to be alone, or with others?
• Invite in other facets: Aphrodite – The Transformer, Demeter the Mother, Hera the Companion to help you connect with these other facets

Wisdom and Strategy
The Privilege

- This is the facet that connects deeply to wisdom and strategy
- Defender of men and masculinity
- Values rational thinking and logic over instinct and intuition
- Keeper of Domestic skill that involved forethought and strategy – weaving etc;
- Taming the Wilderness
- Enjoys cities and civilization
- Daddies girl
- Moderation

The Invitation

- Take advantage of opportunities for education
- Create disciplined habits (in work, education, around the home)
- Study factual information
- Invite her closer when you need to think clearly in emotional situations
- Consider what is practical and rational
- Study critical thinking
- Learn to weave, knit, spin, cross stitch, needlepoint etc;
- Create schedules
- Look for the most efficient way to do tasks
- Find a mentor
- Create relationships (platonic) with men you respect
The Shadow

• Lacking emotional intensity
• Lacking Passion
• Lacking Ecstasy
• Unable to be fully in her body
• Lacking maternal or sexual instincts
• Not creative
• Tends to lack sensitivity and empathy
• Crafty to achieve goals, regardless of method. Wheels always turning
• Judgmental

(This might be a good time for some yummy chocolate dearest!)

The Acceptance

• Take a break and turn inward
• Use handicrafts as a means to Zen
• Practice pottery, weaving etc; when spending too much time in your head.
• Play with your inner child – crayons, bubbles, clay, cultivate whimsy
• Heal the wound with the maternal – figuratively and literally.
• Learn to understand and value your mother
• Imagine how others feel – allow yourself to connect with them emotionally (Try dropping into wombspace and heartspace to do this)
Priestess/Devotee

The Privilege

• Makes spaces holy and sacred
• Carries and creates the spirit or energy in a space
• Creates a feeling of wholeness and groundedness
• Focused on home and hearth
• Emphasis on the internal experience of the Self
• Perceives by looking inward and intuition
• Seeks quietude, solitude and tranquility
• Deep spiritual presence
• Working in time or with time- not rushed or manic

The Invitation

• Practice stillness
• Create spiritual practices that focus on Being
• Stop multitasking- focus with mindfulness on one task at a time
• Begin a meditative practice
• Allow time for quietness – turn off all technology
• Allow space for solitude
• Undertake to find your life purpose
• Find and cultivate your inner sanctuary
• Do Contemplative housework
The Shadow

- The lack of negativity can actually be the Shadow of Hestia
- Loneliness and Isolation
- Lacking in persona
- Difficulty dealing with conflict or drama
- Non-entity/ Profound introversion
- Feels anonymous
- Difficulty with direct expression of feelings
- Feelings of devaluation

(Have I told you lately that you are so freaking precious? You ARE!! – Now – exhale a breath)

The Acceptance

- Create a persona- not a fake act, but a real reflection of how you DESIRE to be perceived and interact with others.
- Learn the art of small talk
- Drop into wombspace and create solid containment (check out The Nest Class for how to do this) so as to not leak your energy and end up depleted
- Call in other archetypes/Facets to help with assertiveness
- You are amazing – stay true to yourself – don’t feel compelled to sink into the intellect or the emotionally driven state.
- Allow your inner need for tranquility- honor that.
The Wife/Companion

The Privilege

• Intensely powerful force in a woman’s personality
• Creates the desire to be a wife and mate
• Joy fulfillment and completion in marriage
• Commitment to relationships
• Values the marriage above all
• Huge capacity for loyalty and bonding
• Unconditional relationship commitment
• Innate desire for Sacred Union

The Invitation

• Seek to create a committed relationship – understand that it may not come easy if you haven’t played with the facet before
• Apply your will towards commitment in relationships
• Step away from the promiscuity or independence of other facets
• Turn away from attraction to non-marrying men
• Desire men who desire commitment
• Deepen understanding and embodiment of “wifely” traits
• If not in a relationship – dream about wedding and marriage
• If in a relationship – put emphasis and focus on the creation of a strong and fulfilling union as a primary priority
The Shadow

• Constriction to meet the “idea” of being a wife
• Rage and Jealousy
• Lack of connection to reality of relationship – in love with romantic ideal
• Seeks perfection in Husband – frequently disappointed
• Insecurity and rivalry around women
• Always blames the woman for infidelity of man
• Does not know when to let bad relationships go
• Will not acknowledge rejection
• No identity outside of wife

Time to BATHE in Self Love—Lavish it on, Lather it Up, Saturate in it!

The Acceptance

• Seek the help of Athena (Wisdom) prior to marriage
• Connect with the person not the idea of marriage
• Enrich and cultivate other facets of self—this needn’t compete with your relationship but can be a welcome addition to it.
• Practice seeing your partner as they are, not as you wish they were
• Learn to trust your partner
• Find creative and artistic outlets for anger, rage, fear, and insecurity
• Remove rivalry with other women by bringing in some Artemis sisterhood energy.
The Mother

The Privilege

• Maternal instinct fulfilled by having a child or nurturing others
• Enjoys providing food and nourishment
• Very generous in time, energy and resources
• Tends to show up in occupations like nursing, counseling etc;
• Keeps the human race continuing
• Provides for the weak and helpless
• Full of patience and perseverance as far as children are concerned.

The Invitation

• Have a baby or find a cause or person to devote yourself to in a maternal role
• Volunteer at a soup kitchen
• Plant a garden
• See your projects or purpose as your “baby”
• Turn your attention more fully towards your children (if you are a mother) seeking new ways to nurture them.
• What do you feel altruistic and loyal towards? Devote yourself outwardly to that cause.
The Shadow

- Tends towards Depression
- Controlling mother
- Does not know when to let go of children
- Inappropriate mothering
- Guilty of overcommitting yourself to people and things important to you
- Too many children without conscious planning
- Fostering dependence in others
- Infantalization of others
- Need to be needed
- Passive aggressive behavior
- Empty nest very difficult period
- Defensiveness

Mommy energy needs just as much love as it gives out – Here’s a BIG OLE Fluffy Hug — from one mama to another

The Acceptance

- You are a good mother! Good mothering does not mean perfection – it means loving and honoring your child – give yourself a break
- Be willing to see where you might be in shadow
- Acknowledge anger towards those you love or who you feel don’t appreciate you
- Allow children independence
- Learn to say “No”
- Cultivate other aspects as children grow up
- Find another outlet for maternal energy (garden? Pet?)
The Unformed One

The Privilege

- Eternal youthfulness
- Full of optimism and opportunity
- Obedience to authority
- Highly Adaptable and Changeable
- Connection to unconscious mind
- Willingness to go into the Darkness and see you through

The Invitation

- Cultivate receptivity
- Wait for situations to change instead of FORCING change
- Allow instead of “Make”
- Accept situations with flexibility
- Accept there is more than one way for any situation to end favorably
- Allow trust in the Great Spirit/I AM/Universe to make things right
- Open to investigation of own ESP abilities
- Practice SELF acceptance without disclaimer, judgmental attitudes of equivocation.
The Shadow

- Can be inappropriately passive and compliant
- Lack of commitment
- Tends to avoid making choices
- Fearful of your own dark side
- Waiting to be rescued
- Procrastination
- Refusal to take personal responsibility
- Deviousness, lying and manipulation to avoid responsibility or “getting in trouble”
- Tends towards psychological illnesses

STOP – Time for cupcakes I think – Don’t You??

The Acceptance

- Learn to make a commitment and stick with it
- Practice making choices- start small and work your way up.
- Make decisions instead of waiting for them to be made for you
- Cultivate active energy- running, cardio focused exercise to create more activity in your energy
- Commit to gentle and compassionate honesty and truthfulness – no lies of omission.
- Your life belongs to YOU – what do you want to do with it?
- Learn to embrace and open to full dynamic sexual expression
- OWN your desires, longings and passions
- Play with innate mystic, medium, psychic ability
The Alchemist/Transformer

The Privilege

• Creates ability for deep emotional experience
• Desires consummation for her own pleasure
• Clear sense of personal meaningfulness of desires and actions
• Incredible at creating magnetism
• Embodies that which is beautiful as well as beautifying everything she touches
• Expands capacity for love to include ALL aspects and permutations
• Focused, intense, delicious consciousness that is receptive
• Gives others loving attention – is fascinating and also fascinated by others.
• Amazing communicator
• Deep sensuality and sexuality
• Helps others achieve vision and dreams

The Invitation

• Study the Kama Sutra and other sexual manuals
• Connect sexuality to spirituality to human experience
• Connect deeply with the sensual experience- indulge all senses in the experience of life
• Cultivate interest in art forms
• Create mindset that says pleasure is good for its own sake
• Connect to body sensuality - Belly Dance, Salsa and other sensual dances

The Shadow

• Unconscious Promiscuity
• Acting on sexual proclivities without regard to consequences
• Gives mixed signals
• Can get a reputation as a tease and flirt
• Tends to alienate women
• Can experience guilt and shame for her sexual desires
• May live too much “in the moment” – over spending and standing others up.
• Lack of commitment in romantic relationships

BOOGIE time!!! Let’s move those hips and release some emotion – bump and grind goddess!!

The Acceptance

• Paying attention to others responses to you
• Create good containment against unwanted sexual interest
• Consider tomorrow before making decisions
• Learn to find out what is really important versus what is only important “today”
• Temper the power of this facet with deep empathy and compassion. – Don’t seek to attract just because you can.
• Take a break from relationships in order to see with clarity your partners and what you truly desire
• Learn to say no – not to others so much as to YOURSELF when your desires are leading you towards things not in your best interest.
Goddess Ascension
Meditation and Invocation
(to be invoked when you are ready, do so mindfully this is very powerful and should not be done lightly)

With my Mind, Body and Being I set my intention
May I be fully hidden in you The Great I AM *
May I be full protected in You
May my intention be made clear, and pure in You

With my Will Aligned I speak
Let my cellular structures, DNA and neural pathways be vibrationally expanded
That I may receive Insight, Clarity, Wisdom and Knowledge
From the Ascended Masters both known and unknown
From my Angelic Assistants both known and unknown
From The Ancestors who are aligned with I AM both known and unknown
From My Higher Council Both known and Unknown
From my Higher Self that sits in the Completion of the IAM
From The Elements in Their Highest form of Light and Purity
From the Four Directions in their highest Form of Light and Purity
From all Dimensions and Universes in Light and Purity

Let there be an activation within my consciousness, subconscious and unconsciousness
Let there be an activation in my physicality, metaphysicality and supernaturality
Let my component parts come together in Oneness and Unity with IAM
I accept all of my facets
I embrace all of my aspects
I adore and love all of my being
Let my Highest Good manifest in the Now
Let my Well Being Manifest always in the Now
Let all good and perfect gifts reside in my Now

I open myself to be expanded in alignment with my Highest Truth and the IAM
I open myself to ascended to the Highest Level that is in my Highest Good with IAM
With my will I remove all blockages, limiting beliefs, knots, soul ties, triggers, trauma, mental barriers that are held in my body, my psyche, my etheric field and would limit my Ascension

With my Will I release unforgiveness, resentment, fear, hate, envy, pride, jealousy which prohibits my ascension.

With my Will I align myself with Love
I step into Love
I embody Love
I become Love

I AGREE with my Empowerment and Infinity
I AGREE with my pleasure and ease
I AGREE with my Connection and Collaboration
I agree with Oneness and Congruence
I agree with my Flow
I agree with my Intuition
I am aligned and there is no discordance within me
I am one and there is no division within me

I AM
Resources

The following Resources were used in the creation of this class or were mentioned in the course of my research.

- www.sevengoddesses.com
- www.goddess-power.com
- The Goddesses in Everywoman – Jean Shinoda Bolen
- The Goddess Within - Jennifer and Roger Woolen
- Caroline Myss – her work regarding Archetypes
- Carl Jung – Work regarding archetypes

If you would like to work through your archetypes and how they are showing up on a personal and private level, with custom practices and activities – feel free to contact me for one-on-one Coaching.

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