

Embodied Leadership

16 weeks of soulful medicine

Welcome, dear one, to this initiatory and highly experiential container that meets every Friday for 16 consecutive weeks. Each week will build on the previous week, so it is important that you show up for the live transmissions as much as possible.

We will move with the tides of the Moon, the Earth, and the Womb, meaning cyclically and highly intentionally. In short, this offering will be fluid and somatic like the goddess, like the feminine principle of creation.

The teachings will consist of practical, hands on, interactive and participatory engagement, honoring and working in collaboration with female deities and with the Archetypes of both the Moon phases and the first 4 archetypes of the major Arcana: the Fool, the High Priestess, the Empress and the Magician, thereby activating their essence and energies within us.

You are encouraged to participate, ask questions, and hold space for each other. You will receive support on your questions as well as guidance into how to protect your energy field when working with this sacred body of knowledge.

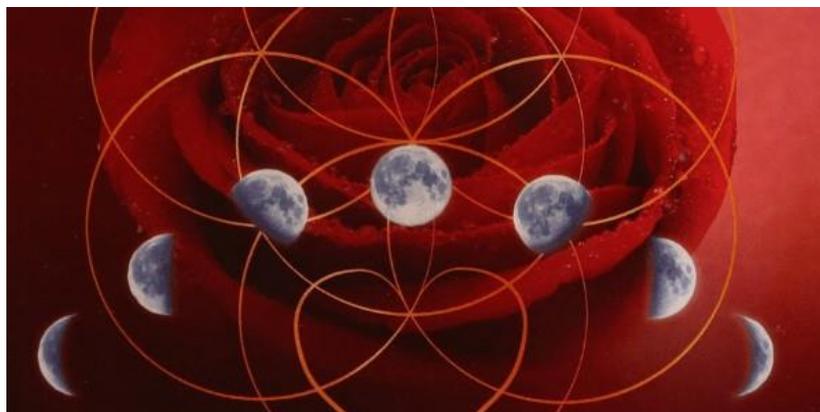
The 4 archetypes of the Lunar Cycle

Maiden: This is the energy right after your blood cycle ends and relates to Springtime, to new beginnings. Right after the new moon.

Creatress: This is the energy of the waxing moon, of growth, manifestation, and expansion. This archetype is embodied during the time when you are growing estrogen inside of your womb.

Mother: This is the energy of Summer, peak estrogen, and peak ovulation. Relates to the fullmoon and to being full, ripe, and fully pregnant with your visions/babies.

Crone/wise one This is the energy of the waning moon and into the new moon, from Fall/Autumn to Winter. The archetype of the crone is embodied when you are bleeding, then at the end of your cycle, you become the maiden and a new cycle begins.



Week 1: Tuesday, January 11

Opening Ceremony, Setting our grounded and rooted intentions.

The first meeting sets the tone for the 16 weeks.

Magic, invocation, and ritual.

Seeing each other fully. Honoring each sister in the container.

Have a pen and paper nearby.

Prompt:

What's your story? Where are you on your Embodiment Journey?

Week 2:

What does it mean to be in a female body at this time of the emergence of the New Earth?

Discussion: what are some unconscious beliefs about the Womb as a temple?

How has the Patriarchy shaped those beliefs?

The womb, and why it has been obscured and misunderstood.

Prompt:

Do you feel aligned with your life purpose or souls' calling?

What may be some blocks preventing you from aligning with your purpose?

Week 3:

Women are cyclical, not linear.

How, by denying our cyclical nature and intuition, we uphold the Patriarchy and bring imbalance and dis-ease. How we can begin to move, serve, flow, and create from our cyclical nature without fear.

Diving deeper into the mystery of the Womb and the menstrual cycle.

The energies and medicine of the New Moon. New moon ritual.

For this meeting you will need **seeds**, like rice, beans, coffee beans, or cacao beans.

Prompt:

When you Listen and quiet the mind, what are some stories, imprints, traumas, or ancestral unresolved issues you may be carrying here?

Week 4:

The **Four Archetypes** of the lunar cycle and how they inform your mood, psyche, and energy levels. More about Womb wisdom.

The color of your blood and what it indicates.

Diet to support cycle and womb health.

Guest presenter.

Prompt:

When I open my heart, what is present there?

Do I tend to open up or close, when emotions surface?

Week 5:

If we want to see a different world, where there is more truth, safety, and justice for women to return home to their bodies, we need to name the systems and structures currently in place that have caused us to disconnect from the web of life, to disassociate from our bodies, and to live in unconscious fear.

Deprogramming our subconscious. Sensory experience: *Nature drum Shamanic Journey*.

The role of Colonization, White Supremacy, Capitalism, and the idea of *success* as sources of unconscious anxiety.

We can do better. We have the capacity to create new thriving systems in alignment with the rhythms, the intelligence of the Earth mother, and our cyclical bodies.

Prompt:

How do those systems live within me?

How can I start to call my power back from those structures and choose differently?

Week 6:

This class expands on week five and goes deeper.

Courageously divesting from the old paradigm by reclaiming *Sovereignty* and your sacred agency, because it is our thoughts and collusion that maintains those systems.

The Earth Mother is calling her daughters to birth new ways and blueprints.

Are you ready?

Prompt:

What is sovereignty and self agency?

Week 7:

Patriarchal linear mindset **vs** feminine co-creation and sustainability.
Making the shift in orientation and saying yes to embodying more of the sacred feminine.
Examining old belief systems we have been conditioned to adopt.

Prompt:

What are some unconscious or conscious values I have adopted about my worth and productivity, under the Patriarchy? How do these values impact me and my ability to tune in to my more feminine/intuitive side?

Week 8:

An **in-depth healing of the inner child** via Guided Shamanic Soul Retrieval.
This meeting will be intense and raw. If you have a **toy, stuffed animal** or anything **from** your **childhood**, please have it with you.

Visiting unprocessed, unacknowledged wounds, feeling them, AND releasing them somatically in the lower world/ womb of the mother. Integrating the inner child with the adult you.
Deeper integration = deeper Embodiment.

Prompt:

Am I ready to receive my inner child, inner girl? What does she need to feel held and seen?

Week 9:

Dance Session. Adorn yourself for this meeting.

Somatic expression and movement as foundational for healing and clearing trauma held in the physical body and/or in the energy field as memory.

Epigenetics, the environment. Your genes are not your destiny, and conscious lifestyle does make a difference in gene expression.

Prompt:

Do I feel safe in my body, in my expression of the feminine?

What are some sensations coming up when I move my body consciously?

Week 10:

Embodying the **Medicine of the Mermaid**, diving into the deep waters of the unconscious and the psyche to retrieve a part of you and your essence, to retrieve more of your gifts and medicine at this time.

Journal work and tarot deck. (Have your favorite **Tarot deck** with you.)

Drawing your insights. Let's create art!

Have **colored pencils** with you and **paper** or other medium to create visuals of any of the previous 9 weeks' insights, medicine, or revelations.

Prompt:

What gifts have I recovered through this program so far?

Am I ready to reclaim my unique medicine?

What did I retrieve from the depths of my inner landscapes through arts and visuals?

Week 11:

Archetypes and Alchemy.

The first four archetypes of the major Arcana using the Mother Peace tarot deck by Vicki Noble.

Understanding that you are indeed a magician and co-weaver of the collective dream.

The Fool, the High Priestess, the Empress and the Magician and their significance in helping us usher forward a new consciousness. Experiential practice with their energies.

If you have **Tarot or Oracle cards** with the major arcana, please have them with you.

Opening ourselves to magic and intuition.

Prompt:

Which of those 4 archetypes of the major arcana do I embody or wish to embody at this time?

Week 12:

What is the New Earth?

Birthing the New Earth template together in our sacred sisterhood.

Co-weaving it, co-envisioning it through a guided Shamanic Journey to the upper world, the realm of our becoming, and our unfolding in our shared future.

The role of Indigenous wisdom, Indigenous mind, and cosmo-vision in the New Earth.

Their cosmo-vision is one of **interconnectedness with the web of life** and sustainable living and hence, is a deeply feminine cosmo-vision!

Prompt:

What seeds am I sowing in my consciousness?

Week 13:

Surprise guest presenter!

This meeting is reserved and open to deeper integration of the previous weeks, to questions, more co-envisioning of the New Earth, more deprogramming.

Prompt:

At this point in the program, what do I need?

Checking in.

Week 14:

Fire Ceremony for Alchemy.

If you have a **fireplace**, **fire pit** or a large **candle** please light it.

Nervous system modulation somatic practice with guided Journey and drum sound medicine. Drum sound medicine shifts brain wave patterns from Beta (normal waking state) to the Alpha or even Theta pattern, which are associated with brain remapping, restoration and trance.

The intention for this journey is to create the environment to elicit deep healing and regulation. Please have with you **herbal tea** or **water** and wear **comfortable clothing** as well as anything else you may need. This may include journal papers you wish to offer and release to the flames.

Prompt:

Am I ready to receive this healing journey and to allow my nervous system to decompress?

Week 15:

Being Seen Completely. How do I relate to being seen?

Healing the *sisterhood wound* of trust. Healing jealousy, owning our projections.

The new way of Leadership is here and is one that emanates from your authentic expression, your embodiment of the feminine ways **in** cooperation instead of competition, working in partnership with other women who are holding the same vision as you!

Prompt:

Claiming my leadership in new and meaningful ways with other sisters,

What is my unique signature of leadership, can I voice it?

Week 16:

Women are birthing the New Earth with our choices and how we choose to engage with the world around us.

Remembering and honoring the connection between our heart, womb and expression.

Closing Ceremony with Womb Rite transmission from the Siphibo Women of the Amazon rainforest. Have **fresh flowers** with you to adorn your womb and your body.

Integration and consolidation.