Face Your Fear
of Your Divine Feminine Power
A Self-Guided Immersive Awakening Experience

I offer this invitation with love and devotion to life…

You've been given the gift of time. Dare to heal yourself. When you uncover and reclaim your hidden divine energy, you create a doorway, an opening through which the vortex of primordial creation will send ecstatic healing waves of love, from the epicenter of your womb out into the universe, healing us all.

This 3-day pilgrimage will take you into the heart of your womb, wherein dwell the memories and keys to much of the core trauma wishing to be released from the collective Feminine unconscious, to restore the gifts you were born with. You will journey shamanically through the energy gates of your womb using sound and vocalized exhalations to release old energies and reclaim your voice and power. You will journey to receive the healing transmissions that await you as you return to the lost divine aspects of your feminine power that have been hidden behind the shadows at the edges of your consciousness.

Dare to travel deeply, beneath the surface of your existence. To begin to examine and untangle yourself from the core mother wound and sister wound, and father and brother wound, that lives in each of us, encoded in your DNA and is imprinted upon the collective psyche.

If you've come this far, I encourage you to take another step and then another. We hold hands and travel this path together. *You are not alone*...

Betrayal, rage, subtle competition, harsh judgement, a pang of jealousy, body shaming, belittling, staying silent- these are the imprinted scraps left over from the patriarchal mayhem that stretched from the times of ancient Egypt and Atlantis to the times of witch trials, and racism, Barbie Dolls, "boys don't cry" and bullying .... Face the truth of all that you are, the way you have abused your power, how you have been on both sides of betrayal - as victim *and* perpetrator - and then allow forgiveness and love to be the balm that dissolves these coercive contracts which have kept you chained to old stories and programs that run automatically when the triggers are activated.

In this journey, I invite you to create a safe space to explore the shadows and embody your true gifts, to reveal your authentic self, to realign yourself in the vibration of your original innocent primordial blueprint, so you can break free from those invisible chains and fully embody who you were born to be, to free your inner dragon and allow your soul to burst forth and shine brightly, and remember your soul purpose here in this lifetime.

As you nurture the fertile soil hidden in the shadows of your inner garden you may make some surprising discoveries:

- ❖ Connect with the beauty and power of your divine feminine gifts
- ❖ Express and release the intuitive primal voice from within your womb
- ❖ Explore and transmute the collective shadow wound of the Feminine that have played out in the patterns of your many lives
- ❖ Remember what it feels like to experience the safety, deep trust and love of women, your mothers and sisters
- ❖ Realign with yourself with your divine feminine soul

Guidance for working shamanically during this immersion:

At any time of day that calls to you, for one hour, create a sacred nest to receive transmissions from the comfort of your home. Light some candles, play your favorite sacred music or drumming trance playlist or download and listen to the complimentary audio files - set the volume as you desire, burn sage or other incense, anoint yourself with sacred scents, and adorn yourself in beautiful sensual fabrics or jewels or simply rest embodied in the beauty of your pristine naked body-temple.

Energetically feel how you are a thread in the fabric of life, connected to the loving nourishing community which supports all life, connected to the Womb of Gaia, and the Cosmic Womb, the Great Mother that birthed us all.

Throughout your journey, allow your breath to vibrate as she flows over your vocal chords up from deep within you, carrying the voices of all the places that have been shut down, made afraid and angry, and sad. Feel the longing. Allow the breath to sound and tone all the parts of your body as you scan her from head to toe, paying particular attention to the places you hold tension and the taboo areas you unconsciously avoid. Trust your inner guidance and release it all. Don't hold back.

When you are fully saturated with information after each transmission - or when you wake up - make some notes in your journal about your impressions. Even if you have fallen asleep to do the work in the feminine subconscious realm, trust what you feel and intuit upon waking: the sensations you feel in your body - scan yourself from head to toe; the emotions percolating, either exploding forth or wishing to emerge from just below the surface; the visions, insights, symbols, smells or tastes you experience during and after this shamanic exploration. Make notes of all these and do not hold back or filter them. It is all information that may become more and more relevant and understandable as you continue to soften into, as you shed the light of your consciousness into these dark crevasses within. You may also choose to press play on a voice recorder as you lay in your shamanic nest, to give voice to and record your notes as you receive the information.

After each transmission: enjoy a cup of tea and a bite to eat or some chocolate to get grounded as you return fully back into your body after your journey. Allow some reflective time for further integration and grounding afterwards so you do not have to rush out of the house to do any errands in the muggle world right away.

Leading up to, during and after these three days, create time for extra self-care: walks in nature, connecting your belly to Gaia and inhaling her earthy fragrance; lavender-scented epsom salt baths; massages; gathering with good friends for deep-soul sharing and laughter; swimming in lakes or oceans...whatever feeds your soul and is a restorative well for you. You will receive valuable information from the dreamtime. Pay attention to what your body is wanting you to hear. You may also feel it would be helpful to schedule an appointment with your therapist, or to begin working with one regularly especially if you have experienced ritual abuse or sexual abuse or any kind of core trauma, for ongoing support during of after this timeframe.

DAY ONE

Opening Ceremony & Transmission: **Receive Your Sacred Gifts**

Allow yourself to be carried on the wings of your imagination as you trust and drop into the center of your womb to discover the Goddess within who is waiting for you. She has been protecting three gifts which belong to you, and she offers them to you now in her outstretched arms.

After you reclaim your gifts, bask in the radiance of Her love and receive Her transmission.

DAY TWO

Journey & Transmission: **Reclaim the Power of Your Feminine Shadow**

Light some candles and wrap yourself in a cozy cocoon as you journey inward into your womb once again, and see yourself in a clearing in the woods. It is nighttime and you have journeyed far in your bare feet, wrapped in a red velvet cloak. A warm fire beckons you to a bubbling cauldron tended by the Crone. You gaze at the flames as you approach, enchanted and mesmerized by the images you see in the fire... These images offer insight into a reunion with your wild dragon shakti. When you can almost touch the fire, you feel the heat penetrate and awaken your being. You gaze into the cauldron past the steaming mists and into the swirling bubbling broth. You are transported on a journey into the heart of what you fear most about yourself. You see and remember your whole Her-story, even the Her-story of your lineage. Receive this transmission into your heart and womb.

When you are ready, the Crone hands you a cup of the brew and as you drink, you feel the re-integration of all the parts of yourself, all the love and power that you have left scattered across your lives.

DAY THREE

Ritual & Closing Transmission: **Integrate and Embody of Your Divinity**

Laying on your back, take some deep breaths and allow yourself to feel heavy and supported by the ground beneath you, and by Gaia herself. When you are ready, bring your knees to your chest and drop them from side to side in a spinal twist. Keep your awareness in your pelvic cradle, the chalice of your womb, and move slowly, intentionally with each breath. Breathing a couple breaths on one side before moving to the other.

Follow this with a variation where you leave your feet on the ground by your hips as you drop your knees from side to side. Trust Your Inner Guidance. Breathing gently and deeply all the

while aware of and journeying with your hips, psoas muscles, yoni, root, pelvis and sacrum, and dragon tailbone. Notice the sensations of these areas as you breathe and move slowly, gently. Notice what feelings arise, gently breathing and allowing their existence without judgement.

Begin to let your body move itself, like a baby, feeling your impulses move reflexively, kicking your heels up in the air back and forth, holding your toes or opening and closing your hands. Trust Your Inner Guidance. Explore this for a few minutes or ten minutes before releasing your legs and arms to lay flat and rest, expanding your breath, feeling the aliveness of energy coursing through you. Feel your breath gently push each sole of your feet, first one and then the other, feeling this gentle stretch and lengthening as your breath expands, deepens and releases. Feeling your body relax, heavy and sinking into the loving supportive embrace of Gaia, Trust and connect with the divine flow and sacred voice within.

Listen deeply to the information downloaded during this transmission, as you do this gentle yet powerful practice of embodiment. Allow the transmission to integrate all that you have journeyed with and experienced during the last three days.

With love and blessings from my womb to yours ...

In addition to this 3-day immersion I would like to offer you a healing session by donation to support your integrative soul-psyche grounded healing. If this resonates for you, reach out to schedule a holistic psychospiritual remote healing session.

With Love,

Dhyana
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🌙*Woman Who Runs with Song*
Psychospiritual therapist facilitating deep psyche rebirth

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… It is time to take care of each other and our planet.