

# Embracing The Feminine

---

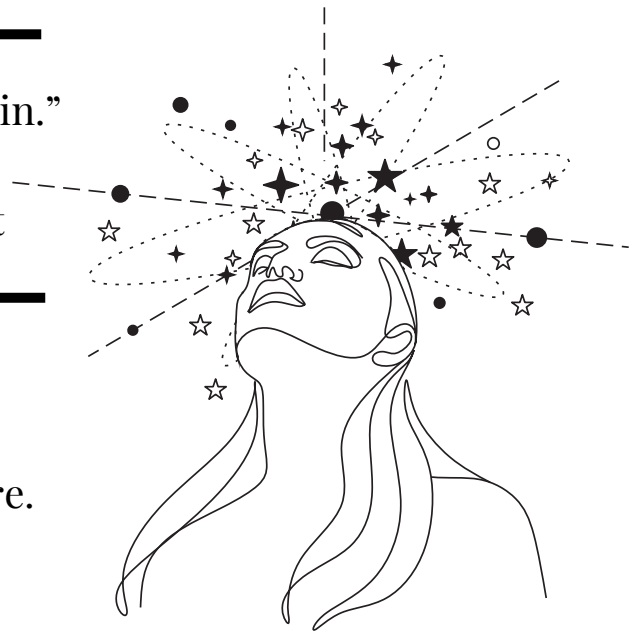
“Let nothing dim the light that shines from within.”

- Maya Angelou, rights activist and poet

---

The feminine represents our inner feminine energy. This energy is often associated with nurturing, love, receptivity, compassion and care. Feminine energy is our being energy, and is the polar opposite of masculine energy, which revolves around doing.

---



**The feminine energy is powerful. The feminine strength comes from her soul and knowing who she is.**

---

As women we can sometimes find ourselves falling into stereotypical gender roles that can often lead us to having an overwhelming amount of everyday routine tasks. Due to societal expectations we often neglect to protect our energy. It is important to recognise our feminine needs and nurture our spirit appropriately.

In order to recognise and honour your feminine energy, you must allow time for healing, recharging, and self-care, you need to **make your pleasure a priority.**

# Practice

## What does feminine mean to you?

Femininity will mean something different to each of us, remember this is a personal and intimate relationship with the self.

On a piece of paper explore what femininity means to you, this will provide you with an understanding of your own feminine. Use these prompts to get started:

- ◆ How do I perceive femininity?
  - ◆ What makes me feel feminine?
  - ◆ What makes me feel beautiful and loved?
- 



## Move your body

Moving your body to music that empowers you enables you to connect with the animalistic feminine inside of you. **Move your body without any judgment and be comfortable in your own beautiful skin.**

Start by finding a suitable space to explore this movement. Play a song of your choice, focus on fluidity, focus on how the music carries your body and on self-acceptance instead of choreography. Set the mood if this helps, utilise low lit lighting and close your eyes if it is safe to do so. Dancing in front of a mirror, if you feel ready, can also help support this practice.

---

## Spend time around other women who inspire and empower you

This can come in the form of a female support group or even time with a few close friends. This can enable you the opportunity to bask in boundless female energy, supporting one another and nurturing your feminine energy and soul.

Explore typically feminine activities with your group, whether this be an evening spent together sharing drinks and pampering products or a long walk with space to share and empower one another.

Check out women only groups in your area, such as the [Ladies Circle](#).