

Awakening Ourselves to the Feminine Divine
By Eileen Wood
June 2008

As the energy of the universe is shifting into the feminine aspect as the basis from which we observe, experience and perceive our reality, understanding our divine nature can help us to transition with the changes. There is an undeniable, determining force that we cannot ignore or deny in the feminine divine- the Great Goddess, bringing us a new vision of the sacredness and unity of life.

Through the women's movement that began in the 1960's to equal rights of today, women are altering the social, economic and political social order by pioneering a unique consciousness. Bringing the feminine into the masculine and balancing the energies, great changes are occurring stirring up the structure of our societies. The archetype of intuition, feelings, compassion and inner strength are the hallmarks of spirituality bringing value to this part of our duality makeup of feminine and masculine.

The old patterns of masculine rule is breaking at the seams while the feminine is pushing forward to be seen, heard and known. The new will prevail as the old is shattered, released and dissolved. We have been trapped in a world of darkness ripe with lies, deceit, manipulation, control and disdain for the feminine. This way of living can no longer exist with the divine feminine charging in to bring much needed change to the way we live, communicate and evolve as people and societies. The light will prevail, for darkness is simply the absence of light and the more the divine feminine is brought into the world, the brighter darkness will become eventually disappearing altogether.

Rather than responding to life from the victim consciousness which has its emphasis through anger, envy, jealousy, separation, competition, and low self esteem ; the divine feminine thrives with joy, happiness, confidence, grace, creativity, wholeness, inclusion and wisdom. Who are we when we hold on to those people, places and things that hold us back? We cannot judge and blame others for the way our life is. We are the creator and the divine feminine allows us to bring to the surface those thoughts, beliefs and perceptions that allow flow with the universe and our life's journey.

As the planet is purging and merging healing herself from the inside out, we too as part of the great cycle of life are healing from the inside out. We are defining our authentic selves only allowing that which is for our highest good to prevail. As this process moves through the various stages there will be changes on all levels: mental, physical, spiritual and emotional. We may find ourselves on a wild roller coaster ride that sometimes may feel that it will never end. It is critical to stay focused on what we want making sure our beliefs match our desires. If not, there will be slow progress.

New life is here and we are being guided to follow the path. We have two choices, follow willingly in peace, serenity and calm or go kicking and screaming holding steadfast to the familiar and what we know. By letting go of the fears and uncertainty of where you are going and how you will get there, you free yourself to be in alignment with this divine feminine energy that brings much needed change and release from the bondage we have been in for so long. When we live as our authentic self, free from stress, worry and fear our basic needs for love, acceptance and pleasure will become our new reality manifesting the life we never thought we could live. The only thing that holds us

back is us, the old way of limited thinking and depending on others for our success. If you want to experience harmony in your life you must cross the line of the socially defined ways of how we are supposed to live into living our authentic self just as we are. The feminine divine is now awakening within us and becoming aware of its power and exercising your empowerment to be who you are at the core is your ticket to freedom. What you are seeking is seeking you; what is seeking you, you are seeking. You cannot run from your truth, it will follow you everywhere you go including dreams, the awake state and through the guidance of others.

If you want to balance yourself with the new energies swirling around us at this time, it is important to just allow. Fighting the flow can only make life more challenging. There are techniques and processes that can be implemented into your daily life that will assist you in moving with this new and wonderful feminine energy. Trust is the key to unleashing the feminine divine within and letting go of control. Our soul carries within it the intention and the power to transform unconscious patterns so we can reach our evolutionary goal of a mature, transformed consciousness. Becoming familiar with all your life is offering you including images, external and internal messages; discovering, through the growth of insight into their meaning, how to bring mind and soul into relationship, harmony and balance, could change your beliefs, your life and your world.

Eileen Wood

eileen@serenityexpressions.com

919-523-7872

www.serenityexpressions.com

Practitioner of the Healing Arts, Scholar, Teacher

Spiritual Awakening and life changes can be a challenge to the mind, body, soul and spirit. By tapping into the depths of the body's system and focusing on the root causes of dis-ease in your life you can become whole and balanced. Training, counseling and guidance for life transformation are part of the healing process. Eileen is completing her Masters in Transpersonal Studies focusing on the interconnectedness of the mind, body and spirit. She helps to bring change and harmony into your life so you can live authentically and with empowerment.

Eileen self healed from Fibromyalgia propelling her on a path in her life's journey that awakened her to gifts and skills she now shares with others. She is a guiding light helping show people the way to self actualization and healing.

Eileen is trained as a Reiki Master, Arcing Light Teacher, and Touch for Health practitioner. She offers individual or group counseling, workshops, classes, and speaking engagements; by phone or in person.