

SACRED FEMININE AWAKENING



THE EMERGENCE
OF COMPASSION

M I S A H O P K I N S

BESTSELLING AUTHOR OF *THE ROOT OF ALL HEALING*

**SACRED FEMININE AWAKENING
THE EMERGENCE OF COMPASSION**

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Table of Contents

[Introduction](#)

[What Is The Sacred Feminine?](#)

[What the Sacred Feminine Is Not](#)

[How the Sacred Feminine Has Been Confused with Evil](#)

[The Importance of the Sacred Feminine for Women and Men Today](#)

[Why Do We Struggle?](#)

[How Does the Sacred Feminine End the Struggle?](#)

[Mother and the Sacred Feminine](#)

[The Mother Calls](#)

[Accessing the Sacred Feminine Through Meditation](#)

[Meditation: Sacred Mother is Holding You](#)

[Why is the Sacred Feminine Calling You?](#)

[The Sacred Feminine and Women's Emergence](#)

[Discovering Your Intuitive Wisdom in the Sacred Feminine](#)

[The Role of Emotions in Awakening the Sacred Feminine](#)

[What Is Forgiveness—Sacred Feminine Style?](#)

[Why Bad Things Happen and What to Do About Them](#)

[Complacency and the Sacred Feminine](#)

[How the Sacred Feminine Sets Us Free](#)

[What to Do When the Sacrifice Is Too Great](#)

[How Do I Claim My Power as a Woman in the Sacred Feminine?](#)

[Rest in the Sacred Feminine](#)

[Holding—The Most Ancient Prayer in the Sacred Feminine](#)

[How to Use the Holding Meditation](#)

[Meditation: The Holding](#)

[Following Our Hearts Home](#)

[Closing Meditation: Be Held in the Comfort of the Sacred Feminine](#)

[A Special Invitation to You](#)

Introduction

Since you have been drawn to this book, you may have already had your own experiences in the Sacred Feminine—or perhaps your curiosity about this increasingly widespread principle has simply grabbed your attention. Regardless of your reason, I honor you for choosing to explore the meaning of the Sacred Feminine in your life. In my case, it had to grab me through illness, so if you have come to meet it willingly and consciously, I bow to your journey and your compassion.

The Sacred Feminine is not a religion—it is an energetic and spiritual concept that simultaneously exists outside of religious definitions and applies to many religions. Indeed, the feminine aspect of the Divine is present in the gnostic or mystic roots of numerous faiths. So, if you are a religious person, the Sacred Feminine can provide a new perspective in appreciating and exploring your faith. And if you are a spiritual seeker, it can add a new dimension to your journey.

What Is The Sacred Feminine?

Imagine that within you is the capacity to lovingly hold everything that troubles you and pleases you—in compassion and without judgment. Imagine how sweet your life would become if you remembered how to hold yourself and others in that kind of limitless love.

Think of the vastness of space, from which all of the planets, super novas, suns—all of life—emerges. Combine that vast space with limitless love and you have the vibratory essence of the Sacred Feminine.

The energies of the Sacred Feminine and the Sacred Masculine, two halves of one whole, have existed since before time. Most of us today are familiar with the Yin-Yang symbol—darkness on one side, light on the other, representing masculine and feminine energies. The concept of Yin and Yang energies can be found in written records dating as far back at 1,400 BC. The Chinese have written about these energies for thousands of years, and they tell us both energies live within each of us—indeed, within all of life.

The Sacred Feminine is not merely energy for women. These two distinct energies complement and balance each other, and they are always working together inside all of us. One does not exist without the other. The Yin energy is associated with female qualities—dark, cool, and receptive—with a focus on nurturing and compassion. And Yang energy is associated with male qualities—bright, hot, and active—with a focus on vitality and bliss. Both are necessary parts of being alive and creating life.

When you think of the Sacred Feminine, think of these qualities: stillness, intuition, receptivity, compassion, potential and reflection. Its energy is associated with darkness and space—both inner and outer space. Metaphysically, it is the limitless capacity to lovingly hold all of the potential for life.

The Sacred Masculine is exactly the opposite. Its energy is about action. Rather than a compassionate love, it's an ecstatic, blissful love. This is about expression, achievement, generosity, logic, and light. It is the endless and limitless capacity to lovingly express all of life.

In our world today, across religions and spiritual traditions, great emphasis is placed on the importance of the light in spiritual awareness and practice, and indeed the light is a blissful experience of Divine love. It is powerful, awesome and primary to the sacred nature of life. There are no words to adequately describe the limitless, blissful love of Divine light.

But it is not the only expression of the Divine. The dark, Yin energy, which has too often been associated with evil, is actually the more feminine aspect of spiritual energy. Just as it is impossible to find the right words to describe the blissful love of Divine light, it is equally impossible to give words to the all-compassionate, all-accepting love of Divine darkness. Emphasizing one of these sacred energies to the exclusion of the other creates, at the least, an incomplete spiritual experience and, in the extreme, takes us to the edge of our own extinction.

You could think of these fundamental energies as the inhale and exhale of our breathing. When you inhale, you are receiving life as you take in air; and if you are conscious with each breath you can choose to be receptive to all that life has to offer. When you exhale, you are giving to life, and if you want to be conscious with your exhale, it is an opportunity to express all that you have ingested and comprehended.

In this sacred exchange, life is happening. The inhale does not exist without the exhale and visa versa. If you are having a difficult time breathing, you become aware of the importance of these two parts. If you can inhale more easily than exhale, you might feel as though you are drowning in gulps of air. If on the other hand, exhaling is more easy than inhaling, you might feel as though you are suffocating. Physically, we all know we must have the ability to both inhale and exhale in order to breathe freely—and, ultimately, in order to survive.

The same is true with the metaphysical energies of the Sacred Feminine and the Sacred Masculine. Both of these energies must be fully functional within us in order to survive and to truly thrive in the fulfillment of our true potential.

What the Sacred Feminine Is Not

The Sacred Feminine is not a religious movement that emphasizes femininity as being closer to divinity than masculinity. It is not about the empowerment of women, though that might be a side effect. It is not a worship of women, their beauty or ability to bear children, though that might be a pathway through which some people choose to discover the sacred nature of Yin energy. It is not about goddess worship, though that may be one way through which someone is able to connect to this profound energy. And the Sacred Feminine is not more important nor more valuable than the Sacred Masculine. They are simply different, complementary energies.

It is a myth that men can only experience the Sacred Feminine, spiritually, through sexual intercourse. This energy lives in all people all the time, and is accessible the moment you choose to notice its existence. If you open to them, the mysteries of the Sacred Feminine and Sacred Masculine will reveal themselves to you in mystical experience. This is the way to truly know their Divine natures.

How the Sacred Feminine Has Been Confused with Evil

For thousands of years, we have been taught that the darkness represents evil and we must always keep our attention vigilant on the light if we wish to attain greater levels of spiritual awakening.

Historically, however, it seems we may have demonized the darkness and the deeper natures of women in our attempt to maintain our honoring of the light. Take the biblical character, Lilith, whose name means “of the night.” The story goes that Lilith was created as an equal to Adam, before Eve. She refused to lie beneath him while having sex. In anger, she left Adam and took up with some “demons.” Because she refused to return to Adam, a more submissive Eve was her replacement.

There is an interesting underlying implication in this story: If you are an assertive woman that chooses for yourself what you want to do, you are bad and probably cavort with demons. If you are a submissive woman that keeps your place and obeys your husband’s wishes, you are good woman.

Some stories even speculate that Lilith might have been the serpent that tempted Eve. Identifying her as the temptress would be another way to equate her with evil. In earlier times, can you imagine how these concepts, taught by religious leaders, would have encouraged and persuaded women to remain submissive? These concepts were used to hold women solely responsible in cases of rape and abuse, because women were the ones who tempted the men. In the role of temptress, she was the equivalent of evil.

Consider what we have done to the reputation of pagan women that work with the natural energies of the earth and the universe. When you hear the word “witch,” do you automatically assume that it refers to a woman doing something evil by practicing dark magic? The word “pagan” means of the earth—of Mother Earth. So the implication of associating witches with evil is that if you work with the energies of Mother Earth you are evil.

Are we evil when we take herbs and bless them for their healing gifts? Are we evil when we sit by the water, allowing the negative ions from that water to soothe our bodies and souls? Are we evil when we observe nature and relate to it in order to experience the wonders of the Divine and our place in creation?

The feminine and darkness may have been associated with evil for the sake of power, but that does not make them evil. In fact, the Bible provides a very different view of darkness, in which it does not suggest at all that darkness was evil. Consider this excerpt from Genesis 1:2:

“The earth was formless and void, and darkness was over the surface of the deep, and the Spirit of God was moving over the surface of the waters.”

It is reasonable to question whether the historical associations of evil, darkness, and the feminine occurred in order to keep women subjugated to men. However, along with ancient Chinese teachings about our Yin natures, perhaps there has also been a quiet awareness of the power of the Sacred Feminine and its Divine qualities in Western Europe, exemplified in the Black Madonnas—dark-skinned statues of Mary and child found in churches, primarily, throughout Europe and South America.

Consider these thoughts from Reverend Dr. Matthew Fox about the Black Madonna and her meaning for us today: (<http://tinyurl.com/k5yytfd>)

In paraphrasing Meister Eckhart, he says “The Black Madonna invites us into the dark and therefore into our depths. This is what the mystics call the ‘inside’ of things, the essence of things. This is where Divinity lies.”

Dr. Fox goes on to say “The Black Madonna calls us to cosmology, a sense of the whole of space and time. Because she is dark and leads us into the dark, the Black Madonna is also cosmic. She is the great cosmic Mother on whose lap all creation exists. The universe itself is embraced and mothered by her.”

Further, Dr. Fox suggests that the Black Madonna honors the Mother Earth that is “dark and fecund and busy birthing.”

Don’t Dr. Fox’s first two interpretations about the meaning of the Black Madonna sound very familiar to the Chinese definition of our Yin nature and Genesis’ description of the beginning of creation? When you look up at the night sky, the great darkness from which supernovas, planets, and stars are born, do you assume it is evil because it is dark? Or does it inspire you or comfort you to know that our planet is held in a vast and beautiful space in which life is constantly being created? Is it possible that the mysterious Black Madonnas around the world are reminding us that the cosmic womb is the place from which life is born, including us?

Having traveled Europe to experience several of the Black Madonnas personally, I found that as I meditated with each one, I was transported to a mystical awakening I had in Egypt many years ago. For a

24-hour period, I was space—dark, still, and deeply loving space. I was the space that holds all of life’s potential—all the possible creations of what we call reality. I was peaceful, accepting, slow, dark and limitless.

It was many years before I was able to name that experience as remembering the womb of all life—a womb of creation that exists throughout time and space—a womb of potential we now call the Sacred Feminine.

In my experience, there was only pure love—not the ecstatic, blissful, white light of the Sacred Masculine I later experienced—but rather an accepting love that truly holds all the possibilities of what we are and might create. There was no delineation between good and evil, only the realization that we create from what is available in the moment.

A mother does not typically see her children as being evil. She might wish her children made better choices at times. She typically understands why her children make less desirable choices, and why they make better ones. But she does not identify her children as being evil. And that was my experience in the depths of the Sacred Feminine. All expressions and potential for life are held in complete understanding of our inherent goodness.

In the womb of all possibilities, all choices are understood with compassion. When we are in this sacred awareness, there is an understanding that when choices are made from this womb of loving acceptance, we like our choices better, for they tend to serve ourselves, others, and all of creation in a deeply satisfying way.

When we allow ourselves to immerse in this unconditional love, our own light bursts forth from the darkness to fulfill the bliss and joy of our awakening. We express our lives from profound rapture and the longing to generously give from the wonder of our own awareness. This expression is the manifestation of the Sacred Masculine or Yang principle. Its energy, when born from the womb of unconditional love, is a powerful and awe-inspiring force in creation.

However, when we disconnect from this accepting, compassionate love, we tend to make choices that serve some of our immediate desires, but rarely serve our greater fulfillment or that of humanity. We make these choices when we feel separated from unconditional, compassionate love, create a sense of emptiness, volatility, unworthiness, and the fear that we are not loveable. When we are feeling disconnected, we are wise to ask ourselves, “How does our separation from compassionate love affect us, our choices, and the world we are creating?”

The Importance of the Sacred Feminine for Women and Men Today

For thousands of years, we have been motivated and inspired by the energy of the Sacred Masculine. We see the positive evidence of that in many areas of our lives in the creation of and our appreciation of:

- Technical achievements
- Scientific discoveries
- Governmental services
- Educational institutions
- Passion for excellence
- Action and adventure
- Worldwide communities

The positive results of Sacred Masculine energy, the expression of life, are wonderful aren't they? It's difficult to imagine a world in which we did not get to experience the benefits of the technology we have created. Today we can pick up a phone and talk to a friend or family member in another country! In fact, many of our modern conveniences, from microwaves to cell phones to hand-held tablet computers to the Internet, were mere science fiction in recent memory.

When you are excited about your life and the work you are doing in the world, you can thank your Sacred Masculine energy. Indeed you experience this energy in many ways in your life: when you give generously to the charity of your choice, when you have the energy and desire to help someone in need, when you choose to enjoy life or explore the wonders of this planet. Those desires to discover, explore, build, share, and live in passion are gifts that come from the blissful light of the Yang energy within you. They are not only a lot of fun, they are necessary to living a life that is fulfilling.

When this blissful Sacred Masculine energy is not balanced with Sacred Feminine energy, you experience problems. Before looking at some of those results that come from a lack of balance, I invite you to consider this question. How do you establish your value by today's standards?

You might answer this question by saying:

- By what I do
- By what I accomplish
- By how I make a difference in the world

And that's all true, but there is something missing if the only measure of a person's value is in what they achieve.

That's only half of the equation of our human existence. But because we put so much emphasis on the Sacred Masculine energy of achievement, many of us end up achieving ourselves to death...or at the very least...to chronic illness. The Japanese have a word for it—*karoshi*—meaning “death from overwork”.

I know many people, including myself, who pushed so hard in their lives that they finally collapsed. They ended up in and out of doctor's offices or the hospital. They left good-paying jobs and careers, because their bodies couldn't keep up with the stress any more.

You probably know people who have achieved themselves nearly to death too—and you might even be one of them.

When your self-value is based in achieving only, it doesn't leave much room for being, does it? Achieving is a Sacred Masculine energy of action—and a wonderful energy that each of us does indeed need. The problem with your personal value being based only in achieving is that you never get to have value simply because you exist.

The fact that you came into this world as a unique Divine being worthy of unconditional love simply because you are alive—gets by-passed. As a result, many of us spend some portion of our lives feeling completely unworthy—of nearly everything.

Masculine energy is wonderful and necessary for our existence. Yet, in the achievement-oriented world we live in today, we experience excessive amounts of masculine energy because it has been the most highly valued. Without the balance of the Sacred Feminine, we experience symptoms that look like the following:

1. We tend to be more logical in our decision-making and we ignore intuitive wisdom. We limit our perceptions when we make a decision based on a chosen logical argument that might sound right, but

doesn't *feel* right. If we make decisions that do not align with who we are, though the logical arguments were sound, then we often make decisions that ultimately create problems. This happens frequently with employment, when we take jobs to pay the bills, but know that our personal values do not align with company values. However, when you allow yourself to be intuitively guided to a job that will pay the bills and align with your personal values, you are likely to be more satisfied—and that can positively influence other areas of our lives like health and relationships.

2. We tend to act without careful contemplation and consideration. All we need to do is to look at our planet and the amount of stuff we have in our landfills that is not going to be biodegradable for hundreds of years, and we can see how we create new things without consideration for our future. We make choices to fulfill our immediate desires at the expense of the life of the very planet that sustains us. The planet suffers under our indiscretions and in the long run, we suffer too. We are not disconnected from the Earth and all of its various forms of life. We are inexplicably connected to everything. When opening to the Yin energy that sees, knows, hears, and understands all of life and its interconnections, we realize that when we damage the earth, we are also damaging ourselves and the great cycle of creation. When we give strength to the Earth, we also give strength to ourselves.

3. We tend to be more exclusive in terms of 'this is right and this is wrong'. Think of light moving through space. It has a clear and direct path. If you are that pathway of light on a direct trajectory moving through time and space, anything outside of that path might not even exist for you. So while the Yin is holding it all, the Yang is moving along a specific course. Therefore, there are times when we are moving along our clear path, and we assume that anything outside of this course must be wrong. In order to have a more comprehensive view, we need the Sacred Feminine to balance out our perspective.

4. We accept beliefs like 'the end justifies the means'. In light and in action, there is movement. To the human mind, it can seem that we are moving toward a destination and therefore where we are going—as if there is an end—is more important than the experience of the movement or moment, itself. We use this belief as justification for dominating and even exploiting those we perceive to be weaker or less worthy than we perceive ourselves to be. In our domination, we create greater separation in order to feed our sense of greater worthiness and superiority. We do this because we have disconnected from the fundamental unconditional love of the Sacred Feminine that loves all beings equally. When we don't feel that love, we attempt to do things that substantiate our value above all others, trying to fill a void that can never be filled through action.

5. We achieve for our own benefit to the exclusion of others. When we are more focused on our personal trajectory, we posture, debate, and hold positions that benefit ourselves or a select few, rather than negotiate solutions for everyone's greater good. We make choices without careful consideration of its affects on others—others with whom we are ultimately interdependent. Intuitive insights showing us the future harm of some of our decisions are abandoned in an attempt to fill our own immediate needs. In our fixation on the accomplishments of the individual, we lose track our Divine connection to each other and the gifts of honoring our social responsibility to each other. When we achieve with Sacred Feminine perspective, we achieve not only for ourselves, but for all.

Consider a healthy, well-balanced mother. She does not let one child starve so that another can eat well. She does not make one of her children do without safety and shelter so that another can be well provided. She finds a way to care for all of her children equally. She does not accept the viewpoint that only the strongest of her children deserve to survive or live well. She will, as much as possible, seek ways to give every child their best chance at a good life.

In order for the Sacred Masculine to be in its healthiest and most positive state, it needs the balance of the Sacred Feminine. Each of us needs it personally and we need it on a planetary level. Together, with these two distinct energies of compassionate acceptance and generous action, we experience Divine Union. We are able to express our love in action, but also in quiet compassion. We are able to make choices based upon knowledge, and also intuition. We are able to speak and we are able to listen. We are able to give, and we are also able to receive. Women and men alike need both energies to live a balanced life.

Why Do We Struggle?

We struggle because we are afraid there is not enough love or no love at all. We experience that as pain, so simply put, pain is a manifestation of our fear.

In our states of inner struggle, we become depressed, angry, sad—and these are just the most common emotional manifestations. And at the root of these emotions, we have unmet needs, such as the need to feel worthy, loved, accepted, understood, validated, heard, seen, and more. All of these unmet needs are manifestations of that fundamental fear—that there is not enough love or no love at all.

Because these unmet needs and feelings are so uncomfortable, we try to fix things when we get into that fearful space. Usually, we first try to fix somebody else, so that we will feel better. Or we try to fix the world so that we'll feel better. The subconscious belief behind this fixing is that if you love me better, I will then feel loved, and finally everything will be okay. But of course, fixing other people takes a lot of work, tends to never end, and you usually get minimal results, so you still don't experience the love that you want to know.

Some of us try to fix ourselves as a way to feel loved, often getting really upset with ourselves in the process if we don't feel loved fast enough or we don't feel as completely loved as we want to feel. Getting upset with ourselves does more harm than good because, in our agitated state, we typically feel even further removed from love. Fixing ourselves doesn't remove the emptiness of living without feeling completely loved.

Here's the difficult truth. Most of us really don't want to be fixed and we particularly don't want to be fixed by someone else telling us what we should or shouldn't be doing, especially if they think something is wrong with us. We don't like it when other people treat us as though we are not good enough. Nor do we like it when we think something is terribly wrong with ourselves that needs to be fixed. So this "fixing" approach, whether with ourselves or others, usually doesn't work. By its nature it implies that something is wrong with us and those around us, and ultimately pushes us further away from feeling the depths of love and acceptance we are wanting.

When, on the other hand, you are witnessed compassionately as you are in your suchness, you have a different experience. When you are witnessed without judgment, you sense that it is safe to freely share the good you do in the world. Finally you feel understood for being the good person you know yourself to be. When you are being witnessed with love, you know that it is okay if you have felt challenged in your life. You can feel that the person witnessing you understands you have made choices you regret and choices you are proud about, but judges none of those choices. When you witness yourself or another in compassion, you both finally have the real opportunity to feel fully and completely loved.

How Does the Sacred Feminine End the Struggle?

As we have discussed, for many of us our sense of value is based upon what we achieve. So if you are not feeling well, have been exceptionally challenged in your life, experienced tremendous abuse, or are just a slow starter at life—and if achievement is the only measure of value—then it can feel as though your life has no value. If you have no value, you might wonder what is there to love. Because the Sacred Masculine embodies the energy of achievement, without the balance of Sacred Feminine energy, you might find yourself stuck in a place where you feel unlovable.

However, when Sacred Feminine energy is introduced, your perspective about your worthiness to be loved changes. We were created from love, and therefore you are loveable simply because you exist. This is understood and known within the context of Sacred Feminine energy.

We know this when we pick up a baby. They don't have to achieve anything to be loveable. We love them simply because they are here and they are precious. This is the essence of Sacred Feminine love.

The way we find peace from the struggle is to fall in love with ourselves as we are—the traits and qualities we like and the ones we don't. Uncomfortable traits—and we all have them—do not make us unworthy of being loved. We know peace when we allow ourselves to feel compassion for those choices we made when we were disconnected from love. Only through compassion can we put our regrets to rest, and then we are free to experience the limitless love that has always been there, hidden quietly within us.

When you are witnessed in your suchness and recognized as you are, a wonderful transformation occurs. When someone listens to you in compassion, recognizing that you have made choices you regret and choices you are proud of, and for the most part are doing your best, then you experience a very tangible feeling that there is enough love, even for you. The fear of being unlovable or unworthy diminishes because you are feeling honestly loved for exactly who you are in this moment. All that remains is the awareness that you are love. And so, in feeling that love, you respond to life differently.

If you cannot feel yourself being witnessed and loved by another, you probably need to witness yourself. In fact, for most, if not all of us, this is the significant love you need. It is often the predecessor to being able to feel loved by another. You need to know that you love and accept yourself in your suchness—all of it—your moments of pride and your moments of regret. No one knows you the way you know you. No one else can touch that deep place of compassion that you need quite like you can. You deserve to know that your human experience counts as a significant experience of the soul, whether or not you have achieved anything.

In discovering this compassion for yourself, your compassion for others naturally grows. Finally, resentments you might have against others for what they did or did not do can also rest, leaving you even more capable of feeling the limitless love you were born with and created from.

As you hold yourself in your suchness, unconditionally loved, your Sacred Masculine naturally awakens within in an impulse of action. Rather than reacting to your fears, the unconditionally loved, connected soul must act from love. And so your choices are different. They are healthier and they are more pleasing for you.

Think of a young child running to their mother after they have been injured. The child runs to her/his mother and what is the first thing they want? They want to be held. They want to experience compassion.

The child does not want to hear they are bad or have done something wrong or should have done it differently—at least not yet. He or she simply wants to be held and witnessed in compassion with what they are experiencing in this moment. Once the child feels loved again, they are ready for a band-aid or to hear about how they could have done things differently so they won't get hurt again.

That is the Sacred Feminine. When we are held in compassion long enough, the blocks, fears, and limits dissolve. All that remains is awareness of yourself as limitless love, and from that awareness you are ready to be the change you want to experience.

For many of us, the reason we struggle and the missing component in our journey of awakening and awareness is compassion. When we become compassionate with ourselves and the people around us, we become the very breath of peace and positive action that we are seeking. When we live each day in greater peace, we are contributing to the creation of the peaceful, harmonious world we want to live in.

If you desire to enjoy a more peaceful and fulfilling life; if you desire these same qualities for others; if you long for a world without war, hunger, sickness and abuse, then the missing ingredient for ourselves and for the planet lives within our Sacred Feminine energy—our limitless compassion.

Mother and the Sacred Feminine

The concept of the Sacred Feminine, and another perception of this energy—Sacred Mother—has nearly been forgotten, but not completely. Throughout history, she has been oppressed, repressed and suppressed, but she is still here. She is still here because she lives within you and me, and we have kept her sacred heart beating within us.

In giving her face and form, she once went, and still goes, by many names around the world—names of Goddesses such as Ishtar, Isis, Shanti, Briget, Demeter, Mary, Tara, Fuji, Juno, Corn Maiden, Freya, Inanna, Spider Woman, Rhea, Imama, Ixchel, Anjeyja, Mawu, Baba Yaga, Pele, Kuan Yin, Asherah, Black Madonna and more.

We give her form in order to understand and love her, but truly she is formless. She is the vastness of space, and is without end. She is limitless in her capacity to hold potential for life. She is as dark as the blackest night and the vessel of all life. She is slow and purposeful. Her movements must be made with clear intent, because she is pregnant with the possibilities of life—and, when pregnant, one needs to be mindful of the life one is carrying.

Within her womb, Sacred Mother holds all potential of what life can be without judgment of anything being better than another. All life is precious within her vessel. And from her sacred womb, comes all life. We call the life that is born from her many things: super novas, stars, meteors, planets, light, water, fire, wind, minerals, crystals, animals, plants, and humans. This is life as we know it. We are all her children.

In the womb of the Sacred Feminine we are loved simply as we are, and for all the potential that exists within us—the same way a mother loves the child she carries in her womb. She loves each child for who they are and the mystery of what they will become as they emerge into the light of life.

The Mother of All Life is the sacred womb, the Holy Grail, the sacred cup. Her womb is reflected in the wombs of all women and the energetic wombs of men. She is holding each of us right now, soothing our aches and pains, and inspiring us to be all that we have dreamed we could be—great reflections of Divine love exploring the myriad potentials of what exists and could yet exist. Sacred Mother is the energy that listens with compassion, attends to intuitive insights, and honors the mysterious and yet unknown.

We embody the spirit of Sacred Mother when we are willing to listen without judgment, holding another in the heart of our compassion. Rough, painful edges are transformed through compassion. We feel born anew, able to engage the world with renewed hope and a desire to bring our love into the world. This is the magic of the limitless love of Sacred Mother.

The Mother Calls

The Mother of All Life is calling to us. In order for life on this planet to become the paradise that it can be, we must be willing to lovingly hold our pain, and in order to do that we must discover the womb of the Mother within us. To this energetic womb we bring all of our aches and pains to be held in the healing compassion of Sacred Mother. Our fears, doubts, anger, hurt, sadness, and jealousy are all welcome in this inner sanctuary, where our painful emotions finally find their rest—in the healing balm of love that can hold it all.

When life reaches out as energy, with its original intent to discover and express itself, mishaps occur along the way. We lose focus and bump into each other, so to speak, whether a meteor crashing into a planet, or a human idea clashing with another human idea. We create uncomfortable friction.

In order to reduce the friction, we hold in compassion the feelings that have arisen, so that the original, loving intent—the original creative force—can emerge once again, purified. Compassion is the great transformer. Further, an intention that is well loved is less likely to crash into other things. Its course is more direct and more in harmony with all of life.

Sacred Mother is there, beating in the hearts of mothers, and fathers around the world in the Sacred Feminine, motherly love that knows how to hold others in their pain. This is a challenging task, yet because we are willing to assume the challenge, the Sacred Mother is still alive, remembering, awakening, and—heart by heart—holding the world in her limitless love.

This is the era of the re-emergence of the Sacred Feminine, and her love expressed through each of us is shaping the future of our existence. Let us also remember to celebrate Her—our dark, still Sacred Mother—honoring her powerful and enduring presence within us all.

Accessing the Sacred Feminine Through Meditation

Because the Sacred Feminine is experienced in stillness, meditation helps you access its essence within you. You might be a person that already has a daily sitting meditation practice. Or you might be someone that gets agitated just thinking about sitting still for any period of time. If you do not have a meditation practice, don't let the concept of meditation scare you off. Meditation can be done in many ways.

Have you noticed how you calm down and your mind becomes quieter when you take a long walk in nature? Have you ever given yourself permission to pour a cup of tea and just watch the sunrise or sunset? What happens when you slow down long enough to take a nice hot bath? There are many ways to quiet the mind. Silent meditation is one of them, and ultimately if you want to experience the depths of the Sacred Feminine, at some point you will want that much stillness.

In the mean time, consider giving yourself opportunities to slow down enough to actually notice life. In our rushing around, we actually experience very little of what is happening within and around us. Give yourself mini-vacations throughout your day by taking moments to observe and feel what is really going on. Simply slowing down creates an opportunity for you to become aware of what your inner and outer senses are processing.

If you have a fairly inactive life, doing very little activity is not the same as becoming still enough to become truly aware. Your body might be very still, but is your mind? It's the chatter in your mind that clutters the space. To access the essence of the Sacred Feminine, you will want the mind-talk to quiet down until all is silent—until you remember that you are the vast space that lovingly holds life.

One of the ways in which you might find it easier to slow down is through the use of guided meditation. Guided meditations are helpful because they focus the mind, which slows down your thoughts. When the guided meditation calls you to experience the space, it is easier to remember that you are that sacred energy. Here is a brief introduction to the Sacred Feminine through meditation.

Meditation: Sacred Mother is Holding You

Create a moment alone and close your eyes.

Breathe into the space that is you... a space that is still, silent and deeply loving.

Allow yourself to feel held in that space...

That space where Sacred Mother holds all her children and all our potential...

...holding that which is uncomfortable as well as comfortable.

She holds it all with love.

Rest in her arms.

Rest in the space and for a moment...

a precious moment...

... and relax into being lovingly present to whatever is there.

Let tears flow or smiles beam for you and all that you are.

She knows the intentions that are born from your love...

...and she knows that things don't always work out the way our souls intend.

There in her arms, forgive what you did not know or did not fully understand...

...and celebrate the wisdom of your heart here and now.

Let peace wash through you as you rest...

... finally rest...

...in the arms that love you as you are.

Why is the Sacred Feminine Calling You?

Have you wondered why it seems so important to understand the Sacred Feminine right now?

As we came to the end of the last millennium, Sacred Masculine energy had been reaching a fevered pitch here on earth. This energy reached such a height, that in our everyday vernacular we referred to ourselves as “human-doings” rather than human beings.

Deep inside, we know we need balance. Without it, we overachieve, become ill, and even achieve ourselves to death. What balances this overachieving energy? You already know: Sacred Feminine energy. On this planet, we haven’t experienced a true and more global appreciation of Sacred Feminine energy for thousands of years.

But it is here, awakening in every act of kindness and compassion that we offer to ourselves, other people, and all creatures of this planet. Our intuition is guiding us to restore a sense of value based in who we are—in addition to what we accomplish.

Take a moment to reflect on the qualities that make you unique and special—not the skills you have acquired, but the nature of you as you were born into this world.

Did you come here as a child that was curious, adventurous, methodical, thoughtful, empathic, psychic, artistic, athletic, sensitive, or pragmatic, for example? How did people describe you as a child? What do you remember that you loved to experience as a child? Those are indicators about your innate qualities. And that is how you ARE.

Give yourself permission to really appreciate the person that you are—the one that came into this world—with fabulous qualities already in place. Take some time in your life to notice your unique and special nature. In realizing, accepting and falling in love with your unique attributes, you’ll also discover the beautiful loving nature of your Sacred Feminine essence. And you just might discover that honoring these qualities within you is one of the reasons you feel so compelled to understand the Sacred Feminine.

What makes you special is part of what makes the world special. Those beautiful abilities and perceptions are the very gifts that the world needs right now, and we all need for you to express those innate talents. These gifts are at the heart of the Divine in you, and when you share them with us, we feel the love and wonder of the Divine as it is expressed through your unique nature.

The Sacred Feminine and Women's Emergence

Intuition and creativity come from an intelligence of the heart that complements the intelligence of the mind. The rise of the Sacred Feminine is a reminder that the compassionate heart, along with our intuition and creativity, is as important in the decisions we make as the mind. Can we find heart-centered wisdom in the Sacred Masculine?

Absolutely.

Meditate with the light of creation and there you are in the center of the Sacred Masculine, filled with holy bliss and Divine energy, generously overflowing from the core of your being. There is a great deal of heart in the Sacred Masculine. Love is not exclusive to one sacred nature or the other. The love experienced in the Sacred Feminine is just slightly different—more compassionate—than the nature of love experienced in the Sacred Masculine—which is more blissful.

When the Sacred Masculine is interpreted in human context as a function of mind and logic, without heart, we lose sight of the true sacred essence of the masculine. Without heart, we excuse our abuses. Without heart, we excuse our greed. I'm not speaking about healthy prosperity here. I'm referring to the kind of greed that compels us to fulfill our own desires at the grave expense of others and without consideration for our planet.

Heart wisdom reminds us that we all come from the same Source and therefore are all of noble and sacred birth. Heart wisdom reminds us that compassion before action leads us to more well-considered and effective decisions, intended to benefit everyone in the long-term as well as the short-term.

Consider this perspective from a report by Clare Hedin: (<http://tinyurl.com/nxhja69>)

"If we don't pay attention to the feelings of the heart, then we are more likely to operate out of a paradigm of a purely 'head-oriented wisdom' which, by tradition, tends to be very analytical, and potentially dangerous; since it is based on reason and logic but not heart wisdom. This wisdom is entirely sequence-based, meaning it is based on results not consequences. This is a completely different kind of wisdom than that of the heart. Its intelligence is not informed from as many deep, collective levels as the heart's. Thinking needs to be informed by the heart in a very deep way in order to be safe, effective and profound."

The Sacred Feminine is emerging through us at this moment in history so that the intelligence of our hearts will be restored in our human consciousness through a rise in awareness about the role of compassion in our lives. After all, if we continue our existence allowing greed and abuse to rule our lives, we will eventually abuse ourselves right into extinction.

We women are the primary carriers of Sacred Feminine wisdom. A woman in emotional balance that is pregnant loves the child in her womb, without consideration about whether the child is good or bad. The child is the life of the Divine being born through a human body. A mother loves her child simply because the child exists. When a mother loves her child, she loves the very life force of the Divine.

When a mother is emotionally clear, she loves her child regardless of the choices they make. A mother may not approve of a choice. She may even need to set boundaries regarding the child's behavior. She may become exasperated, frustrated, and even worn out by a child's choices, but she still loves.

When a mother takes the time to listen to her child with empathy, the child has an opportunity to realize the greater truth behind their fears and hopes. When a mother guides her child from the basis of her compassion, she encourages her child to discover what serves themselves and others with regard for the highest good of all concerned.

A mother nurtures a child's hopes, dreams and talents because these are the gifts of the Divine presence longing to emerge. Women that have not given birth, as well as men, understand the power of the Sacred Feminine through their work and their creations when they open to empathy, listening, stillness within, compassion, intuition, creativity, and equal regard for all life. When we explore our creativity and honor emotional intelligence in our decision-making processes, we are also honoring the Sacred Feminine.

We as women are emerging in our sacred wisdom because the planet and humanity need us to do so. Many of us feel the calling in our bones. We long for a deeper understanding of what the Sacred Feminine feels like energetically within our bodies. We wonder how we can experience it more deeply through our visions and our dreams. And finally, we want to know how we can express this profound energy in a meaningful way in the world.

Discovering Your Intuitive Wisdom in the Sacred Feminine

What is wisdom? Is it knowledge that results from our accumulated experiences, or is it something more?

If wisdom was only based on accumulated experiences, then growing older and having learned or experienced a great deal would automatically make you wise. But even children can say things that are wise. So what is the difference between being knowledgeable or experienced and being wise?

Wisdom occurs in those moments when someone spontaneously says something they can't believe they knew to say. It comes when someone pauses and reflects within before answering a question. We recognize it when someone knows the perfect question to ask us at exactly the right time.

When we have listened into the heart of stillness and the unknown, then wisdom arises. True wisdom guides us to speak about the insights that are coming to us—or not to speak about it at that particular moment. Wisdom guides us to ask questions or not to ask anything. When speaking from wisdom we say only what is necessary and no more.

Wisdom comes out of the stillness, where we exist beyond the perceptions of our human egos and limited definitions. This stillness is the essence of the Sacred Feminine. This is where we meet the unknown and open ourselves to its gifts. This is where we trust in insights far beyond what our rational minds might put together.

The Sacred Feminine or Yin, the still, pregnant womb of all potentials, is the source of some of the greatest wisdom that I have ever experienced. When a woman or man speaks from insights that have emerged from this stillness, their words tend to linger in your heart and mind. You tend to quote their insights because you can feel the truth of the experience that happened before the individual attempted to put that insight into words. Wisdom that is born from the depths of our stillness, delivered by both men and women, is the perfect offering for the evolution of humanity—for true wisdom inspires us all.

When you give yourself permission to not know the answer, not be wise, not have any idea what you or anyone else should think or do, you have begun a journey into wisdom. Wisdom demands surrender. It demands not knowing. How else can you enter the realm of limitless possibilities, and emerge with exactly what you or another truly needs to hear (or not hear in that moment)?

It requires courage to allow wisdom to flow through from what you do not yet know, rather than control its output. This state in which you access what is not yet known is the domain of the Sacred Feminine. The next time you consider something you have heard that seems wise to you, may I suggest you see if you can sense its source? Did it come from experience? Or did it come from a well of truth far beyond everyday perceptions?

The Role of Emotions in Awakening the Sacred Feminine

In my observations consulting with clients, participating and facilitating retreats and ceremonies, and in meditation practice, I witness how people experience similar emotions. It seems that when someone is feeling a particular emotion and expressing it, we are able to identify with this very human occurrence.

If you take an emotion such as frustration and stay present to it in compassion long enough, you will eventually feel the universal connection that we all have to feeling frustrated. Therefore, if I address and allow healing for the intensity of my feelings and wounds behind my own emotions, I affect the fabric of the web of life because we are archetypically connected through our emotions.

Consider how much emotions motivate our lives and our choices. When I was a business consultant, I noticed how often logically derived decisions were actually motivated by someone's passionate desire for a specific outcome or driven by their passionate dislike for a particular methodology or approach. We might tell the world we are basing our decisions on facts alone, and we may actually use well-established data to help inform our choices, but behind the facts, there is usually an emotion motivating the general direction of the choice.

When we allow ourselves to sit in compassionate witnessing of our emotions, we are honoring an aspect of the Sacred Feminine within us. How often in your life have you tried to ignore your emotions in your decision-making processes, because you have found emotions to be unreliable and too intense? Yet, if we were to be extremely honest with ourselves, we might discover that our emotions are quietly driving our choices, in the background.

Passive-aggressive behavior is a common case-in-point.

If I'm upset with my partner, but cannot safely communicate that feeling, nor know what to do about it, I might suppress that feeling in my dialogues with that person. However, unaddressed, my upset feelings simmer underneath the surface, until I do something to undermine the other person, or to ridicule or shame them about something. Passive-aggressive behavior is a form of retaliation that arises when we are not meeting our true feelings in compassion.

Take that same feeling of being upset and hold it in compassion in a thoughtful, meditative setting until that feeling has been adequately understood at a level of profound empathy, and you will find you are no longer driven by that feeling—subconsciously or consciously. When the feeling is no longer driving your choices, your energy is free to hold space for your own needs, as well as someone else's.

Ultimately it does not matter who has stimulated the feeling—whether it originated from your childhood fears or someone's unkind remark. If you are compassionate with what you are feeling, the feeling will eventually dissipate, when you have experienced all the compassion that you need. When the pain is gone, your creativity and intuition emerge to find new approaches that allow your needs and those of another person to be met simultaneously, without ever attempting to change someone else or suppressing your deepest desires or feelings.

Feelings are, in effect, faces of the Sacred Feminine. Each face or archetype exists for a reason and deserves to be recognized. With all our hormonal changes and correlating emotional ups and downs, doesn't it make sense to allow our emotions to become the conduits through which we discover our emotional freedom? When honored, feelings become doorways of awakening to our true selves, where we are able to hold in love all feelings and all potential for the expression of life.

What Is Forgiveness—Sacred Feminine Style?

One of the places in which we often resist compassion is with our regrets. We can be really tough on ourselves, for years, all the while making it difficult for us or the people we have harmed to experience release and peace.

Even if you have apologized to someone with words, if you are still feeling regret, you are holding on to pain. Have you noticed there are many ways and levels at which forgiveness can occur? You can say you forgive, but not really mean it. You can forgive someone for the moment, but then be upset with them for the same thing hours or days later. You can forgive mentally, because you know you need to or know you should. You might say you forgive someone because they are really hurting and you feel sorry for them. Your forgiveness might last for moments or years.

So, what is an effective apology from the perspective of the Sacred Feminine?

In order to experience a true apology, give yourself permission to both feel in your heart and understand with your mind that, in our woundedness, we all allow ourselves to become distracted from Divine awareness. The actual energetic apology takes place when we restore our connection to the Divine through the gift of self-compassion for choices we have made. When our hearts are full, we are ready to hold compassion for anyone that we hurt while we were disconnected.

Of course, some of us also have a difficult time forgiving those that have abused and harmed us. It helps to know and feel in your heart how you have disconnected from Divine love and made harmful choices yourself. When you truly forgive yourself for how you have hurt others, you are better able to feel compassion for someone that has hurt you. Heartfelt forgiveness occurs when you really understand how any of us, given a set of circumstances, could have made the same choice.

When you forgive from this place of heart-felt understanding, you have realized one of two things, or both: 1) most of us are our doing our best most of the time, even if we seem insensitive or unaware of the harm we may be causing; and 2) anyone who is consciously perpetrating harm is also a victim.

Deep wounds and fears cause us to become perpetrators. Like wounded animals, we lash out, even at those that are trying to help us. When we have been wounded, we become afraid, mistrusting, angry and hurt, and we either take our pain out on others, or we drive that pain inward and harm ourselves. As wounded individuals, we hurt others who then hurt yet more people, and on and on the cycle continues until someone in the cycle stops, reflects and gets in touch with the wound that started the cycle in the first place. When you stop and reflect in the way of the Sacred Feminine, you bring this wounded feeling to your heart and hold that feeling in compassion.

The feeling may or may not have a name. What is significant is choosing not to blame or be angry with anyone, including yourself, but rather to understand that feelings are universal. When a painful feeling is held in compassionate love long enough, that painful feeling simply drifts away. All that remains is your love for yourself and anyone involved with the original wound. Forgiveness simply happens because you understand from the depths of your feeling.

More than a thought, forgiveness happens deeply when your heart grasps the significance of the frailty of the human condition that we all share. It is elegantly simple. And it requires a great deal of self-honesty, as well as a willingness to discover the limitless capacity of Divine awareness to love each of us completely—wounds and all.

Why Bad Things Happen and What to Do About Them

A woman once asked me why such terrible events as the bombings of innocent people take place. "What does this say about our hope for the future?" she wondered.

Such violent acts seem impossible to understand. Deep within our minds we might be asking ourselves, "If we are so barbaric what hope is there for us as a species? How could God have made us this way? How could God allow this? If love and compassion are the saviors of the world, how am I supposed to find love and understanding for that kind of violence?" Our questions are an expression of our desire to understand what seems impossible to understand.

An insight from my meditations and visions might offer some glimpse of understanding. As we have discussed, the soul longs to know it is love. Life was born in a womb of love and its first expression in self-awareness is the very essence of love. Sound, light, and everything we know as creation emerges from this limitless love we call by many names, including God.

Life creates itself in increasing density so that it can explore itself. The first sound and light eventually become manifested as planets, suns, moons, asteroids, and all that we are discovering in the vastness of space, including our own earth with its animals, plants and humans. Most humans, when we incarnate here on earth, do not come in with complete memory of the history of our creation in place. We come in asleep, so that we can experience the profound uniqueness of this world without full awareness, and thereby discover life anew.

Earth is a grand playground for self-discovery. In the best of possibilities, we would come to play in great delight in this sandbox, within the full awareness of ourselves as being love and loved. However, here on earth, just as we forget our Divine origin, we also forget that our souls were born from love. If we have not been able to feel enough love, we ache—terribly. We experience emotional and physical pain in our profound need to feel what it means as a human to be loved—to feel heard, understood, worthy, seen, believed, respected, etc.. In order to make sure we are felt in our pain, some of us in our most desperate moments inflict pain on another so that someone else will know how terrible our pain feels to us.

Others of us ache so badly, we crawl inward into deep depression and isolate from the world. We languish in the belief that we will never be loved and turn the violence against ourselves. Those of us that are the loudest with our pain or the quietest with our pain are the ones that feel the most cut off from Divine love.

Of course, these violent acts make those of us that are victim to these acts or observers of them powerfully angry and/or deeply sad. We feel the violence that is done to others as violence against us, and it *is* violence against all of us. It is violence against the whole of humanity, and humanity is a great creation of the Divine.

Violence is a way of striking out against love for not loving us...

And yet, love is always there. What we don't realize when we are striking out is that love has been forgotten by us, not destroyed.

Those who do the greatest harm to others and themselves are people most in need of compassion because they are hurting the most. Compassion, as we discover in teachings about the Sacred Feminine, does not imply that we do not enforce justice. It means that we do so with understanding. We open our hearts and hold them in their pain, while we set clear boundaries and terms of agreement for what it means to live peacefully as humans.

I am not suggesting that holding another in compassion while ensuring justice is easy. I am suggesting that it is worth it. If we truly want a future in which violence is laid to rest, we need to find compassion for violent feelings that we and others experience, because this is when our compassion is most needed. The wounded emotions and feelings that actually incite violent acts dissipate and die in the presence of unwavering compassion. That is why compassion is fundamental to creating peace, along with clear boundaries for appropriate social engagement.

Let me be clear that I am not talking about co-dependence when I speak about compassion. In co-dependence we relinquish our own needs so that another person or group's desires can be met. To fulfill the immediate wishes of another without considering your own true needs, or the needs of society, is to be without compassion and regard for yourself or a greater good. In Sacred Feminine energy, all needs and desires are held in love for the potential that they represent. When *all* needs and desires are regarded from the vantage point of unconditional love, responses that truly serve all become more apparent.

When all parties act from a sense of fulfillment, each person knowing that they are loved, we are more inclined to look after each other's needs—including our own. We seek resolutions that serve everyone to

the best of our abilities. Because we know we are connected to one another and can feel that connection in our hearts, we are less inclined to cause harm to another.

Complacency and the Sacred Feminine

Have you ever thought to yourself that because you have things figured out well enough in your life, you can just coast for a bit? I know I have.

And while the “I have things figured out” voice is urging you to lay back for a while, a little voice in the back of your mind is also warning you not to be too smug. Some part of you knows that if you assume your apprenticeship in life is over or on hold, your life could end up being like stagnant water.

Complacency can be a place to hide when some part of you wants to experience greater flow and greater fulfillment, but another part of you knows that in order to experience free, unobstructed flow, you would need to do some deeply honest introspection.

I recently had a fascinating conversation on this topic with two of our initiated elders from the Sacred Path of the Feminine (a path I have been ordained to share that I discuss briefly a little later on). Their insights were thought provoking. When I asked them what they thought we run away from when we become trapped in complacency they both said, independently from each other, that we enter into this frozen state of thinking that we don't need to learn and evolve when we don't want to look at what we have been attracting, what is not working, or what is not satisfying in our lives.

If my own life is representative, their assessment of the reason we become complacent is spot on. I once spent a significant part of my life telling myself I knew enough. I didn't learn new ways of developing because I couldn't believe that my unhappiness and dissatisfaction were the result of my own beliefs, habits and choices. Those patterns of thoughts, feelings and behaviors had become normal for me and I had grown somewhat comfortable with my almost functional world. I was doing okay, but I certainly wasn't happy, and I definitely wasn't living a life of joy. I was getting by and calling that good enough.

It would have been extremely difficult to admit that my world was a reflection of my pain, and that my decisions were influenced more by my pain than by my inner peace. What I didn't know was that the sexual abuse I had experienced as a child was the greatest pain influencing my life. Since I couldn't remember the event, it was part of my unknown—an unknown I didn't want to remember. My life wasn't working as well as I wanted it to, but I didn't want to see the root of my suffering or the basis of my unrest and dissatisfaction with my world.

I wanted to feel fully accepted, but I didn't know how to accept my pain as a legitimate part of myself needing to be loved. What I didn't understand was that if I wanted to be able to fully accept myself, I was going to have to let go of my fear of the unknown. I was going to have to find a way to love the wound I couldn't remember.

What I didn't understand then was that by entering into the unknown with my own compassionate heart and experiencing the love that was there, I would become free from my fear of the unknown. In that freedom I would find all of the self-acceptance and understanding that I could ever want. I would even be able to hold the part of me that attracted sexual abuse as an experience in this lifetime—the self-abuser inside of me.

I didn't know that I could love that pain until it existed no more, and I was completely free from its influence on my enthusiasm for life. What I didn't know then was that, in my complacency, I was running away from my remedy—the unknown that I feared.

The potential of the human being is quite fearsome. We have the potential to be abusive monsters or caring saints. When our potential is initiated in love, we are born as amazing, loving beings. When we disconnect from the love, our abusive tendencies manifest.

In the Sacred Feminine we have the capacity to restore ourselves to love by loving it all. So when our abusive tendencies or our experiences of being abused are held in the Sacred Feminine, we return to love and are reborn in the womb of that love.

In complacency we are often avoiding a wound within ourselves that we don't want to remember. Compassion in the Sacred Feminine is what our soul longs for because, in that compassion, the source of our wound will be loved and understood—and we will be reborn in that love. The action that emerges from our rebirth will be the right action in the full expression of our loving passion for life.

How the Sacred Feminine Sets Us Free

Understanding the Sacred Feminine conceptually is not the same as living from your healed and whole nature within the Sacred Feminine. Many of us have wounds and traumas that keep yanking us back into states of judgment, blame, regret and resentment. As long as those energies are at play, we are not living from the depths of our Sacred Feminine nature.

But here is the good news: It is our Sacred Feminine nature itself that helps us release the burdens of our karma and childhood wounds—the profound inner struggles that are behind our states of dissatisfaction. Our compassion, first for ourselves, and then for others, is the healing balm that we need. Sounds easy doesn't it? Well, it is until we are triggered and we forget all about compassion. Then we experience our own limits to love and new opportunity arises to feel love more deeply than we have every felt it before.

We tend to resist, run from, become paralyzed by, or attempt to hold on tightly to our true Divine nature—as though our true nature was trying to elude us. But we are the ones hiding from ourselves. It takes attention and practice to uncover the true limitlessly loving selves that we are.

We access the healing balm of Sacred Feminine love through our emotions. They are the doorways. We receive the healing peace we long for when we consciously return to the darkness, taking our burdens and our hopes into the womb that holds it all. As we love unconditionally whatever comes up, we cycle through layers of emotions until all that remains is love, and we are recreated as the reflection of that most profound love.

The more we can hold, the more free we become. And we have the capacity to hold a great deal more in compassion than we often realize. What we are most afraid to hold are the ways in which we break faith with our own hearts by cutting ourselves off from love. We regret the choices we have made and actions we have taken that emerged from our fears rather than trusting in the love of the Divine within us. We are afraid of the ways in which we blame ourselves and others.

But the heart has the capacity to hold ourselves and others in tremendous compassion, while also holding ourselves and others accountable for our actions. The key is to quiet down and eventually release the voice of condemnation. Imagine how much more happy you would feel every day if you were not blaming yourself and others. Imagine how good life would be if you could be compassionate with the people around you without surrendering boundaries that are healthy for you. What would it be like if you could express your opinions and desires without expectation that others feel the same way or make the same choices as you?

When we attempt to control others so that we will feel more comfortable, or when we judge others, we are limiting the intimacy that can occur between us. Intimacy can't grow in an environment of judgment and condemnation. Nor can it grow in an environment where we do not feel seen, heard or recognized as who we truly are. Neither you nor the people you love can experience true intimacy in a reality where someone is constantly being made wrong.

Intimacy emerges in safety. In order to create that safety, compassion is required. The greater your capacity to hold yourself and others in compassion, the greater your capacity to experience the freedom that love gives us.

When you can make choices for yourself that expand your opportunities for intimacy, you get to feel the wonder of Divine freedom. You feel it when you can love another without expectations about what they should or shouldn't do—when you aren't expecting a specific person to meet your needs. You experience tremendous freedom when you love yourself simply as you are, without any expectation to change. In acceptance, you gain clarity about what choices you need to make in order to continue experiencing that free and expansive state of love.

And most of us have only scratched the surface of our potential to love. If you think you love greatly, perhaps you would like to challenge yourself to hold even more. After all, in the Sacred Feminine way, the capacity to hold in love is limitless. That is why, the more you can hold in love, the more free you become.

What to Do When the Sacrifice Is Too Great

Do you ever find yourself making choices so that other people will feel better, but in the process you end up feeling like you are cutting off little bits of yourself? Those moments happen when you are giving up too much of yourself in order to attempt to make someone else happy.

Maybe you want to go to women's ceremonies or events, but your partner convinces you that anything just for women is sexist and not in keeping with where spirituality is going today. Perhaps you really enjoy esoteric and mystical experiences, but you have to take pleasure in them secretly so that your partner doesn't find out, because he doesn't approve. Or perhaps you don't use your healing gifts because your children think those kind of abilities are not real, and they ridicule you if you talk about it.

I've met a lot of people over the years that sacrifice their intuition and spiritual callings over and over again in an attempt to keep peace in their homes, especially when that calling is connected to the exploration of their Divine Feminine nature. This saddens me greatly, because this sacrifice is the one that allows the Sacred Feminine within us—and the world as a whole—to be suppressed.

There was a time when experiencing spirituality in a feminine way, using your intuition or healing gifts, or having a mystical moment could get you condemned and even killed for being a witch. The suppression of our feminine mystical natures is still going on. However, although your life is probably not at stake, your harmony at home might be at risk if you choose to follow through with those deep inner urges calling you to your most profound sacred nature.

When you give in to outside pressures and move away from your intuitive calling, you are giving up on yourself. Your inner wisdom knows what you actually need in order to find true respect, peace, honor, love and fulfillment in your life. Most of the time, that gentle and quiet voice within doesn't speak as loudly as your family members and friends. Your inner voice is not trying to persuade you with logic, shame or guilt. It simply continues to suggest and invite you to consider what will ultimately help you find answers to your prayers.

The more common cause of death now is not through being burned as a witch. Without the balance of the Sacred Feminine within our lives, our lives are at risk as we over value achievement. And the very people trying to keep us from exploring this energy with us, are also at risk right along with us. We think our way through situations and dismiss the Divine wisdom that comes through our intuition. We compete when it is time to collaborate. We become fixated on our own needs and forget about the needs of others. We lose sight of our ability to live with ease and we are unable to be in the Sacred Feminine state of receiving. We refuse to be still and quiet enough for the Divine to speak to us. When we sacrifice the Sacred Feminine, we sacrifice a part of ourselves, and we sacrifice a deeper connection to the Divine. And we all suffer—even those that don't know their yin energy is suppressed.

For thousands of years, men have been defining what a woman's relationship with the Divine should be. Now is our time to discover—through our own bodies, emotions, and mystical experiences—what it means to us. When we know deep within our bones what the Sacred Feminine energy truly is for us, we might then be ready to share what we have discovered with our men and our families.

This is our time to discover for ourselves. We can choose to walk away in the name of peace and harmony at home. Or we can discover real harmony within ourselves by discovering our own true nature and bring that awakened state back into our homes.

How Do I Claim My Power as a Woman in the Sacred Feminine?

[Gentlemen: I need to take a moment with this section to talk to women about the difference between feminine power as prior generations of women have expressed it historically, compared to what it is spiritually, and how women can use this spiritual consciousness to experience a whole new form of empowerment. I know it doesn't apply directly to you, but this might provide you with some insights about the unique challenge that women you love are experiencing.]

In the early days of Women's Liberation, women claimed our power by protesting, burning our bras, and by actively addressing the inequalities that women were experiencing at work, at home, and in government. We demanded that we be listened to. We demanded what we needed.

But what does it mean *today* to claim our power?

With respect to the choices that earlier generations felt they needed to make in order to ensure fairness and equality for women, claiming our power within the spiritual context of the Sacred Feminine now is something that takes place prior to taking action in the world. The Sacred Feminine is an energy that can transform the world, but it is a powerfully subtle energy.

Lovingly holding our struggles before choosing to take action gives us an opportunity to heal some of the emotional pain or trauma connected to our struggles. When the pain and frustrations have softened, we are in a better position to then hold the pain and struggles of others. As the struggles dissolve, choices become clearer and right action is more likely to emerge.

Basically, we stop blaming ourselves and others. We stop judging ourselves and those that have wronged us. We stop condemning ourselves and others for our shortcomings and shortsightedness. Instead, by embracing our struggles in unconditional love, we set the stage for communicating compassionately with others, while simultaneously lovingly setting boundaries for our own self-care.

All life returns to the womb at some point for its recreation. We can do that consciously or unconsciously. When unconscious, we create pain, also described as the darkness some psychics see in our auras. In my experience, the energetic darkness seen in doing healing work is a desire within us to return home to the womb for healing compassion.

It would be easy to follow the pattern of history that has equated evil with darkness, naming all darkness as being bad and trying to banish it. Or we could choose to rally against these old perceptions about the darkness. However, we could instead choose to embrace this wonderful time in history to listen to the calling of the Sacred Feminine within us, and once again embrace the darkness in the love that is and it is seeking.

This is the birthright we have forgotten—that the pathway to our limitless selves lives in the limitless darkness. It lives in our natural tendencies of compassion, our boundless emotions, and the depths of the creative force that dwells inside of us.

When the internal struggle within you is finally laid to rest, you are able to help others end their own internal struggles. In the field of compassion that you create through the limitless love of the Sacred Feminine, you create a space in which new ideas, perspectives, and solutions can arise. Imagine the world that women can give birth to through the power of the Sacred Feminine.

Rest in the Sacred Feminine

Many of us have had the belief that rest is a necessary evil. But from a Sacred Feminine perspective, rest is essential in our awakening, and in restoring personal and planetary balance.

For most of us, illness forces us to create time to rest, reflect and experience life from the perspective of stillness, and basically enter the realm of the Sacred Feminine. Once you stop doing, your Yang energy is able to rest and, in the stillness, you are able to experience the gifts that come through your receptive Yin energy. Purpose, creativity, clarity, intuition, insight, inspiration—all emerge when you become still in the cool and soothing darkness of the Sacred Feminine. The body has wisdom and it knows when it is time to stop doing and just be.

We often refuse to rest because we fear that everything will fall apart and collapse if we don't keep everything going. We think it is our responsibility to keep juggling—to keep all the balls in the air at the same time. But, the Sacred Feminine reminds us that we need our rest because non-doing is where we experience sparks of creativity and inspiration.

Some of us can't seem to stop or slow down, because when we were young we were abused during our times of rest. As a result, every time we get ready for bed or decide to take a nap, our bodies and minds tense with anticipation that we will be abused again, even when we know that we are now in safe and loving environments. Because we find it difficult to rest, a part of us is kept away from the quiet stillness and unconditional love that we need.

If your difficulty with resting comes from previous experiences being abused, consider slowly creating a new relationship to rest by lovingly holding the fears that arise as you become quiet. Remember, you have a greater capacity to hold what is there than you might realize. If the concept of holding the fear is overwhelming at first, ask a trusted friend, counselor or therapist to help you by holding you in their loving regard as you hold the fears that arise.

In this age when time seems to be speeding up, rest may be more important to us now than it has ever been. Letting ourselves rest provides an opportunity to see what rises to the surface. Rest expands our ideas and is necessary if we wish to live in a sense of right timing and right action. We need our intuitive wisdom to access the right times and places to act or not act.

Rest requires trust. It means that you are willing to trust without a clue about what the future might look like. To rest, you need to align with Spirit, knowing that something wonderful is coming—in fact, more wonderful than you might have imagined. When you rest, you choose to trust.

When your inner world silence receives your attention as well as your outer world activities, your balanced state allows you to experience life with greater peace, clarity and ease. You may find, as many elders have discovered, a calling to create more time for rest—more time to honor the gifts of your inner world.

Holding—The Most Ancient Prayer in the Sacred Feminine

Holding is the most ancient form of feminine-based prayer, and yet, few of us understand how to do it, and even fewer of us understand its power.

Holding is both the practice and energy of the Sacred Feminine. In its purest form, "holding" is a state in which we accept everything—good, bad, wonderful and terrible— with unconditional love and without specific intentions. In unconditional love, we remember our original intent—to be the experience of love expressing itself—and we are born anew in that loving intention.

As you now know, painful emotions, when they have finally been witnessed with enough love, die a natural death. When we hold our emotions in their suchness, what is good becomes bliss; what was terrible becomes peace. Nothing is judged. *Nothing is intended to be created.* Nothing is fixed. Nothing is corrected. Nothing is convinced to change.

Everything is witnessed in love. In the sacred love of pure acceptance of who we are in this moment—with all of our struggles and accomplishments—we naturally surrender our burdens and all that remains is the blissful memory that we are and always have been love longing to express ourselves as love.

Some years ago, I was blessed to be ordained as the Guardian of an ancient path in the Sacred Feminine. With that initiation, I was given teachings to be revealed when the time was right for humanity. That time is now. Those teachings in the Sacred Feminine include a beautiful meditation for holding your pain so that those emotions can finally release, and holding your joys so that they can become born through you and through Divine love.

This meditation can also be used to hold our joys and desires. When you use the meditation in this way, please be aware that if there are any fears or perceived limits behind those joys and desires, they will rise to the surface to be held. As the limits and fears dissipate, you will feel greater joy and the inner manifestation of your desires.

Desires are not exactly the same as intentions that come from the mind. Desires are impulses from the Divine that are guiding you to your soul's fulfillment. It is helpful to realize that there are waves of feelings between your fears and your desires, all of which are likely to arise at some point in the meditation to be held in your empathetic love.

How to Use the Holding Meditation

Before I walk you through the basics of the meditation, I want to share with you some insights about it first.

I suggest you start with something you find to be difficult in your life. Identify something you are challenged by, such as relationship with a parent, spouse or child; finding your partner; monetary success; health, etc. If you are aware of and remember your dreams, they may give you some clues about what is most pertinent to address in your life. If you observe and record your dreams, you will begin to notice a relationship and dance between the insights you receive during your Holding meditation and messages from your subconscious during your dreamtime.

It is also acceptable to not have a clear definition of your challenge and to simply begin the meditation, allowing the concern or limit to rise up from your subconscious mind. Sometimes the concern can be described in words; sometimes it is beyond words. Regardless, you will recognize it as a profound feeling. Be courageous and know that there is enough love to hold whatever you are facing.

Most importantly, you want to connect with the feeling of limit—your frustration, anxiety, sorrow, confusion, numbness—it is the feeling that is most important. Often these feelings are associated with assumptions we have made in our lives that no longer apply, old karma that needs to be released, or painful memories that need to be set free. By connecting to the feeling, you are aligning with the history that has created the feeling—and like pulling a thread in a tapestry, as you pull this thread it plays a role in unraveling assumptions and beliefs that no longer serve you.

If defining your challenge is helpful, do it in a compassionate manner. For example, if you are feeling some inner tension, focus on the challenge and associated feeling, such as “I have been struggling to create monetary success and I feel my frustration.” Or “I am so scared about this health condition.” “I’m so angry with my partner right now.” Focus on your feeling and not anyone else’s. This is *your* sacred time. Besides, you can’t really help someone else until your own emotions are at peace.

If you have decided you would rather focus on a desire rather than a challenge, for example regarding your health, you might say, “I want to experience greater health and vitality.” Do not imply that anything is wrong with you. Refrain from statements such as, “I am a failure at making money.” “I am not good at keeping myself healthy.” “I’ll never make it through this.”

Focus on your challenge or the desire as pure feeling. This is not about making excuses or establishing credible arguments in your favor. When those thoughts arise, return to the feeling itself. In the Holding, you are accepting the fullness of your responsibility in creating your life as you speak lovingly to your inner self. At no time blame yourself or anyone else for your experiences. Attempting to find fault will only sabotage the meditation and your efforts to find greater inner peace.

Feel compassion for yourself as you speak the words or think the thoughts that most touch your heart. This is all about you recognizing your limit and lovingly acknowledging that limit as best you can. You might say to yourself, “I am so sorry I have made this such a challenge for you.” Or, “I am so sorry I haven’t supported you fully in being as successful as you deserve to be. I know how hard these years have been for you.” Perhaps you would want to say, “Forgive me for abandoning you when you were trying to get my attention.” Or, “I am so sorry I agreed to such a difficult life.”

Feel your limit and forgive yourself for it as much as you can in the moment by understanding yourself through the feeling of compassion. If you can’t quite find the right words, don’t be concerned. Your heartfelt feeling of compassion for yourself in your limitedness is the most important element in this meditation.

If you are having a difficult time feelings self-compassion, think about a child or animal for which you could easily feel compassion. Then while you are in that state of compassion, bring in your own feeling. Some people like to think of themselves as a child in need of love. This is another great way to get to your self-compassion.

Continue feeling this compassion and expressing these sentiments quietly in your mind and heart until you feel a release. It may come as tears. It might come as a feeling of relief. You might recognize it as a burst of freedom or spontaneous relaxation. Some people describe a period of nothingness and then a burst of insight, awakening or energy. Stay with the process until you feel the shift inside of you.

You might think of the shift in energy like this: Imagine that you are pent up with a feeling about a situation you have not been able to talk about or acknowledge, and a friend sits down with you and listens with his or her full heart. They don’t criticize you or tell you what you should do or feel. They simply listen. Have you ever had that experience where finally after expressing your truth to its fullest, your shoulders finally relax and you feel this sense of “ahhhh”, as now it has finally been said? You have been

witnessed as you are in love and compassion and the result is relief. Now, at this moment, you just might be ready to consider what you could do to create more positive and satisfying experiences in your life. This is the power of the Holding. You are the loving witness to yourself.

The absolutely wonderful aspect of the Holding meditation is that it boils down to this simple formula—being deeply honest with your feelings and staying present with them. The rest basically happens on its own.

You may want to take a given challenge or desire into the meditation only once or you may need to take it into the meditation several times. These limits are often deeply embedded in us, and we may find it helpful to—layer by layer—find our release from them. And each meditation gives you a little bit more.

During or at the end of the meditation, you may receive a visual symbol, a sound, or even an “I am” statement to help you remain clear and remembering the freedom you experienced in the meditation. These can become a part of your daily affirmation and visualization practice to create more freedom every day. For example, when I took my issues around making money into the meditation, I heard from way deep within myself, “I am flight.” Whatever “I am flight” means to my subconscious, I don’t even need to know. I do know that when I say it, I am immediately lifted out of my fear and into the joy of creating. Because it came from deep within my subconscious mind—meaning it bubbled up from within me, rather than being a thought I superimposed on myself—it is one of the strongest affirmations I have ever used.

If you prefer to do this meditation on your own, and not in a guided meditation format, here is an outline you can follow. It is important to know that there is no strict formula to which you must adhere. This meditation is intended to be done by following your own intuitive guidance in each moment, expanding into the love and space that you are that can hold it all.

Meditation: The Holding

Create a quiet, uninterrupted time where you can focus completely on you. Turn off the phone, the TV, stereo and any other distractions. Do not answer the door during this time. It is important to maintain your focus for the entire meditation. You might want to light a candle or place a bowl of water near you, but most of all what you need is your solitude.

Before you begin, consider a situation or emotion that has been troubling you. This emotion will be the state of “I am,” that you bring to the meditation, as in:

“I am frustrated,” or “I am sad,” or “I am numb,” or any other feeling that comes to mind. You do not need to be able to identify the feeling with a name, but it does help to be able to feel whatever is present for you.

Sit or recline in a comfortable position. You want to be relaxed, without falling asleep.

Breathe gently and sweetly, accepting the nourishment of the air, the day, or Spirit—whatever fills you with peace. Breathe into the space of your body—the space between the cells and within the cells. We are more space than physical matter, so become familiar with that space.

When you have become aware of the space that you are, think about some moment that caused your heart to open and feel your heart open once again. Expand into the love that you feel. Become aware of your expansive capacity to be love.

Now focus on your energetic womb. Your energetic womb and the primordial womb of all life are one. Breathe into the space that holds all life with love and compassion.

Become aware of the situation or emotion that has been troubling you. If you are focused on the situation, become aware of the feeling associated with that situation. Become aware of the most predominant feeling, whether or not you can name that feeling. Hold this feeling in the compassionate space that you are.

Do not try to fix or change your feeling, for that would dishonor the wisdom that lives within the limit of that feeling. Simply be with this feeling, acknowledging that it seems to be limiting your life. As you hold it, feel compassion for it. If compassion is difficult for you, reflect on a moment with a child or an animal in which compassion was easy for you to access. Imagine how you would hold a child or animal in pain, and then hold your feeling in the same way. Simply be in compassion. Do nothing, except be with it.

When this feeling has experienced enough compassion, it will begin to dissipate. It might take one session, or a session each day for weeks, or several sessions a day for months. Eventually, the painful feeling will soften and disappear.

Often, as one feeling softens, a new one arises. As the feelings ebb and flow through you, simply hold whatever feeling rises to the surface, moving from feelings of discomfort to overall peace. Before you end your meditation, be sure that you are in a peaceful state.

At the end of the meditation, you might hear a word or sound; see a symbol, color, or vision; smell something; taste something; feel something; or know a truth. This is your new “I am,” for your well-being. The “I am” comes from deep within your subconscious and might not even make sense to your conscious mind, but it is your intuitive wisdom guiding you.

It may be helpful to find or create a symbol of this “I am” to put in a special place in your home to remind you about the beautiful reality you are creating within yourself.

Then breathe long and deep, exhaling through your mouth to bring your awareness fully into this reality. Breathe and exhale through your mouth until you can easily feel your body, hear the sounds in the room and feel the temperature of the air around you.

The Holding is the first step of a three step meditation process called the Creation Meditation, taught in the Sacred Path of the Feminine—the path I am honored to share with women and men around the world. In the other two steps of the Creation Meditation, you bond with your Sacred Masculine energy and give birth to yourself energetically. It is this first step, the Holding, in which you immerse yourself in the nature of the Sacred Feminine to discover the freedom and wisdom that lies within her depths—within the space of you.

To help integrate the Holding meditation into your daily practice, you can download my free guided meditation version at <http://SacredFeminineAwakening.com>

Following Our Hearts Home

Our cells remember the way home to the Sacred Womb of the Divine Feminine if we let go of the old beliefs we created to keep us in complacency and obedience, and instead follow our hearts into the depths of the unknown—the darkness where all life originated.

If we look at the great circle of life, we nearly lost touch with the Sacred Feminine ability to hold ourselves, and others, in deep compassion. We almost forgot the healing power of tears. We almost destroyed our Mother Earth, as though she is a thing to be used, rather than another sentient being who shares her life force with us. We have nearly ruined the available fresh water on the planet. We almost completely denied the power of our own fluid, intuitive natures. We almost abandoned the mystical side of human nature. Almost... but not quite.

Some of us have remembered. Some of us are stepping out of denial and drinking deeply from the well.

Embracing the Sacred Feminine is a silent, inward practice. We are not directing ourselves or anyone in thought or word. We and anyone else we hold get to bathe in our silent field of love, so that our own and their own sacred thoughts—the deeper truths—can emerge out of the depths of our stillness and compassion.

Closing Meditation: Be Held in the Comfort of the Sacred Feminine

Create a private, quiet moment for yourself. Sit comfortably and close your eyes. Breathe gently into yourself. Become aware of your heart and breathe into it, becoming increasingly aware of your sacred pulse.

Follow the gentle ebb and flow. Feel your body pulsing gently to the impulses of your heart. As your blood flows through your veins, you are part of an ancient dance in flow with all of creation.

Imagine that you are in a dark pool of water, floating on your back gazing at the night sky full of stars. All is well. You are fully supported; fully at ease. Find comfort, knowing that as you surrender to the ebb and flow, you are in harmony with creation. Allow yourself to be held. Surrender to the quiet stillness. Surrender to the love. All there is—is love.

When you experience your heart pulsing in light, linger for a while in the joy of the light reborn from the darkness of your pure acceptance of yourself.

When you are ready, allow your attention to once more become aware of your body, feeling the physical nature of your body. Breathe deeply, exhaling through your mouth. Wiggle your fingers and toes. Gently open your eyes. Live in the light of who you are, born anew from the cool comfort of the dark womb of the Sacred Feminine.

Your energetic womb and the primordial sacred womb of all life are one. Go into the quiet darkness of your energetic womb and feel the limiting belief that binds you. Take that limiting belief into your sacred womb—the sacred space of compassion—and hold this belief with great love. Hold it and forgive it in your empathy so that it can die a peaceful death and you can be reborn into the blissful light of your self-awareness.

A Special Invitation to You

To discover and experience more about the Sacred Feminine, New Dream Foundation, Misa's sacred work and retreats, audio recordings and videos of the Holding meditation, and/or to sign up for Misa's Sacred Feminine blog and notifications of new books in this series, visit: <http://SacredFeminineAwakening.com>

To discover more about Misa's work in applying Sacred Feminine principals specifically to self-healing, to learn more about her bestselling book "The Root of All Healing: 7 Steps to Healing Anything" and other healing-related works, and/or to sign up for her self-healing blog, visit: <http://MisaHopkins.com>

If you feel that this book would be helpful to someone you love and/or your own circles, please spread the love of the Sacred Feminine by suggesting that they acquire their own personal copy of this book.

Thank you in advance for sharing your thoughts about this book with others by writing a review on Amazon.com.

About the Author



Reverend Misa Hopkins is the Spiritual Director of the New Dream Foundation, dedicated to healing and awakening in the Sacred Feminine. Author of the best-selling book, *The Root of All Healing: 7 Steps to Healing Anything*, Misa understands how and why the Sacred Feminine is necessary for both individual and planetary healing. Ordained as the Guardian of a Native Sacred Path of the Feminine, initiated in feminine and masculine sacred mysteries, and given the sacred name Amma (Mother) in Hindu Tradition and Morning Star in Native tradition, Misa is dedicated to the awakening of the Sacred Feminine in the world today.