

A close-up photograph of a hand with light-colored nail polish reaching towards a large, vibrant pink hibiscus flower. The background is dark and out of focus, highlighting the textures of the flower's petals and the skin of the hand. The overall mood is gentle and nurturing.

Class Three

**EMBODYING YOUR FEMININE
& BALANCING YOUR MASCULINE**

**WOMEN'S GROUP COACHING PROGRAM
WITH CONNIE CHAPMAN**

“The feminine energy is intuitive and receptive. When we are in our empowered feminine, we are open to the guidance of our bodies wisdom. We choose flow versus force. We know when to act and when to slow down. And most importantly, we are connected to our own inner-mother. From this place, we are self-protective and highly discerning with who we allow to penetrate our physical and energetic bodies”

~ Rising Woman

WELCOME TO CLASS THREE!

In today's class, we will be exploring the balance between your inner feminine and masculine. I will be supporting you to more deeply embody, express and trust in your feminine energy and essence.

Many of us as women, have come to rely too heavily on our masculine energy to carry and support us through our lives and in doing so, have disconnected from and suppressed our feminine.

My intention for this class is to help re-discover the power, beauty and magnificence of your feminine. Your feminine energy is an incredible gift that you have been given as a woman, and it is what makes you the compassionate, kind, generous, sensitive, creative and intuitive woman that you are.

The feminine is driven by pleasure, joy, sensuality, play, love and nourishment. When we integrate these feelings into our life and allow them to guide our actions and choices, we can experience a whole new level of fulfilment and happiness.

Being in our feminine means embodying qualities of surrender, vulnerability, trust, flow and living from our feelings. My intention is to support you to embrace these ways of being and see them as strengths and gifts, rather than weaknesses.

This is set to be another big class but it holds transformative power to change the way you live your life, and feel about yourself. So let's dive in.

With love,

Connie x

IN THIS CLASS WE WILL COVER:

- The various expressions of feminine energy and what it means to you to be feminine.
- How you feel about being in and living from your feminine energy.
- Vulnerability and how to practise this powerful quality.
- Surrender and the art of letting go and releasing control.
- Living with flow, following the flow and how to balance this with structure and getting things done.
- Honouring your inner masculine and knowing how to harness these qualities.
- Practices to help you connect with, surrender to, and fully embody your feminine.
- Feeling and having the courage to let yourself fully feel your emotions.
- Healing wounds around the feminine and masculine.
- Trusting your own inner feminine and feeling safe in her energy.

1. FEMININE ENERGY

CIRCLE THE WORDS BELOW WHICH BEST DESCRIBE YOUR FEMININE ENERGY, OR WHICH YOU RESONATE AND IDENTIFY WITH THE MOST. TAKE YOUR TIME TO SIT WITH EACH WORD, AND NOTICE HOW IT FEELS IN YOUR BODY.

COMPASSIONATE	SOFT	EMOTIONAL	FLOWING
NURTURING	PLAYFUL	MYSTERIOUS	WISE
SURRENDERED	POWERFUL	WARM	SWEET
HEART-DRIVEN	WILD	KIND	GODDESS
INTUITIVE	CONNECTED	SENSUAL	LUSH
MYSTICAL	PLEASURE	OPEN	EXPRESSIVE
IMAGINATIVE	TRUSTING	PASSIONATE	MESSY
SPIRITUAL	CREATIVE	FIERCE	VULNERABLE
UNTAMED	HEALER	SEXUAL	GENTLE
PASSIVE	QUEEN	ABUNDANT	GRACEFUL
DIVINE	MOTHERLY	STRONG	RECEPTIVE
CARING	SERENE	FERTILE	EMPOWERED
GENEROUS	EMPATHIC	WORTHY	FREE-SPIRITED
CONFIDENT	IMPERFECT	SPONTANEOUS	BEAUTIFUL

1. FEMININE ENERGY

LOOK BACK OVER THE LIST. WHICH QUALITIES TRIGGERED YOU OR WHICH DID YOU FEEL YOURSELF REJECT? WHY?

IDENTIFY 1-3 QUALITIES FROM THE LIST WHICH YOU WANT TO BE ABLE TO EMBODY AND EXPRESS MORE OF:

1. FEMININE ENERGY

QUALITY 1:

WHAT DOES THIS QUALITY MEAN TO YOU AND WHAT WOULD IT LOOK LIKE TO EMBODY AND EXPRESS THIS:

QUALITY 2:

WHAT DOES THIS QUALITY MEAN TO YOU AND WHAT WOULD IT LOOK LIKE TO EMBODY AND EXPRESS THIS:

QUALITY 3:

WHAT DOES THIS QUALITY MEAN TO YOU AND WHAT WOULD IT LOOK LIKE TO EMBODY AND EXPRESS THIS:

1. FEMININE ENERGY

WHAT IS ONE WAY YOU COULD BRING MORE PLEASURE INTO YOUR LIFE?

WHAT IS ONE WAY YOU COULD BRING MORE PLAYFULNESS INTO YOUR LIFE?

WHAT IS ONE WAY YOU COULD BRING MORE SURRENDER INTO YOUR LIFE?

WHAT IS ONE WAY YOU COULD BRING MORE VULNERABILITY INTO YOUR LIFE?

1. FEMININE ENERGY

WHAT IS ONE WAY YOU COULD BRING MORE BEAUTY INTO YOUR LIFE?

WHAT IS ONE WAY YOU COULD BRING MORE CREATIVITY INTO YOUR LIFE?

WHAT IS ONE WAY YOU COULD BRING MORE SENSUALITY INTO YOUR LIFE?

WHAT IS ONE WAY YOU COULD BRING MORE SOFTNESS INTO YOUR LIFE?

1. FEMININE ENERGY

HOW DO YOU FEEL ABOUT EMBODYING, LIVING IN AND EXPRESSING YOUR FEMININE ENERGY AND ESSENCE?

DO YOU HOLD ANY JUDGMENTS OR NEGATIVE STORIES ABOUT BEING FEMININE OR BEING IN YOUR FEMININE?

2. YOUR MASCULINE

HOW HAVE MASCULINE QUALITIES OF LOGIC, PRACTICALITY, ACTION, FOCUS, SECURITY OR GOAL-ORIENTATION BEEN SUPPRESSING YOUR INNER FEMININE?

WHY MIGHT YOU FEEL MORE SAFE OPERATING IN YOUR MASCULINE THAN YOUR FEMININE?

2. YOUR MASCULINE

HOW HAS BEING IN YOUR MASCULINE SERVED AND SUPPORTED YOU?
WHAT CAN YOU APPRECIATE ABOUT THIS ENERGY AND WAY OF
BEING?

HOW WOULD YOU LOVE TO HAVE YOUR INNER MASCULINE AND
INNER FEMININE WORKING TOGETHER? HOW CAN YOUR MASCULINE
SUPPORT YOUR FEMININE TO THRIVE?

3. STRUCTURE VS FLOW

WHAT STRUCTURES, PLANS OR ROUTINES IN YOUR LIFE SUPPORT YOU AND HELP YOU FEEL SECURE, CERTAIN AND SAFE?

AMONGST THAT STRUCTURE, WHERE WOULD YOU LIKE TO BE ABLE TO BRING IN MORE FEELING, FLOW AND FEMININE ENERGY?

4. TRUST

WHAT DOES IT MEAN TO YOU TO TRUST YOUR FEMININE?

WHERE DO YOU NOT TRUST YOUR FEMININE, OR FEEL SAFE TO FOLLOW HER OR SURRENDER TO HER?

4. TRUST

WHAT IS YOUR FEMININE SELF MOST CRAVING?

WHAT IS YOUR FEMININE SELF ASKING FOR?

HOW IS SHE ASKING YOU TO TRUST IN HER RIGHT NOW?

4. TRUST

WHAT ARE YOU MOST AFRAID WILL HAPPEN IF YOU SURRENDER TO HER AND FULLY TRUST HER?

IF YOU WERE TO SLOWLY BEGIN TO TRUST IN YOUR FEMININE (YOUR INTUITIVE, FEELING-DRIVEN, ALL KNOWING SELF) AND ACT ON HER REQUESTS, WHAT STEPS WOULD YOU BE TAKING?

WELL DONE!

Well done for diving deep and looking within to answer these questions. There is no right or wrong way to complete this workbook, so please trust that whatever has flowed onto these pages is perfect.

If you have had any insights or realisations while working through these questions or if there is anything you feel to share, please do come over to our Facebook group and post your experiences. If you have questions or feel stuck in any area, again come into our community and let us know.

While you may feel that something you are going through is quite specific to you, I want to reassure you that others in the group will gain so much from what you share. I have no doubt everyone will be able to relate on some level to what you are working through.

Allow yourself to be vulnerable and to be seen and held. Remember that you are part of a community, and we are all here for you. The more that you share yourself and your experiences, the more you will open up to receive the support you need.

I am honoured to be sharing this journey with you and I look forward to seeing what shifts and unfolds for you.

With love,

Connie x

