

CLASS SIX: DIVINE POWER
& BOUNDARIES

Divine Femme

“These are burning times, and they call for burning women. Women embodied in their passion. Women feeling in their bodies. Creative women. Courageous women. Women who have learned to run on a different power source to the world which is falling into flames around her. Centred within herself, receptive to the Earth beyond her, she knows how to cultivate from the ashes. She knows how to find the embers to fuel a new fire. Burning women arise. Our time is now. Our time has come.”

~ Lucy Pearce

WELCOME TO CLASS SIX!

In today's class, we will be exploring what it means to be a divinely empowered woman. I will be supporting you to step more fully into your power and work through any fears or resistance you hold around embodying this energy.

Being powerful does not mean being aggressive or dominant. Being powerful is about being empowered within yourself, and no longer giving your power away. It is about claiming your birthright to be the creator of your reality.

When you are living as an empowered woman, you honour your truth, stand up for yourself and set a standard for how you wish to be treated. An empowered woman is courageous, brave, honest and heart-centred. She implements boundaries, has difficult conversations and says No when she needs to in order to honour herself and her needs. She lives in alignment with her inner wisdom and does the inner work to fill herself up from within.

Living in your power is a form of self-love and self-care. It communicates your worth to others and to the Universe. It is a way that you deeply honour and protect the magnificence of who you are.

Being powerful connects you with the divine. It is a doorway to accessing your higher wisdom and the Universe. It is your gift as a woman to live this way, so I am excited to support you to step into this in a much deeper way in today's class.

With love,
Connie x

IN THIS CLASS, WE WILL COVER:

- Exploring your relationship to power and being powerful.
- What it means to embody divine power.
- Boundaries and protecting yourself energetically.
- Stepping into your divinely empowered feminine self and fully embodying her energy.
- Healing fears or resistance around activating and embodying your power.
- Speaking your truth from a place of authentic power and having courageous conversations.
- Saying no, and deeply honouring yourself and your needs.
- The places you are giving away power and how to know if something has power over you.
- Reclaiming and calling back your power.
- Using your intuition to support you and trusting in this guidance.

Divine Femme | Class Six

WRITE DOWN A FEW WORDS THAT COME TO MIND WHEN YOU HEAR THE WORD POWER OR POWERFUL:

HOW DO YOU FEEL ABOUT YOUR OWN POWER?

DO YOU HAVE ANY NEGATIVE STORIES OR FEARS ABOUT YOUR POWER THAT PREVENT YOU EMBODYING IT?



Divine Femme | Class Six

WHAT DID YOU LEARN ABOUT MASCULINE POWER?

WHAT DID YOU LEARN ABOUT FEMININE POWER?



Divine Femme | Class Six

WHEN DO YOU FEEL THE MOST EMPOWERED?

WHAT DOES BEING EMPOWERED FEEL LIKE IN YOUR BODY?

WHAT HELPS YOU FEEL OR ACCESS THIS POWER?



Divine Femme | Class Six

HOW DO YOU ACT WHEN YOU FEEL EMPOWERED?

HOW DO YOU COMMUNICATE WHEN YOU FEEL EMPOWERED?

IS THERE ANYTHING DIFFERENT ABOUT HOW YOU MOVE, WALK OR HOLD YOUR BODY WHEN YOU FEEL EMPOWERED?



Divine Femme | Class Six

TUNE INTO THE DIVINELY EMPOWERED, SELF-LOVING WOMAN WITHIN. LET'S GET TO KNOW HER MORE DEEPLY.

WHAT IS HER FAVOURITE SCENT?

WHAT IS HER FAVOURITE SELF-CARE PRACTICE?

WHAT IS FAVOURITE PLACE IN NATURE?

WHAT MAKES HER FEEL PAMPERED?

WHAT IS HER FAVOURITE COLOUR TO WEAR?

WHAT IS HER FAVOURITE SONG TO DANCE TO?

WHAT IS HER FAVOURITE WAY TO CONNECT WITH HER BODY?

WHAT MAKES HER FEEL CONFIDENT?

WHAT MAKES HER FEEL SEXY?



Divine Femme | Class Six

IDENTIFY 3 KEY AREAS WHERE YOU GIVE YOUR POWER AWAY (E.G. WHERE YOU ALLOW SOMETHING TO CONTROL YOU, YOUR ACTIONS, YOUR CHOICES OR YOUR FEELINGS).

1.

2.

3.

CHOOSE ONE AND REFLECT ON WHY THIS HOLDS SO MUCH POWER OVER YOU:



Divine Femme | Class Six

WHEN YOU GIVE YOUR POWER AWAY, YOU ARE RULED BY EXTERNAL FORCES. WHEN YOU RECLAIM YOUR POWER, YOU ARE NOW GUIDED BY AN INNER FORCE - YOUR INTUITION AND TRUTH.

IDENTIFY ONE KEY SITUATION WHERE YOU ARE GIVING YOUR POWER AWAY. WRITE IT BELOW:

HOW WOULD IT FEEL IF THIS NO LONGER HAD POWER OVER YOU?

LISTEN IN DEEPLY TO YOUR OWN INNER GUIDANCE AROUND THIS SITUATION. WHAT IS IT TELLING YOU?



Divine Femme | Class Six

IDENTIFY ONE SITUATION WHERE YOU ARE FEELING CALLED TO IMPLEMENT SOME NEW BOUNDARIES AT THE MOMENT.

WHAT IMPACT IS YOUR LACK OF BOUNDARIES HAVING ON YOU IN THIS SITUATION?

DESCRIBE THE NEW BOUNDARY YOU WANT TO IMPLEMENT AND HOW YOU WILL DO THIS:



Divine Femme | Class Six

IDENTIFY ONE AREA WHERE YOU HAVE BEEN HOLDING BACK FROM EXPRESSING YOUR TRUTH:

WHY ARE YOU AFRAID TO EXPRESS YOUR TRUTH OR HAVE THIS CONVERSATION?

WHY DOES EXPRESSING YOUR TRUTH FEEL IMPORTANT AT THIS TIME?



Divine Femme | Class Six

WHAT ARE SOME OF THE KEY POINTS YOU ARE WANTING TO EXPRESS IN THIS CONVERSATION:

HOW CAN YOU COME FROM YOUR HEART AND/OR LOVE WITH THIS?

WHAT OUTCOME ARE YOU IDEALLY WANTING TO EXPERIENCE OR CREATE THROUGH EXPRESSING YOURSELF?



Divine Femme | Class Six

CLASS SIX REFLECTION

WHAT ARE YOUR 1-3 KEY LEARNINGS AND TAKEAWAYS FROM THIS CLASS?

WHAT ARE 1-3 STEPS YOU WANT TO TAKE FROM THIS CLASS?



WELL DONE!

Once again, some of the questions in this workbook may have challenged you or felt difficult to answer. They may have triggered you, stirred up emotion or created resistance.

Trust that whatever arose for you was perfect. Continue to bring a patient and loving approach to this coursework and your own process of working through it.

Refrain from placing expectations, pressure or judgment on yourself and remember that you are doing the best you can.

I know that at times this work can feel confronting and overwhelming, so just keep taking this journey step by step, and work through it at your own pace and in your own way.

There is no right or wrong way to complete this course; whatever unfolds for you is perfect.

Remember that you can come into our Facebook community at any time to share your experiences, receive support and ask questions. Both myself and your community of women are here for you the whole way.

With love,

Connie x



This workbook and its contents are protected under Copyright © Connie Chapman 2019 All Rights Reserved, and must not be replicated, copied or re-distributed without permission from the owner Connie Chapman.