



CLASS THREE: BALANCING FEMININE
& MASCULINE ENERGY

Divine Femme

“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, flow, trust, 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.

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.

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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



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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:





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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:





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

WHAT IS ONE WAY YOU COULD PRACTISE MORE PLAYFULNESS?

WHAT IS ONE WAY YOU COULD SURRENDER MORE DEEPLY?

WHAT IS ONE WAY YOU COULD PRACTISE VULNERABILITY?





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

WHAT IS ONE WAY YOU COULD EXPLORE YOUR CREATIVITY?

WHAT IS ONE WAY YOU COULD EXPLORE YOUR SENSUALITY?

WHAT IS ONE WAY THAT YOU COULD SOFTEN MORE?





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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?





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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?






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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?





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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?





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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?





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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?





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CLASS THREE REFLECTION

WHAT ARE YOUR 1-3 KEY LEARNINGS AND TAKE-AWAYS 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



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