

divine femme



Class Four

Harmonise your inner
feminine and masculine energy

welcome



Welcome to Class Four of Divine Femme! This week we are going to be exploring how to awaken more of your inner feminine energy and balance it with healthy expressions of your masculine energy.

This workbook complements the Live Class and will help you reflect and do the inner work.

Please watch the Live Class first before completing this workbook, or work through it while you are watching the class.

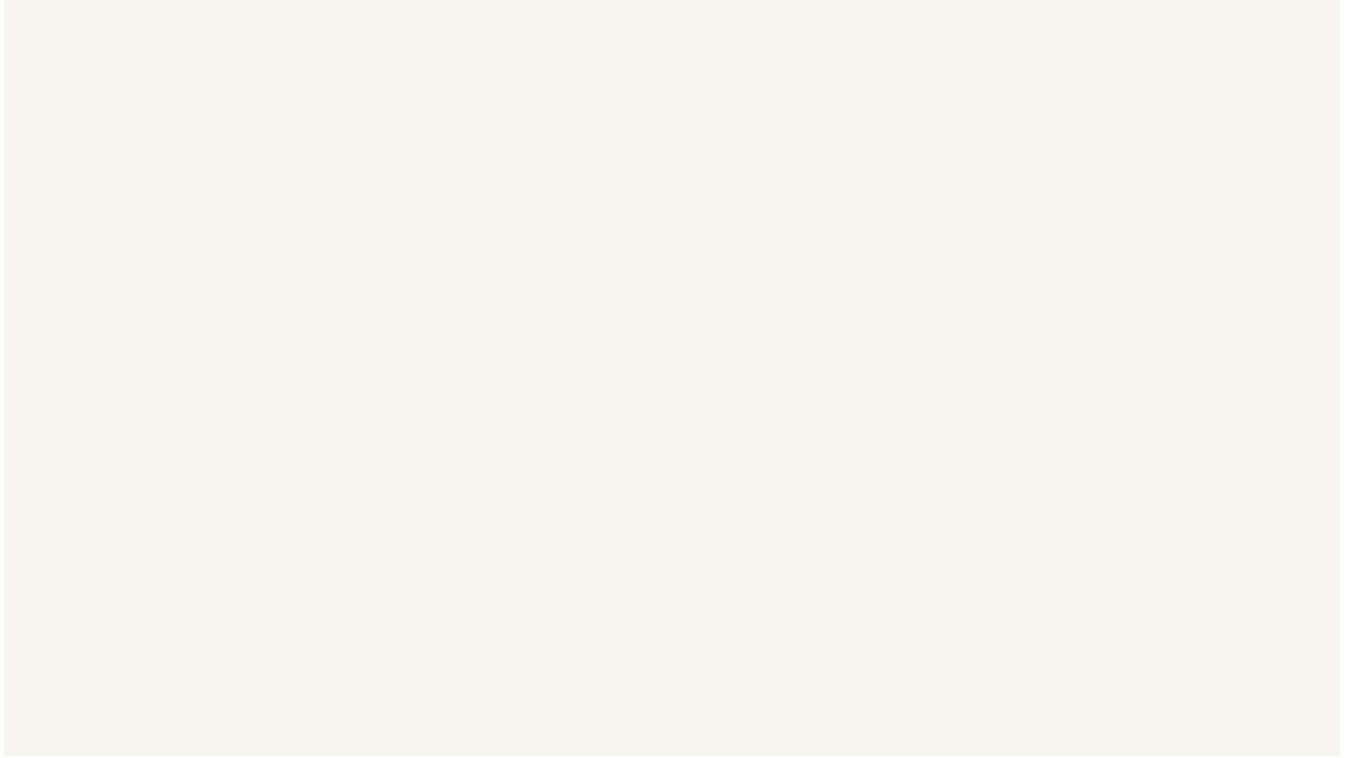
You can type directly into this workbook or print it out and handwrite your responses.

Take your time with these questions, and trust whatever wants to flow.

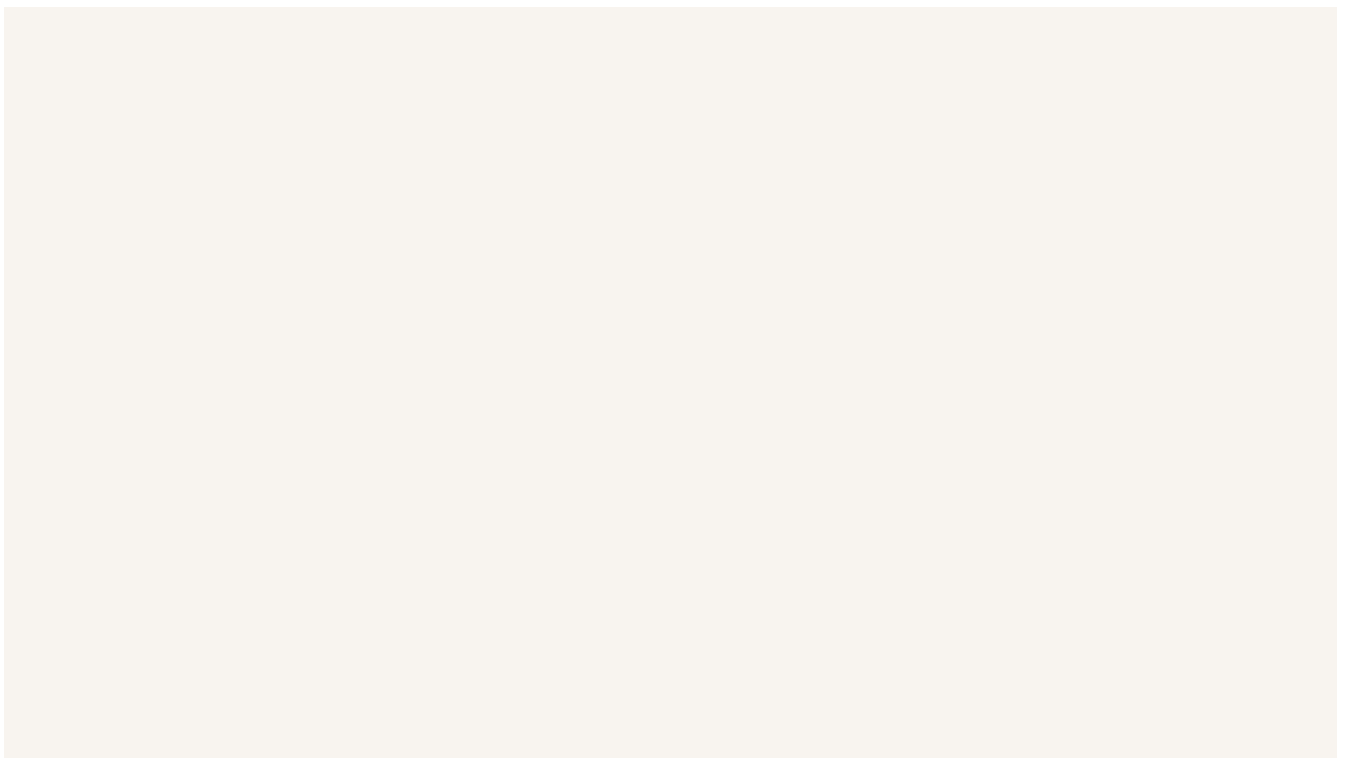
Connie x

QUESTIONS

Who was your main masculine role model when you were growing up? Describe his energy. What did you observe, experience or learn about the masculine?

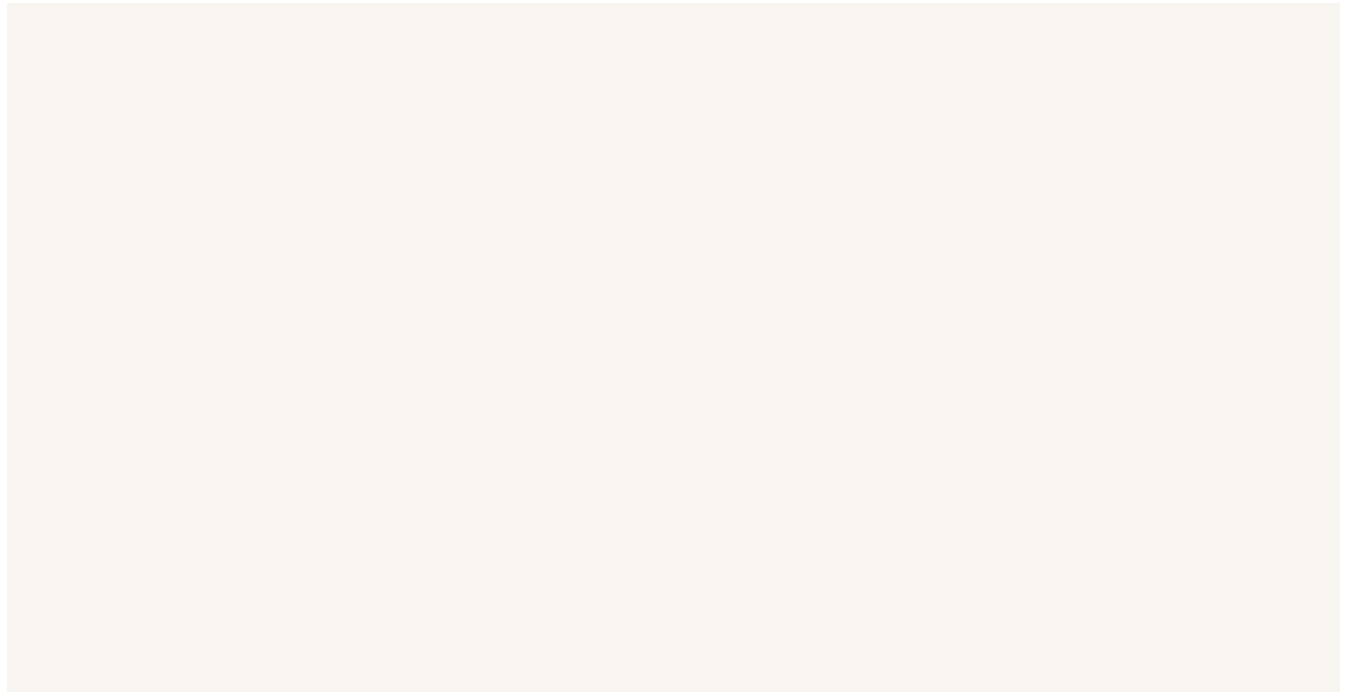


Who was your main feminine role model when you were growing up? Describe her energy. What did you observe, experience or learn about the feminine?

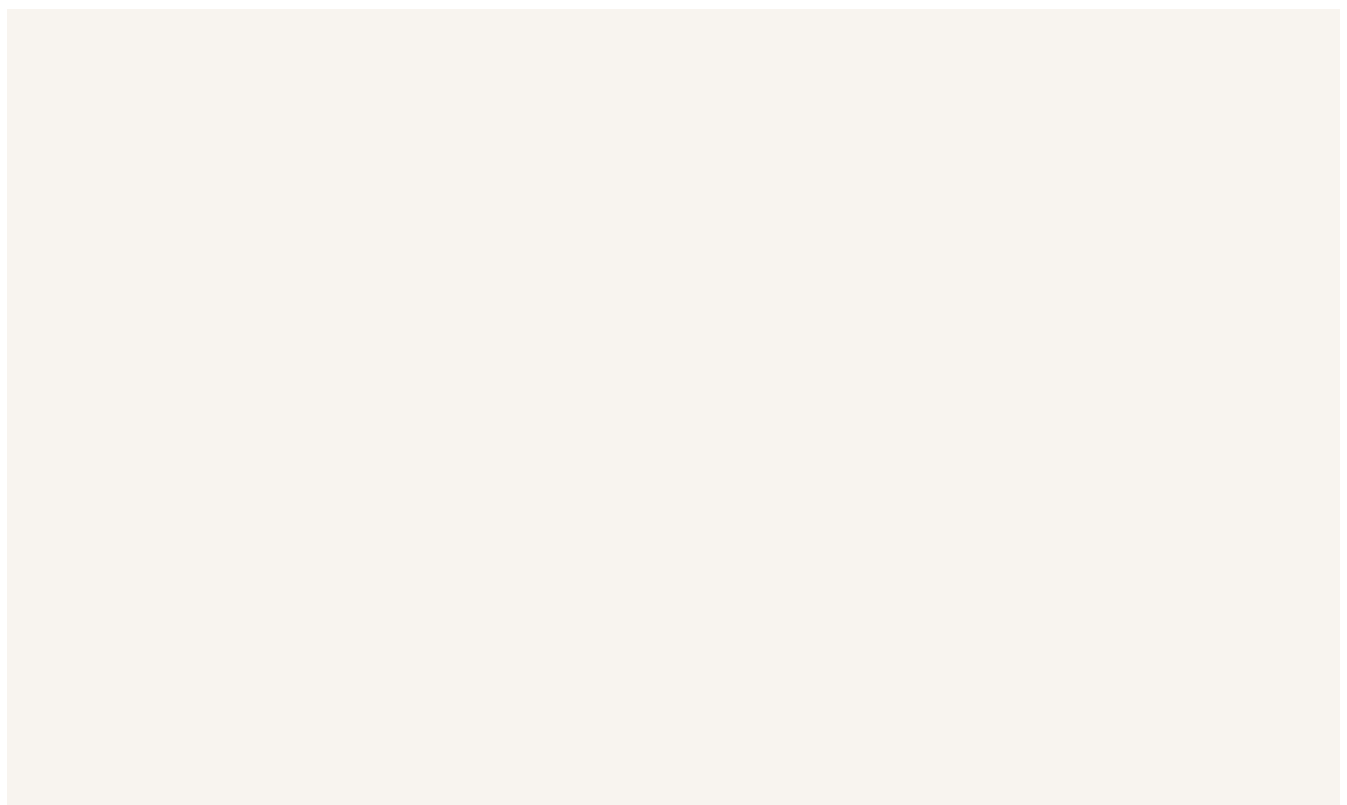


QUESTIONS

What messages did you receive as a child about your feminine and masculine? Were your emotions, creativity, imagination, sensitivity and playfulness celebrated? Or did you receive praise and love for your results, achievements, actions, academics and sports?



How has this shaped how you feel about your own masculine and feminine as an adult?



QUESTIONS

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

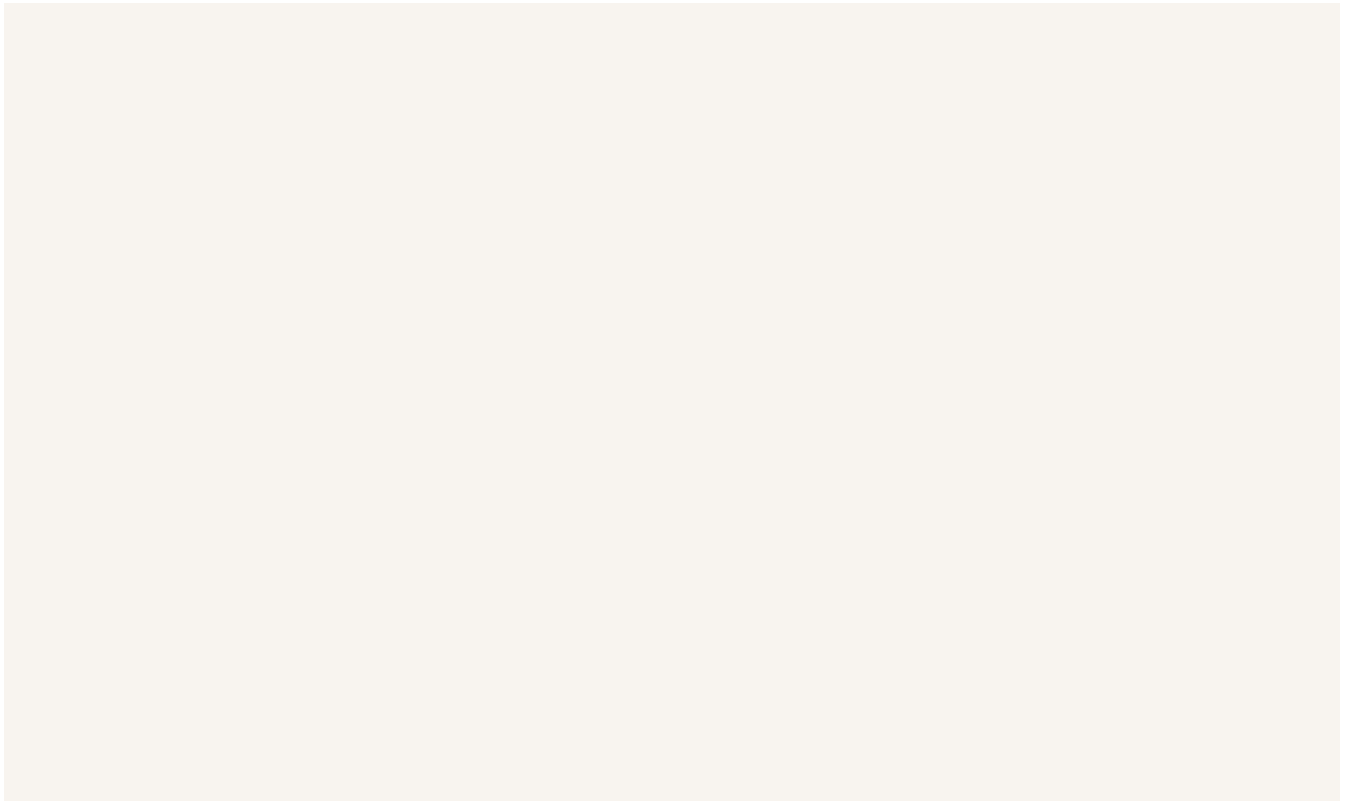
IMPERFECT

SPONTANEOUS

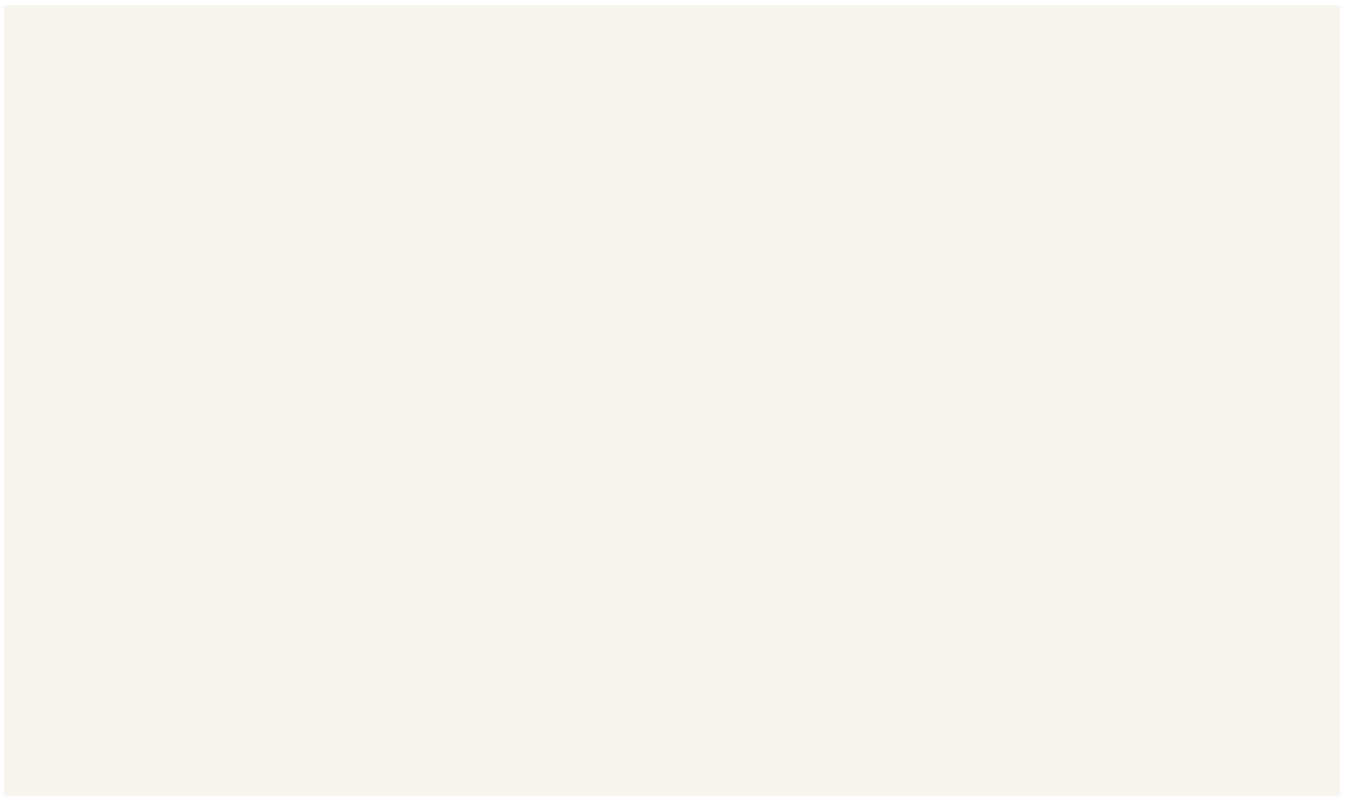
BEAUTIFUL

QUESTIONS

Which qualities from this list triggered you or which did you feel yourself reject? Why?



Identify 1-3 qualities from the list which you want to embody and express more of:



QUESTIONS

Quality 1:

What does this quality mean to you? What would it look like to embody and express this?

Quality 2:

What does this quality mean to you? What would it look like to embody and express this?

Quality 3:

What does this quality mean to you? What would it look like to embody and express this?

QUESTIONS

What is your feminine self most craving?

What is your feminine self asking for?

How is she wanting you to trust in her right now?

QUESTIONS

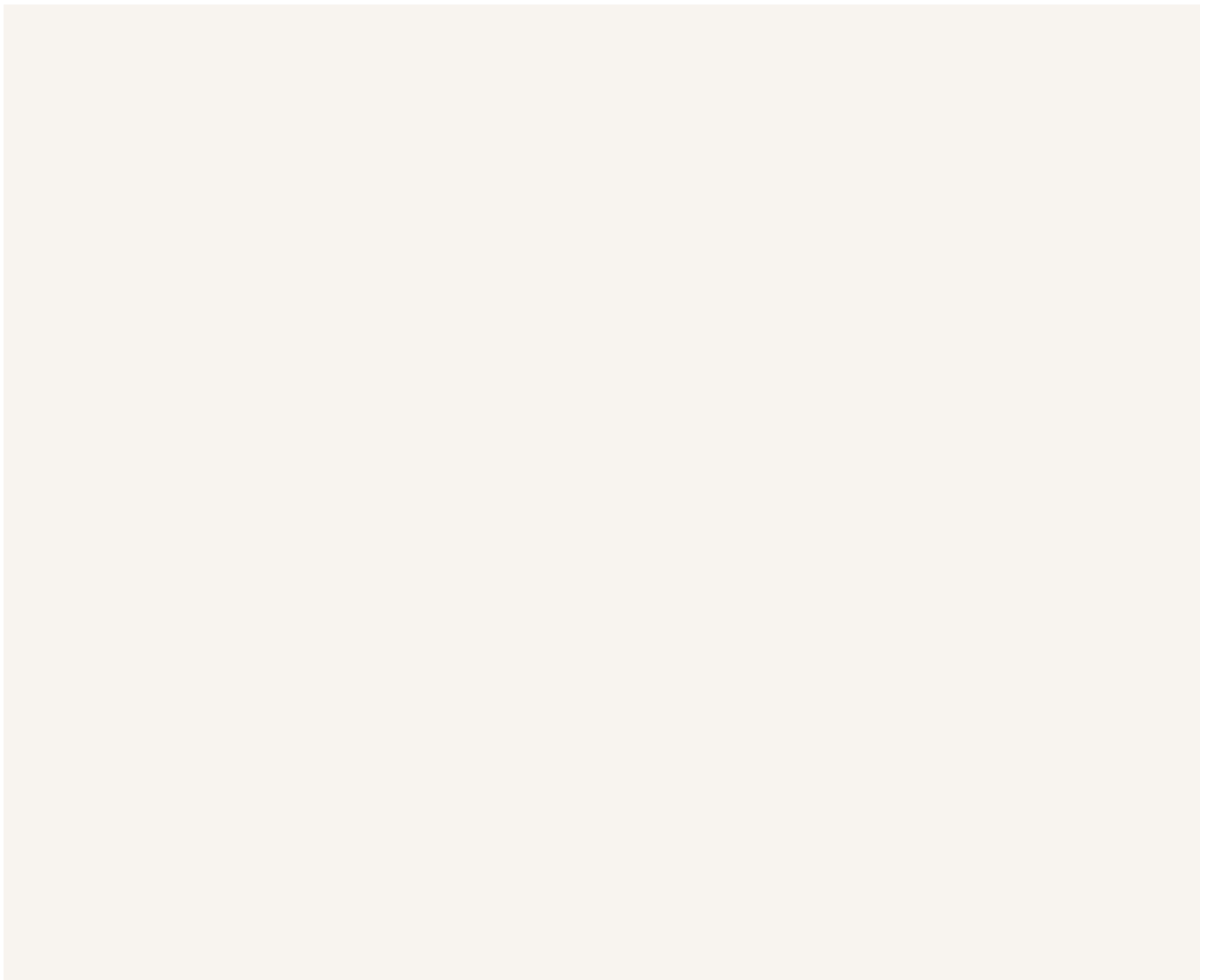
Below are some ways that you can think of masculine and feminine energy.

Masculine: Structure, Commitment, Direction, Planning, Routine, Outcomes, Discipline, Focus, Grounding, Action, Space Holder, Logic, Problem Solving, Practical, Solid, Still.

Feminine: Feeling, Flow, Softness, Pleasure, Emotion, Energy, Creativity, Intuition, Heart, The Process, Movement, Receptive, Playful, Wild, Sensual, Loving, Nurturing, Surrender.

Both of these energies are valuable and serve a powerful purpose for us as women. We will thrive when we have both energies working together, supporting each other and being balanced and in harmony.

How would you like to have your inner masculine and inner feminine working together?



NOTES

Additional thoughts, feelings and reflections:

A large, empty, light beige rectangular area intended for writing notes. It occupies the majority of the page below the introductory text.

You've completed your
workbook!

Come on over to our
Facebook community and
share your reflections and
insights from this week's
workbook with the group.