

Embrace Your
Feminine
Energy

by Eleonore Koury





The Celebration of
Feminine Energy in the
Hindu Culture

Did You Know?

Shakti: The Definition

In Hinduism, the concept of divine, personification of feminine creative power is called Shakti. In the Asian body of belief called tantra, the power of Shakti is connected to sexual energy. Also defined as the sacred force of empowerment, Shakti is thought to be a primordial cosmic energy representing the dynamic forces that move through the Universe. Sometimes referred to as the great Divine Mother in the Hindu religion, it is their belief that the dynamic force of Shakti manifests on the earthly plane mainly through female embodiment and fertility. This female energy is also believed to be responsible for creation and the agent for change.

About the Author

Eleonore Koury has been a student of various spiritual, healing, and meditation traditions since 1990. She holds a Bachelor of Arts in Psychology, is a Reiki Master Teacher, Healer, Spiritual/Life Guide, Meditation Coach and Visionary.

Eleonore is author of *Seeds of Love, A Personal and Planetary Transformation* touching on the areas of empowerment, balance, and the creation process. She is creator of *MeditativeWord™: A Journey Within*, a simple guided meditation CD to support individuals in developing a meditation routine and connecting to their source within. Find more information on her book and CD, private individual and group sessions visit www.sacredventures.com.

Self-Embrace

The First Step: Acknowledge Your Energy

As women, it is our birthright to enjoy our feminine energy and to feel safe in our bodies and in our world.

What does it mean to be feminine? We may have mixed feelings about being feminine or we may simply not even know what it means. As women, it is our birthright to enjoy our feminine energy and to feel safe in our bodies and in our world.

To be feminine is to be abundant, sensual, creative, deep, nurturing (to self then others), open, receptive, fluid, and flowing. Being feminine is a natural part of the masculine and feminine energy that is within us all, women and men. However, as women, we have a reservoir of feminine energy and we embody the feminine in manifest form.

This reservoir is connected to our sexual energy and is found at the base of our spine. It is a coiled life force that lies dormant within us known as kundalini or **Shakti** and opens us to an infinite source of health, love, prosperity, and freedom.

We have the capacity to embrace and awaken this reservoir of energy through many venues such as yoga, meditation, and creative endeavors. When we allow our feminine energy to flow freely and to inform our lives it can balance the masculine part of us that is the doer, giver, action and sometimes-aggressive part of us. It is through this balance that we reclaim our feminine power.

We may find that because of taking time to ourselves, our relationship with our partner is strengthened and our sexual union enriched.

Self-Discovery

The Second Step: Abstinence

Whether it takes the form of one day, one month, or one year take the time to discover your answers to:

- Who am I?
- What do I like?
- What do I want from life?

Another way to tap into our feminine power is to take a period of self-discovery, a time to really be with ourselves, without the pursuit of external things, achievements, or a mate. We can use this time to abstain from any sexual interaction (whether currently in a relationship or single.). Abstaining can take the form of one day, a month, or a year. Whatever calls to you.

Once you are clear on a period of self-discovery, commit to refraining from behaviors that involve thinking about or acting on romantic desires. Instead, focus your energy on discovering you! Who am I? What do I like? What do I want? Take the time to discover your body and explore its magnificence, not attached to a pant size or the right outfit but just as it is. Explore your sensuality and the sensuality of life around you. Dance and free form movement is a beautiful way to learn about ourselves and move into the sensuality of life. Explore your inner self, journal, go on walks in nature, take yourself out on a date, or go on a trip. Take a journey to a sacred site or somewhere you have always wanted to visit.

This can be an empowering period awakening inner qualities, which once lay dormant. We encounter strength, courage, joy, peace, adventure, and as a result, our outer world expands as our inner world deepens. We open the gateway to a wellspring of love that lies within us, rather than something we get from the outside. Many of us have developed our identity and worth from the responses and reactions of others. The ways in which others have loved or not loved us, taken care of us or abused us has shaped our view of the world and ourselves. This time of self-discovery allows us to discard the "garbage" of our experiences and opens us to the truth of who we are and the truth of the Universe.

It is natural to find that at this time our soul can awaken to a renewed vision. We can write this vision down or create a vision board of our soul's desires. Allow your vision board to reflect not only the external things you want, but also the inner and broader qualities you wish to experience such as peace, joy, abundance, love, service, etc. This time out can be a yearly event in which you evaluate your creations and your inner state, discarding what no longer fits and opening to a renewed vision of yourself and your life.

We may find that because of taking time to ourselves, our relationship with our partner strengthened and our sexual union enriched. As single women, we may attract a more suitable mate that reflects our inner state and our true vision of partnership. A time of celibacy can lead us to a rich sexual life in which we discover the depth and wealth of our spiritual connection reflected in our sexual union. Rather than looking to our sexual relationship to fill us up – we bring to our sexual partner our fullness, enhancing our union and experience of pleasure.

As we open the door to our soul and see the truth of who we are and what is within us, we inevitably uncover a source of feminine power that is infinite. This source is available to us, within us and in all of life. It is our primary relationship and the source from which all of life and manifestations come. For many of us our concept of a higher power is masculine in nature. When we look deeper, we discover that God, Universal Consciousness, and Source whatever you want to call it is feminine as well as masculine and that God is as much female as it is male, ultimately without gender. When we step into this awareness we begin to awaken to a world that is then reflective of ourselves as women, and a source of peace, joy, abundance, pleasure, freedom etc; a world in which we have choice and the power to co-create our reality. We find our personal power, living as empowered women "dependent on no-one and yet interdependent with the entire Universe." (Wikipedia definition of Shakti)



The Third Step: Meditation

Within us are layers of defense, adaptation, and distractions. Utilizing the art of meditation to quiet the mind allows you to peer into the layers of your mental self-sabotage.

As women (and men) who are constantly busy and running about, giving ourselves the gift of meditation can be the most challenging of acts. Meditation is the avenue to connecting with our self and to our Source; it is the ultimate act of self-love. Yet within us are layers of defense, adaptation, and distraction, which lead us to avoid and put off this gift.

Recently I was with a client in a Reiki, Spiritual/Life Guidance and Meditation Coaching session. As we were discussing her meditation routine, she stated it was there, but she knew she could do more. She went on to say that, she found it interesting that she liked to meditate because it really helped her relax, however she filled up her nights and days so full that she ended up with no time for herself. I asked her if this was related to her self worth. She reflected that it was indeed hard for her to love herself enough to say no to others and to give herself the gift of personal time on a daily basis.

Not taking time out for ourselves is a reality for many of us. It is easier to get caught up in the exterior things of our lives. It is difficult to love ourselves enough to claim the gift of time, rest and stillness that comes from within. It is a gift to nourish ourselves with the love that is within us, but it can be highly challenging because this level of stillness can be scary. When we begin to settle down and get still, the thoughts and emotions we try to avoid through our busyness begins to surface. We keep ourselves immersed in external activities because it can be quite uncomfortable to be alone with the chattering mind and potentially painful emotions. However, when we do not allow ourselves to experience this discomfort, we simply bury thoughts, clog up all of our circuits, and disconnect ourselves from our body, Source, and inner guidance.

What we neglect to see is that thoughts and feelings are just that, and nothing more. The “Boogie Man” is truly not that frightening once we flash light on it. Another client made that realization during her session. She stated she had not realized that she was afraid to face her feelings even in meditation, because she felt they would last forever. It never dawned on her that this is why she avoided them. She finally allowed her thoughts and feelings to surface and found their life span was short after all. She was surprised to find herself renewed with energy and lightness.

The more we give ourselves the gift of stillness, the more we begin to crave it and the disturbances of the mind and heart find a place of rest and release. We then tap into our true authentic self that was buried deep down. As we continue, the path deepens and expands and we discover an immense well of love for ourselves, leading us to an infinite Source of love, power, and guidance.

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