



# Woman of the Aquarian Age

We have just ended an age that was primarily masculine dominant, and operated under the foundation that all things were separate in which a few carried all the power. We are now in the Aquarian age in which the foundation is a balance between feminine and masculine, a union and connection between all things. A oneness in which power is shared between all.

by Eleonore Koury

## Role of Women in the Aquarian Age

The reality that only a woman can carry a child through the stages of birth is a reflection of the unique role women have in birthing our new world. It is through her nurturance, her grace, love, creative power and fluidity that the new consciousness of humanity is birthing. In order to do this women must fully embrace their feminine wisdom, releasing imbalanced masculine/feminine characteristics such as control, dominance, defense, and aggression or acquiescence, being a martyr, victim, and over responsible. Her power lies in grace, love, intuition, creativity, fluidity, and communication.

There is an unconscious deep awareness that life is a joint endeavor between men and women and that roles are specific in this way for the good of all. She does this in community, with other women and supported by the men in her life. It is important that she open to the support of her husband, partner, friend, brother and father to uplift and honor her in her weaving. There is no power struggle there is just flow and grace, a deep awareness that the goodness for all rests in the nurturance and labor of women.

As women step fully into their balanced feminine energy and grace they will support the healing and evolution of men, and together men and women will co-create a society directly reflective of a higher consciousness, one with all of life.



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# *Must Haves* in the Aquarian Age

## *Sacred Relationship With Self*

**As women are leading in the co-creation of our world in the Aquarian Age, one of our primary roles is to care for and respect ourselves.**

As women our first sacred relationship is with ourselves and our source. If we place our dependence on others as our source of freedom, joy or peace we are sure to live a life that eventually leads to suffering. External dependence means that our security is outside ourselves. When that individual or thing leaves or is removed we often collapse because we've given our power away. However if we rely fully on our inner presence and infinite Source within, then our security and peace comes from that inner space that never leaves and never changes, is constant and ever flowing. It is then that our relationships with others and with all of life is enriched and true.

In the Aquarian Age our sacred relationship with self requires a daily commitment of spiritual/meditation/yoga practice. In order to be co-creators in reshaping our culture and society, our daily routine of self care and inner connection is essential. In other words it is a non-negotiable.

# *Sacred Relationships With Others*

**In this new era our role and relationship with others is drastically shifting.**

Historically women have held the roles of mother and nurturer and have put their children, husband, and family first. Caring for them, often times at the expense of caring for themselves. Today as women we are realizing and awakening to the reality that it just doesn't work out well in the long run. If we deplete ourselves to care for others at our expense we inevitably become ill and those very individuals we are trying to care for, have to turn around and care for us, or suffer as a result of our debilitating illness or death.

In these times we have so many resources and so much available to maintain our health and our care it is no longer necessary for a woman to carry the entire load. We allow others to care for themselves rather than burdening their responsibility on our shoulders or in our body/breasts/uterus (cancer), and consequently disabling the growth of others.

We do our part and we allow the Universe to do its part. We ask for help from others, and work as a team rather than as a sole doer. Then we are truly aligned with the divine feminine and begin to serve others and give to others from our overflow, our abundance and the fullness of our heart.

Our relationship with other women also heals and evolves. We release the need to compare ourselves to other women, their size, color, career, marital status,

role in the world etc. We no longer judge or allow ourselves to be judged. We celebrate the divine feminine within ourselves and the goddess in other women. Recognizing that we are all individual and unique reflections of the one creator/creatrix bringing our individual gifts and talents to the world and to each other. The need to be a certain size and status is truly dying. Today we are free to be all that we are and to choose what ever life path is our highest good.

Our romantic relationships also evolve. As women we can enjoy the pleasures of romance whether it is with a husband, partner, boyfriend or date. This is one of the great gifts of being a woman and experiencing being pursued, gifted, lavished, courted, loved, etc. The difference today is we don't live only for such pleasures and it's not the center of our existence. We are in balance. Not denying such a need as many feminists felt it was important to do. Nor making romantic relationships our life's mission or our sole option for fulfillment. So when the romance wanes and the one offering pleasures leaves the emptiness is quickly filled by the love, presence and abundance of our Source.

# A Daily Practice in the Aquarian Age

A daily practice of self care fills your cup so that you live from the overflow and give from your overflow. This daily practice is your place of grounding, centering, enjoyment and guidance. It allows you to develop and maintain your inner wisdom, intuitive knowing, deep contentment and transformative power

## Integrate Breath & Meditation

Breath is an essential aspect  
of wholeness and balance

**Gone are the days when our breath is shallow and sparse, where we deplete the nutrients to our organs and disconnect our connection to our soul.**

As we fully awaken we recognize that all comes from our relationship to our breath and we consciously breath deeply and slowly, fully embodying our essence and fully present in our bodies. It is through our conscious breathing that we delight in ourselves, our body temples, our life and our creations. The breath is primary. It truly is the master of our domain; it is the bridge to the master within.

It is through the breath that we develop a meditation practice that does not only take place in our morning and or evening routine but in fact takes place throughout our day.

It is through the breath that  
we develop a meditation practice

**Meditation becomes a way of life and breath is the vehicle to that lifestyle, one in which we are in flow with the very nature of life.**

Meditation styles vary and there is no “right” way to meditate. Each person gravitates to the style that works for them from Vipassana to Transcendental, from Kundalini breathing techniques to Taoist techniques. Often we can be drawn to one technique for a while and then change to another.

We are constantly changing so our meditation practice will also do the same. The most basic method is to simply bring awareness to your breath throughout the day, bringing awareness to the present moment, followed by deep breaths that allow you to fully merge into your body, out of the demands and chatter of your mind into that infinite space within of stillness, peace, ease and rest.



## Receive Nurturing Bodywork

*Our bodies are amazing vehicles.*

**The beauty and complexity of our muscular, skeletal, neurological, organic, physiological, psychological and energetic systems is designed in such a manner that we can actually heal and renew ourselves.**

Receiving regular care from holistic practitioners, can aid in this rejuvenation, by providing essential components to all aspects of health and vibrancy. We are returning to the ancient knowledge of our body's natural capacity to heal and sustain. When provided with the optimum conditions then we can retain that youthful vibrancy and vigor for life at any age. It is one of the beauties and delights of being human and living in our bodies. There are countless treatments available to us today that assist us in both preventative and intervention care.



## Aquarian Age Self Care Treatments *Repeat Once A Week*

### **Massage**

You can receive a professional massage or give yourself a simple foot head neck or hand massage

### **Reiki**

A form of energy healing that works on the emotional, mental, physical and spiritual level. Reiki is a simple technique that anyone can learn A self treatment can support your immune system, organ system, your clarity and emotional well being, your spiritual connection and overall well being. For detailed information on Reiki, visit [www.reikiunleashed.com](http://www.reikiunleashed.com)

### **Baths**

Bathe regularly with sea salt or Epsom salt

### **Spa Day**

Take a spa day regularly, best if spa has mineral baths and steam rooms or sauna. Other holistic Spa Day treatments include Acupuncture, acupressure, and Ayurvedic body treatments

### **Yoga**

Any form of yoga that you feel called to. Make sure to include restorative yoga in order to replenish your feminine/yin well. Kundalini Yoga is a powerful system that works on the energetic body. "Kundalini yoga classes are a dynamic blend of postures, pranayam, mantra, music and meditation, which teach you the art of relaxation, self-healing and elevation. Balancing body and mind enables you to experience the clarity and beauty of your soul" Yogi Bhajan

### **Dance**

Any form of dance that calls to you from hip hop to salsa, from square dancing to jazz. There are many wonderful new dance movements that incorporate a combination of movement with yoga and Tai Chi as well as free form movement. Make it a prayer, it can actually be a part of your morning or evening prayer and meditation practice and it doesn't even require any music, just dance to the pulsing rhythm of your soul.

## Being in Nature

*Getting out in nature is a vital part of self care, inner reflection, and nourishment*

**Like us, nature in its seemingly imperfection is perfectly magnificent. It is strong, yet delicate. An ecosystem can easily be damaged and yet with the right conditions can also naturally restore and renew. The presence of Universal Life Force, God, Consciousness, Goddess, whatever you want to call it, is most evident in nature.**

In Greek mythology, the earth is often described as a feminine being named Gaia. In many ways nature personifies the feminine and mirrors the grace, beauty, power, and creative force found in women. Spending time in nature is essential to feeding our bodies and souls health and vitality. Spend time hiking the hills or playing in the oceans and rivers. But also give yourself time to rest, be still and absorb the beauty, wisdom and life that is there. All of nature is a healer and a teacher, especially to those that open to it. Make it a regular part of your self love and care to spend time in nature.

## Above all have fun!!

*Though we must step up and commit to our daily routines, it is important to also allow the entire process to be enjoyable, playful and fun.*

### 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, and 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 monthly women gatherings, her book, CD, Reiki Therapy and Reiki Training at [www.sacredventures.com](http://www.sacredventures.com)

