



03

*Empowerment and Wisdom*

# Maga/Enchantress

## **Welcome to the Season of Empowerment and Wisdom:**

The Enchantress stage is a profound period of transformation, marking a shift towards inner strength, deepened wisdom, and a reinvigorated sense of sensuality. As you step into this phase, you're invited to harness the energy of Autumn—a time of reflection, harvest, and preparation for renewal. This module will guide you through embracing the Enchantress within, exploring the power of your wisdom, and the richness of your sensuality that has matured like a fine wine over the seasons of your life.



# Welcome



Hello! I'm Kym

Welcome to a space where womanhood, sensuality, and empowerment intertwine. I'm Kym, a passionate advocate for women's self-discovery and pleasure. My journey, inspired by transformative experiences and mentors like Layla Martin, has led me to a profound realisation: true empowerment comes from embracing our sensuality and inner strength. Through a unique blend of traditional life coaching and energy practices, I guide women to rediscover their vibrant selves. My mission is to help you navigate life's transitions with confidence, reconnect with your sensual self, and embrace joy at every stage of your journey.

Join me in this transformative adventure, and let's celebrate the power and beauty of being authentically you.





# Special Instructions

## **Welcome to Your Journey:**

This playbook is designed to guide you through the transformative journey of rediscovering and embracing your sensuality at every stage of womanhood. The exercises and reflections within are invitations to explore, heal, and celebrate your sensual self.

### **1. Approach with Openness:**

Each exercise is an opportunity for deep personal exploration. Approach them with an open heart and mind, ready to uncover new insights about yourself. Remember, there is no "right" or "wrong" way to feel or respond.

### **2. Create a Sacred Space:**

Before engaging with the exercises, consider creating a space that feels safe and sacred to you. This could be a physical space in your home or a mental space you cultivate through meditation or setting intentions.

### **3. Honour Your Pace:**

Move through the playbook at a pace that feels comfortable and authentic to you. Some exercises may evoke strong emotions or require more reflection. Take the time you need to process and integrate these experiences.

### **4. Journaling as a Tool:**

Keeping a journal specifically for this journey can be incredibly valuable. Use it to record your thoughts, feelings, and revelations as you work through the exercises. Writing can be a powerful tool for processing and understanding your experiences.

### **5. Practice Self-Compassion:**

Be gentle with yourself throughout this process. Practicing self-compassion is crucial, especially when confronting challenges or uncovering painful memories. Remember, this journey is about healing, growth, and self-love.

### **6. Engage with Community:**

If you feel comfortable, consider sharing your experiences or insights with a trusted friend or supportive community. Connection can amplify the healing and transformative power of your journey.

### **7. Integration into Daily Life:**

Look for ways to integrate your insights and practices from the playbook into your daily life. This might involve setting new intentions, adopting self-care practices, or making changes in your relationships and interactions.

### **8. Reflect and Revisit:**

Your journey doesn't end when you complete the playbook. Sensuality and self-discovery are ongoing processes. Feel free to revisit exercises that resonated with you, and continue to reflect on your growth and evolution.

### **9. Celebrate Your Journey:**

Acknowledge and celebrate the work you've done and the growth you've experienced. This journey is a profound act of self-love and empowerment. Honour yourself for the courage and openness you've shown.

# FAQ's

## How much time should I dedicate to each exercise?

Each exercise is designed to be self-paced, allowing you to engage deeply and reflectively. While some exercises may take only 15-20 minutes, others could inspire hours of exploration. Listen to your intuition and allow yourself the time you need.

## What if I experience strong emotions during the exercises?

It's normal and even expected to encounter strong emotions as you explore aspects of your sensuality and personal growth. If emotions become overwhelming, pause and practice self-care or reach out to a supportive friend or professional. Remember, this journey is about nurturing and understanding yourself more deeply.

## Can I skip exercises that don't resonate with me?

Yes, this playbook is a tool for your personal journey. While we encourage you to try each exercise with an open mind, you know yourself best. If an exercise doesn't resonate, you may skip it or return to it later when you might feel differently.

## How can I integrate the insights gained from the playbook into my daily life?

Integration can be achieved through mindful reflection on how the insights impact your view of yourself and the world. Consider adopting new practices or rituals that align with your discoveries, and actively seek opportunities to apply your learning in relationships, decision-making, and self-care

## Is it beneficial to share my experiences with others?

Sharing can be incredibly powerful, offering validation, perspective, and community support. However, it's important to share within spaces where you feel safe and supported. Whether it's with trusted friends, family, or within a dedicated group, sharing should feel empowering and constructive.

## Crone

Wisdom  
Focus  
Deep Power  
Surrender  
Magnetic  
Wise

## Maiden

Youthful  
Curious  
Questioning  
Play  
Flirtation  
Blooming

The  
*Grounded*  
Woman

## Maga

Learning  
Gratitude  
Letting Go  
Acknowledging  
Relaxing  
Releasing

## Mother

Mature  
Masterful  
Colourful  
Full  
Outward  
Bright

Thoughts:

A close-up photograph of a hand holding a silver pen over an open notebook with lined pages. The background is softly blurred, showing a desk and a lamp. A white rectangular box with a thin orange border is overlaid on the top right of the image, containing the title and subtitle.

## *Journaling Exercise*

# **The Enchantress & Sensuality**

Objective: To explore personal changes in sensuality during the Enchantress phase and critically reflect on societal influences that shape perceptions of sensuality in this transformative period.

Instructions for Reflection:

### 1. Identify Changes in Sensuality:

- Begin by reflecting on your journey into the Enchantress phase. How has your relationship with your sensuality evolved? Consider changes in how you experience, express, and value your sensuality.
- Think about the aspects of sensuality that have become more important to you and those that may have shifted into the background.

### 2. Societal Narratives and Their Impact:

- Reflect on the societal narratives surrounding women, sensuality, and aging. How do these narratives conflict with or support your personal experience of sensuality in the Enchantress phase?
- Identify specific messages or stereotypes that have influenced your feelings about your sensuality. These may come from media, literature, community, or even conversations.

### 3. Personal Experiences of Stigmatization or Undervaluation:

- Recall any personal experiences where you felt your sensuality was undervalued or stigmatized because of entering the Enchantress phase. How did these experiences make you feel, and how did you respond to them?

# Journaling Exercise

## The Enchantress & Sensuality

### 4. Redefining Sensuality:

- Considering the societal narratives and personal experiences you've reflected on, how would you like to redefine sensuality for yourself in this phase? What aspects of the Enchantress's wisdom and power can inform this redefinition?


### 5. Affirmation of Sensual Self:

- Create an affirmation or statement that encapsulates your empowered stance on sensuality as an Enchantress. This could serve as a reminder of your right to a rich, sensual life, irrespective of societal narratives.

### Writing Your Reflection:

- Start with a brief overview of how you previously viewed sensuality and how entering the Enchantress phase has transformed this view.
- Dive into the societal narratives, pinpointing those that have had the most impact on your perception and experience of sensuality. Use specific examples to illustrate these influences.
- Share your vision for redefining sensuality in this phase of your life, incorporating the wisdom and empowerment that come with the Enchantress energy.
- Conclude with your personal affirmation, embracing a future where your sensuality is fully acknowledged, celebrated, and integrated into your being.

This journal prompt not only fosters a deeper understanding of one's evolving relationship with sensuality but also challenges and reshapes the societal narratives that frame sensuality in the context of aging and transformation. By engaging with this reflection, women can affirm their sensuality as a source of strength, wisdom, and empowerment, fully embracing the richness of the Enchantress phase.



Today I am grateful for

# Transforming Misconceptions

The "Transforming Misconceptions" activity is designed to creatively engage with and challenge the common misconceptions surrounding the Enchantress phase, transforming them into empowering truths. This activity encourages participants to use their creativity to affirm their strength, wisdom, and sensuality.

## **Activity: Transforming Misconceptions**

Objective: To counteract common misconceptions about the Enchantress phase with empowering truths, using visual art or creative writing as mediums for transformation.

### **Instructions:**

#### *Step 1: Identify Misconceptions*

- Begin by listing common misconceptions about the Enchantress phase. These might include ideas that women in this phase are "past their prime," no longer sensual, or that their value diminishes with age.

#### *Step 2: Craft Empowering Truths*

- For each misconception, create a corresponding empowering truth. For example, the misconception that the Enchantress phase means a decline in sensuality can be transformed into the truth that this phase is rich with deep, nuanced sensuality and wisdom.

#### *Step 3: Choose Your Medium*

- Decide whether you want to express these transformations through visual art or creative writing. Choose the medium that best allows you to communicate your vision and feelings.





# Transforming Misconceptions

## **Visual Art Option:**

- Create a piece of art for each misconception and its empowering truth. This could be a painting, collage, digital art, or any other visual medium.
- Use symbols, colors, and imagery that represent the shift from misconception to truth. For instance, a phoenix rising from ashes could symbolise rebirth and the flourishing of sensuality and wisdom in the Enchantress phase.

## **Creative Writing Option:**

- Write a short piece for each pair of misconception and truth. This could take the form of poetry, short narrative, or a reflective essay.
- Embed the transformation of each misconception into an empowering truth within your narrative or poem, celebrating the Enchantress's wisdom, strength, and sensuality.

## **Step 4: Reflect and Share**

- After completing your art or writing, reflect on the process. How did addressing these misconceptions through creativity affect your perception of the Enchantress phase?
- Consider sharing your work with trusted friends, family, or within a supportive community. Discussing your creations can inspire others to rethink their own perceptions and embrace the Enchantress phase with empowerment and pride.

## **Conclusion:**

This activity is a powerful way to engage with the stereotypes and societal narratives that surround the Enchantress phase. By transforming misconceptions into empowering truths, you not only redefine this stage for yourself but also contribute to a broader cultural shift in how we view aging, wisdom, and sensuality.



# Myth Vs Reality

<i>Misconceptions</i>	<i>Empowering Truth</i>

**Strategies for Integration:**

# Sensual Navigation Through The Seasons

**Objective:** To explore and document the evolution of your sensuality across the seasons of your life, culminating in a deep dive into the nuances and strengths of your sensuality during the Enchantress/Autumn phase.

## **Instructions:**

### 1. *Preparation:*

- Gather materials that inspire reflection and creativity: a journal, colorful pens, old photos, or anything else that resonates with your journey.
- Create a quiet, comfortable space for this reflective exercise, considering soft lighting or background music that evokes introspection.

### 2. *Mapping Your Sensual Seasons:*

- On a large sheet of paper or in your journal, draw a timeline or a cyclic map representing the seasons of your life: Maiden (Spring), Mother/Creatrix (Summer), Enchantress (Autumn), and Crone (Winter).
- Start by briefly noting key moments, feelings, or shifts in your sensuality during the Spring and Summer phases of your life.

### 3. *Focusing on the Autumn Phase:*

- Dedicate a significant portion of your map or timeline to the Enchantress/Autumn phase. Reflect on how your sensuality has evolved during this period. Consider how experiences of growth, transformation, and wisdom have influenced your sensuality.
- Identify what aspects of your sensuality have become more pronounced, nuanced, or transformed. Perhaps you've discovered new depths of desire, a renewed appreciation for your body, or a more profound connection to your sensual self.

### 4. *Illustrating Your Journey:*

- Use symbols, colours, and words to illustrate the changes in your sensuality. For example, a tree in full autumnal colour could symbolise the richness and maturity of your sensuality in the Enchantress phase.
- Include quotes, poetry, or mantras that resonate with your sensual journey, especially those that capture the essence of your current phase.



# Sensual Navigation Through The Seasons

## 5. Reflection and Integration:

- Once your map is complete, spend some time reflecting on the journey you've illustrated. How does acknowledging these changes in your sensuality influence your self-perception and relationships?
- Consider how you can integrate the wisdom and insights gained during the Enchantress phase into your daily life. This might involve embracing new practices, expressing your needs and desires more openly, or simply honouring your sensual self with more kindness and acceptance.

## 6. Sharing and Discussion (Optional):

- If you feel comfortable, share insights or elements of your sensual seasons map in the private Facebook community or with a trusted friend. Discussing your journey can offer support, validation, and inspiration to others navigating their own paths.

This exercise not only allows you to honour the evolution of your sensuality but also to embrace the present phase with awareness, acceptance, and empowerment.

By mapping out your journey, you're invited to celebrate each season's unique contributions to your sensual identity, particularly the richness and depth of the Enchantress/Autumn phase.





# Cultural Archetypes and Personal Reflection

Exploring cultural and mythological archetypes of the Enchantress within the Autumn context offers a rich avenue for understanding how different cultures embody the complexity and depth of this life stage. This exercise aims to deepen your appreciation for the Enchantress phase, highlighting its universal and culturally unique aspects.

## Cultural Reflection Exercise: Archetypes of the Enchantress in Autumn

**Objective:** To examine and reflect upon the Enchantress archetypes from various cultures and mythologies, focusing on their representation of the Autumn phase's complexity, wisdom, and sensuality.

### Instructions:

#### 1. *Research and Selection:*

- Begin by researching or recalling different cultural and mythological figures that represent the Enchantress archetype, particularly those associated with the themes of Autumn, such as transformation, maturity, and harvesting wisdom.
- Choose at least three figures from diverse cultures or mythologies that resonate with you or intrigue you. Examples might include Hecate from Greek mythology, known as a goddess of magic and crossroads; Baba Yaga from Slavic folklore, a figure of deep wisdom and transformation; or The Cailleach from Celtic mythology, embodying the crone aspect of the Goddess, representing decay and regeneration.

#### 2. *Analysis and Reflection:*

- For each chosen figure, write a brief summary of their story or attributes, especially as they relate to the themes of the Enchantress phase. Focus on how they embody wisdom, transformation, and sensuality.
- Reflect on the following for each archetype:
  - Transformation: How does the figure embody the transformative energy of Autumn? Consider their roles, powers, and the myths surrounding them.
  - Wisdom: What wisdom do they offer? How do they acquire or dispense this wisdom?
  - Sensuality: Is sensuality a part of their narrative or symbolism? How is it expressed or suppressed?

# Cultural Archetypes and Personal Reflection

## 3. *Personal Connection:*

- Identify aspects of each archetype that you find most compelling or relatable. How do these figures inspire you to embrace your own complexity and depth during the Enchantress phase?
- Consider how the wisdom and traits of these archetypes can influence your approach to personal growth, relationships, and sensuality.

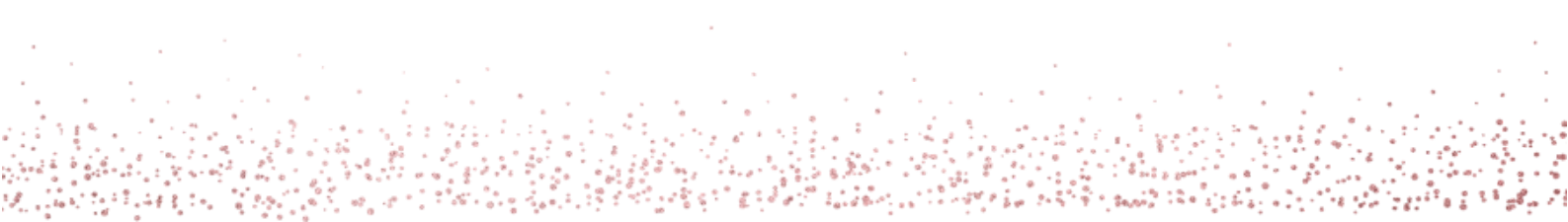
## 4. *Creative Expression (Optional):*

- Choose one archetype that particularly resonates with you and express your reflections creatively. This could be through writing a poem, creating a piece of art, or embodying the archetype in a personal ritual that celebrates the Enchantress within you.

## 5. *Sharing and Integration:*

- Reflect on what insights this exploration has brought to your understanding of the Enchantress phase. How has connecting with these archetypes deepened your appreciation for your own journey?
- If comfortable, share your reflections, creations, or insights in a supportive community setting, inviting discussions that can further enrich your and others' understanding of the Enchantress phase.

This exercise is not only an exploration of cultural and mythological wisdom but also a journey into self-discovery. By engaging with the Enchantress archetypes from various traditions, you're invited to see the Autumn phase of life as a rich period of transformation, wisdom, and deepening sensuality, offering new perspectives and inspirations for your own path.







# Sensual Integration Exercise

Creating a personal ritual or practice that celebrates your evolving sensuality in the context of Autumn's energy is a beautiful way to honor this transformative phase. Let's outline a simple ritual structure and then provide specific suggestions to tailor it to your needs and preferences.

## Personal Ritual Outline for Celebrating Sensuality in Autumn

**Objective:** To create a meaningful ritual that honors the depth, wisdom, and sensuality of the Enchantress phase, drawing on the rich, transformative energy of Autumn.

### *Step 1: Setting the Space*

- Choose a Quiet Space: Select a place where you feel comfortable and undisturbed, indoors or outdoors. Consider an area that naturally embodies Autumn, such as a room with warm colors or a backyard with falling leaves.
- Create an Altar: Use a small table or a section of a room to set up an altar. Decorate it with items that represent Autumn and sensuality to you, such as fallen leaves, candles, seasonal fruits, or sensual artifacts like fabrics or artwork.

### *Step 2: Invoking the Energy of Autumn*

- Light a Candle: Choose a candle in a deep, warm color (orange, red, or gold) to represent the warmth and fire of your sensuality. As you light it, set the intention to embrace and celebrate your sensuality.
- Autumnal Offerings: Place seasonal offerings on your altar. These can be items like apples, pomegranates, or nuts, symbolizing the harvest and abundance of the season.

### *Step 3: Sensual Awakening Practices*

- Sensory Engagement: Engage each of your senses in turn. Feel the textures of Autumn items, taste seasonal flavors, listen to the sounds of nature or sensual music, inhale the scents of essential oils or incense, and observe the beauty of your surroundings.
- Movement: Incorporate movement that feels sensual and empowering. This could be gentle stretching, dance, or simply swaying to music, allowing your body to express and revel in its sensuality.

# Sensual Integration Exercise

## *Step 4: Reflection and Affirmation*

- Journaling: Take time to reflect on your sensual journey. What aspects of your sensuality are you celebrating? How does the energy of Autumn inspire or deepen this sensuality?
- Affirmation: Create and declare an affirmation that encapsulates your intention to live sensually and fully. For example, "I embrace the wisdom and depth of my sensuality, celebrating its richness as I navigate the transformative energy of Autumn."

## *Step 5: Closing the Ritual*

- Gratitude: Offer thanks to yourself for taking this time to honor your sensuality, to the season for its inspiration, and to any higher powers or energies you believe in.
- Extinguish the Candle: Gently blow out the candle, symbolizing the closure of the ritual but not the end of your sensual journey. Carry the warmth and energy forward with you.

## *Suggestions for Personalising Your Ritual*

- Nature Walks: Incorporate walks in nature to observe the changes of the season, collecting items for your altar.
- Creative Expression: Use art, writing, or music as a way to express and explore your sensuality during this phase.
- Seasonal Baths: Take warm baths with seasonal herbs or scents (like cinnamon or apple) to immerse yourself in the sensory pleasures of Autumn.
- Sensual Feasts: Prepare a meal using seasonal ingredients, focusing on the sensual experience of taste and nourishment.

This ritual framework and the accompanying suggestions are designed to support you in deepening your connection to your sensuality, using Autumn's transformative energy as a backdrop for exploration and celebration. Tailor the ritual to suit your unique journey, allowing it to be a source of empowerment and renewal.



Creating a Sensual Vision for the Future is a powerful exercise for envisioning and manifesting your desired state of being, where your Enchantress/Maga sensuality is fully embraced and integrated into your life. This process involves both visualisation and tangible creation, allowing you to connect deeply with your aspirations for a sensually empowered future.

### **Objective:**

To envision your future self in a state of complete sensual empowerment, drawing from the Enchantress stage's energy of wisdom, empowerment and sensuality. You'll create a vision that represents this integrated, empowered sensuality, using either a vision board or detailed writing.

### **Materials Needed:**

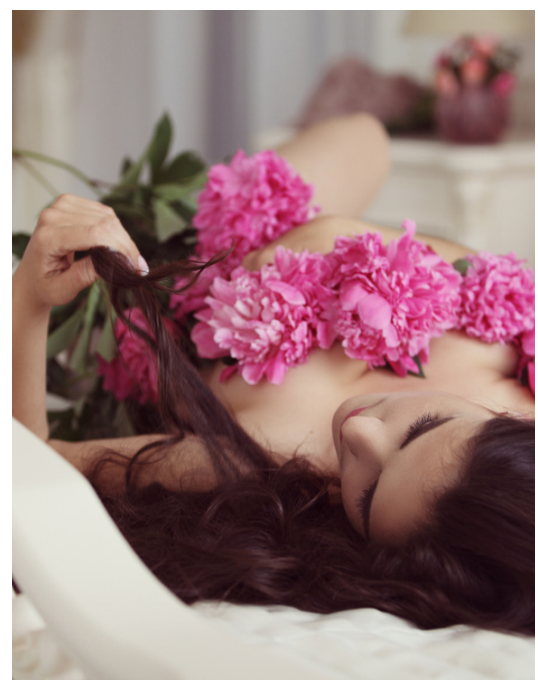
- For a Vision Board: A large poster board or digital platform (like Pinterest), magazines, printed images, stickers, markers, glue.
- For Written Description: Journal or digital document, pens or keyboard.


# Creating a Sensual Vision for the Future

## **Instructions:**

### **Visualisation Process:**

1. *Find a Quiet Space:* Ensure you're in a comfortable, undisturbed environment. You may want to play soft music or light a candle to create a conducive atmosphere.
2. *Deep Breathing:* Begin with deep, slow breaths to center yourself. With each inhale, envision drawing in positive energy; with each exhale, release any doubts or fears.
3. *Visualize Your Future Self:* Close your eyes and imagine your future self, fully embodying and expressing your sensuality without inhibition or fear. Consider how this sensuality influences your posture, your interactions, and the energy you radiate.
4. *Engage the Senses:* Dive deeper into the visualisation by engaging all your senses. What textures do you feel? What scents are around you? What beauty do you see? What sounds do you hear? How do you taste life?
5. *Embrace Emotions:* Acknowledge the emotions your future self feels, living in this state of empowered sensuality. Confidence, joy, peace—let these feelings fill you.





# Creating a Sensual Vision for the Future

## **Creating the Vision:**

### **Option 1: Vision Board**

- **Collect Images:** Look for images that resonate with your visualised future self. These could include landscapes, activities, colours, and symbols that represent aspects of your sensuality.
- **Arrange and Glue:** Place these images on your board in a way that feels intuitive and inspiring. Leave spaces for words or quotes that capture your feelings and aspirations.
- **Add Text:** Use markers to write empowering affirmations or quotes around your images. These should reflect your sensual empowerment and goals.
- **Display:** Place your vision board somewhere you can see it daily, serving as a constant reminder and inspiration.

### **Option 2: Detailed Description**

- **Write Vividly:** Start by describing your future self in detail. How do you carry yourself? What activities fill your days? How do you express your sensuality?
- **Describe the Senses:** Incorporate how this empowered sensuality affects your engagement with the world. Describe sensory experiences in detail, from the feel of silk against your skin to the taste of your favorite indulgence.
- **Incorporate Emotions:** Weave in the emotional landscape of your future self. How does embracing your sensuality influence your happiness, confidence, and connections with others?
- **Future Letter:** Consider writing this description as a letter to your future self, outlining hopes, dreams, and the sensually empowered life you are manifesting.

### **Reflection and Integration:**

- After completing your vision board or written description, take time to reflect on the process. How did it make you feel? What insights or surprises arose?
- Think about small steps you can start taking now to bring this vision to life. Is it a mindset shift, a new activity, or perhaps a way of connecting with others?

By creating a sensual vision for the future, you're not just daydreaming. You're setting the groundwork for transformation, empowering yourself to integrate and celebrate your transformative and empowering sensuality fully. This vision serves as both a guide and inspiration, reminding you of the sensually empowered person you are becoming.

## **Celebrating Your Transformative Journey:**

As we wrap up the Enchantress module, reflect on the journey of empowerment and wisdom you've embarked upon.

This stage has invited you to dive deep into the well of your experiences, to tap into the profound strength and sensuality that come with maturity.

Carry forward the lessons of transformation, the courage to embrace change, and the joy of your sensual reawakening.

Let the wisdom of the Enchantress guide you as you continue to navigate the path of life with grace, confidence, and an ever-deepening connection to your true self.



## *Embracing the Unknown* **Transition/Baby**

The Transition/Baby Phase marks a profound period of change and rebirth, akin to the transformative power of the equinox or solstice, inviting us into a realm of fresh beginnings and infinite possibilities. This phase challenges us to embrace vulnerability and uncertainty, urging us to let go of old identities and to explore the unknown with the curiosity and openness of a baby. It's a time that underscores the importance of support and self-compassion as we navigate the uncertainties of change, offering a unique opportunity for growth, learning, and the discovery of new paths. Embracing this phase allows us to tap into our potential for transformation, reminding us that we are always capable of beginning anew and finding renewal in our journey of self-discovery and empowerment.

# TRANSITION / BABY ~ ANYTIME

**The Essence of Transition:** Life is punctuated by periods of profound change, moments when the familiar patterns give way to the unknown. These transition phases, akin to the equinox or solstice, mark a time of profound shift—where the old has not yet fully departed, and the new has not fully arrived. It's a phase brimming with possibility, a space where everything is in flux, offering a canvas for reimagining and reshaping our lives.

**Facing Uncertainty:** Transition brings a mixture of anticipation and apprehension. As adults, we're often conditioned to value certainty and control, to have our lives neatly plotted out. Yet, the transition phase challenges these expectations, confronting us with the reality that we don't have all the answers. This realization can stir fear and discomfort, yet it's a fundamental part of our growth.

**The Baby Phase Analogy:** Just as the baby experiences the world with wonder, openness, and reliance on support, so too must we embrace the vulnerability of not knowing during transition phases. This period is characterized by learning, exploration, and immense growth. It's a reminder that it's okay not to have everything figured out and that admitting this can open us up to receiving support and guidance.

**Embracing Possibility:** The discomfort of the unknown in the transition phase is also its gift. Here lies the potential for infinite possibilities and paths. This phase invites us to lean into the discomfort, to embrace the uncertainty as fertile ground for transformation. It's an opportunity to reassess, reimagine, and rebuild, to become more authentically aligned with who we are and who we wish to be.

**Navigating Transition:** To navigate this phase effectively, it's crucial to seek out support systems—be they friends, family, mentors, or communities that understand and respect the process of change. Practicing self-compassion, allowing yourself to feel and express vulnerability, and staying open to new experiences can transform this period from one of unrest to one of profound personal development.

**The Power of Transition:** Ultimately, the transition phase, with all its uncertainty and potential, is a powerful reminder of the dynamic nature of life. It's a call to embrace change, to find strength in vulnerability, and to trust in the journey of becoming. Like the baby, we are reminded that at any point in our lives, we can begin anew, filled with hope and open to the infinite possibilities that await.

# Creating Rituals

Creating a ritual can be a powerful way to honor a significant event or intention, mark a transition or milestone, or simply bring more meaning and purpose into your daily life. Here are some steps you can take to create a meaningful ritual:

- **Identify the purpose:** The first step in creating a ritual is to identify the purpose of the ritual. What is it that you want to celebrate, honor, or mark? What intention do you want to set? Clarifying the purpose of the ritual will help you to create a meaningful and focused experience.
- **Choose the elements:** The elements of a ritual can include symbols, actions, words, and objects. Consider what elements will best support the purpose of your ritual. For example, you may choose candles, incense, music, or specific colors to create a certain atmosphere. You may also choose to incorporate specific actions, such as walking a labyrinth, chanting, or journaling. It can be helpful to choose elements that have personal significance or meaning to you.
- **Plan the structure:** Once you have identified the purpose and elements of your ritual, it's time to plan the structure of the ritual. Consider the order of the elements, the duration of each element, and the flow of the ritual as a whole. It can be helpful to create an outline or script to guide you through the ritual.



- **Prepare the space:** Create a physical space that supports the purpose of your ritual. This could be a quiet, private space in your home or a natural setting outdoors. Set up the elements of the ritual in a way that feels meaningful and intentional.
- **Practice the ritual:** Before you perform the ritual, take time to practice it. This can help you to feel more comfortable with the structure and elements of the ritual, and to make any necessary adjustments. You may also want to invite others to participate in the ritual with you, if appropriate.
- **Perform the ritual:** When you're ready to perform the ritual, begin by centering yourself and setting your intention. Follow the structure of the ritual that you have planned, allowing yourself to fully engage with each element. Take time to be present and reflective throughout the ritual.
- **Reflect and integrate:** After the ritual is complete, take time to reflect on your experience. Consider what insights or emotions arose during the ritual, and how you can integrate the experience into your daily life. You may want to journal or meditate on your experience to deepen your understanding and awareness.

Creating a ritual can be a powerful way to bring more meaning and intention into your life. By identifying the purpose, choosing meaningful elements, planning the structure, preparing the space, practicing the ritual, performing the ritual, and reflecting and integrating, you can create a meaningful and transformative experience.

# Resourcing & Self-Regulation

Resourcing and self-regulation are two important concepts in psychology and mental health that can help you cope with stress, regulate your emotions, and build resilience.

Here's a closer look at what each of these concepts involves:

## ***Resourcing:***

Resourcing refers to identifying and using internal and external resources that can support your well-being and coping abilities. These resources can include positive memories, personal strengths, supportive relationships, spiritual or cultural practices, or physical activities. By focusing on and accessing these resources, you can build a sense of safety, calm, and self-efficacy, even in the midst of stress or trauma.

*To build resourcing skills, you can try the following:*

- Identify personal strengths and values
- Practice gratitude and positive thinking
- Cultivate supportive relationships
- Engage in creative or physical activities
- Develop a self-care plan that includes healthy habits, such as sleep, exercise, and healthy eating

Unlock Your Full Potential in just 2 hours

# Discover Your Breakthrough

## PERSONALISED ONE ON ONE SESSION

Are you ready to delve deeper into your personal journey and uncover which life stage might be holding you back?

**Our exclusive one-on-one breakthrough session is tailored to help you:**

- *Identify Your Current Phase:* Understand which stage – Maiden, Mother, Enchantress, or Crone – you might be 'stuck' in. This insight is crucial in pinpointing the specific challenges and opportunities you are facing.
- *Personalised Guidance:* Receive tailored advice and strategies from an expert coach who understands the nuances of each life phase. This session is your space to explore, ask questions, and gain clarity.
- *Evolve and Grow:* Develop a personalised plan to move forward. Whether you're transitioning from Maiden to Mother, or Mother to Enchantress, this session will provide you with the tools and insights to smoothly navigate these changes.
- *Supportive and Safe Environment:* Share your experiences and thoughts in a non-judgmental, supportive setting that fosters openness and transformation.

**Special Offer:** As a valued member of The Grounded Woman's Circle, you have the unique opportunity to book this breakthrough session at a special rate. This is your chance to accelerate your journey and achieve profound personal growth.

**Take the Next Step in Your Journey:** This 2-hour session could be the key to unlocking a new level of self-awareness and empowerment. Don't let uncertainty or stagnation hold you back any longer. Book your session now and embrace the transformation waiting for you.

2 hour session ~~AU\$240~~ AU\$180

# About Me

With a passion for personal transformation and over 25 years immersed in energy-based modalities, I bring a depth of experience and wisdom to my coaching at Untamed Midlife. My journey began with the pioneering work of Roger Callahan, which opened the gateway to a world where energy profoundly influences our well-being. Inspired by innovators like Donna Eden, Gary Craig, Silvia Hartmann and Larry Nims, I've delved deep into practices that realign, revitalize, and rejuvenate the spirit. From the EFT foundations set by Craig to Hartmann's insights on energy body stress, my holistic approach blends time-tested techniques with modern insights. Whether you're seeking sensuality, inner peace, or just a deeper connection to yourself, I'm here to guide you on a journey of energetic enlightenment.



# Find Me

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