



01

Embracing Springtime Energy

Maiden/Child

Welcome to the Journey of Awakening and Exploration: The Maiden stage represents the dawn of your sensual and personal journey. It's a time of discovery, curiosity, and the initial awakening to the myriad possibilities that lie within you. This phase is characterized by the budding of sensuality, the exploration of self, and the first steps toward understanding your desires and the power of your energy. As Maidens, you are invited to embrace your emerging self; to learn with openness, and to navigate the waters of sensuality with wonder and anticipation.



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.



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.



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.

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 person's hands writing in a lined notebook with a pencil. The notebook is open, and the person is wearing a light-colored, textured sleeve. The background is softly blurred, showing what appears to be a person's legs in dark pants sitting on a light-colored surface.

Journaling Exercise

Reflecting on the Awakening of Your Sensuality

Introduction:

Sensuality is a powerful aspect of our being, intertwined with the way we experience the world through our senses. It's more than just a physical experience; it's a deep connection with our inner self and the outer world. This journaling exercise is designed to help you explore the initial moments when you became aware of this intricate part of your identity.

Instructions:

1. *Find a Quiet Space:* Choose a comfortable and quiet space where you can reflect without interruptions. Consider creating a calming atmosphere with soft music, lighting a candle, or anything else that makes the space feel personal and safe.
2. *Prepare to Reflect:* Take a few deep breaths to center yourself. Close your eyes for a moment and try to recall the period of your life when you first started noticing your sensuality. It might be a specific moment or a gradual realization over time.

Journaling Exercise

Reflecting on the Awakening of Your Sensuality

3. Reflect and Write:

- **The First Awareness:** Describe the first time you became consciously aware of your sensuality. Was it a particular event, a feeling, a discovery in solitude, or through interaction with others? Try to paint a vivid picture of this moment or series of moments.
- **Emotional Landscape:** What feelings did this awakening evoke in you? Were you curious, excited, confused, ashamed, or perhaps a mix of these emotions? Explore the complexities of what you felt, acknowledging that all feelings are valid and part of your journey.
- **Physical Sensations:** Recall any physical sensations associated with this awakening. Sensuality is deeply connected to our bodily experiences—how did your body react to this new awareness? Did you experience a heightened sense of touch, taste, sight, sound, or smell?
- **Societal Messages:** Consider the messages about sensuality you received from society, your family, or peers at that time. How did these messages influence your feelings and perceptions about your sensuality? Did they conflict with what you were discovering about yourself?
- **Personal Reflection:** Reflect on how this initial awakening has influenced your relationship with your sensuality over time. How has your understanding and expression of sensuality evolved since then?

4. Concluding Thoughts:

- Reflect on the journey from that initial awakening to where you are now. What has changed, and what remains the same? Write a message of kindness, support, or advice to your younger self, knowing what you know now about the journey of sensuality.

Closing the Exercise:

After you've finished writing, take a moment to sit with your thoughts and feelings. This exercise may bring up a mix of emotions; acknowledge them with compassion. Consider sharing any insights or revelations with a trusted friend, mentor, or the private Facebook community if you feel comfortable. This sharing can be a powerful way to validate your experiences and connect with others on similar paths.

By deeply exploring the awakening of your sensuality, you're not only honoring your past self but also laying the groundwork for a more empowered and sensual future.



● **Objective:**

To create a visual representation of your journey into sensuality during the Maiden phase, highlighting key experiences, emotions, and insights. This map will serve as a personal reflection tool, helping you see the paths you've traversed in your sensual development.

Materials Needed:

- A large sheet of paper or a journal if you prefer a more private space.
- Coloured pens, pencils, markers, or paints.
- Stickers, photos, or any other items you might want to include for a more collage-like map.
- Symbols or icons that represent different aspects of sensuality to you.

Sensual Discovery Map

Instructions:

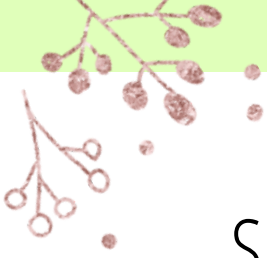
1. *Preparation:*

- Set aside uninterrupted time in a comfortable, inspiring space where you can spread out your materials.
- Take a few moments to center yourself with deep breaths, perhaps setting an intention for openness and curiosity as you embark on this creative journey.

2. *Reflective Groundwork:*

- Before you start drawing or mapping, reflect on your Maiden phase—consider key moments of sensual awakening, challenges, joys, and periods of growth.
- Think about the emotions, sensations, and shifts in perception associated with these moments.





Sensual Discovery Map

3. *Creating Your Map:*

- Start by drawing a path or river on your paper, symbolizing your sensual journey's flow during the Maiden phase. This doesn't have to be linear; it can meander, split, or loop, reflecting the complexity of your experiences.
- Along this path, mark significant experiences or milestones with symbols, images, or words. For example, a lightning bolt might represent a moment of sudden insight, a flower could symbolize growth or blooming sensuality, and a storm cloud could indicate challenges or confusion.
- Use colors to convey emotions connected to these experiences—warm colors for passion or discovery, cool colors for moments of reflection or uncertainty, and vibrant colors for joy and empowerment.
- Add any additional elements that enhance the map's meaning for you, such as quotes, dates, or names of influential people.

4. *Annotating Your Map:*

- Next to each symbol or marker, write a brief note or keyword that explains its significance. This could include how it impacted your understanding of sensuality, what you learned, or how it influenced your journey.
- If certain experiences are deeply private or complex, you might choose a code or private symbol that only you understand.

5. *Reflection and Integration:*

- Once your map is complete, spend some time reflecting on what it reveals about your sensual journey. Notice any patterns, surprises, or areas of dense activity.
- Journal about the process of creating your map and any insights or emotions it brought up. Consider how this exploration of your Maiden phase influences your current perspective on sensuality.

6. *Sharing (Optional):*

- If you feel comfortable, share your Sensual Discovery Map or insights from the process in the private Facebook community. This can be a powerful way to connect with others, offering and receiving support and understanding.

This exercise is not just about looking back; it's also a tool for recognizing the richness of your sensual journey and how it informs your present and future. Embrace this process with kindness and curiosity, allowing your Sensual Discovery Map to be a testament to your growth and a guide for your continued journey into sensuality.

Cultural Archetypes and Personal Reflection

Objective:

To critically reflect on the impact of cultural archetypes associated with the Maiden stage on your personal development and sensuality, and to creatively redefine these archetypes in a way that empowers your sensual identity.

Materials Needed:

- A journal or several sheets of paper.
- Writing tools of your choice.
- Any inspirational materials that you feel drawn to include, such as images of archetypes, poetry, or music that resonates with the Maiden theme.

Part 1: Exploration and Identification

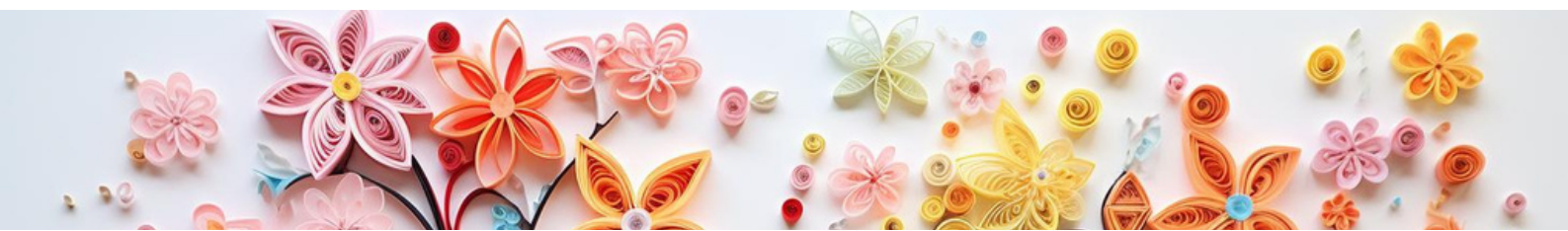
1. *Reflect on Cultural Archetypes:*

- Begin with a meditation or quiet moment to center yourself. Think about the cultural archetypes related to the Maiden stage, such as the Innocent, the Explorer, the Rebel, or any others that resonate with you. Consider characters from stories, myths, or media that embody these archetypes.

2. *Impact Reflection:*

- For each archetype that resonates, write down how it has influenced your understanding of your own sensuality. Ask yourself:

- Did this archetype inspire freedom and exploration, or did it impose limitations?
- How did societal portrayal of these archetypes impact your personal growth and self-perception in terms of sensuality?



Cultural Archetypes and Personal Reflection

Part 2: Redefinition and Reclamation

3. *Redefining Archetypes:*

- Reflect on how you can redefine or even combine these archetypes to better align with your empowered sense of sensuality. For instance, could the Innocent also be curious and wise? Might the Explorer be not just a seeker of external adventures but also of inner truths and sensual empowerment?

4. *Creative Reimagining:*

- Use your journal to draft a new narrative or persona that combines elements of traditional archetypes with your insights and desires for a sensually empowered Maiden. This can be a blend of traits, a completely new archetype, or a letter to an archetype, inviting it to evolve.

Part 3: Letter to Your Younger Self

5. *Writing the Letter:*

- With your redefined archetypes in mind, write a letter to your younger self. Begin by introducing the new, empowered understanding of the Maiden archetypes you've developed.

- Offer wisdom, encouragement, and advice on navigating sensuality with this fresh perspective. Address any fears, confusions, or challenges you know your younger self faced or might face.

- Share the importance of embracing one's evolving sensuality with curiosity, courage, and compassion. Highlight the freedom in defining and redefining sensuality on your own terms.

Part 4: Integration and Sharing

6. *Reflect on Your Letter:*

- After writing your letter, reflect on how redefining these archetypes and communicating with your younger self has shifted your understanding of your sensuality. What feelings or insights arose during this exercise?

7. *Optional Sharing:*

- If you feel comfortable, consider sharing insights from this exercise or the letter itself in your private Facebook community. This can foster a deeper connection and provide support as others explore and redefine their sensual archetypes.

This exercise encourages a dynamic interaction with cultural narratives and personal history, inviting a transformative reclamation of sensuality. By engaging deeply with these archetypes and your younger self, you pave the way for a more empowered and authentic sensual identity.





Creating a Sensual Vision for the Future is a powerful exercise for envisioning and manifesting your desired state of being, where your Maiden sensuality is fully embraced and integrated into your life. This process involves both visualization 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 Maiden stage's energy of discovery, curiosity, and awakening. 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 visualized future self. These could include landscapes, activities, colors, 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 Maiden sensuality fully. This vision serves as both a guide and inspiration, reminding you of the sensually empowered person you are becoming.

The background features a soft, artistic illustration of a woman's face in profile, looking towards the right. The face is rendered in a light, ethereal style with soft shading. Surrounding the face are intricate, swirling patterns in shades of light blue, white, and pale yellow, creating a sense of movement and depth. In the top left corner, there is a small, delicate branch with several small, round, reddish-brown berries.

Embracing Your Path of Discovery:

As we conclude the Maiden stage, reflect on the exploration and growth you've experienced.

This journey is about laying the foundation of self-awareness, personal empowerment, and the beginning of a lifelong relationship with your sensuality.

You're encouraged to carry forward the curiosity, courage, and openness you've nurtured here, applying these qualities as you continue to evolve.

Remember, the insights and discoveries of the Maiden phase are stepping stones to the rich, multifaceted journey ahead.



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.
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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.



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