



02

*Nurturing and Creation*

# Mother/Creatrix

## **Welcome to the Realm of Nurturing and Creation:**

The Mother/Creatrix stage is a celebration of life's flourishing, where you embody nurturing strength, creative power, and a deepened sense of sensuality. It's a time of balancing the dual roles of caretaker and individual, merging the act of giving with the pursuit of personal growth and sensual exploration. This phase invites you to embrace the complexities of life with grace, to foster connections that nourish the soul, and to create a legacy of warmth, wisdom, and well-being.



# 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:



## *Journaling Exercise*

# **Sensuality and the Mother/Creatrix**

**Objective:** To explore and articulate the ways in which becoming a Mother/Creatrix has influenced your relationship with sensuality, and to confront and dissect societal misconceptions that have impacted this relationship.

### **Reflection Guide**

#### *1. The Influence of Motherhood/Creatrix on Sensuality:*

- Begin by reflecting on your journey into motherhood or stepping into a role where you nurture or create (this could be biological, adoptive, spiritual, or creative projects). How has this transition impacted your perception and expression of sensuality?
- Consider the ways in which your sensuality has evolved, expanded, or perhaps been suppressed in the wake of embracing a nurturing role. Have you found new depths of sensuality within this role, or have you felt a disconnection from your sensual self?

#### *2. Societal Misconceptions and Personal Encounters:*

- Identify societal messages or stereotypes about motherhood and sensuality that you've encountered. These might include the idea that mothers should not express sensuality or sexuality, or that nurturing and sensuality are mutually exclusive.
- Reflect on specific instances where these misconceptions have been evident in your life. How have they made you feel, and how have you responded to them?


# Journaling Exercise

## Sensuality and the Mother/Creatrix

### Writing Your Reflection

- Start with a brief introduction of your perception of sensuality before stepping into the Mother/Creatrix role. Progress into how this perception has changed and the societal misconceptions you've faced.
- Use specific examples from your life to illustrate these reflections. This could include moments of realisation, conversations that sparked insight, or internal conflicts you've navigated.
- Conclude with a resolution or ongoing journey towards integrating your role as a Mother/Creatrix with your sensual identity. Highlight any affirmations, practices, or thoughts that have supported you in this journey.

This journal prompt is not just an exercise in reflection but also an act of empowerment. By articulating your experiences and confronting societal misconceptions, you're taking a step towards reclaiming your sensuality as an integral and unapologetic part of your identity as a Mother/Creatrix. This process encourages a holistic embrace of all facets of your being, fostering a deeper connection to yourself and the world around you.

A close-up photograph of a hand holding a silver pen, poised to write on a lined journal page. The page has the handwritten text 'Today I am grateful for' in cursive. In the background, a white teacup and saucer are visible on a wooden surface.

Today I am grateful for

# Myth Vs Reality

Creating a "Myth vs. Reality" chart is a powerful activity to dismantle societal misconceptions about motherhood and sensuality. This exercise helps in separating fact from fiction and in understanding how sensuality can be fully embraced within the nurturing aspect of life.

## **Activity: Myth vs. Reality Chart on Motherhood and Sensuality**

**Objective:** To challenge and deconstruct societal myths about motherhood and sensuality, and to articulate the reality of integrating these aspects in a nurturing role.

**Materials Needed:**

- Large paper or digital document.
- Pens, markers, or digital text tools.
- Research materials or personal reflections to support your points.

### **Instructions:**

1. Prepare Your Chart:

- Divide your paper or digital document into two columns. Label the first column "Myth" and the second column "Reality."
- Consider making the chart visually appealing and engaging, perhaps with colors or images that resonate with the theme of nurturing and sensuality.

2. Identify Common Myths:

- In the "Myth" column, list common societal myths regarding motherhood and sensuality. These might include beliefs like "Mothers should not express sensuality," "Sensuality disappears after childbirth," or "Nurturing and sensuality cannot coexist."
- Aim for a diverse range of myths that cover different aspects of the issue, from physical changes to emotional perceptions.





# Myth Vs Reality

## 3. Articulate the Realities:

- For each myth listed, use the "Reality" column to counter the myth with facts, personal insights, or more nuanced understandings. For example, against the myth that "Mothers should not express sensuality," you might state, "Sensuality is a vital aspect of personal well-being and can enhance the depth of emotional connections in nurturing relationships."
- Support your realities with examples from your own life, research, or observations of others who embody the integration of motherhood and sensuality.

## 4. Strategies for Integration:

- At the bottom of your chart or on a separate section, brainstorm and list strategies or actions that can help live out sensuality within the nurturing role. This might include self-care routines, open communication with partners, creative expression, or finding community support.
- Reflect on how these strategies not only challenge societal myths but also enrich your personal and family life.

## 5. Reflection:

- After completing the chart, take some time to reflect on the process. Did any of the myths particularly resonate with you? Were there any surprises in articulating the realities?
- Consider how this exercise might influence your behavior, mindset, or conversations about motherhood and sensuality moving forward.

## Sharing and Discussion (Optional):

- If you feel comfortable, share your Myth vs. Reality chart in the private Facebook community. This could spark valuable discussions, provide support, and encourage others to examine and articulate their experiences and realities.
- Engage with the responses and reflections of others, fostering a supportive and enlightening dialogue around nurturing and sensuality.

This activity not only serves to dismantle misconceptions but also empowers you and potentially others in your community to embrace and integrate sensuality with the nurturing aspects of life, challenging societal narratives and fostering a more holistic and authentic self-understanding.



# Myth Vs Reality

<i>Myth</i>	<i>Reality</i>

**Strategies for Integration:**





# Cultural Archetypes and Personal Reflection



Exploring the archetypes of the Mother/Creatrix across various cultures provides a rich tapestry of insights into how sensuality is perceived, embodied, or sometimes hidden or suppressed.

This cultural reflection exercise invites you to delve into the multifaceted representations of motherhood and creativity, examining the ways in which sensuality is integrated or marginalized within these archetypes.

**Cultural Reflection Exercise:** Sensuality and the Mother/Creatrix Archetypes

**Objective:** To explore and reflect on the diverse cultural archetypes of the Mother/Creatrix, focusing on their relationship with sensuality.

# Cultural Archetypes and Personal Reflection

## Instructions:

### 1. Research and Reflection:

- Begin with a bit of research or use your existing knowledge to identify Mother/Creatrix archetypes from different cultures. Consider archetypes from mythology, folklore, religious texts, and contemporary media.
- Choose at least three archetypes from different cultures or belief systems. For example, you might explore Gaia from Greek mythology, Parvati from Hindu mythology, and Yemaya from Yoruba religion.

### 2. Analysis of Sensuality:

- For each chosen archetype, write a brief description focusing on how they embody sensuality or how their sensuality is portrayed. Consider aspects such as:
  - Expression: How is the archetype's sensuality expressed through stories, symbols, or rituals?
  - Integration: How is sensuality integrated into their role as a mother or creatrix? Is it seen as a source of strength, a challenge, or perhaps not addressed at all?
  - Suppression: Are there elements of their story where sensuality is hidden, suppressed, or vilified? If so, speculate on why this might be the case based on cultural or historical contexts.

### 3. Personal Reflection:

- Reflect on how these archetypes and their relationship with sensuality resonate with your own experiences or perceptions of being a Mother/Creatrix.
- Consider writing a personal reflection on the following prompts:
  - "Which aspects of these archetypes' sensuality do I see in myself or wish to embody more fully?"
  - "How have cultural narratives around motherhood and sensuality influenced my own journey?"
  - "In what ways can I reclaim or redefine sensuality within my role as a nurturer or creator?"

### 4. Creative Expression (Optional):

- Choose one archetype that particularly resonates with you and create a piece of art, poetry, or another form of creative expression that explores their sensuality. Use this as a means to connect with and embody the positive aspects of sensuality you identify with.

### 5. Sharing and Discussion (Optional):

- If you're comfortable, share your findings and personal reflections with a trusted friend, partner, or in the private Facebook community. Engaging in discussions can offer new perspectives and deepen your understanding of how sensuality and nurturing roles intertwine across cultures and personal experiences.

This exercise not only broadens your understanding of cultural perceptions of the Mother/Creatrix archetype but also encourages you to explore and embrace your own sensuality within the nurturing aspects of life. Through reflection and creative expression, you can uncover new ways to integrate sensuality into your identity, challenging and enriching your journey as a nurturer and creator.









Creating a Sensual Vision for the Future is a powerful exercise for envisioning and manifesting your desired state of being, where your Mother/Creatrix 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 Mother stage's energy of nurturing sensuality and strength. 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 nurturing and creative sensuality fully. This vision serves as both a guide and inspiration, reminding you of the sensually empowered person you are becoming.



## **Honouring Your Creative and Nurturing Journey:**

As we close the chapter on the Mother/Creatrix stage, take a moment to honor the journey you've embarked upon.

Reflect on the depth of your nurturing love, the resilience of your spirit, and the richness of your sensual experiences.

You've navigated the challenges of balancing care for others with care for yourself, emerging with a stronger sense of your creative and sensual identity.

Carry forward the lessons learned, the love shared, and the wisdom gained, knowing that they form the bedrock of your ongoing journey.



## *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.



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