



DAY 6

INSTRUCTIONS

MORNING PRACTICE : STANDING IN YOUR LIGHT

STEP ONE

Start your morning practice with your Soul Light Meditation. Revel and enjoy the warm honey of your Soul pouring herself into the lost and forgotten places of your womanly body. Celebrate your soul, fortifying and reinvigorating your innocence, inner beauty and passion. Feel your whole consciousness pour into your earthly body. In the end, repeat today's Mantra.

STEP TWO

Read the notes on the following pages and resource yourself with the two Universal Wisdoms of Self Loving Kindness and Embodied Bliss. Today you are to know you walk with one foot in either Truth and the centre of your being is your unique expression of this.

You are to be vigilant in tracking your shadow of Shame and any other shadow that rises to enshroud your soul light. The music is to support you to open to new states of joy and self love.

MID-DAY MANTRA PRACTICE :

I love myself as I love you.

I am worthy, whole, imperfectly perfect and complete.

I am the emanation of bliss in my world.

EVENING PRACTICE

Tonight, once again, pour your Soul Light into your body.

When complete, review your day and the shadows that might have arrived if you did not work with shame or any other shadow that arose.

Pick the shadow you either have the most resistance or ambivalence about working with and work through the Five Step Process. End your practice with gratitude and prayer. If the music uplifted you, feel free to listen to it again and fill your entire body with shameless self-emptying love.



THE TRUTH OF SELF INTIMATE LOVING KINDNESS

Today you are to stand with one foot rooted in the Universal Wisdom of Unconditional Loving Kindness. The other foot is planted firmly in the promise of our Divine Birthright, the Universal potential of Embodied Bliss.

Claim your sacred ability to love all others at the same time as deeply and intimately loving all aspects of yourself.

Unconditional self-emptying love is a gift from our soul. To love without any thought or attachment to self, to love so presently we become conduits of the divine, to love in a way that we are opened to embracing the divine wholeness of the other, is a gift of our Divine Human Birthright. This is not love that is sacrificial; it is a love that enables Kenosis, the sacred capacity to love without limits or attachment. Today you are to claim this capacity as your own.

Simultaneously, today you are to open to the gift of being fully embodied in your own body. You are invited to activate your soulful and embodied capacity for bliss. Ecstasy is not only a vibration of the Divine. It is the hardwiring of your feminine body. From your nipples to your kneecaps, you have 8000 nerve endings emanating from your clitoris. [For the men in this course, you have those nerve endings centred in one magnificent place, ready for self-appreciation and worship!] Your whole body has a biological template for pleasure and joy. At the same time, your soul has the infinite capacity to merge and dissolve into her Beloved.

Today you are to be the fusion of both truths. Hold love in your body and pleasure in your soul. Be the Divine embodied self-loving Love that you are.

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SHAME

release your body dishonour

Today, your challenge is to unburden yourself from your opinion of others, the judgements of yourself, and your internalised assumptions about what it is to be a beautiful / worthy / valuable / desirable woman or man. You are to turn the full glory of your love and self-intimacy to stalk your shame gremlin like a bloodhound. You are to be exceptionally watchful of how shame stops you from receiving the love and joy of others. Or where because of shame, you limit the intimate connection you desire. Today, hold unconditional love in your heart, womb, G-spot, nipples and clitoris. Or connect compassionately with the nerves in your penis. Consciously hold the frequency of love in your flesh and bones. Burn off the layers of shame made by old stories and opinions, fling them aside like a fiercely passionate bailaora. Own the majesty of Love in your bodily form.

*“Shame is the lie
someone told you
about yourself.”
— Anaïs Nin*

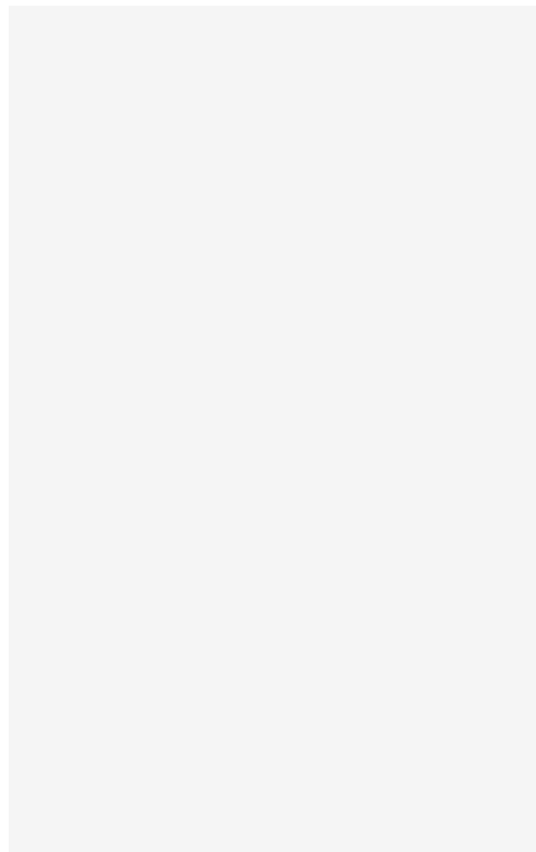
SHADOW TWO

LOVE VS SHAME

IN MY BODY SHAME FEELS



MY SHADOW LOOKS LIKE



WHEN I AM IN SHAME ...

My body feels:

The thoughts I think are:

The way I sabotage myself is:

The belief I make true is:

WHEN I CHOOSE TO HONOUR MY LOVE I FEEL ...

