



*Embody
your Sensual
Feminine Energy*

HOW TO STEP
INTO YOUR FEMININE
ENERGY AND LIVE A LIFE
OF ABUNDANCE AND JOY!

thefeminineenergy.com

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1. What is Feminine Energy? The Difference Between Feminine and Masculine Energies

We live in a world of duality: black and white, day and night, left and right, masculine and feminine.

All examples of duality are of energies that although very different, they complete each other. And masculine/feminine is no different.

Many people however have difficulty understanding what is exactly masculine and feminine energy. More specifically, which traits belong to which energy.

What is Masculine Energy?

Masculine energy is a stable, rigid and predictable energy.

It's the energy of doing, of setting goals and achieving them.

It is the energy that is praised in our modern society, because it is focused on doing and getting results from it.

Masculine energy creates structures, rules, and is a very logical energy based on the mind.

More characteristics include:

- Rational thinking
- Ongoing effort
- Problem solving
- Likes challenges
- Wants respect and admiration
- Independent
- Provides for and protects the feminine

This is the energy of getting things done.

Masculine energy men want respect, and to be admired.

What is Feminine Energy?

Whilst masculine energy is rigid, feminine energy is flexible, flowing and dynamic.

Feminine energy is based on emotions and on the ebb and flow of life.

This energy is not predictable and its core is intuition, feeling things from the body and the heart, not the mind.

Feminine energy doesn't follow any rules other than internal guidance from the heart. It wants to be free and live in joy.

More characteristics include:

- Peaceful and calm
- Nurturing
- Follows creative inspiration
- Empathic
- Follows the healthy lead of the masculine
- Prioritizes feelings
- Loves to communicate
- Receives from masculine energy

Feminine energy is not praised in modern society the same way as masculine, because it is focused on nurturing and feeling life, not on achieving goals and doing things.

But it's a misunderstood energy many times, because the key to abundance and a fulfilling life is not to do things all the time, but to be also able to flow with life and receive with ease.

Feminine energy women want to feel safe and loved.

How these two energies influence themselves in relationships?

Many men are not fully embodying their masculine energy due to social conditioning, an overbearing masculinized mother, lack of healthy masculine role models, etc.

So they become very emasculated and embody feminine traits, not being able to provide and protect for his family, which brings all sorts of issues.

On the other hand, many women are not fully embodying their feminine energy also due to social conditioning, narcissistic mothers who groomed them to provide and protect instead of receiving, lack of a healthy masculine father, etc.

So they become very masculinized and embody masculine traits living in a survival mode and not knowing how to trust and receive from masculine energy, which also brings all sorts of issues.

When in reality, a healthy relationship is made of a man embodying his masculine energy fully and a woman embodying her feminine energy fully, and they complete each other.

True and healthy masculine energy loves to protect and provide for the feminine, and true and healthy feminine energy loves to receive from the masculine.

This is called a polarized relationship. When both parties are living from their true nature.

The masculine energy provides, protects and creates a safe container, the structure, and leads, so the feminine energy can thrive, feel safe and secure and nurture their life together.

2. The 3 Types of Feminine Energy and How They Act

Many women are awakening to their own feminine energy and this is a topic very much discussed nowadays.

There are 3 major feminine energy types and patterns, although of course there are many variants in between these 3 types, with their own expression.

In this article we discuss those 3 major types, how they play out and the type of men women in these 3 types tend to attract and accept in their lives.

The Helpless Woman

This is the most common wounded feminine energy.

This is the woman who is not in touch with her masculine energy and cannot provide for herself (or provides on only a very basic level) so she is in survival mode.

She has a very wounded feminine energy so she is not capable of receiving either, so she basically feels helpless.

She becomes co-dependent of others: her children, friends, boyfriend, spouse, etc.

She is usually anxious (she has an anxious attachment system) because she is either in a true or in a perceived survival mode.

She is always afraid others will leave her (due to some abandonment issues from childhood), money will run out, and she'll end up alone.

Type of men she attracts

Because she is not emotionally available, she attracts men who are also not emotionally available aka avoidants (people with an avoidant attachment system).

This type of man is very inconsistent and closed off. He will be in and out just like a rollercoaster ride, and that will just continually activate her nervous system, which keeps her feeling more helpless and in survival mode and constant drama.

The Provider Woman

This is the woman who takes the “just do it” at full speed.

She is on it. She hustles, she provides, she reaches goals, she does it all.

And she doesn't have much space for feminine energy.

She learned that to survive she has to provide for herself, so she entered into a very masculine energy of doing.

She entered into this energy either from a young age, or later on after a divorce becoming a single mum or other major happening.

She is determined to prove to herself and others that she is independent and doesn't need anyone.

It's very rare that she is in her feminine energy, although she can look very feminine and look the part. But her energy is masculine, even between family, friends and with men.

She doesn't know how to rest. How to receive from others.

This type of woman has the capacity to build very successful businesses or go up the career ladder at a company and make lots of money, but she will feel exhausted and lonely.

And although most often this type of woman won't be in survival mode due to her great efforts to provide for herself, she also very often is in a perceived survival mode.

This means that although she pays all her bills and has money for all she needs, she is constantly in a state of fear of lacking what she needs, like she will be doomed if she relaxes and doesn't apply so much effort at providing for herself, which is just an illusion she feeds.

This type of woman misses her feminine energy (consciously or unconsciously), and she lacks boundaries because very often she is also a people pleaser.

Type of men she attracts

She attracts men who are either very much in their feminine energy who probably had masculine energy mothers who did everything for them, she will also do everything for him and the relationship will have a very mother energy to it, or she will attract the predator types, who very often come to her life

pretending to be providers, but they will suck her energy dry by taking from her.

She eventually gets fed up of the feminine energy man because deep down she feels something is missing and she desires a masculine man, and she will also realise she is being taken advantage from the predator type and will kick him out without mercy, but will attract and accept a similar man just with a different name and face due to her masculine provider energy.

The Feminine Goddess

This is the woman who is fully in her feminine energy, either because of the way she was raised or because she worked in herself and healed her feminine wounds.

She still has and uses her masculine energy but the healthy kind, which she uses to protect her and she channels to her work or to take care of her children.

But her main leading energy is feminine, which is all about receiving, flowing, enjoying life.

She learned that she doesn't need to hustle hard to have abundance in her life, she knows how to rest and let the Universe provide for her.

Yes she still does work that is aligned and makes her feel awesome, but from inspired action.

With others she is in her joyful feminine energy, she is kind and soft. But she has strong boundaries.

She listens to her intuition, and she follows it. She doesn't allow anyone in her life who doesn't treat her right.

This is the Priestess. The woman who is fully in her power manifesting her desires with ease and fun, whilst being soft and kind. She lives in pure abundance and prosperity, knowing she is fully supported at all times.

The type of men she attracts

Feminine energy men, predators and emotionally unavailable men are repelled by a feminine energy Goddess because she is emotionally available and open, she has boundaries and she doesn't provide for men.

She lets a true masculine man provide for her. The type of man who is also embodying his healthy masculine energy and wants to protect and provide for the goddess in his life, from his heart.

He treats her like royalty, and he melts into her soft and kind feminine energy, which makes their life together amazing.

Please note: the types of men these 3 types of feminine energy attract is not just specific to men or romantic relationships.

It also applies to the type of friends, colleagues, and other types of people they attract into their lives, all with similar patterns to the men they attract.

So, the Helpless woman will attract friends, colleagues or business partners and other people who will be emotionally unavailable and not be there for her or she won't be fully "seen" by them.

The Provider woman will attract friends and colleagues or business partners and other people who will take advantage of her being very hard working and feed on her energy. She will go far and beyond doing things for these people because she lacks boundaries.

The Goddess woman will attract friends and colleagues or business partners and other people who will treat her with respect and kindness, because that is how she treats herself.

Many women live their whole lives in one of these 3 types, and also many women go through the 3 types in different stages in their lives, as they are healing and evolving, letting go of limiting beliefs and old patterns.

It's very common for a woman to be in her Helpless energy for a big period of her life, especially when she is younger, then go through a spiritual awakening and step into the Provider mode, learning to give to herself everything she needs.

It will also come a time where this type of woman already knows she is not helpless and has the power to create the life she wants, but she is exhausted and she feels like abundance is always limited for her.

That is when she has a feminine energy awakening, and opens up to the fullness of life. To receive in abundance from the masculine energy, which she learns how to trust.

She starts resting and trusting, and even her work starts to be done with more ease, she opens up to receiving, from money (which is a masculine energy), from the Universe, from other people and from a wonderful provider man.

And that's when she fully steps into real abundance and prosperity with happiness and overflow.

The ultimate goal is always to reach balance and happiness, and live with joy and ease.

To let go of programmes that are running unconsciously and stop repeating dysfunctional patterns, and start living consciously and from the heart.

Returning to your true self.

3. Understanding Why You Disconnected From Your Femininity

It is important first of all to understand why you disconnected from your femininity.

You were born feminine. But then due to life circumstances, maybe the type of parents and upbringing you had (or lack of it), might have led you to bury your feminine essence and embody masculine traits in order to survive.

So it is important to pin point what happened exactly in your life that led to that.

Maybe you had an emotionally unavailable father who wasn't able to protect and provide?

Or had parents who were so focused on doing and achieving they had no room for feeling emotions, for the softer side of life, and to help you cultivate your femininity.

Or maybe you had a mother who had to embody masculine traits herself in order to raise you, and that is the role model you had?

Or maybe you were in a 50/50 marriage and felt exhausted and drained?

Whatever the reason is, is important to recognize it because consciousness is part of the healing.

This is not for you to dwell on it and go into victim mode.

This is an exercise only to bring consciousness to your subconscious, because very often when we as women embody masculine traits we do it subconsciously.

For example, if you had a a mother who had to embody masculine traits in order to raise you maybe that is the role model you embodied, and subconsciously you believe that in order to survive you have to do the same.

Or if you had a father who didn't provide or protect you, or did it in a very inconsistent way, maybe you subconsciously learned that men cannot be trusted and that you have to be independent and not let men help you.

So bring that to your consciousness.

And after you know exactly what circumstances made you ignore your feminine essence and embody masculine traits, it is time to forgive.

I'm not talking about forgiving your parents, your spouse or other people.

I'm talking about forgiving yourself.

In regards to your life circumstances, you have to accept that things happened the way they were supposed to happen, even if it was hard on you.

In regards to you, you have to forgive yourself for what you didn't know.

When you were younger and a child you didn't know about all this, you believed your current reality at the time was THE reality and how life is, so you did what you had to do.

So forgive yourself for that and also forgive yourself for all the choices you made later in life that made you go through difficult situations or being with difficult people that pushed you further into your masculine energy.

Cry if you need at this point. This is the way to heal your past and to close that chapter in your life and start a completely new and different one, based in your feminine energy.

4. Removing Masculine Traits and Healing Your Feminine Heart

Many women never had the opportunity to cultivate their femininity when they were a child and a teenager, in a world that is so focused on doing and achieving.

So we left our feminine energy on the side and embodied masculine energy in order to survive.

But for many women it comes a time in their lives when they hit rock bottom.

We don't have the testosterone of men to always be hustling and doing. We can, of course, but it messes with our hormones, our cycles, and our overall happiness and joy.

We are in survival mode and have this constant feeling something is off.

And it is when we hit rock bottom, when we feel exhausted, depressed, questioning if this is all life is, that an awakening takes place.

You become conscious of how disconnected you are from your feminine energy. And a desire to return to it pops up.

When you feel this desire, there's no turning back.

You start realizing how you are so much in your masculine energy and how that has been playing out in your life in terms of the partners you choose, the friendships you have, the work you do, your lifestyle choices, the money in your account, and your overall life.

You start wanting something different. You start wanting a life of ease, of joy, from your feminine essence.

You start to leave survival mode and start LIVING!

Here are the 8 main steps to heal and return to your feminine energy:

1. Understand why you had to embody masculine traits

It's important to know why you had to embody masculine traits in the first place.

What life circumstances led you to it, what kind of parents you had, and the lack of love, kindness, and support you felt growing up, the end of your marriage, etc, and why you felt and believed you had to put on armour in order to survive.

This is not for you to dwell on it, it is only important so it makes sense to yourself.

It gives you context and understanding, so you know the reasons behind it, and understand how it shaped your whole life and relationships.

So you can consciously start choosing something different.

2. Acknowledge you are already feminine

One thing very important is to acknowledge that you are already feminine. Always have been, since you were born.

You didn't "lose" your feminine energy along the way, and you don't have to now learn how to be feminine.

Being feminine requires no effort, it only requires you to be conscious that you are already feminine.

The only thing you need to do is remove the armour. Remove those masculine traits you embodied so you can let your femininity come out and shine.

3. Change your identity

The reason it is important to understand why you embodied masculine traits for survival and also to understand you are already feminine, is because all that will help you on the next step: changing your identity and how you see yourself.

Many women who have been embodying masculine traits for many years see themselves that way. That is their identity.

"I am mainly in masculine energy", or "I am too combative", or "I am the provider for a lot of other people", etc.

So it is time to reframe this. It is time to let go of that old identity and step into a new one.

You need to realise that this is not the real you. That is the you that had to survive. The same way a soldier goes to war and they have to embody a certain identity and perform certain tasks in order to survive.

But now it is time to take that armour off. You are not in a war zone anymore.

The Universe is always supporting and protecting you with its masculine energy.

You have to feel safe within yourself, knowing you are not alone in the world and that when you step into your feminine energy, masculine energy in its many forms will appear to support you: other people, opportunities, money, healthy masculine men, friends, etc.

So you need to start changing the way you see yourself and your identity:

- You are feminine
- You are safe
- You are loved
- You can have everything you want with ease
- You can live a joyful life
- You are radiant
- You are strong

There is tremendous power in the feminine energy. Feminine energy is not passive, it is active.

When you start choosing to live from your feminine energy, with ease, softness, peace, everything will still get done.

Everything that you need will come to you effortlessly.

4. Open your heart and connect your womb

When you have a heart and womb awakening, the energy that was once stuck in there begins to flow.

Your chakras open and start to exchange energy between them, starting to connect heart and womb.

This is a deep process that will make you release stuck emotions. Cry all you need, because this is all about releasing.

You are releasing emotions that were stuck possibly since childhood. Emotions of not feeling loved, not feeling supported, not being validated, not having had the attention you needed, not feeling good enough.

Do some meditations to open up your heart and your womb to facilitate this process, and also spend time in nature.

Go for walks around nature or meditate in nature, that can be a garden, a park, a mountain, or at the beach.

Nature has a way of soothing our soul, and make us connect with ourselves.

5. Feel grateful to your masculine energy

When we say you need to release masculine traits, this doesn't mean you start to feel bad about masculine energy.

On the contrary, having had the opportunity to embody those traits makes you aware of what masculine energy can do for you.

So feel grateful to that energy, because it allowed you to provide for and protect yourself (and your children).

You also are not letting go completely of your masculine energy. It will always be in you, but this time you are choosing to live your life from your feminine energy.

So when you feel your masculine energy of protection arising in any occasion, you know probably you are with people or situations which are not the best for you, but now you choose to put boundaries and leave instead of acting from that energy.

Having embodied masculine traits will also help you recognize healthy masculine energy in others, and open up to receive abundance from many different sources of masculine energy around you.

So instead of doing everything yourself, now you open up to receive help and support from others where you recognize healthy masculine energy.

6. Make your life easier

When you embody your feminine energy, you don't want to do everything yourself anymore.

You start looking for ways to help you live a softer life.

You might hire help from a house cleaner, hire a chef to do your meals, shop online and have the shopping being delivered to your house, go from wanting a 50/50 type of relationship to wanting a man who is a provider and makes your life easier in many ways, etc.

This takes a weight off your shoulders, allows you to have more time to connect to yourself and others, to enjoy the present moment, to expand in life.

And this opens up room for true abundance to come into your life.

7. Respect your monthly cycles and take care of yourself

As woman we have monthly hormonal cycles. But when you are in your masculine energy you tend to navigate through life like a man, like these cycles don't exist and to always be on the go.

Men of course don't have these monthly cycles so they can hustle and be in doing mode all month long very easily.

We women do. There are times of the month when we have less energy and need more rest, do less work, nurture ourselves, and times when we have more energy.

It's important to know how your own cycle is and works, and respect it. Stop forcing yourself to keep going and work hard when all you need is rest, and allow yourself to rest.

Take good care of yourself. Make sure you eat nutritious food, take good care of your skin and body, do movement you enjoy and gives you energy (instead of exercise that drains you), rest and relax.

Don't worry, the Universe will support you when you are respecting your needs and taking care of yourself.

8. Connect with your true heart desires

When you are in your masculine energy and survival mode you are a lot at mercy of what life throws at you. It is difficult to connect with what you truly desire in life.

Or maybe you know what you would like to live, but you have so much going on and so much to do, that you can't allow those desires to flourish.

When you step into your feminine energy, you and your life slows down. Feminine energy is about living in the present moment, enjoying life, not about hustling and doing.

So you start to listen to your true heart desires. And you start honouring them.

Get a journal and write your desires down.

Nothing is too big. In fact, GO BIG.

If you want to travel around the world, write it. If you want to become a millionaire, write it. If you want a happy and loving relationship with a healthy masculine man who is a provider, write it.

Also, as you write it down, connect with the emotions associated with living your desires.

How does it feel having an overflow of money at your disposal?

How does it feel to be loved and adored by a healthy masculine man?

Let yourself feel all those beautiful emotions, because when you do, you are creating your future and manifesting your desires.

Then you start to define standards around your desires and the life you wish to live, which takes us to our next step:

9. Have standards and boundaries

It's ironic how when women are too much in their masculine energy, which as an energy of protection, still have little to no boundaries or have trouble holding boundaries.

That happens for a simple reason: they have a lack of standards.

Because they are so worried and so much in doing mode, they don't connect with their true heart desires.

So they very often put boundaries in a very combative way or don't have boundaries at all.

When you step into your feminine energy, you connect with your desires and you start to define your standards from your desires and your self worth.

Now you don't want to merely survive, you want to live. And you want to define the standards based on the lifestyle you want to live.

Standards are very personal and are based on the kind of lifestyle you want for yourself and the type of people and experiences you want in your life.

So all this is not random like before, you actually decide what you want and everything and everyone who doesn't understand you and is not up to those standards, simply doesn't enter your life.

You basically want people who adore and honour your feminine energy, and help you embody it even further.

So think about your true heart desires, write them down in a journal.

Now write the standards of what you accept or not based on those desires.

Your standards should be non negotiable. They are there to honour you and who you truly are, living the best life you deserve.

Some examples of standards in dating:

- Only date men who are emotionally available

- Only date men who are consistent

- Only date men who are respectful and have integrity (they do what they say)

- Only date men who have financial stability

- Only date men who are providers

- Etc

These are just examples, you have to write your own standards based on what feels good to you.

And then you vet men based on your standards and quickly remove the ones who don't meet them.

And you do this for everything else in your life: where do you want to live, what kind of friends you want in your life, what kind of clients you want in your business, the amount of money you want to receive, the type of hotels where you want to go on holidays, the type of gym you want to go to, etc.

You set the standards of your life and only accept what's within those standards, and this how you create the life you want.

And also very important, this is all based on your feminine worth. Knowing that it is possible to have everything you desire in your life.

So when you have your standards it is very easy to put boundaries.

Actually, at the first sign of someone or something not being up to your standards, you leave. That's the only boundary you need.

For example, if a man is not planning the date he invited you to, or is inconsistent in his behaviour, you don't lash out at him, or mother him telling him what to do, like when you were in your masculine energy of protection.

You simply stay in your feminine energy, say no thanks and remove yourself with grace. He will either step up to meet your standards on his own or not. Either way, you win because you stay centered in your standards.

10. Give it time

After so many years living from masculine traits it now takes time to remove those traits and fully embody your feminine energy and start living from it.

So be patient with yourself.

This is not a race or having to perform certain tasks to "be feminine".

This is a journey of healing and embodying new energy that you probably have been disconnected from such an early age.

This is about connecting deeply with yourself, listening to your heart, honour your emotions and expressing them.

And this is also a very personal journey, so respect your internal timing and just let things flow and happen as they should.

5. How to Use Both Your Light and Your Dark Feminine Energy To Live Your Best Life

When embodying their feminine energy, many women believe they have to be lovey dovey, soft and nurturing to everyone all the time.

What that does is making you a people pleaser and co-dependant, which are trauma traits, not exactly feminine energy.

To fully embody your feminine energy you have in fact to embrace both your light and your dark feminine energy. Your Sun and your Moon.

This doesn't mean being aggressive or rude to anyone. Those are also trauma traits.

It means choosing what you want to experience in your life, and saying no to everything and everyone that is not aligned.

It is your dark feminine side that gives you the right energy to feel deserving of the best life ever, the best things, the people who treat you right, and removing all that is not like that.

Sometimes embodying this dark feminine energy is more difficult to women than embodying their light feminine energy, because it means completely changing how you have been living and who you have been accepting in your life.

It means putting yourself first, making your well being a priority and having high standards.

It means you choose consciously whom and what you give your energy, your softness, your radiance.

Some tips to embody your dark feminine energy and live your best life:

Put yourself first

Feminine energy is nurturing, is kind, is alluring. But is not being a people pleaser and catering to the needs of everyone but yourself. That is wounded feminine.

A woman who is fully embodying her feminine energy puts herself first.

This may sound selfish if you have been all your life putting others first, but in reality you cannot give from an empty cup.

A healed woman doesn't need to put others first because she doesn't need their validation. She validates herself.

So her well being is her priority, because she knows she has to always be and feel her best in order to live her best life.

So she takes good care of herself and she only gives to others from overflow.

Have boundaries and standards

A woman fully embodying her feminine energy has standards for her life.

She decides how much money she wants, where she wants to live, what lifestyle she wants to have, what kind of friends, work and romantic partner she wants to have.

She also has standards on how she wants to be treated.

And so she applies boundaries based on those standards.

She doesn't need to be aggressive, rude, or over explain herself. She expresses herself from her feminine energy, saying how she feels.

If something doesn't feel right to her, she voices what she accepts or not, or she simply leaves the situation or person if those boundaries are not respected, unapologetically.

When you say no to what you don't want, you are saying yes to yourself.

It's a bit like "I am like this, take it or leave it because I am not going to lower my standards to meet anyone". They need to level up to meet yours.

And that way you'll only accept in your life people who treat you right and who cherish your feminine energy.

Accept and express your not so pretty emotions

Feminine energy is not just about feeling and expressing good emotions. It's about feeling it ALL!

It's about accepting your not so pretty emotions like fear, anger, anxiety. Stop thinking those emotions are not feminine. They are human, so as you.

And you deserve to live the whole of your human experience in this planet, meaning you need to allow yourself to feel everything and honour all your emotions.

That's the only way they can be released and other people can get to know you.

For example, when you have a healthy masculine man as a partner, he will hold space for all your emotions, not just the pretty ones.

He'll know how you feel and how he can provide for you by you expressing your emotions to him in a vulnerable way.

But you need to accept your emotions first and let yourself feel them.

Open up your sacral chakra and open to your sensuality and to enjoy your body. Some tips to do this:

- Pleasure yourself alone (buy some great toys!
- Have slow physical intimacy with your partner who honours you, enjoying the journey and not the end goal
- Only do things that makes you feel passionate and discard the rest
- Body movement that connects you to your body: slow dancing, yoga, walks around nature
- Try new things that make you feel creative whilst using your hands: gardening, baking bread, knitting, etc.
- Nurture your body: go for a massage, take care of your hair and skin, eat nutritious food (especially food that has the color orange which is the colour of the sacral chakra).

Accept abundance as your birthright

A woman's nature is not to work hard, hustle, prove yourself and your value, in order to have what you want in life.

A woman's nature is to attract, pull, and receive.

This is valid for everything in her life: money, work, friends, situations, romantic partners, etc.

So if you have lived from a place of lack and scarcity, thinking you need to work hard to survive, it's time to use your dark feminine energy to live differently.

It's time to know your birthright is abundance.

That your feminine desires of your heart are valid and that you can have everything you desire in your life, simply because you desire it.

It's time to see yourself as abundant and prosperous.

This might mean having for example to work on your relationship with money, and see yourself as worthy of receiving a constant overflow of money because you desire it, and feel safe.

It's time to stop chasing and start attracting!

Be unapologetic

Everything we mentioned above resumes to one thing: being unapologetic.

Your dark feminine energy is what makes you have a high self esteem, feel abundant, and accept nothing but the best.

Yes you are still soft, nurturing, playful, and your dark feminine energy is in you exactly to protect all that.

So no more being that playful little girl that others take advantage of. You are now a playful grown high value woman with a fierce dark feminine side claiming only the best for your life!

Heal your subconscious traumas

That dark feminine energy in you knowing you deserve better and want better for your life is what is going to propel you further to heal your childhood traumas and patterns, and leave them for good.

To release masculine traits, to leave survival mode, to stop accepting less than what you deserve, to start acting and being from your conscious mind rather than your subconscious patterns.

Let that dark fire energy inside you to drive you further into doing your healing and becoming the beautiful abundant woman you always have been.

6 The 7 Types of Rest a Feminine Woman Needs

Emotional rest involves deliberately taking the time to unwind and recharge our emotional batteries.

It goes beyond physical relaxation and focuses on providing respite for our minds and hearts.

In a world filled with constant stimuli, from work pressures to digital notifications, finding moments of emotional rest becomes an essential practice for cultivating a healthier and more sustainable lifestyle.

The Benefits of Emotional Rest:

Stress Reduction: Emotional rest acts as a powerful antidote to stress. Taking intentional breaks allows your mind to step back from overwhelming situations, reducing the cortisol levels associated with chronic stress.

Enhanced Emotional Resilience: Regular emotional rest strengthens your emotional resilience. It equips you with the tools to navigate challenges, process emotions effectively, and bounce back from setbacks.

Improved Mental Clarity: Stepping away from the constant stream of thoughts and emotions provides mental clarity. It allows you to approach situations with a fresh perspective and make decisions with a focused and clear mind.

Better Relationships: When you prioritize emotional rest, you are better equipped to engage authentically in your relationships. This not only enhances your communication skills but also fosters empathy and understanding.

Increased Self-Awareness: Emotional rest offers an opportunity for self-reflection. By tuning into your emotions and understanding your needs, you can develop a deeper sense of self-awareness, leading to personal growth and fulfillment.

Practices for Emotional Rest:

Mindfulness Meditation: Engage in mindfulness meditation to bring your attention to the present moment. This practice can help calm racing thoughts and create a sense of inner peace.

Digital Detox: Take breaks from electronic devices to disconnect from the constant stream of information. Allow yourself periods of uninterrupted time to enjoy activities that bring you joy.

Nature Connection: Spend time in nature to recharge emotionally. Whether it's a walk in the park, a hike in the woods, or simply sitting by a body of water, nature has a calming effect on the mind.

Creative Expression: Channel your emotions into creative outlets. Whether through art, writing, music, or other forms of expression, creative activities provide a therapeutic avenue for emotional release.

Set Boundaries: Learn to say no and set boundaries to protect your emotional well-being. Recognize when you need time for yourself and prioritize your emotional health.

Quality Rest: Ensure you are getting adequate and quality sleep. Sleep plays a crucial role in emotional regulation, and a well-rested mind is better equipped to handle daily stressors.

Incorporating Emotional Rest into Daily Life:

Emotional rest is not a one-time event; it's a continuous practice woven into the fabric of our daily lives.

By prioritizing self-care and making intentional choices that support emotional well-being, you can create a foundation for a more balanced and fulfilling existence.

Remember, taking care of your emotional health is not selfish; it's a vital aspect of leading a resilient and meaningful life.

Physical Rest

Physical rest encompasses more than just sleep; it involves intentional periods of relaxation and recovery for the body.

In our 24/7 connected world, where demands are constant, taking time for physical rest becomes a crucial practice for maintaining peak performance and achieving a balanced lifestyle.

The Benefits of Physical Rest:

Restoration of Energy: Physical rest is a direct source of replenished energy. When we allow our bodies time to rest, especially through quality sleep, we recharge our internal batteries, ensuring we wake up ready to face the challenges of a new day.

Enhanced Cognitive Function: Quality rest has a profound impact on cognitive functions such as memory, attention, and problem-solving. Adequate sleep, in particular, is essential for optimal brain performance and creativity.

Improved Physical Health: Regular physical rest is linked to improved overall physical health. It plays a crucial role in immune system function, hormonal balance, and cardiovascular health. Chronic sleep deprivation, on the other hand, has been associated with various health issues.

Stress Reduction: Physical rest acts as a natural stress reducer. When the body is well-rested, stress hormones decrease, leading to a calmer and more balanced emotional state.

Muscle Repair and Growth: For those engaged in physical activities or exercise, rest is essential for muscle repair and growth. It allows the body to recover from exertion and reduces the risk of overuse injuries.

Optimal Weight Management: Quality sleep and adequate physical rest are linked to better weight management. Sleep deprivation can disrupt hormonal balance, leading to increased cravings for unhealthy foods and weight gain.

Practices for Physical Rest:

Prioritize Sleep: Aim for 7-9 hours of quality sleep each night. Create a conducive sleep environment, minimize electronic device usage before bedtime, and establish a consistent sleep routine.

Take Breaks During the Day: Incorporate short breaks during the day, especially if you have a sedentary job. Stand up, stretch, and move around to prevent physical and mental fatigue.

Napping: Short naps (20-30 minutes) can provide a quick energy boost and enhance alertness. However, avoid long naps during the day, as they may interfere with nighttime sleep.

Hydration: Proper hydration is essential for overall health and can contribute to better sleep. Ensure you drink an adequate amount of water throughout the day.

Mindful Movement: Engage in activities like yoga, gentle stretching, or meditation to promote relaxation and release physical tension.

Establish a Relaxing Bedtime Routine: Create a calming bedtime routine to signal to your body that it's time to wind down. This could include activities such as reading, listening to soothing music, or taking a warm bath.

Incorporating Physical Rest into Daily Life:

Recognizing the value of physical rest is the first step toward a healthier and more balanced life.

By incorporating practices that prioritize rest and recovery, you can unlock the potential for increased energy, improved mental focus, and a heightened sense of well-being.

Remember, physical rest is not a luxury; it's a fundamental investment in your overall health and vitality.

Mental Rest

Mental rest involves giving the mind a break from incessant thoughts, multitasking, and the cognitive demands of daily life.

It goes beyond mere relaxation; it's a deliberate practice of allowing the mind to unwind, creating space for clarity, creativity, and emotional well-being.

The Benefits of Mental Rest:

Reduced Cognitive Fatigue: Continuous mental engagement can lead to cognitive fatigue. Mental rest offers a chance for the mind to recover, reducing the feeling of mental exhaustion and enhancing overall cognitive function.

Enhanced Creativity: Mental rest fosters an environment conducive to creativity. When the mind is at ease, it can make novel connections, think outside the box, and generate innovative ideas.

Improved Decision-Making: Quality mental rest contributes to better decision-making. A rested mind is more capable of weighing options, considering consequences, and making thoughtful choices.

Stress Reduction: Chronic mental busyness can contribute to stress and anxiety. Taking intentional breaks allows the mind to step back, promoting relaxation and reducing stress levels.

Emotional Well-Being: Mental rest is closely tied to emotional well-being. It provides an opportunity to process emotions, gain perspective, and foster a positive mental state.

Increased Productivity: Paradoxically, mental rest can lead to increased productivity. Short breaks, mindfulness practices, and intentional pauses allow the mind to recharge, leading to more focused and efficient work.

Practices for Mental Rest:

Mindfulness Meditation: Engage in mindfulness meditation to bring your attention to the present moment. This practice can help calm racing thoughts and promote mental clarity.

Deep Breathing Exercises: Simple deep breathing exercises can help activate the body's relaxation response, reducing stress and promoting mental rest.

Mindful Walking: Take a break and engage in mindful walking. Focus on your steps, the sensation of movement, and the environment around you to promote mental relaxation.

Digital Detox: Unplug from electronic devices for designated periods. Constant connectivity can contribute to mental clutter, and disconnecting allows the mind to reset.

Engage in a Hobby: Pursue activities that bring joy and relaxation. Whether it's reading, painting, gardening, or any other hobby, immersing yourself in enjoyable activities promotes mental rest.

Quality Sleep: Ensure you are getting adequate and quality sleep. Sleep is a crucial component of mental rest, allowing the brain to consolidate memories and process emotions.

Incorporating Mental Rest into Daily Life:

Recognizing the need for mental rest is the first step toward creating a healthier and more balanced life.

By integrating practices that prioritize mental well-being, you empower yourself to navigate life's challenges with clarity, creativity, and emotional resilience.

Mental rest is not a luxury; it's a fundamental aspect of self-care and a key to unlocking your mind's full potential.

Spiritual Rest

Spiritual rest transcends religious affiliations and dogmas.

It refers to a state of calm and tranquility that arises when one connects with their inner self, contemplates life's purpose, and taps into a sense of transcendence or higher meaning.

It involves finding reprieve from the demands of daily life and nourishing the soul.

The Significance of Spiritual Rest:

Inner Peace: Spiritual rest provides a sanctuary for the soul, fostering inner peace amidst life's storms. It invites individuals to connect with a sense of calm that transcends external circumstances.

Meaning and Purpose: Engaging in spiritual rest allows individuals to reflect on their values, beliefs, and life's purpose. It provides a space for contemplating the deeper aspects of existence and finding meaning beyond the mundane.

Connection with Others: Spiritual rest often involves fostering a sense of interconnectedness with others and the world at large. It encourages empathy, compassion, and a recognition of the shared human experience.

Gratitude and Mindfulness: Practicing spiritual rest often includes cultivating gratitude and mindfulness. By appreciating the present moment and acknowledging the blessings in life, individuals can enhance their overall well-being.

Stress Reduction: Spiritual rest serves as a powerful antidote to stress. Engaging in practices such as meditation, prayer, or nature contemplation can lower cortisol levels and induce a state of relaxation.

Renewal and Transformation: Just as physical rest rejuvenates the body and mental rest revitalizes the mind, spiritual rest facilitates renewal and transformation at a soulful level. It provides the space for personal growth and spiritual evolution.

Practices for Spiritual Rest:

Meditation: Incorporate meditation into your daily routine. Whether through mindfulness meditation, guided meditation, or transcendental meditation, this practice can create a sense of inner stillness.

Nature Connection: Spend time in nature to connect with the world beyond human constructs. Nature has a profound ability to evoke a sense of awe and interconnectedness.

Prayer or Contemplation: Engage in prayer or contemplative practices that resonate with your spiritual beliefs. This could involve silent reflection, gratitude prayers, or intentional moments of communion with a higher power.

Mindful Practices: Adopt mindful practices such as yoga or tai chi. These activities not only promote physical well-being but also encourage a mind-body connection that can foster spiritual rest.

Digital Detox: Take intentional breaks from the constant barrage of digital information. Create space for quiet reflection without the distractions of screens and notifications.

Cultivate Compassion: Engage in acts of kindness and cultivate compassion. Whether through volunteer work or simple acts of generosity, contributing to the well-being of others can nurture your spiritual self.

Incorporating Spiritual Rest into Daily Life:

Recognizing the importance of spiritual rest invites a shift in perspective—a conscious acknowledgment of the spiritual dimensions of our existence.

By weaving practices of spiritual rest into your daily life, you embark on a journey of self-discovery, tranquility, and a deeper connection with the essence of being.

Spiritual rest is a timeless invitation to explore the sacred within and around you, fostering a sense of peace and purpose that transcends the complexities of the external world.

Sensory Rest

Sensory rest involves deliberately seeking environments with reduced sensory input or engaging in activities that provide a break from the usual sensory stimuli.

Our senses—sight, sound, touch, taste, and smell—are constantly engaged in the modern world, often leading to sensory fatigue.

Sensory rest aims to alleviate this fatigue and promote a state of tranquility.

The Impact of Constant Sensory Stimulation:

Cognitive Overload: Continuous exposure to stimuli can overwhelm the brain, leading to cognitive overload. This can result in difficulties concentrating, heightened stress levels, and mental exhaustion.

Stress and Anxiety: Prolonged exposure to loud sounds, bright lights, or crowded spaces can contribute to heightened stress and anxiety. Sensory rest serves as a counterbalance, helping to reduce stress and promote relaxation.

Sleep Disruption: Excessive sensory stimulation, especially before bedtime, can interfere with the body's ability to wind down and sleep. Sensory rest practices can contribute to improved sleep quality.

Creativity and Focus: Sensory rest has been linked to enhanced creativity and improved focus. By providing the mind with a break from external stimuli, individuals can tap into their inner creativity and concentrate more effectively.

Practices for Sensory Rest:

Quiet Spaces: Seek out quiet environments where the auditory input is minimal. This could be a serene natural setting, a dedicated quiet room, or even the simple act of using earplugs.

Dim Lighting: Reduce exposure to bright lights, especially before bedtime. Dim the lights in your living space in the evening to signal to your body that it's time to wind down.

Screen Breaks: Limit screen time, especially with electronic devices emitting blue light. Consider taking breaks from screens, particularly before bedtime, to allow your eyes to rest.

Nature Immersion: Spend time in nature to experience a different set of sensory inputs. The rustling of leaves, the scent of flowers, and the feel of natural textures contribute to a more calming sensory experience.

Mindful Eating: Practice mindful eating to appreciate the sensory aspects of food. Pay attention to textures, flavors, and aromas, allowing yourself to savor each bite without distractions.

Gentle Movement: Engage in gentle and mindful movement practices such as tai chi or gentle yoga. These activities provide a sensory respite while promoting relaxation and body awareness.

Incorporating Sensory Rest into Daily Life:

Integrating sensory rest into your daily routine doesn't require a complete overhaul of your lifestyle. Simple, intentional practices can make a significant difference.

Whether it's creating a quiet corner in your home, taking breaks from screens, or enjoying a mindful walk in nature, these small adjustments contribute to a more balanced and rejuvenated sensory experience.

In the pursuit of holistic well-being, recognizing the importance of sensory rest becomes a valuable aspect of self-care.

By giving our senses the opportunity to rest and recharge, we pave the way for improved mental clarity, reduced stress, and a greater sense of overall tranquility in our lives.

Social Rest Social rest is the deliberate withdrawal from social interactions to recharge emotionally and mentally.

In a society that often glorifies busyness and social connectivity, this form of rest acknowledges the importance of solitude and the need for individuals to carve out moments of personal space.

It is not about isolation but rather about finding a healthy balance between social engagement and moments of quiet introspection.

The Impact of Constant Social Engagement:

Emotional Exhaustion: Continuous social interactions can lead to emotional exhaustion. Social rest provides an opportunity to step back, regroup, and replenish emotional energy.

Overstimulation: An excess of social stimuli, especially in today's digital age, can contribute to sensory overload and mental fatigue. Social rest allows for a break from constant social input.

Reflection and Self-Discovery: Solitude provides a space for self-reflection and self-discovery. Taking time away from social interactions allows individuals to reconnect with their inner thoughts and emotions.

Enhanced Empathy: Brief periods of social rest can enhance empathy. Stepping back from social interactions allows individuals to reflect on the experiences and perspectives of others.

Reduced Stress: Balancing social engagement with moments of social rest has been linked to reduced stress levels. It provides a buffer against the pressures of social expectations and obligations.

Practices for Social Rest:

Alone Time: Carve out moments of alone time regularly. Whether it's a quiet walk, reading a book, or enjoying a cup of tea in solitude, these activities contribute to social rest.

Digital Detox: Take breaks from social media and digital communication. Set designated times to disconnect from virtual social interactions to focus on in-person connections or personal time.

Boundaries: Establish clear social boundaries. Communicate your need for occasional solitude with friends and family, ensuring that they understand and respect your need for social rest.

Nature Retreats: Spend time in nature to enjoy the benefits of both solitude and natural surroundings. Nature retreats provide a serene environment for social rest.

Mindful Practices: Engage in mindful practices such as meditation or deep breathing exercises. These activities not only contribute to mental well-being

but also provide a form of social rest by allowing you to be present with yourself.

Selective Socializing: Be mindful of the social events you choose to attend. Selective socializing allows you to prioritize events that align with your interests and well-being, avoiding unnecessary social fatigue.

Incorporating Social Rest into Daily Life:

Balancing social engagement with moments of social rest is essential for overall well-being.

It's about recognizing the ebb and flow of social energy and giving yourself permission to step back when needed.

By incorporating intentional practices of social rest into your routine, you create a foundation for healthier and more fulfilling social interactions.

Social rest is not an avoidance of connection; rather, it's a mindful approach to fostering meaningful relationships while nurturing your individual well-being.

Creative Rest

Creative rest is not a passive state but an active engagement with the restorative process.

It acknowledges that the creative mind, much like any other aspect of our being, requires moments of respite to thrive.

Rather than pushing through creative blocks or burnout, creative rest involves taking deliberate breaks to allow for new ideas to percolate, to gain fresh perspectives, and to reignite the spark of inspiration.

The Impact of Continuous Creativity:

Burnout and Diminished Creativity: A constant state of creative output without breaks can lead to burnout. The quality of creative work may diminish as fatigue sets in, and the mind becomes less receptive to novel ideas.

Stagnation: Without periods of creative rest, individuals may find themselves stuck in creative ruts. The absence of new input and varied experiences can contribute to a lack of innovation.

Stress and Pressure: The pressure to constantly produce creative work can lead to heightened stress levels. Creative rest provides relief from this pressure, fostering a healthier relationship with the creative process.

Rejuvenation and Innovation: Creative rest serves as a catalyst for rejuvenation. By taking breaks, individuals open themselves up to new experiences and ideas, which can lead to innovative and refreshing creative outputs.

Practices for Creative Rest:

Mindful Observation: Engage in mindful observation of the world around you. Take walks, explore new environments, and allow your senses to absorb the details. This observational approach can spark fresh ideas.

Play and Exploration: Embrace a spirit of play and exploration. Engage in activities without the pressure of a specific creative outcome. This could include experimenting with different mediums, trying new hobbies, or simply playing with ideas.

Reading and Learning: Immerse yourself in diverse literature and subjects. Reading and learning outside of your primary creative focus can introduce new perspectives and concepts that fuel your creative reservoir.

Restorative Practices: Incorporate restorative practices such as walking, meditation or yoga into your routine. These activities not only contribute to overall well-being but also provide a conducive environment for creative thoughts to emerge.

Digital Detox: Take intentional breaks from digital devices and social media. Constant digital engagement can be mentally draining. A digital detox creates space for the mind to wander and reflect.

Creative Sabbaticals: Consider taking intentional breaks from active creative work. Whether it's a short hiatus or a more extended sabbatical, giving yourself time away from your creative projects can lead to a resurgence of fresh ideas.

Incorporating Creative Rest into Daily Life:

Recognizing the need for creative rest is the first step toward cultivating a more sustainable and fulfilling creative practice.

By incorporating intentional breaks and diverse experiences into your routine, you not only prevent burnout but also nurture a vibrant and innovative creative spirit.

Creative rest is not a pause in the creative journey; it's an essential part of the process, ensuring that your creative endeavors are fueled by curiosity, freshness, and a renewed passion for exploration.

All these 7 forms of rest are essential components of self-care for a feminine woman.

Taking time for oneself, indulging in activities that bring joy, and prioritizing personal well-being contribute to a woman's ability to nurture herself and others effectively.

7. Connecting With Your Intuition

As a woman, your feminine intuition is the guiding system of your life.

But when you are living your life from a masculine energy and focused on doing and achieving, you pay more attention to facts and logic instead of how you feel.

And many women at that point are disconnected from their intuition (they don't know to differentiate intuition from fear), or they are aware of their intuition but always need proof and facts to back it up, not fully trusting themselves.

Intuition is what comes instantly to you without thinking.

It's that gut feeling, that instant yes or no you feel before your brain becomes involved.

If you trust yourself and live from your feminine energy, you don't question it.

You don't need proof or facts to show your intuition was right. You know it is.

In fact, your intuition is there to protect you from having to go through bad experiences "to prove you were right".

You simply remove yourself from a person or a situation immediately when you feel a no.

Or, you immediately say yes to a person or a situation that your intuition says is absolutely right for you if you feel a yes.

There is no "oh but". When this happens, it is your logical mind (masculine energy) taking place.

You start making excuses to situations that are bad for you, like giving a chance to a man who is not up to your standards, or accepting a job or a client that is not what you want, putting yourself in bad situations.

When you trust your intuition, you silence your mind. You tell your mind you are safe and you are taking the right decision based on your inner wisdom.

Please be aware that your intuition is also a great gift to the world.

It is a gift to your partner, to your children, friends, clients, etc.

When you take the best decisions based on following your instinct you are taking the best decisions that also affect everyone else in your life.

And that is for example a great gift to a masculine man, who is very often so deep into their logical minds.

So, one of the most important things for you to do when you embody your feminine energy is to connect with your intuition:

Listen to and honour how you feel

Living from your feminine essence is listening to and honouring how you feel.

If you have trouble doing this, make sure that every day you take time to be in silence with yourself.

You can either do a deep meditation, go for a walk around nature, take a salt bath, and just connect with yourself.

Ask yourself “how do I feel” and let the answers appear.

Write down your first gut instinct

Intuition is a muscle. The more you listen to it and trust it, the stronger it becomes.

So besides listening to how you feel, make sure you write down the yes and no answers you feel in your body when they appear.

Write in your journal:

Situation with person X: YES

Or

Situation with person X: NO

No need to explain it or write an essay about it because you don't want your logical mind to take control.

Just write yes or no.

That is all you need.

Take time to give an answer

When confronted with a situation and if you cannot listen to yourself, resist the temptation to say yes or no immediately to a person or an opportunity.

Simply say “I need some time to give a response”, and then leave and take the time you need to connect with yourself and feel your response. Don't think your response, feel it.

Trust your intuition

If you were living in a masculine energy, you probably ignored your intuition a lot and entered into bad situations and experiences that only proved your intuition was right.

So now it is time to trust it.

As we mentioned before, when you live from your feminine energy you don't need proof or facts, you just need to listen to how you feel, trust it and follow it.

We are not saying masculine energy ignores intuition (men can connect with their intuition also), what we are saying is that masculine energy has a different focus that very often doesn't serve a woman in most situations.

So learn to trust your intuition even if it doesn't make sense in that moment or doesn't make sense for others.

And when you put your wellbeing and living your best life as your priority, then following your intuition becomes normal.

8. Your Monthly Cycle and How and How it Impacts Your Feminine Energy

The menstrual cycle is a rather complex and fascinating biological process involving changes in hormone levels, the release of eggs and the breakdown of the uterine lining.

Interestingly, the menstrual cycle also creates changes in your feminine energy. So, to best utilize and nurture her feminine essence, a woman must be aware of the stages of the menstrual cycle and the changes that occur during that time period.

This blog post will give you a clear understanding of your menstrual cycle and how it is deeply connected with your feminine energy.

The Menstrual Phase

The very first stage of a menstrual cycle is the menstrual phase which is characterized by the shedding of the uterine lining.

This phase occurs when the egg from the previous cycle is not fertilized, indicating there is no pregnancy. In this case, the uterine lining of the uterus, which had thickened in hopes of sustaining and supporting a pregnancy, is of no use.

That is why the menstrual stage involves the shedding of the thickened lining consisting of blood, mucus and tissue.

The menstrual phase usually lasts between 3-7 days. In this phase, the level of hormones progesterone and estrogen drop, causing the uterus to contract and expel its endometrium.

Cramping, headaches, body aches and fatigue is common during this phase of the menstrual cycle.

The Follicular Phase

Some days of this phase overlap with the menstrual phase, as the follicular phase begins on day 1 of your period and lasts for approximately 14 days (when you ovulate).

The pituitary gland is signaled by the hypothalamus to release the follicle-stimulating hormone (FSH). These hormones stimulate the growth of follicles

in your ovaries. Every follicle contains an immature egg. Out of these multiple immature eggs, one egg finally matures enough to be fertilized by a sperm.

The growth of the follicles in your ovaries produces estrogen, which causes the lining of the uterus to thicken and prepare for a possible pregnancy.

The Ovulation Phase

This phase of the menstrual cycle marks the beginning of ovulation. Interestingly, it is also the shortest stage of the overall cycle lasting for 24 to 36 hours.

In the ovulation stage, your ovary releases a mature egg into the fallopian tube. The egg then travels from the tube down towards your uterus, where it can be fertilized by a sperm.

This phase is also called the most fertile stage of the cycle, and women who wish to conceive can make use of this window of time to get pregnant. Therefore, many women keep track of this stage using ovulation sticks.

This stage is also characterized by a rise in the basal body temperature and a thick white discharge.

The Luteal Phase

The luteal phase begins right after the ovulation stage and lasts for approximately 14 days.

Once the follicle has released the egg, it turns into the corpus luteum. The corpus luteum produces the hormone progesterone to keep the lining of the uterine wall thick, thus making it an ideal environment for a fertilized egg to implant.

However, if the egg is not fertilized and pregnancy doesn't occur, the corpus luteum breaks down and gets reabsorbed into the body.

This causes a decline in hormones – estrogen and progesterone leading to the beginning of a new menstrual cycle.

The Impact of Your Menstrual Cycle in Your Life

We live in a world that praises masculine energy, doing, hustling, achieving. And always be on the go, regardless of what time of the month it is.

Whilst men can do this easily because they have so much more testosterone than women, and because they don't have monthly cycles, the reality for us women is different.

We have all these hormonal changes and cycles each month. So we cannot ignore them and try to be in masculine energy always on the go, because that will mess up our hormones and will make us feel exhausted and depressed, bringing all sorts of health problems.

We need to honour our monthly cycles and changes.

We need to know how our body works each month, and connect with how we feel. That's what living from our feminine energy is.

We listen to our body and to what it needs.

There are times of the month when we have more energy, there are times when we need more rest. And we follow that rhythm because that is what honours our feminine essence.

9. Stepping into Abundance and Prosperity

Many women nowadays live a lot of time in their masculine energy, which is actually praised in society.

The doing, achieving, working, hustling, is what is commonly known as “normal” in order to make money and drive life forward.

But what happens for many women is that they are using their masculine energy at work either by working in a job or running their own businesses, and then continue to be in their masculine energy taking care of the kids, the house, working out, etc.

And if they are single mums, then the work never ends.

So many women are simply exhausted of being so much in this masculine energy.

And they feel that they have abundance and money but it is always limited, it never goes beyond a certain point.

And the few times when they rest in their feminine energy, they just feel guilty or like blocking abundance by not doing much.

When in fact it is this limiting belief that if you are resting in your feminine energy you are blocking abundance, that is truly blocking the abundance in your life.

Like you cannot manifest abundance, money, prosperity, from your feminine energy. THIS is a limiting belief you need to shift.

We are multi dimensional beings and we have both masculine and feminine energy, and when we embrace both energies in us, that's when we can call in full abundance and prosperity.

Otherwise you'll be limited to a certain amount of money or opportunities, and will only manifest when working hard, which is not a joyful life at all!

This is especially true for women, because as women we were not designed to be in our masculine energy most of the time, hustling and using much effort.

We were designed to receive, to flow, to allow.

So it is important to start making the connection between feminine energy and abundance.

It is important for you to realise that:

- When you are resting you are in abundance
- When you are taking care of you, you are in abundance
- When you are being instead of doing, you are in abundance
- When you are receiving, you are in abundance

True abundance and an overflow of prosperity is only possible when you open your feminine energy to receive it.

Because abundance is your true nature.

If you are a woman and are too much in your masculine energy you block it.

Also, being a woman and too much in your masculine energy hustling and exhausting yourself means that deep down you don't feel worthy of receiving effortlessly.

It's like you always have to prove you deserve it by doing.

Always have to prove you deserve it by "making it happen".

But abundance also wants to come to you effortlessly. And that's where the secret to a true prosperous life at all levels is.

When you just decide that you are abundant ALWAYS. And you open up to receive.

Money is a masculine energy

Masculine energy is all about providing and protecting.

And money comes into your life to provide for you and protect you.

Everytime you use your money to buy something, you are allowing money to provide for you.

So, in order to manifest large sums and an overflow of money, guess what? You need to step into your feminine energy and let money provide for you.

This means using your money not just to pay bills and groceries, but to take care of yourself as well.

Money LOVES to provide for you!

So use your money to take care of your feminine energy, by resting, going for a massage, go on some nice holidays, do a manicure, etc.

Money wants to take care of you.

And remove that guilt that when you are resting in your feminine energy you are not working for abundance, because that is when you are truly living it!

Opening to receive

It is important to use your own masculine energy in healthy ways, like for example to do inspired work or take care of your kids, but is also important to allow yourself to receive from the Universe and others, and not be providing your energy all the time.

For example, true masculine men are providers. They thrive in providing for women, so rest in your feminine energy and let them!

Also allow the Universe to provide for you in so many ways and from so many people. Don't think you have to do everything yourself, even if you are single.

Learning to rest in your feminine energy and receive abundance because you are worthy of it is an art you need to master if you want to live a truly happy and abundant life.

How do you do that? By just being. Allowing. Flowing.

And letting the Law of Attraction take care of it for you.

Use Masculine Structures to Support You

Many women ask at this point: but this means I will be sitting on the sofa doing nothing all day long and expecting to receive everything?

Not at all.

Energy needs to flow.

But when you come from feminine and abundance energy, you don't do things or do work that exhausts yourself.

You follow divine inspiration to create. You do things with ease, creativity and flow.

And you use masculine structures to support you.

You use things like tools, apps, calendars, outsourcing help, schedulers, house cleaners, have meals and shopping delivered, etc, to support and create a container so you feel supported and can be happily creating without having to worry.

Becoming a magnet

When you embody your feminine energy and you radiate it to the outside, guess what? That energy will come back to you in the form of manifesting your desires and all you want.

This is active feminine energy. Think about the sirens in Greek Mythology. They radiate feminine energy, they put that energy out by singing and men go crazy feeling attracted to them.

They are not pushing or forcing anything to happen. They are just radiating and pulling in what they desire.

So when you combine inspired action that makes you feel awesome and joyful with opening up to receive, BOOM! You have the formula to live an abundant and wealthy life from your feminine energy!

You'll radiate sensual yummy feminine energy and will attract an overflow of money, the right man, the lifestyle, all you truly desire.

Basically you become the energy you want to attract and all will come to you.

10. Facing Changes in Your Life and Relationships

Embodying your feminine energy is not about “learning to become feminine”, is actually about unlearning the ways you don’t allow your feminine energy to flow.

Feminine energy magic makes things easy... it can almost feel too easy, too lucky, too simple!

Feminine energy is the path of least resistance, it is receiving *more* by doing *less*.

This is a totally different approach to life and love than masculine energy takes. Masculine energy maximizes the output of effort, where feminine energy releases more and more effort until you’re achieving through ease.

So when you decide to honour your feminine essence and embody it, and you let go of masculine traits such as hustle, worrying too much, doing too much, being too serious, etc, your life and your relationships change in massive ways!

But in order to fully embody your feminine energy, you have to let go of everyone that is making you stay in a masculine energy.

Anyone who disrespects you and makes you have to protect yourself, anyone who shames your feminine desires, anyone who pushes you to work harder and do more, anyone that guilt you when you spend money to take care of yourself, anyone who wants you to play small to make them feel good, all that needs to GO!

Many women lived years with people like this around them, starting with parents (or lack of them) that pushed them into providing and protecting for themselves from an young age, to husbands and boyfriends who weren’t in a masculine provider role, to friends who wanted them to do too much for them, abusive clients or co-workers, etc.

For a woman embodying masculine traits, she learned that was “normal”. Catering to others at her expense and feeling drained and exhausted was “normal”. Until she realises it really isn’t and she heals her feminine wound.

When you start to embody your feminine energy, instead of hustling and providing for others, you lean back.

You want to radiate and receive with ease.

You'll let go of certain people

Your feminine radiance will trigger those people who are used to you being in a masculine role for them.

And it will create situations that you feel you are being pushed into that masculine energy but now, it just doesn't feel right anymore because you are stepping into a new energy and honouring your feminine heart.

You need to have people in your life that embrace, value and honour your feminine essence. And help make life easier for you.

So some relationships will naturally dissolve because there is no polarity anymore, others will transform and others you'll have to make the conscious decision to let go.

This won't be easy, especially if it's a long term relationship or a close friend, but when your energy changes you'll repel each other if the other part doesn't want to grow or accept your change.

And you have to let go, because if you don't you'll have a part of your life who is not aligned with who you truly are and that will hinder your growth and all the abundance that is meant for you.

This is unlearning the ways you don't allow your feminine energy to flow.

In the past you were a match to certain people and patterns, now you are not anymore.

In the past when someone pushed you into your masculine energy you would gladly do it. Even if it made you feel exhausted, drained or resentful.

Now you simply don't. Because you have boundaries and standards and you protect your feminine heart.

So when you embody your feminine energy there will be people who just will not be a part of your life anymore. Let them go. Embrace the emotions that arise, heal and move on.

This can make you feel lonely at first, but in reality this way you make space for other types of people to appear in your life.

You'll not be alone don't worry, the Universe knows what it is doing and you need to trust the process.

Feminine energy is leaning back and allowing. When you're in the feminine energy of light and breezy, when you're totally out of resistance, the right

people will find you sweet and fascinating and they are compelled from deep within to care for and even adore you in a loving way.

You'll attract men who want to provide and protect you, and you'll attract other feminine women with whom you can create a sisterhood who will support each other.

Your relationships will be based not on what you can do for them anymore, but based on who you are. On your radiance, your joy, your nurturing and your beautiful aura.

You'll be like a magnet attracting the right people.

11. Dating and Polarity with Men

When you are in your feminine energy, you are not chosen. You choose.

You have a pool of high value men who want to date you, provide for you and protect you. The only thing you need to do is choose the most suitable man.

And not the most suitable at that given moment in your life because he is hot or has money. You have to think about it for the long haul.

If you are looking for a serious long-term committed relationship you have to think in terms of 50, 60, 70 years down the road.

You need to have standards. You need to honour your desires. You need to only accept and date man who are within your standards and desires.

If you were dating from your feminine wound before (and embodying masculine traits), maybe you weren't dating from your standards (because you didn't have them), or from your true desires (because you weren't honouring them), so maybe you were accepting men who were not at your level financially, emotionally, psychologically, and that brought all sorts of issues and stress.

So dating from your high value feminine energy is a total different ball game.

Here are the best tips:

1. Have standards and desires

A high value feminine woman has standards and desires for her life in all areas, and dating and a romantic relationship is one of the most important areas because it impacts her whole life.

The type of man you choose as your partner or husband impacts our whole life and the life of your current or future children, so choosing wisely is key.

You have to be VERY honest with yourself and with what you truly desire in a partner and for your life.

You have to let go of limiting beliefs and honour your desires.

If you desire a man who is a provider, own it.

If you desire a man who is a protector, own it.

If you desire a man who is wealthy own it.

You can journal about your desires. Just write everything down.

And then you need to create standards around your desires.

Standards and desires are non negotiable.

Examples of standards:

- You don't do coffee dates or walk dates
- You don't have sex early without commitment
- You want a man who pays for dates
- You don't initiate or plan dates
- You want a man who provides for you
- You want a man who has a certain level of financial stability
- You want a man who is kind and empathic
- You want a man who wants marriage and has family values
- You want a man who has integrity
- You want a man who is respectful
- You want a man who is consistent and crazy about you (not wishy washy or unsure)
- You want a man who makes you feel safe and protected
- Etc

Please notice that your standards are yours. They are personal. And based on your desires and what feels right and good to YOU.

They shouldn't be based on what you are "supposed to want because you are feminine", or what other feminine women want.

They should only make sense to you and your inner truth.

Also please notice that your standards shouldn't be related to superficial things like he has to be a certain body type or drive a Porsche. That shows nothing about his ability to be a great partner and father of your children.

You want your standards to be related to long-term qualities that will impact your life and your children's (existent or future).

And then you have to compare a man's behaviour with your standards and desires, and you seek for consistency from his side.

And you never ever put your standards aside to accommodate any man no matter how hot or how wealthy he is.

Who cares if he is hot but he is not a provider? Will he still be hot when you are exhausted and drained?

And who cares if he is wealthy if he spends all his money on sports cars and travel and doesn't have a mindset of providing for his family?

Also notice that standards are different from boundaries. When you have to put a boundary with a man, you are already stepping into your masculine energy and is time to say goodbye.

Standards are what make you only date quality men and avoid having to enforce boundaries because a man is disrespectful. You already left before that.

So your standards are non negotiable. You do not lower them for a man, it is indeed a man who has to uplevel if he wants to be with you and your radiant feminine energy!

Which takes us to our next point.

2. Have an abundance mindset

In order to honour your desires and have standards in place you have to step into an abundance mindset.

If you have a lack and scarcity mindset (and you do if you are in your feminine wound), you'll always be lowering your standards because you fear there are not enough high value available men in the world, or because a man asked you out (and one is better than none), or you think maybe he has potential, etc.

All that just leads to less then desirable dating experiences and to frustration.

When you step into an abundance mindset, you know the Universe supports you and helps bringing to you all you desire.

You know what you want exists and is possible, and is just a matter of time until the right man appears.

So you stay centered in your standards and in your desires and you don't put them aside for any man.

You only choose men who match your desires and standards because those men are a true vibrational match to who you truly are.

3. Stay in your feminine energy

Maybe you have a very successful business and are a boss babe making lots of money. That is great.

But leave that at the door when dating masculine men.

Step into your feminine energy when dating. This means you don't initiate, you don't plan, you don't do the job of a man, you don't tell men what to do. You just lean back and observe what THEY do.

This doesn't mean you cannot communicate your desires. And a high value masculine man who is genuinely interested in you wants to know who you are, what are your true desires and honour them.

But you communicate with feminine energy. You don't tell him what to do or who you want them to be because that is disrespectful to a man, you tell him how you feel and what would make you happy.

And then observe how they act and if they are compatible with you.

4. Actively pull men in

Many people think that feminine energy is passive. Just sit, do nothing and wait for a man to come to you. Don't chase men.

Although yes we agree with not chasing men, and letting them initiate and pursue, feminine energy is not passive. It is not sit there and wait.

Feminine radiant energy is all about alluring. Think about the sirens in Greek Mythology. They embodied radiant feminine energy and they were singing to attract men, and to signal to them they are receptive.

So the more you embody your own feminine energy and let it radiate into the world the more masculine men will feel attracted, but you also need to signal to them that you are receptive.

You are not there just to be seen and admired, but to connect with and meet new men.

So instead of just sitting and wait, actively act from your feminine energy. Make eye contact, smile to a man you find attractive, signal to him he can approach you.

This is basically creating the space for him to come to you, and some men need this before they approach you, especially if they are respectful men.

If you are one of those women who say men look at you all the time but never approach you in public, might be because you are not signalling to them that you are receptive.

So take your power back and start actively showing men they can approach you.

In the Victorian times, women would drop a handkerchief to signal to a man they find interesting.

As a gentleman of impeccable manners, the man, of course, stopped in his tracks, bent down, and picked up the handkerchief from the damsel in distress and gave it to her with an “Excuse me miss, you seem to have dropped your handkerchief”. The ice was broken.

The introduction was made and women were then free to dazzle him with her wit and charm. But in order to do that, the woman needed to discreetly make the first indirect move in a feminine way.

You can still drop something on the floor to get a man to pick it up for you and break the ice, or you can simply do these things:

- Look him in the eyes and smile
- Ask him for help (getting something from the top shelf at a shop, or asking for advice at the hardware store)
- If you are standing in line next to him, comment about something funny and generic going on around you.

Remember ladies: you have the power. You are gorgeous, radiant, and any man would be lucky to be your Prince Charming. Sometimes they just need a little nudge.

After the initial ice is broken, let him take the lead.

5. Trust your intuition

If you are on feminine energy dating Facebook groups, you'll see they are full of women asking for advice on certain dating situations they got into because they simply ignored red flags and their intuition.

Yes we can say many of these women also lowered their standards (or do not have any), but many also are not in touch with their intuition.

Every single time we just know if a man is or is not for us. With a man who isn't something just feels off even if we can't pin point it exactly.

Or something he did you didn't really like but ignored it and continued to date him.

Intuition is a woman's internal guiding system. So listen to that gut feeling you have even before your brain starts working.

You'll listen to your internal yes or no and just act accordingly. If you have an abundance mindset you know you are not losing anything because there many wonderful men wanting to date you.

And also, trust your intuition when there is a yes. Maybe he isn't your usual body type, or doesn't have a flashy car, but there is something about him that makes you feel safe and happy.

6. Be in your radiant playful energy

It is important to hold on to your standards and desires, but that doesn't mean you are going to be rigid on dates or around men observing their every step.

This means you'll only accept dating high quality men who are up to your standards, so you don't have to be in your masculine energy checking them or protecting yourself from them (this only happens when you lower your standards and date men who are not a match).

So the goal of having standards and honouring your desires is for you to be your most radiant feminine and playful self around men.

Everything is been taken care of from their side. They initiate, they plan dates, they make decisions, they provide for you, they treat you like a queen.

So you feel safe and can just relax in your feminine energy. THIS is how you know the men you are dating are a good match for you.

When you feel your femininity shining around them, your inner child is playful, your radiate joy. THIS energy is a magnet to the right men.

And again, you can only feel that if you honour your desires and stick to your standards.

Isn't it so amazing when you are on a date with a man who makes you feel so provided for, so safe, so supported? And in return he is mesmerized with your radiant femininity and you two have such a quality time together?

12. How to Be in Your Feminine Energy as a Single Mum

Being a single mum is definitely not an easy task.

Besides having all the parental responsibilities, you also have work, taking care of the house, doing the shopping, meals, running errands, etc.

It is a lot to do so no wonder you are a lot in your masculine energy of getting things done.

The thing is, for a woman, being too much in this masculine energy for too long can make you feel exhausted.

It can also activate your nervous system often, making you cranky, too serious, with chronic pain, gaining weight, feeling anxious, and basically just losing the joy of life because you are in a constant rush and stressed to get things done.

It comes a time where you just want to have fun, to rest, and to enjoy life.

In other words, you miss being in your feminine energy and being provided for, instead of having to provide for yourself and your kids all the time.

Although women do of course have masculine energy and can use it very well, their core is feminine.

Feminine energy should be the main energy in a woman's life, and masculine energy should be a small % only.

When it is the other way around, there is a lack of balance.

Even highly successful women who run their businesses, deep down feel exhausted and lonely and feel like something is missing.

The truth is women are not wired like men. We cannot be in masculine energy for too long, it is just not our true nature.

So if you are a single mum and want to know how to calm down your nervous system and shift from a masculine energy to living in a feminine energy, here are some great tips:

1. Ask for Help

Many single mums are so much in their masculine energy of doing that they don't want (or remember) to ask for help.

So, if you have people in your life who can help you, take advantage of that. Ask your parents or your friends if they can stay with your kids or help in any way.

Check in your area for playgroups or kids clubs where you can leave your kids to play and you can go for a manicure or just have a coffee with your girlfriends.

Asking for help is feminine energy. A feminine woman communicates her desires and allows other people to help and provide for her.

2. Order food or hire a chef

If cooking meals are a true nightmare for you, consider ordering food, or if you can, hire a chef to cook your daily meals or cook them and freeze for the whole week in advance.

So that way you have peace of mind not having to go shopping, deciding what to eat and cooking, saving you precious time to rest or just play with your kids.

3. Get a babysitter or an “au pair”

Get an “au pair” to help you at home at all times so you can rest, or hire a babysitter once in a while so you can take some needed me time or go on a date.

Check what is available around you and find someone you can trust so you have help and peace of mind.

4. Take time to rest and pamper yourself as a priority

Make sure to take time to take care of yourself daily or at least weekly.

Go for a manicure or a massage, a yoga class, take a bubble bath, dance, take a nap, read a book, or just do nothing!

In other words, take time to consciously be in your feminine energy and not do any tasks.

5. Connect with your body and your senses

Being in your feminine energy has a lot to do with being in your body and feeling all your senses and intuition.

Masculine energy is focused on doing, not on feeling.

Feminine energy feels the world from her senses. So connect to how your body feels. In other words, live life in a more sensual way at all times.

Enjoy the taste of food, how your clothes feel, the warm water running down your body in the shower, the sun kissing your face outside, enjoy that nice cup of tea, walk the dog and talk to other dog owners, etc.

Do some activities that connect you to your body and how it feels like yoga, dancing, walk barefoot in nature, etc.

Then bring that awareness to all moments in your daily life.

So instead of just being in your masculine energy of “getting things done”, make every situation a reason to enrich your life by connecting your senses and FEEL life.

Doing this will also connect you more with your intuition, so you can follow it and feel aligned in your life.

6. Do only what you can and respect your energy

We all have a limited amount of energy on a daily basis, some people more than others.

You need to know what your levels of energy are and respect them.

This means that you need to set priorities on what really needs to be done, like taking and getting your kids to school, work, etc, and don't schedule more things to do that go beyond your energy levels.

Just learn to say no to other people requests and also to your urge to do more.

7. Sleep well

Sleeping is crucial for you to be in your feminine energy and flowing.

Otherwise you'll feel even more exhausted with everything you need to do on a daily basis and will end up cranky and not enjoying life.

Make sure you sleep all the hours you need, even if that means going to bed at the same time as your kids.

8. Let men provide for you

Choose to date men who are true masculine providers.

Men who are in their healthy masculine energy love to provide and take care of a woman.

Step into your feminine energy around these men and let them plan dates, pick you up, pay for the dates, offer you gifts or help of any kind to make your life much easier.

Stay away from men who are beta males and want to be provided for, want you to plan dates and do things, or predators who want to feed on your energy, and other unhealthy masculine types.

Wait for a man who is genuine, respects your boundaries and treats you like royalty, so you can relax in your feminine energy.

9. Stop multitasking and engage your senses

Women are great at multitasking, but that means very often that you are spreading yourself too thinly and are not really focused on anything, and you are in robot mode.

This will drain you completely.

Instead, do one thing at a time. Engage your senses in what you are doing.

For example if you are washing dishes, pay attention to what you are doing, feel the water running in your hands and how relaxing it feels.

If you are watering your flowers and plants, take some time to appreciate their beauty, their smell, touch them and see how they feel.

Engaging your senses in everything you do is a great way to step out of your “get things done” masculine energy and allow your feminine energy to come alive, whilst at the same time getting things done.

10. Engage your kids

This of course depends on the age of your kids, but you can engage them in the household tasks in a fun way.

Let them help you cook. Buy some prepared pizza dough and have fun with the kids adding the toppings.

Give them some tasks like watering the plants or walking the dog outside.

In other words, turn boring household tasks into something fun, step into your feminine energy and have a good time with them, allowing yourself to strengthen your bond in the process.

This is so much better than you in your masculine energy doing everything yourself whilst your kids are in their room playing Playstation.

10. Slow down and be more soft

There's a saying that if you don't have 10 minutes to meditate, then you need to meditate for 1 hour.

What this basically means is that if you live in a constant hurry you need to slow down.

Masculine energy is an energy of getting things done. In a fast and efficient way.

So start doing things in a slower pace, walk slower, and talk slower to your kids and other people.

Also, be more soft and understanding to yourself, your kids and others.

That doesn't mean your kids can do whatever they want at all times. You can and should have boundaries and give them direction, but do it in a soft and nurturing way.

This might feel awkward at first, but what this does is calm down your nervous system.

If you are all the time in a masculine energy and stressed about getting things done, your nervous system will be activated often, getting you anxious and stressed.

Slowing down will make you feel more calm and you'll be surprised how things will still get done very well!

11. Learn how to step into masculine or feminine energy as you need

It's important that you consciously choose to be in your masculine or in your feminine energy according to the situation.

For example you can deliberately choose to be in your masculine energy to do your work, or go to the gym, but then also shift the next moment and deliberately choose to be in your feminine energy to rest or go meet a friend for a coffee.

Or be in your masculine energy to go pick up your kids from school and take care of them, but then shift to your feminine energy to nurture and play with them.

Learn to do this shift and choose the energy you are in, in a conscious way.

12. Stop the perfectionism

Being perfectionist and wanting everything to be perfect, like the house cleaned all the time, etc, comes from masculine energy. And from a need to control everything.

That need to control is you wanting to calm down your activated nervous system.

Like, when everything is done and perfect, you'll be able to rest.

But guess what? That will never happen. And certainly not with kids!

Maybe you just finished cleaning the kitchen and it is all perfect and sparkling, and the next moment the kitchen is a mess because your 6 year old decided to make a sandwich.

Or your dog just decided to do his needs on the front door.

Just accept that wanting everything perfect is an illusion and is self-sabotaging. It will also make you cranky, anxious and out of control.

Just accept that things are as they are, and sometimes a bit of a mess is just a sign that people are living and enjoying life.

Switch wanting everything perfect to being in your feminine energy through acceptance and rest. Your nervous system will calm down immediately.

13. Get out of your routine and comfort zone

Having daily structured routines to follow is a very masculine energy, especially if it is rigid.

And very often those routines become your comfortable "uncomfortable" zone.

It can make you feel all is controlled and predictable, but it also removes all the joy out of life, because it is made to get things done, not to feel and enjoy life.

Although having a routine is needed in order to accommodate school and work schedules, it is also important to get out of that routine and comfort zone often.

Do new things you have never done before, either alone, with your friends, dating, or your kids.

Travel to a new destination, go out to have dinner on a week night if you always eat at home, go to a fun kids attraction at the weekend, etc.

Trying new and different things will engage your senses and your inner child, making you step naturally into a feminine energy and enjoy life!

14. Set up Automation Systems

Set up as many automated systems you can, such as: use Alexa, subscribe for monthly on-going items to receive them automatically at home, use apps to organize finances, set up direct debits to pay bills, use social media scheduling tools to post on social media for your business, etc.

Have as many systems in place as you can, to save you time, energy (and money too), and to give you peace of mind.

15. Engage your feminine energy even when doing things from your masculine

When you learn to consciously choose to be in your masculine or in your feminine energy, you can also learn how to engage your feminine energy even when using your masculine energy to get things done.

Some tips:

- Be fully in the present moment and focused on the task at hand
- Engage your senses: don't just do, feel what you are doing
- Slow down: do things at a slower pace
- Listen to how your body feels: if you are starting to feel really tired, don't force yourself to continue, just stop and rest
- Instead of just being in your masculine energy of "getting things done", make every situation a reason to enrich your life by connecting your senses and FEEL life.
-

16. Validate your feelings

As a single mum, so often we put our kids and everything else as a priority and don't validate how we feel.

But, guess what, your feelings MATTER!

Because feelings are your feminine energy. It's how the feminine enjoys life.

So listen to how you feel.

When you listen to how you feel and validate your feelings, you'll also listen more to how your kids feel.

You'll be truly connected to them, and they will feel your presence and your understanding.

You'll be emotionally available and open to yourself and to them. And to life.

I truly hope these tips help you as a single mum to be more in your feminine energy and start enjoying life in the NOW, not only in the future when your kids are adults.

Being in your feminine energy is also allowing yourself to receive. Receive from the Universe, from other people, from money, from a wonderful provider man, from abundance and prosperity!

Simply because you are following your true nature.

13. Becoming a Magnetic Sensual Siren Attracting and Pulling In All You Desire

Living from your feminine energy is living life with sensuality.

It is living life from all your senses.

This is very different from masculine energy which is an energy of having a goal and achieving it, not paying much attention to anything else until it gets things done.

Feminine energy is all about enjoying the journey, the present moment.

It is about smelling the roses.

It is about tasting food.

It is about attracting all you want from your feminine essence.

Much like the sirens in Greek Mythology, that embodied their femininity and started singing to attract men, when you embody your feminine energy you'll radiate that yummy energy to the outside, effortlessly attracting all you desire.

You become a magnet.

And all you need to do is be in your feminine power.

It is about enjoying living life with all your senses, letting your inner child come out to play.

This is what happens when you remove that masculine armour. You become playful, radiant, your light shines brighter than ever before.

Masculine men will feel drawn to you, money will feel drawn to you, abundance and all you desire will come to support you enjoying living your best life.

To many women still embodying masculine traits this might seem hard to believe, in a world that tells you that in order to get things you must hustle hard and sacrifice.

But that is a choice, not the reality. And that is living contracted and limited.

Everything is made of energy and like attracts like.

When you embody your feminine energy, you expand inside and in the world.

When you live from that radiance with ease, joy, and focus on your well-being, all you desire will desire you too and comes to you easily.

You become the high value feminine woman you always were.

She is out now and living her best life.

14. Fourty Ways to Embody Your Sensual Feminine Energy

Feeling sensual is key for a feminine woman.

And feeling sensual means being connected to all her senses on her every day life, in everything she does.

Sensuality is an energy and a way of being, and it is the core of feminine energy.

Many women who live disconnected from their feminine energy and embodying masculine traits of survival, they do not feel connected to their own sensuality.

For many women feeling sensual is not something they experience every day. It is reserved for only a few situations, vacations, weekends, when she allows herself to unwind and feel life.

But when you are in your feminine energy, you enjoy life with all your senses. You feel ALL the feels. And that is what sensuality is.

And that is because sensuality is enjoying life fully. And when you are in a masculine energy you are focused on doing, achieving, hustling, and not exactly on enjoying the present moment.

So sensuality needs to be cultivated daily if you want to feel sensual in your feminine energy and truly live your best life.

There are ways to cultivate your sensuality.

Choose at least one to do every day and let yourself immerse in the sensuality of your feminine energy:

1. Wear luxury lingerie (and substitute the word “underwear” for lingerie).
2. Go for a full/body massage.
3. Slow down and take your time to smell, taste, listen, see, and feel things.
4. Indulge in luxury chocolate or a luxurious melting chocolate dessert.
5. Put on a sensual music and dance naked around the house.
6. Go to a beauty parlour and get your make-up done professionally.
7. Take a bubble bath with oils and scents.
8. Do a boudoir photoshoot for yourself.

- 9.** Put on a sensual music, lie on your bed and touch yourself slowly.
- 10.** In the shower put on a skin mask for your hair and body.
- 11.** Go for a manicure and pedicure.
- 12.** Buy a piece of jewelry that makes you feel like a queen.
- 13.** Go to the beach and take a swim in the ocean.
- 14.** Touch and massage your breasts.
- 15.** Take a day off just for yourself and do what you feel like it.
- 16.** Get a new haircut, a new hair color or just go to the hairdresser for a trim.
- 17.** Gather your girlfriends, dress elegantly and go for a luxurious afternoon tea at a high end hotel.
- 18.** Join a spontaneous dance class with other people.
- 19.** Turn off the lights at night and use scented candles.
- 20.** Buy silk sheets for your bed and/or wear a silk night gown.
- 21.** After the shower lather on some body butter slowly.
- 22.** Buy fresh flowers for your home.
- 23.** Sleep naked.
- 24.** Read an erotic novel and let yourself get aroused.
- 25.** Practice earthing: go outside and put your bare feet on the grass (also walk barefoot in your home).
- 26.** Go on a date with a masculine gentleman and let yourself feel feminine by receiving his provision.
- 27.** Go to a beauty store and buy new beauty products for yourself.
- 28.** Wear sexy heels.
- 29.** Go to a yoga class and connect with your body and how it feels.
- 30.** Watch a romantic movie alone or with your partner
- 31.** Cook your favorite meal slowly, enjoying the look, smell, taste and feel of all the ingredients.
- 32.** Lather on some body butter on your feet and massage them slowly.

- 33.** Take a morning off and do a spa circuit: sauna, massage, and jacuzzi.
- 34.** Slow down on a daily basis: talk slowly, walk slowly, and feel yourself.
- 35.** Flirt harmlessly with men when you are out.
- 36.** Put your phone down and go for a walk around nature.
- 37.** Play with your hair and try different hair do's at home.
- 38.** Do a meditation to connect to your womb.
- 39.** Practice the art of orgas* edging, alone or with your partner
- 40.** Book a nice hotel room for one night and indulge in a sensual bubble bath, order room service for dinner and relax, alone or with your partner.

15. Fifty Feminine Energy Affirmations For Women

Want to embody your feminine energy on a daily basis?

You probably already heard about the benefits of positive self-talk and saying affirmations.

So here we tell you 50 feminine energy affirmations for you to repeat every day and connect to your feminine essence.

You can either silently repeat them to yourself like a mantra, or say them out loud in front of the mirror. There is no right or wrong way, so you can get as creative as you want.

1. I am grounded in my feminine energy and my peace is my priority.
2. I honour who I had to be in my past, I welcome who I want to be now.
2. I say yes and no easily with no explanations or excuses.
3. I feel sensual, awaken, alive, passionate and joyful when I am in my feminine energy.
4. I express my femininity in many beautiful ways every single day.
5. I am worthy of living my best life just for existing and for desiring so.
6. Embodying my feminine energy is the healing I need.
7. I let go of hard masculine ways of living and embrace soft feminine joy.
8. I trust the masculine energy of the Universe is here to support and protect me at all times.
9. My feminine intuition is the compass of my life.
10. I express my feelings and desires openly because I am worthy of them all.
11. I listen to my body and I rest and recharge when I need.
12. I ask for help from others that I trust and I am open to receive their help.
13. I am worthy of having a masculine partner who adores me and treats me as his dream woman.
14. I am my own version of feminine energy and I am unique.

15. My feminine energy is personal and the basis of my relationship with myself.
16. I force nothing to happen, I just allow everything to come to me effortlessly.
17. I only work and create from divine inspiration and creativity.
18. I have high standards and I accept nothing but the best for me.
19. Self love and self worth are key in my life.
20. I deserve to live a beautiful, soft and joyful life.
21. Abundance is my birth right.
22. I am always feminine whatever I am wearing or doing.
23. My feminine energy has always been within me and I am connecting with it.
24. My well-being is the priority in my life.
25. I take good care of myself, physically, emotionally and spiritually.
26. I accept what is not for me and I release it, opening space for what is aligned.
27. I release survival mode and struggle, and I step into softness, joy and fully living.
28. My needs are valid and important, and I only relate to people who treat them as such.
29. I don't need to push or force anything to happen, I surrender and trust that I attract everything I desire effortlessly.
30. I remove the masculine armour and I reveal my femininity to the world.
31. I listen to, trust and I follow my intuition at all times.
32. I honour all my emotions and I allow myself to feel them all.
33. I express my emotions and desires into the world easily and openly.
34. I trust the Universe always brings me good things and people when I love myself.
35. I am free to choose what I want and live life on my own terms.
36. I feel safe within and I know I am always taken care of by the Universe.

37. My feminine energy is soft, kind, nurturing and joyful.
38. I have strong boundaries and I easily say no unapologetically to what doesn't serve me.
39. I am detached and unbothered, if something external is not for me I remove myself and do not engage in drama.
40. My feminine radiance is a powerful magnet that attracts all I desire and is good for me.
41. I only do work from inspired action and from my creativity and joy.
42. I am beautiful the way I am.
43. When I am resting I know I am still being provided for.
44. I express my femininity every day in many beautiful ways.
45. I embrace and connect with my sensuality.
46. My chakras are open and balanced in divine harmony.
47. I embrace both my light and my dark feminine energy.
48. I am capable of creating the beautiful life I deserve to live, with ease and joy.
49. I level up and so I want better for me, my life and my loved ones.
50. I embody goddess energy.