



Sibella Circle Member & Visionary Leader

SHAKTI BECKONS THE GODDESS . . .

Do You Hear Her Call?

By Julie K. Halevan

I was sitting in my chair, eagerly awaiting the arrival of the Dalai Lama. Finally, this sweet gentle man took the stage within the UNI dome and began to passionately exclaim that the world could be saved by the western woman. Wow, what a proclamation that was! He went on to say that more effort to promote basic human values, such as human compassion and human affections and joy, needed to be manifested in our world, and that females have this power and sensitivity. This announcement awakened every cell in my body.

Yes, indeed...it's an exciting time to be a woman! In this age, specifically, I believe we women are being called to reclaim our feminine virtues - to be passionate agents for change in our world, creating a more empowered relationship with our Selves, with our loved ones and with each other. Proactively stepping into our roles as teachers, mothers, leaders, healers and lovers, necessitates being vibrant, healthy and clear channels. I implore all women to tap into this higher frequency, to move us all, collectively, forward. This reservoir of feminine high vibration is called, "Shakti".

It is the life-force. It is the energy of manifestation. Quite literally, Shakti is the first movement of creation. This is what makes it so innately feminine. It is earthy. It is lively and passionate. Within the ancient yogic practice of kundalini (rising), the feminine aspect of Shakti is awakened within the pelvic floor and moved up the spine, electrifying the cerebral spinal fluid, as she travels to the medulla oblongata in the back of the head to meet Shiva, the masculine essence. Here, 'oneness' abounds. This female essence is nudging us to move and integrate her throughout our whole bodies, for overall healing and to share her with the universe. We can manifest miracles while in this energy field!

One of the most profound experiences I know to feeling this powerful essence, is through sexual energy. It's why I find tantric practices so healing. Shakti, though, is actually the undercurrent of, and impetus behind, ALL energy. Let's take dancing. There is nothing better than swirling around on a dance floor with other souls, moving together, in sync. That frequency of unity gives me immense pleasure. I also arouse this creative force through laughter, while singing, swimming with dolphins, caring for babies, climbing mountains and praying, in meditation, just to name a few! How about you? What makes you really happy? What brings you to ecstasy? I urge you to indulge.

The primal power, liveliness, love, sensuality, connection, creativity, meaning and belonging..... these are feminine treasures. These intimate aspects are what unites women. We possess this cellular memory of unity as pure light within us. Ladies, it's time to come together as women and share this light more fully- feel your magic and be the change!

www.Shakti-Holistic-Healing.com
Juliekyoga@yahoo.com
Iowa — USA

Shakti Holistic Healing

Julie K. Halevan, Holistic Health Practitioner
CYT, RCR, Reiki Master

"Together, Creating Heaven on Earth"

As a Certified Yoga Teacher, Julie teaches a wide range of yoga classes and offers individual, customized yoga sessions. She is also a Registered Certified Reflexologist and Reiki Master. Sessions with clients increase vitality and frequency within their bodies and meridian systems, stimulating self-healing of physical and emotional pain and dissipation of energetic blocks.

juliekyoga@yahoo.com
shakti-holistic-healing.com

