

## Lecture: Women's Wkshp.

(Lake Cumberland, KY. Weekend retreat Sept. 24-26 w/Nancy Joy)

**As we begin** to form our group heart, let's begin our journey together this weekend by introducing ourselves. Let's share a little bit of our journeys and perhaps why we've chosen to be here, if you wish. Nancy and I will start and we'll just go around the circle.

**As NJ and I began** talking about doing a workshop together, **collaborating** and bringing together her **skills as emotional healer** and teacher & mine in **working with and integrating** the 4 bodied system, using shakti energy to clear and create shift, we got really excited about it.....And the thought of creating such a workshop here with women at the cottage seemed like the perfect thing.

**I've always** been interested in the practice of traditional yoga. When I was a **kid**, I would attend yoga class w/my mom who also sub. Taught yoga for her teacher, Gill. I was intrigued w/it right away. I was strictly a **student** of yoga for awhile, and the practice always gave me much pleasure. Literally, it showed me how alive I was. **After the birth** of my twins, 11 years ago, I decided to become certified to teach yoga. **I Affiliated** myself and received my training from a school in **N.Providence, RI**. My husband and I visited the school and I spoke with the teacher there, while we were visiting Cape Cod. The teacher allowed me to do my studies from home-240 hr course. I also spent some time at an **Ashram in Paradise Island, Bahamas**, where I was instructed by disciples of **Swami Vishnu Devananda**. The **word Yoga** actually comes from the root word, yoke, which means to bring together,, a coming together. So, as in yoga, it's a bringing together of all aspects of self as it also yokes us with all that is-the divine. **Shortly after** my training in yoga,

I received my **Reiki Master** certification and began doing some **shamanic** work w/a woman shaman in my town. I typically bring shamanic practices into my sessions with people. **I taught yoga** classes for awhile. All kinds.....**My favorite** part of teaching was when I'd have those one-on-one opps. And moments with students, to adjust them or to just be with them as they were experiencing an

emotional release. These moments felt like the most meaningful aspects of teaching and were more intimate. I realized from these moments that my strength was not necessarily in standing up and instructing a class, but was in working personally with people, especially women. **Sharing...** That's when I decided to offer, personalized, customized and a more integrated yoga sessions. My main focus is in helping people to clear stuck energies, in the body. I do this through body movement, pranayama, healing touch & reiki, chanting, mantras & mudras..... Over the years, as I've become clearer, myself, and more assured and courageous, I realized that what I'm here to do is to enlighten through and share shakti energy. To utilize this energy I feel so strongly w/in my being, not only for my own self-healing, but to share it and help others access it. I will talk about this more and feminine energy after we've all had the opportunity to introduce ourselves.

**Shakti energy** is simply life-force energy. I realize that could sound elusive or abstract. LF energy-well what exactly is that? Close your eyes..... It's that **Alive** feeling! It is **feminine** in nature, as it is the energy of creation, itself- it is that void, full of electric potential. It is the energy of **freedom**, it is **spontaneous and wild**.....and when it merges with shiva energy (masculine energy), it becomes more orderly, and a balance or oneness in ecstasy is felt. **A Unity Consciousness.** **Shakti energy urges** us to integrate the polarities. To experience all that is-and to love it all (as NJ says).....to **experience the extremes** in order to know what center is-the middle way.....a diving into all experience, at once. It wants us to experience both the light and the dark to reach enlightenment.- (this is the 3d/human experience). Shakti energy is very **alive and passionate**. The closest experience most of us know to shakti energy is **sexual energy**. It's why I find tantric practices so healing. It's the shakti energy that is the **undercurrent** of sexual energy. It's why people say, "God" at the time of orgasm. It is exquisite. The energy is extremely powerful. We can **manifest** miracles while in this energy field. **It's why, this weekend**, If you're open to it, I'd like to spend a part of our time engaging in breathing and moving techniques that will tap us into our own **powerful shakti/primordial and sensual energies**. We can **utilize and transmute** this energy for overall healing. We can use the energy to tap into and then to

move your emotional bodies for healing and great shift. Tomorrow, we will get more into this.

**Pleasure.....**It is the most natural state for the body to be in. It's what the body intuitively knows. It's **our birthright**. The body needs **ecstatic energy**. **Every organ and gland** in the body and cells needs ecstatic energy-that high frequency, light energy to be in perfect balance and optimal health. The **body comes wired** with a natural orgasmic reflex. **What if** there were no upper limits to ecstasy? Think about all of the potential inherent w/in the 'let go'.....a 'no holds barred' experience. As we begin to move and shift chi in the body, **this ecstasy** is often felt.....and yet, also, we could be witness to an **emotional healing experience**. **Afterall**, we hold our emotions and memories in our connective tissues, as literally, crystallized material. **As we begin** to stretch and palpate these areas, memories can come to the surface to be healed. So, **just as** this energy can feel passionately ecstatic & even spiritually erotic, it can also feel like passionate sorrow.....as the energy, by its very essence, moves and feels. It is literally, **Energy in Motion**., "Emotion" also gets its name from Energy in Motion. **Allow discordances** to move through you. Observe it's movement and feel its beautiful message. The seeming discordance with its profound message may then feel sweet.

**Emotions are also stored** in the various energy centers of the body-the **chakras**... As I'm sure we all have some familiarity with the Chakras-I'll just briefly mention that they are the spinning vortices of activity within the subtle body-hidden field of energy that carries all your urges, emotions, and habits, as well as the imprints of all that has happened to you. Spinning wheels of energy.....programs installed into our hardware. **These areas take in** energy from the outside, process that energy internally, and express it back out again. Since these can sound abstract, let's talk about their sensations. **Examples:** butterflies in stomach, lump in throat, heart beating fast etc.....We have **two main energy currents** running through the body- Current of Liberation and the Current of Manifestation. As these two currents pass each other, they mix together and create the vortices known as the chakras. We can have a **deficiency** often created by habitual patterns of avoidance or **an excess** in these energy

centers-fight or flight situation. When the centers are balanced, then a healthful, harmonious state is experienced. **We will be doing** a yoga routine tomorrow morning where we will actually palpate these centers through asanas-yoga postures, using accupressure.

**I've been drawn** to collaborate with NJ because I know that working with the gifts of emotions and mastering, if you will, the experiences in the 3d and 4d astral field, will catapult us to the next level. **As we acknowledge**, move and clear the emotions through our whole 4 bodied system, we will begin to shift in consciousness. **We can't shift** to the new human if we continue to reside in dense, stuck, unconscious emotional pain bodies. We need to become **lighter**, if we are to move. That's just common sense. **The emotional field** is begging us to take note, so as to grow and shift. We need to become more conscious. **90%** of time we function from the body/mind subconscious, which, by the way resides in our bodies from the neck down-**it's here where emotion lies**. It's why we have **hormones**-they are constantly triggering us to come into the body. Let's be **in our bodies, very present and aware**. As we **move and stretch** and work with NJ, let's see if we can **feel** where the emotion lies, **feel it** wherever it is present. Can you discern the color of the emotion?..... **honor the emotion** and **see it's gift**, **move** your body and **dance** with it, **understand** it's message and then when ready, bid it **farewell as we begin to feel and remember who we are-a light body**. Feel the clearing, as we become lighter by attuning ourselves to a higher frequency. Allow yourselves to embrace and hold a higher frequency w/in the body. You are worthy. We can learn to access and use the 'higher emotions' to set this frequency in the body. What great feelings are elicited by this frequency?....infuse the whole body with this essence. It IS possible. It can be challenging though sometimes, as these feel good emotions can seem fleeting and difficult to hold in our consciousness because of their fast vibration, in contrast to the lower emotions which are slow and heavy. People will comment all the time....."I know what's best and where I want to be, yet I can never seem to get there"- I keep going round and round and round in this continuous loop. Well, this is one reason, why they remain 'stuck'-these emotions are heavy, literally, and thus linger, by their mere weight. Also, people get stuck in a pattern (could be this life & even past life

related) because it is simply habit and feels 'safe'-even though it doesn't feel good, it still feels safe b/c it's what the emotional body is accustomed to. The discordant emotions can even become addictive in that an actual charge & excitement through a chemical release into the body is felt. The body secretly craves it.....and for some, well, at least they are feeling, and even though may be a sad or down kind of feeling, it is a feeling none the less and gives them the sense that they are not dead-a kind of 'feeling alive'. They are simply not accustomed to being in the higher vibrational octaves. We can talk about this more later.

**As women**, it's time to come together and have an empowered relationship with our feelings and emotions. This is our **responsibility**. Especially now, I believe, we are being called to reclaim our **feminine powers**. We hold so much power to shape the future of our world. **Over the past 50** years or so, women have leveled the playing field w/men, financially & economically, and yet studies show that women have never been more unhappy. It's because women have been **cultivating a masculine** version of power. So, while we have more freedom, money and education and opportunity than any other generation, women feel powerless to create those things **women most value**: love, intimacy, connection, unity, belonging, creativity, self-expression, aliveness, meaning, purpose & contribution.

The **key** to personal and planetary potential is awakening the co-creative feminine power-to feel our own powerful shakti energies again, allowing this **frequency** to move us forward. **We need to become powerful** agents for change and teachers to our children and the men in our lives. **To do this**, we must clear ourselves and become lighter-We all possess that cellular memory of unity as pure light. the time is now.....and all will feel the 'ripple effect'.

**The Dalai Lama** has said, "The world will be saved by the western woman", "Some people may call me a feminist, but we need more effort to promote basic human values-human compassion, human affections.....and in that respect, females have more sensitivity for others' pain & suffering."

**It's an exciting** time to be a woman-it's exciting to just be alive!