

Activate Your Fierce Feminine For Protection & Leadership **WORKBOOK**

This workbook is the place for you to explore the concepts in this workshop, and apply them to your own life. This process will be far more powerful if you actually *write down* your answers - there is an alchemy that happens when our words take physical form. Have the Workbook open and answer the questions after you watch each segment. You may need to watch each video twice, and answer the questions on the second viewing.

You can print out this Workbook, or perhaps you'd like to answer these questions in your journal?

If you have any questions, or stories you'd like to share, at any point along this journey, please do so in the Comments section underneath each video in your online portal - don't be shy!



PART 1

1. Think about the places or spaces in your physical environment where you need to claim, or reclaim, your space...

What needs to happen... can you do this energetically, do you need to clean the space or redecorate, put a lock on the door, define access, or?

2. Think back to yourself as a child... how did you feel in the spaces you inhabited? Did you have trouble speaking your truth or asking to have your needs met at that time?

3. As you ponder developing or strengthening your connection to your own fierce feminine (whether you are male or female), **say each of these affirmations out loud, as you tap with 4 fingertips (or a loose fist) on the center of your chest:**

I am an essential voice in the world, and my voice is heard.

Creativity flows in and through me.

I allow people to speak their truth and I listen to them.

I am able to discern when to express my needs or assert my will.

I live in my reality, and I communicate my truth, I am the truth.

Every time I speak, I am expressing love.

I always communicate honestly in an open and clear way.

Speaking my truth is my right.

I find it easy to communicate how I feel.

Art and communication, spoken or written, are the ways I express my creativity.

I always share my experiences so I can share my wisdom.

I am grateful for life and constantly express it.

I free myself by becoming more honest.

I alone am accountable for expressing myself clearly.

My voice is clear and powerful.

I express compassion toward others.

I don't engage in gossip and criticism.

I am open to receiving messages from my angels and guides.

I don't interrupt others while they speak.

I am honest and authentic in my speech and actions.

I am confident in expressing my thoughts and ideas.

There's great clarity in my communication.

I choose my words with care.

I love to use my voice and express myself.

I have discernment to know when to speak and to whom.

My voice is a clear channel for my soul.

PART 2

1. Energy is a frequency; you will attract that which you are. So how is your self-esteem and your self-love?

2. How can you find the mama bear fierceness within yourself, and build your self-esteem by being fierce? What do you need to give yourself permission to do/be?

3. Answer these next three questions, in order, as you watch the Livestream demo/teaching from the herd on HOW to hold these calm, grounded fierce feminine boundaries.

In this Masterclass, both Cobra and Makah demonstrated that you must choose your desire. And your desire is not based on what's easy or logical, or even possible. And then you ground and connect yourself to source, to the earth, and from that place you go after your desire. This grounding and connecting/pulling from the Earth is the essence of the fierce feminine aspect of ourselves. It is not a masculine, outward, aggressive energy. It is a grounded, rooted strength that holds the IT IS or THIS MUST BE space.

You then do not expect others to make way for your desire. You don't expect life to part the waters in front of you to facilitate your desire. You are not concerned if there are obstacles or opposition to your desire. Sometimes you must withstand hostile or physical level aggression. None of that deters you from calmly, from the IT IS place, holding the space for your desire to be made manifest. And so it is.

What is really interesting in this video, is the contrast in the way this exact same process was carried out, by two beings with completely different energy and spaceholding. Makah is the harder, more volatile warrior archetype. And Cobra is the super calm, mature wise king archetype. They each demonstrated how to carry out exactly the same process, even though their personalities and energy bodies are very different. It is wonderful to watch in its contrast. You may want to watch this video again, see how much more you notice, and allow this transmission of horse wisdom to really sink into your being.

a) As you watched Makah take a kick from Posa, he gave ground, but he did not give up. Then he circled back around to obtain what he wanted using the calm, grounded IT IS energy. Does this remind you of a situation in your life; past or present? And what is the personal message for you from Makah's teaching?

b) What is your personal take-away from the relentless asking from Zorra, and Jini's response and calm boundary holding? Did you notice that humor and chuckling at the situation helped Jini to remain effortlessly calm and grounded? Do you have a person in your life that needles you like this? What would work better for you, the calm, grounded boundary (evasion or distraction), or getting bigger with your energy and moving the person out of your physical space (yet still remaining calm and grounded)?

c) Jini shares that horses have taught her to communicate/act with the person's energy body *first*. If you only communicate physically, their energy body has *already* gone through you, or actioned their desire. Think of a conflict or boundary-setting situation in your own life... how can you start setting your calm THIS MUST BE boundary in the energetic realm; or with their energetic body? What might this look/feel like? (you might use visualization, Tapping, sending love and compassion, etc).