

THE THREE PILLARS OF FEMININE SHAKTI POWER



FIRST PILLAR: LISTEN TO YOUR INNER VOICE OF GUIDANCE

How to Strengthen the voice of our Inner Guidance.

Have you ever heard voices that seem to come from inside your head that says things like 'Yes, you should do this...!' or perhaps 'no, that's not a good idea'? Can you remember a time you had an inner voice encouraging you, or perhaps even warning you against doing something stupid? How about a time when you heard a clear inner voice you knew was right but you didn't listen?

I think we've all been in situations where we get confused by conflicting inner voices. The truth is, a woman of power has all these voices too; the difference is, she trains herself to listen to her real Voice of Inner Guidance and quits listening to what are called Pretender Voices.

Fake Voices

These inner voices aren't very nice. In fact, they are often unkind, afraid, spiteful and even malicious. Whenever we listen to any inner voice that puts us down, telling us in one way or another that we can't make it or that we are somehow unworthy, this is NOT the voice of our Inner Guidance. It's a fake, pretender voice. It pretends to protect us, it pretends to keep us safe, but really, it's a defensive voice of fear that prevents us from hearing the truth.

- any inner voice that puts us down is a Fake Voice
- it tries to convince us we can't make it
- it tries to convince us we are unworthy
- pretends to protect us
- pretends to keep us safe
- prevents us from hearing the truth

Task: Can You Name a few of your Fake, pretender inner voices?

Example: I am too heavy to be attractive or I'm not smart enough to.

Task: Can You Name a time you heard a Fake Inner Voice that put you down and stopped you from doing something you wanted to do?

Example: When I was seven, I internalized my teacher's voice who scolded me for a mistake and since then never thought I was good at _____. Or my ex boyfriend said _____ and so I internalized that voice and now I feel I'm not _____.

Voice of Inner Guidance

Our voice of Inner Guidance on the other hand is ALWAYS rooting for our success. It's always trying to help us make good decisions. It's the voice of hope and courage. It's the voice we hear when we listen to our hearts. Unlike the fake pretender voices, the sound of our Inner Guidance is soothing, kind and always supports us to believe in ourselves no matter what. Our voice of Inner Guidance is always, without exception nudging us to make the best choice possible. It is always prompting us to find our center and do the right thing at the right time. It's the voice of truth and inner wisdom.

Our Voice of Inner Guidance Is Always:

- soothing and kind
- rooting for our success.
- helping us make good decisions
- our voice of hope and courage
- the voice we hear when we listen to our hearts
- supporting us to believe in ourselves no matter what
- nudging us to make the best choice possible
- prompting us to do the right thing at the right time
- the voice of truth and inner wisdom

The whole secret to strengthening our Shakti Feminine Power is to first hear the difference between our Fake pretender voices and our Inner Voice of Guidance. And then to listen the right one!

Task: What is the quality of your Inner Voice of Guidance? How does this voice sound?

On a good day, what does this voice say?

Example: My Inner Voice sounds really _____. Today, I am totally _____ and know I can _____.

OR

Today I feel _____ and know I can _____.

Task: Can You Name a time you listened to your Inner Voice of Guidance? What did listening to this voice lead you to experience? What did you discover?

Example: When I was seven, I internalized my teacher's voice who praised me for _____ and since then I always knew...

OR

One time when I was afraid to _____, but I heard this inner voice saying _____ and it was so _____. From then on I knew I was _____.

SECOND PILLAR: SURROUND YOURSELF WITH A TEAM OF ALLIES

This one is simple. A Shakti Queen woman of Power surrounds herself with great people. She seeks to make alliances with both men and women who have demonstrated the strengths she likes such as loyalty, honesty, dependability. She seeks out people who make her feel vibrant, happy, creative and sexy.

And when she finds women and men who show her they have the qualities she likes and admires, she does whatever she can to strengthen these bonds of friendship. She deliberately gets as close as she can to people in her world that cause her to stretch for the more and who truly brighten her world.

Of course, there are probably always going to be folks in our lives who do just the opposite - they can be kind of a drag and frankly don't make us feel great about ourselves. A Shakti Queen woman of power accepts this and simply reduces the time she spends around people who make her feel less than the benevolent queen she cultivates herself to become.

Task: Can you think of any people in your life, men or women who do not uplift your spirit? Can you name any activities you do with them that cause you to lose energy?

Example: Mary, Susan and Tom. We go to bars on Fridays and drink too much.

Task: Can you think of creative ways to reduce the time you spend together in unproductive activities?

Example: Instead of going to the bar on Fridays, I will suggest we go other places, like the movies, or concerts or maybe even take a new class together.

Task: Can you name any people, men or women who make you feel happy, vibrant and creative whenever you are in their presence?

Task: Can you create ways to increase the amount of time you spend together with people you like and who make you feel great?

Example: With Audrey. I very rarely see her. I will ask her to come to my house and I'll make dinner for us to take the time to get to know each other better..

A Shakti woman of power always seeks to surround herself with interesting, fun and fascinating people so she can continue to learn and grow. The people she selects to get closer too add color and depth to her world. These people don't always agree with everything she may believe, and in fact they will sometimes challenge her to stretch into new territories and adventures. This way, a Shakti Queen always seeks to have a variety of inspiring and supportive friends who are there for her in times of great victories and difficult defeats.

THIRD PILLAR: DAILY PRACTICES

The third secret to strengthening our Shakti Power is to always have daily practices that keep us going and keep us growing. Although our practices may change during different seasons and periods of our lives, and while some months we might prefer meditation practices and other times really active workouts and the like, a Shakti Queen is always practicing things to increase her vitality, enhance her health and expand her juiciness for life.

It's no secret that we are either strengthened or weakened by the things we do daily. Really, anything can be a practice. If you take a daily nap, this is a practice. If you take a walk, if you read or garden or dance, these are all practices.

When I think of practices I like to think of birds. They don't 'practice' flying. They just fly! We should seek to treat our practices like birds flying. We just do them because they feel good, and though they may take effort to continue, a good practice will always result in some kind of expansion.

In this course, I have selected a practice to use during a time when it might be hard to discern between the Fake Pretender Voices and the Voice of our Inner Guidance. It's intentionally simple and easy so that you can grasp it and remember to use it in a time when you're not sure what to do.

p.s. I've also selected this practice because you can do it anywhere and anytime you like, and you don't need any equipment. So, it's easy and free!

It's called the Simple Walking Meditation to Clear Confusion.

Simple Walking Meditation

1. Stop talking (including inner talk)

By stopping your talking, you will calm your mind. The mind gets activated and triggered by inner dialogue, so this step stops the world from spinning.

2. Keep your eyes open

By keeping your eyes open you will heighten your awareness to what is around you now and prevent you from making more things up in your mind.

This will actually take your mind from your trouble and place it where it belongs: in the present moment of now.

3. Put your hands by your side

Putting your hands intentionally by your side does something quite interesting. It will naturally cause you to breathe lower into your belly without thinking about how to breathe. It will just happen. Breathing lower is actually what cause confusion to cease. When you breathe lower (into your center) you make better decisions.

Think about a time you were frightened or surprised. Where is your breath? Is it up by your upper chest or throat? The breath always becomes shallow and rises when we are troubled, confused or afraid.

So, a Shakti Queen woman of power seeks and practices many ways to train herself to keep her breath deeper and lower in her body.

4. Take a few steps

Now you will be breathing lower, keeping your eyes open, stopping talking and take a few steps.

Enhanced Walking Meditation Practice

Now, every time a new thought slides in, go back to step one, stop talking, open your eyes, put your hands by your sides and take a few steps.

After a while, when this becomes easy. Right after you Stop Talking, take a deep breath in through your nose and exhale to let most but not all of the air go.

See how long you can do this practice. Start with 3 minutes and then when this gets easy, increase to 10 minutes and then to 20 minutes.

Enjoy!

In beauty,
Amara Charles

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