



FEMININE
POWER

SHADOW WORK AND FEMININE ENERGY

4 STEP SHADOW WORK GUIDE



 *femininepowerwithin*

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YOU HAVEN'T LOST YOUR *WILD NATURE*.
YOU'VE JUST BEEN ASKED TO SILENCE IT
FOR *TOO LONG*.

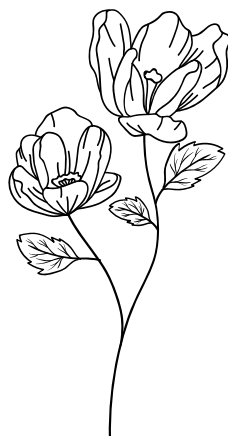


HOW THIS WORKS

This 4-step process will shift your perspective in just 20 minutes, though you're welcome to take your time with each step.

The process works by first identifying where your wild nature was silenced, releasing those blocks through embodiment, consciously reclaiming specific aspects of your power, committing to immediate action, and anchoring these shifts in your body. For the deepest transformation, complete all steps in order.

For a more comprehensive journey with guided practices and community support, join the [Feminine Power classroom](#).

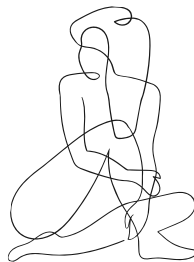


1. IDENTIFY THE SILENCING (5 MIN)

Quick-map: Write 3 specific moments when you were told to:

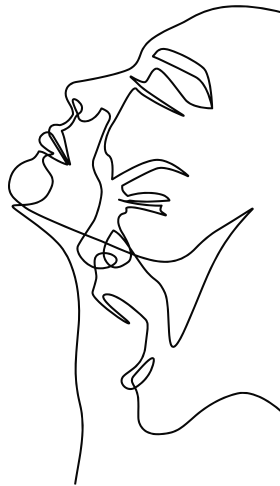
- Be quieter/smaller
- Control your emotions
- Put others' comfort first

Circle the experience that feels most charged today



2. RELEASE THE BLOCK (5 MIN)

- Stand with feet shoulder-width apart
- Place hand on area of constriction (throat/chest/belly)
- Inhale deeply, gathering tension from your memory



- Exhale with sound (sigh/groan/roar) while allowing intuitive movement
- Repeat 3x, increasing your volume each time

Say aloud: "I release what isn't mine. My wild nature awakens now."
Scribble any notes on this page of feelings that arise.

Let Go Meditation and the other one

3. GET CLEAR: RECLAIM YOUR POWER (5 MIN)

We often push essential aspects of our feminine power into the shadow because they seem "too much" or "inappropriate" for the world around us. Each of these archetypes represents a vital part of your wholeness that may have been suppressed. Take a moment to feel which one resonates most deeply or seems most forbidden to you right now—this is where your greatest power awaits reclamation.

Choose the archetype you most need to reclaim:
or you can take the [*Feminine Archetypes Quiz*](#) in the Classroom

Wild Woman: Untamed, intuitive, connected to natural cycles

Truth Speaker: Direct, clear, unapologetic in communication

Sensual Being: Embodied, pleasure-seeking, comfortable in desire

Fierce Protector: Boundary-setting, protective of energy

Creatrix: Generative, inspired, birthing new possibilities

Complete: "I reclaim the _____ as essential to my wild nature."



4. ACTION PLAN (5 MIN)

For the next 24 hours, commit to ONE action in each area:

YOUR Wild:

(How will you follow your intuitive knowing?)

YOUR Voice:

(How will you speak your truth today?)

YOUR Body:

(How will you honor your physical needs/desires?)

YOUR Boundaries:

(What 'no' needs to be spoken?)

YOUR Creation:

(What will you bring into being today?)

Next Continue with: *[Inner Work - A 30-Day Shadow Work Journey](#)*

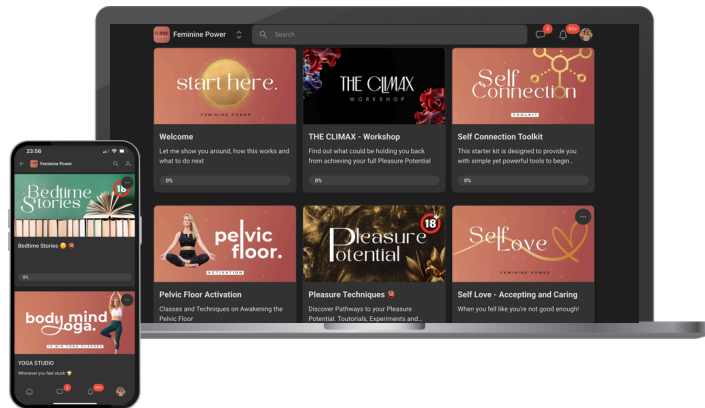
DEEPEN YOUR PRACTICE

The free meditation that accompanies this guide is just a taste of the transformative practices inside Feminine Power. Repeat this workbook and meditation as often as you need it. It hits different every time.



What aspects of your wild feminine energy were you most aware of during the meditation, and where in your daily life are you ready to express this energy more freely?

READY TO FULLY RECLAIM YOUR WILD NATURE? INTRODUCING FEMININE POWER



The complete classroom for women who are ready to break free from societal conditioning and fully embody their authentic feminine energy.

WHAT YOU'LL GAIN:

- ✓ Learn simple techniques to increase physical pleasure
- ✓ Remove mental blocks that limit your enjoyment
- ✓ Enhance your body's natural responses
- ✓ Develop authentic feminine power in all areas of life
- ✓ Build stronger, more honest relationships
- ✓ Grow personally by embracing your complete self
- ✓ Join our supportive community where women share real experiences and strategies (participate at your comfort level)



[JOIN NOW](#)



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