



### *Video 3 - Ignite Your Sacred Feminine Fire*

Welcome to the third activation in the *Ignite Your Sacred Feminine Fire* series! Congratulations on taking the next step to activating your impact and your capacity to magnetize the relationships, vitality, and abundance you deserve. I'm so proud of you!

If you haven't seen the first two videos yet, please watch them first. These 3 activations build on each other, so make sure you've watched the other two videos so you get the most out of this series. Here are the links for [video 1](#) and [video 2](#), and you can also find them at the top of the video 3 web page.

*“If you want to be fully alive, you have to be fully in your body.”*

The purpose of this activation is to really get into your body. Have you been living only from your upper body? I meet womxn every day who say they've lost touch with their sexuality, they don't feel feminine, and they don't like their body. These womxn, and perhaps you are one of them, have kept themselves feeling safe in their heads and hearts. But the truth is, if you want to be fully alive, you have to be fully in your body. This is what we call embodiment.

And yet, I know, there are some of you who think, “It’s no big deal to me that I don’t feel sexy anymore. Honestly, I’m fine, my life is good.” But why settle for fine and good when you can have a chance for real, lasting happiness, vibrant health, and fulfilling relationships?

Before we start Activation #3, I want to share one of my most powerful secrets with you: *When you access and release all the locked-down energy you’ve been unknowingly storing in your body, you free up incredible amounts of vitality, creativity, and passion.* You ignite your sacred feminine fire! You unleash your sacred feminine power! And with this power, Sister, you can create the life you’ve been dreaming of.

Today, I’m going to invite you to really move that energy you’ve been starting to wake up with the first two activations. We are going to do this using breath, sound, and movement. It may bring up strong feelings or long-buried emotions. Let them come up and be released.

What we are going to be doing may bring up feelings of shame, embarrassment, or self-consciousness. If this is the case for you, I invite you to FEEL THE FEELINGS and keep moving your body. Keep breathing, and if at all possible, make some sounds. The sounds will help move and release the emotions. There does not need to be a story about them, just give them a primal voice.

It’s also possible you might feel immense joy, freedom, and liberation. Feel those feelings, too! Breathe, make sounds, and keep moving with it. Let it all move through you.

Are you ready for Activation #3? We'll start in the chair, but as we get into this activation, you'll need some room to move and a private, uninterrupted space. If you have physical issues or if moving your body is painful or difficult due to physical disability, be sure to modify the activation to suit your body. We are going to start slowly and build the energy.

### **Grounding and Presence Exercise**

Close your eyes, and take a slow, deep inhale.

Exhale slowly and imagine your breath going all the way down to your feet.

On your next inhale, imagine your breath moving up from your feet, through your entire body, and out the top of your head.

On your next exhale, send that breath back down to your feet and into the earth, as if you have roots going down from your feet and sinking into the earth. As you inhale, bring your breath back up into your pelvic region.

Exhale back into the earth, inhale back into your pelvis.

Exhale into your roots, and on your next inhale, invite some emerald green earth energy into your pelvis.

Allow your breathing to continue in a natural way and open your eyes when you feel ready.

## **Ignite Your Sacred Feminine Fire**

Activation #3 is a dance activation! As a retired professional belly dancer, I've used belly dance as a way to move tremendous amounts of life force energy through my body. I'm going to share some of my belly dance moves with you and invite you to dance with me!

Alternatively, you can put on whatever music inspires you to move and dance and come back to the video as you complete.

## **Journal What You Noticed**

I invite you to take some time to make some notes in your journal about what you felt and noticed as you danced.

Now that you've had a taste of your own sacred feminine fire, how are you feeling? Did you find you were able to activate your life force, or do you just feel numb and shut down? Remember, it takes practice to fan the flames your sacred feminine fire after years or possibly decades of cutting yourself off. I encourage you to revisit these activations every day. Daily practice will pay off as you access your sacred feminine fire and let it expand and grow.

If you're truly committed to your sacred feminine evolution and liberation, I invite you to join me in person at a live workshop in a sacred circle of womxn. Our uniquely feminine body of work is called Sacred Sexual Awakening & Healing®, and it was created by womxn, for womxn. When you heal and celebrate your feminine sexuality as sacred, you rejuvenate every aspect of your life.

You will leave the retreat with more confidence, more vitality, and more clarity than you've had in a long time, maybe ever. And if you're ready for a more advanced path of transformation, we're calling forth empowered feminine leaders to become certified facilitators. ***We've got the keys to the queendom, Sister, and we can't wait to share them with you.*** Because once you have the keys, you get to design the life you dream of.

## *How big can you dream?*

Please [click this link](#) or the button below video 3 for dates and details. I look forward to meeting you in person.