

6 Pillars of Feminine Healing

A Guide to Tending Your Feminine Garden & Restoring Your Feminine Energy

~ Softening ~

Within the dance of polarity, the feminine is soft and receptive, the masculine is solid and penetrative. The feminine is not tough and designed to withstand great force or carry heavy burdens, the feminine is designed to be soft, vulnerable and open. This doesn't mean that feminine beings can never be strong, but femininity is not designed for strength and therefore it is not a sustainable mode for the feminine.

Unfortunately our culture often associates the feminine qualities of softness and receptivity with weakness, but the deeper truth is that vulnerability is actually an expression of great courage and beauty, and it is an important part of what makes us human as well as feminine. Part of feminine reclamation is defying the narrative that our softness is shameful. This is not easy. Everything around us in our culture has been grooming us to be strong, resilient and independent. However, being vulnerable does not make us weak, it opens us to intimacy and it allows us to be receptive and cared for. In the dance of give and take, there is no giving without receiving, and no real human connection or sexual polarity without this dance.

In order to restore your feminine essence, practice softening your heart, your body and your mind, rather than maintaining control and defensiveness. Practice reconnecting with your sensitivity and dismantling your armor. Try reframing your sensitivity and vulnerability as a skill and a gift. Sensitivity is a type of refinement and sophistication. Practice letting go of the compulsive need to be strong, and understand that this means risking the rejection that may come from those who see vulnerability as weakness. When we stop abandoning ourselves and hiding our truth, we can trigger those who are still operating from their own woundedness. Stop over functioning and keeping it all together – this creates space for others to show up and contribute to you. Practice softening without collapsing – this means being open while maintaining self worth and accountability. Show your heart while knowing your value.

~ Embodiment ~

Feminine embodiment is about living from your heart and the wisdom of your body – the body doesn't lie. Let go of the overthinking and trying to figure everything out with the mind. This is a control pattern stemming from fear and our masculinization. True feminine power and intelligence is sourced from the body, the feelings and the intuition. One of the biggest and most common mistakes that we make is to ignore and suppress our feelings and bodily wisdom, often because we were never encouraged to do so as children nor from society in general. However, our feelings are sacred messengers and an important guidance system for us. How often do we know something is not right for us, when we're with a man for example, but we ignore those feelings and stay silent or do it anyway?

Practice staying in your body and learning to identify and track your feelings. One of the most important skills for a woman to learn is to stay with and express her *true feelings*. True feelings do not contain a story

about what is happening, they are simply an embodied experience and they are *vulnerable*. True feelings include anxiety, sadness, fear, anger, excitement, arousal and joy. Another way to track what you are feeling is to ask yourself if your body is a “yes” or a “no”, is your body responding with a feeling of expansion or contraction? Identify what your feelings and emotions feel like, practice letting these storms of sensation move through your body. What is the message?

~ Trust ~

The feminine finds her deepest power through trust, faith and surrender. This includes trusting herself, her feelings and intuition, as well as having faith in life itself and that she will be supported and provided for. This is not blind faith, this is faith that is built upon the understanding that we ultimately do not have control over much of life, and the belief that we live in a loving and abundant universe. This is wisdom. However, this does not mean placing your faith in people or things that do not have your best interest at heart. Trust must be integrated with the wisdom of *discernment*. Our feminine innocence *and* discernment must walk hand in hand. This is why we must also learn to trust ourselves and our feelings – because that is how we discern, that is how we honor our hearts – our most intelligent guidance system.

When it comes to a man, for example, trust is something that must be earned. Is this man protecting your heart? How does he respond when you share your true feelings, without shaming or blaming? Choosing to surrender with and trust a man is something that must honor the heart.

~ Self Worth ~

Probably the most important element to our feminine healing lies in understanding and believing in our intrinsic value as women. Our culture has been programmed into rejecting and devaluing the feminine principle and forgetting the value of the feminine, so most of us have a lot of work to do around dismantling these beliefs and unraveling this conditioning – which is usually an ongoing process. This programming runs deep. The feminine wounds run deep. The truth is that most of us are carrying beliefs that we lack value, and that we are not worthy of having our needs met just because we exist. As women, we have a lot of needs and we must acknowledge that we have requirements to thrive – just like any other life form. If you do not give a plant water or sunshine, that plant will wither and eventually die. We are no different. We must know what we need, and know that we are worthy.

An important part of self-worth and self-esteem lies in believing that we deserve to be happy – we deserve to have our needs met. Reflect on what it is you truly need to thrive – which are the things that would be nice to have, and what are your requirements?

~ Receiving ~

This topic is often misunderstood in our modern society, because women are often painted as the nurturing givers. However, the feminine is designed to receive. Unfortunately we have been conditioned

with a belief that we need to give in order to be valuable. Especially with men, this is an inversion of polarity and it is false. The feminine is designed to receive, and then create and birth, which is symbolized by the dance of sex, conception and birth. This is not to say that women should never give, but they should be giving with pleasure from an overflowing cup, rather than the paradigm of compulsive overgiving that we are currently seeing.

Women are also not designed to be independent and take care of themselves, they are built to receive support and for collaboration. Women are not meant to be the care takers of men; men are designed to support and take care of women so that women can be feminine and create, birth and nurture children and other creations. This can be a confronting truth, because our culture has developed a modern narrative that women should be strong and independent and that they do not need men.

Women need men. Men also need women, although it's a little different for men. If you are a feminine woman and you do not have healthy masculine men in your life, you will not be able to thrive as a feminine being. You can survive on your own, but you will not be able to thrive in your feminine. The feminine needs masculine containment, provision, protection and leadership in order to thrive. The feminine is designed to receive the leadership and care of the masculine. This is not weakness, this is symbiosis. The beauty of this collaboration is that healthy men also need women to receive their care, leadership and provision.

This is a controversial topic, as we are currently living in a paradigm where independence and self sufficiency are glamorized and held as superior, while our inherent vulnerability and connectedness has been rejected and pathologized. However, this mindset is coming from fear and woundedness. So if you are a single woman or a woman without good men in your life, have compassion for yourself. It's alright for us to acknowledge that we need good men to take care of us, and we are worthy of this need.

~ Enjoyment ~

The feminine is physiologically and spiritually built for enjoyment, beauty and pleasure. She is not designed to be in survival mode – that is, managing the details of survival and taking on a lot of responsibilities. I'm not saying a woman shouldn't be accountable, responsible or have integrity, but women are designed more for relaxation and pleasure than they are for stress. Men are biochemically more designed for stress and responsibility than women are. As women, we cannot be healthy and happy when we are continuously in survival mode, this is why we need men, and it is their role to provide us with safety and security. Men provide survival needs, and women enhance life through creativity, beauty and enjoyment – the things that help us to fully thrive.

Try a practice of fully enjoying the little things in life – this is a mindfulness practice and it requires us to be more grounded in our bodies and senses. This is the realm of the feminine – getting out of the head and into the body and present moment. The more pleasure you feel in your daily life, the more you expand your capacity in your nervous system for experiencing pleasure with ease. This is very nourishing for the feminine system. And as an added bonus, the more pleasure we experience, the more we feel worthy of pleasure, which enhances our self-esteem. Note – please enjoy the type of pleasures that are safe and healthy for your well being.

Bonus:

Meditation to restore your feminine energy - [🌐 Meditation direct download](#)

I hope this serves you on your path to greater feminine well being and fulfillment!

xx, Natalie