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Participating

- Allow the information and experiences to meet you where you are in your Divine Feminine journey.
- Give Yourself Time to Be with the Concepts Presented
- Dismiss Anything Not of Your Truth
- Stay Open



2

Connect to...
the Divine
Feminine

Open to Receive



Personal Goddess Creation Vessel Intention Activation

- Connect to the Divine Feminine Essence and Bring Her Through as You Move
- Earth - Physical Realm
- Water - Emotional Realm
- Air - Mental Realm
- Fire - Action Realm
- Spirit - Spiritual/Soul Realm



3

4

Check-in



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On the first day of your period start recording your thoughts and feelings on Day 1 of the Menstrual Cycle. Mark the pattern of your cycles until you can begin to read your calendar of months. Begin a new chart at the start of each period. Copy this sheet as often as needed.

wild power
Discover the Magic of Your Menstrual Cycle and Awaken the Feminine Path to Power

ALEXANDRA POPE and JANIE HUGO WURLITZER
FOUNDERS OF SES SCHOOL

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OVERVIEW

- We have activated your Crystalline Womb. You were also given practices to help you talk to your womb and communicate with your womb. (It will be important to keep revisiting this information as this isn't something that we always remember to do.)
- We have anchored that connection with a first blood ceremony to "turn on" your womb connection to the elemental forces in a powerful way.
- You have begun tracking your cycle. Just checking in with it everyday.
- We have activated your Womb on the Physical level.
- We have activated your Womb on the Energetic level.
- We have activated your Womb on the Mental/Emotional level.

We also discussed the seasons of your cycle. We now want to dive even more deeply into your cycle and how to work with it.



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Pre-ovulatory phase—your inner spring (approx. days 5 to 12)

In this phase your energy is slowly building and expanding, your attention moving away from a deep connection to your inner life to refocusing on your outer work and others. You'll experience greater clarity, focus and motivation.

Ovulatory phase—your inner Summer (approx. day 12 to 19)

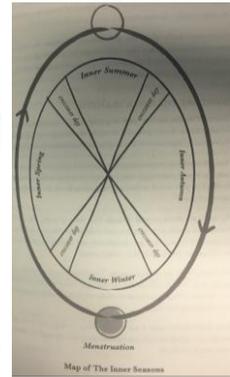
This phase can bring a feeling of arrival, of being comfortably in the flow of your life or feeling charged. Generally, you are at a peak of energy. It is a time of confidence and a greater capacity to achieve or manifest things. You may have more time and patience for others and being superwoman feels just about possible.

Premenstrual phase—your inner Autumn (approx. day 19 -26)

In the second half of the cycle from ovulation to menstruation there is a gradual pulling in of energy, drawing you back into yourself, amplifying your inner life and needs. You have more insight into what's working and what isn't in your life, and a potential drive to sort it out. You may feel more sensitive and vulnerable as you get closer to your period. While this may feel uncomfortable, it isn't a weakness but rather a process of awakening to the deeper You. You may also experience heightened intuition and psychic ability.

Menstrual phase—your inner Winter (approx. day 26 to day 5)

Your energy reaches its lowest point just before menstruation. And just as in Winter you might feel you want to retreat from the world and rest so you may at menstruation. This is entirely normal and healthy. For you to experience the abundance of 'Summer' you need the rest and relaxation of 'Winter'. This phase of least energy and most vulnerability provides an opening to a very deep sensitivity. It can begin a day or two

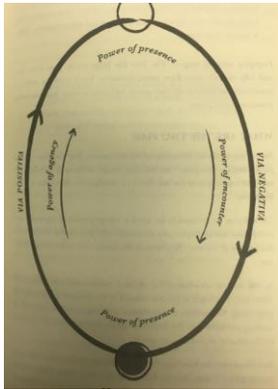


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The 2 Vias...
Your Inner Feminine & Inner Masculine O
UTPICTURED!

Via Positive – the impulse to step forward and assert your will—take control, shape your conditions. It's your core feeling of agency: a sense that you are in charge of your life and can make things happen. It is characterized by a sense of urgency. As you go out into life as a young person, this is the energy you need most. It supports you to initiate and realize your ideas.

Via Negative – awakens your ability to come into relationship with life and co-create. It is restraint NOT CONSTRAINT. Rather than asserting your will, you drop down into something: **depth**. It's no longer about your needs or ego, but the needs of something greater than you which is expressing through you; it's not your timing but the mysterious force called **Timing**. You move from imposing your own will, to being willing. There is room now for the unknown to speak and be heard.



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So lets just have a real conversation...

- If you are bleeding, do you make time for your bleed time?
- If you are not bleeding, do you, or can you give yourself 1 day around the new moon for a moon lodge day? Why or why not?
- Have you made time to chart your cycle?
- Have you been able to find the rhythm of your Masculine time and your Feminine time?
- If you have had difficulty with this process, why do you think that is and what can we do to support you?

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Why tracking our cycle is important for the earth right now...

The fundamental pattern of the menstrual cycle—building up and breaking down is, **the initiatory process in action**. The first half builds our sense of self. The second half undoes our sense of self. **It makes us UNDO our EGO!**

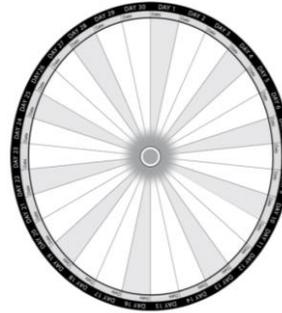
We need to experience vulnerability to recognize that we are not invincible. We cannot exist alone. We belong to something larger. **We need each other and the Earth.** We need to be responsible for each other and for the world. In essence, **each menstrual month, we're shifting from an egoic worldview, in which the emphasis is on me to a sense of our self and the world as one: to a feeling of us.** We're evolving our capacity to think and feel for the World's Sake. We're allowing for a higher order of evolution. The built in **Imperative of your menstrual cycle is to facilitate this evolutionary process.** But if you only honor the MASCULINE (which equates to not practicing moon lodging or tracking), you can end up sabotaging this natural process of initiation.

Much of our menstrual and menopausal suffering is ultimately a profound feeling of indignation from our soul that this awesome process of evolution has gone unrecognized. The grief and rage that emerges premenstrually, and at menopause, has a direct line back to this loss. Much postnatal suffering is also the result of not being tutored in this initiatory dynamic so the initiation into motherhood shocks us!



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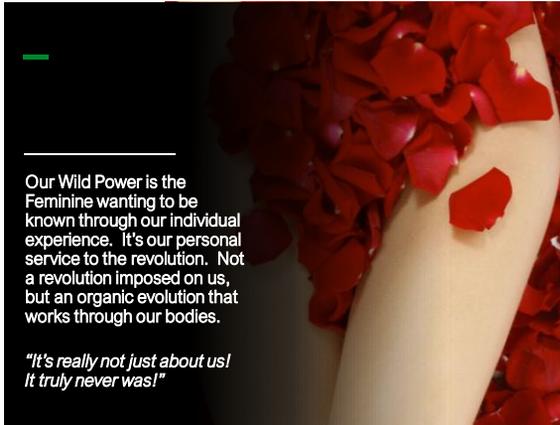
On the first day of your period start recording your thoughts and feelings on Day 1 of the Menstrual Chart. Watch the patterns of your cycles unfold as you continue to record over a number of months. Begin a new chart at the start of each period. Copy this blank sheet as needed.



The menstrual cycle holds a key piece for fueling this revolution. As women claim their Wild Power – the intelligence within their menstrual cycle—and men meet it, relational consciousness is generated: a consciousness that recognizes all life as connected and sacred.

The moment you start practicing menstrual cycle awareness and encounter this living presence within you and let yourself be initiated by the death and rebirth process within it, you reunite with the source that nourishes you, and restore your connection with the natural world, the cycles of life and the divine force of Love.

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Our Wild Power is the Feminine wanting to be known through our individual experience. It's our personal service to the revolution. Not a revolution imposed on us, but an organic evolution that works through our bodies.

*"It's really not just about us!
It truly never was!"*

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Dance and Integrate

14

Grounding - Closing Sacred Space

Next Class February 17, 2020 at
6 pm Central



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