



# EMBODIED ENERGY TO SUPPORT YOUR GUIDERHOOD

As energetic beings, we each have, swirling with us, both masculine & feminine energy. This is less about gender, and more about natural essence! The intention of Loving Guiderhood, is that you embody & bring forth the healthy aspects of both of these energies in the way you show up for your little ones. Let me explain:

## FEMININE ENERGY

The feminine expresses as soft, open, emotive, compassionate, surrendered, powerful, expressive, radiant, flowy. In her unhealthy, she can express as insecure, manipulative, victim mentality, critical, projection, obsessive. Some of these unhealthy expressions may have become habit over time, due to old wounds, conditioning, belief systems, trauma.

Some practices that can support you in dropping back into the healthy aspects of this energy:



Get outta your head, and back into that beautiful bod of yours!  
Dance ~ pop some music on, close your eyes and move your body in a way that feels good! Let go of what you may 'look' like. Flow. Sway. Shake.  
Senses ~ quickie way to get back into your body is to invigorate your senses. Essential oils, room sprays, candles, fresh flowers, feet in the grass / sand.

Emotive Expression ~ create space for yourself to feel & move through the emotional wave.

## MASCULINE ENERGY

The masculine expresses as structure, presence, leadership, groundedness, direct, action, purpose, productive, efficient. It can also, in its unhealthy qualities, be over-competitive, aggressive, overly logical, blaming & controlling. Again, some of these unhealthy expressions may have become habit over time, due to old wounds, conditioning, belief systems, trauma.

Some practices that can support you in dropping back into the healthy aspects of this energy:



Stillness & purpose are superpowers!

Meditation & breathwork ~ Insight Timer has some great guided options.

otherwise sitting in nature with the intention of full presence is divine!

Passion project ~ delve into your natural leadership, creative powers &

devote your energy to being of service. Join a club, start a side hustle,

volunteer, create something for your home, study/learn something new,

plan a fun adventure for your family.

Physical Expression ~ exert your physical energy & expand that mind &

bod, a form of moving meditation. Go for a run, hit the gym, take part in a

monthly challenge.

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As I mentioned, we ALL have both masculine and feminine energy swirling within our beings ~ regardless of which gender, if any, we identify with. So,

it's possible for you to be both strong and soft. Firm and nurturing.

Grounded and emotionally empathetic. All at once. In fact, embracing both

of these elements allows you to be deeply in your power as a Loving Guider,

whilst also allowing your children to feel safe, supported, loved and led.

# REFLECTION

Which essence feels most natural to you?

How can you embody both on a deeper level?

Which unhealthy expressions of these energies are keeping you from showing up as the most Loving Guider you possibly could?

And how can you shift that?