

WOMXN REDIVINED

WELCOME TO YOUR
SACRED FEMININE REBIRTH



*the unbecoming of all the world taught you to be so the
womxn you were meant to be can finally emerge*

ROSE WITCH PRIESTESS

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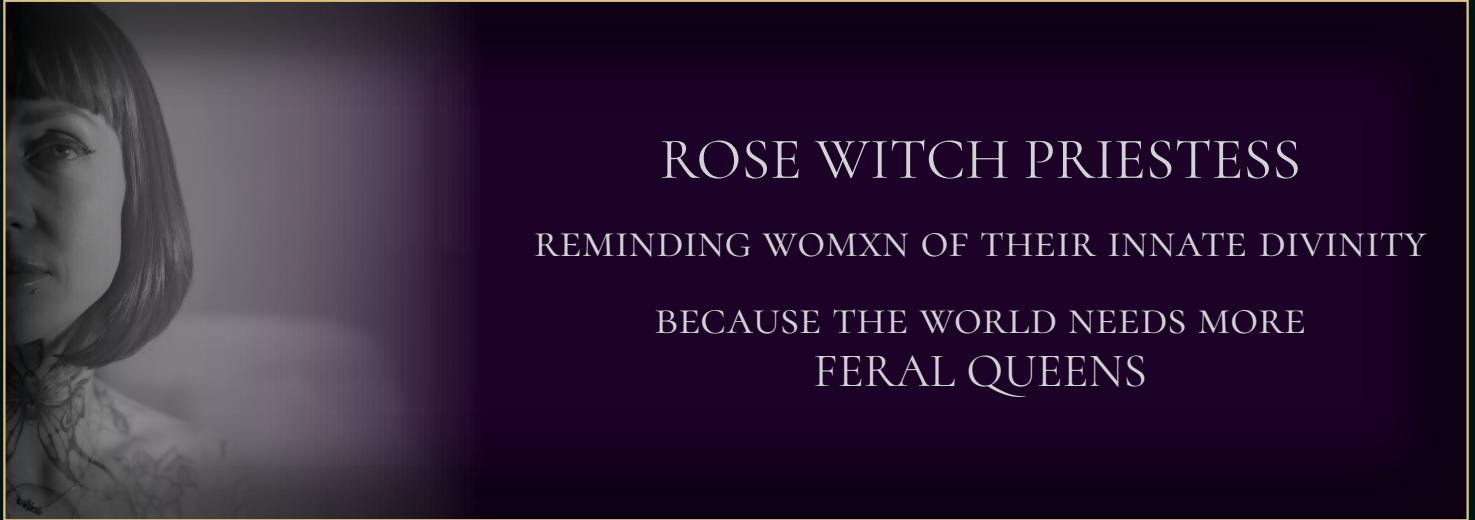
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A LETTER FROM ME



Dear Womxn,

For decades I searched for something I couldn't name, but knew I would recognize once I found it.

I was right.

I suffered for the majority of my life just to be alive, but not for a lack of trying. For years I followed all of the usual advice:

- "Find Jesus." (Religion)
- "Seek therapy." (Clinical Psychology)
- "Take this pill." (Medication)
- "Movement helps." (Exercise)
- "Just get some rest." (Sleep)
- "Just think positive." (Toxic Positivity)

Nothing helped. Nothing worked. But something in me refused to give up; until I finally found it.

It was me. Myself. My Self. ME.

Finally, the answerless question that haunted me my whole life, "Who am I?", was no longer a threat. I knew now. I knew exactly who and what the fuck I was, and I could never be blinded to this knowing again.

As a result, my entire experience with life, inside and out, completely transformed.

*For the first time in my life, I felt ALIVE, clear,
and unstoppable.*

MEANING OF WOMXN REDIVINED

Getting reconnected with myself, or finding myself again, came with a surprise. I went from believing I was actually born to be the abused for abusers, to feeling like a legit fucking Queen, and believing and knowing it to be true.

Womxn ReDivined is therefore a spiritual take on a womxn that has redefined herself by reclaiming her innate divinity; something the world has systematically conditioned us all to forget.

Why? Because the people that systematically condition us are the very people profiting and benefiting from all of it. This is how they keep you a puppet on their strings.

And so once a womxn remembers and returns to the truth of who and what the fuck she is and always has been, every aspect of life that her presence touches is forced to either level-up and align, or disperse.

This is not a one-time event. It is a process, a series of events, that is as painful as it is exciting, rewarding, and undeniably worth it.

This transformation isn't just a woman redefining herself with a new wardrobe or nickname. This process is her sacred rebirth, a divine initiation back to her True Self...



...and it comes with a fucking crown.

BECOMING “HER”

If you are here right now it's because something within you already remembers the truth of who and what you are.

It is the same part of you that...

- feels rage toward injustice and mistreatment
- questions or resists what most blindly accept and follow
- senses deeply that you are here for something bigger
- is unfulfilled by what the world has told you equals "success" and "happiness"
- has always felt different from everyone else or like you don't fit in
- and has always believed deep down that there just has to be more to life than this

It is the part of you that simply refuses to settle or give up your search despite not knowing exactly what it is you are even looking for. You just know that whatever "this" is, isn't it.

It is the part of you that brought you here right now. To show you that:

- you are not alone
- there IS more to life than "this"
- that you ALREADY ARE "Her"

You've just been conditioned into believing and living as though you aren't, as though she doesn't even exist and never has, and that even if she did, you most definitely, certainly, are not and never will be, Her.

It's time to undo all of that.

*Becoming “Her” isn't even about becoming at all,
but rather about unbecoming everything the
world taught you to be, to forget, and to ignore, so
the womxn you were meant to be can finally
emerge.*

It's about remembering who the fuck you have been this whole time, and reclaiming her as unapologetically as possible.

This is the essence of shadow work, the process of your sacred rebirth, and it looks like this.

YOUR SACRED
REBIRTH

INTRODUCTION

Think of a sacred rebirth as a transformational journey. When embarking on any journey, or trip of which there is a desired destination - in this case, your most authentic self - you must first answer two things:

1. Where am I?
2. Where am I going?

When speaking of a spiritual journey, however, the answers to these questions can be challenging to identify if not completely evasive. In fact, this is why so many people get stuck and either give up before the journey has even begun or immediately set off in the wrong direction.

Why does this happen?

*Because most are trying to use the same map that
has already gotten them lost.*

That IS why you're here right now, isn't it?

And so the journey of your sacred rebirth requires an entirely different source of navigation; a map you have carried within you this entire time, but were never taught how to effectively use. In fact, everything you HAVE been taught, has been with the counterproductive purpose of disconnecting you from that very source.

What is this source I'm talking about?

The same part of you that we talked about previously. The part of you that refuses to give up and that has lead you here right now.

The world taught you that this part of you, this inner-voice, cannot and should not be trusted, or even that you're crazy for hearing it let alone following it - even and especially when it nudges you in a direction society deems is "off-track", abnormal, risky, or will only lead to failure. Even worse, that it's "evil".

The truth is, this is the voice of your intuition, or your spirit, of your True and Highest Self. The part of you that knows you are worthy, valuable, and that you matter in this world. And not more than someone or something else, but the same as every other form of life.

It is the very essence of who and what you are and always will be. The part of you that is the very source of truth, wisdom, and guidance, and that is connected to and one with the ultimate source of all life.

And so, to begin this journey, you must reconnect with this part of you. And that is what this e-guide and simple first-step practice is all about.

HOW IT WORKS

One of my favorite books is Llewellyn's Encyclopedia of Magickal Correspondences. I'm actually a huge book nerd, but that's besides the point.

One day I was perusing the book as I often do, during a significant time of growth in my life, and the thought occurred to me, "Why can't I make a deity chart of correspondences, of me, as if I were a Goddess?"

So I did.

After I did the initial chart, I decided to turn it into a daily meditational practice by simply spending a few minutes a day visualizing and feeling the energy of this Goddess version of myself that was revealing itself to me.

Turns out, this was an extremely effective approach for me. Some of the results were a significant increase in confidence, sense of empowerment, sense of self, and feeling safe and secure in my ability to navigate life through my own inner-knowing and guidance as opposed to seeking externally or defaulting to follow the crowd.

As far as exactly how or why this works, it is because what you are essentially doing is intentionally rewriting the way you see yourself. In other words, you are intentionally changing your self-image.

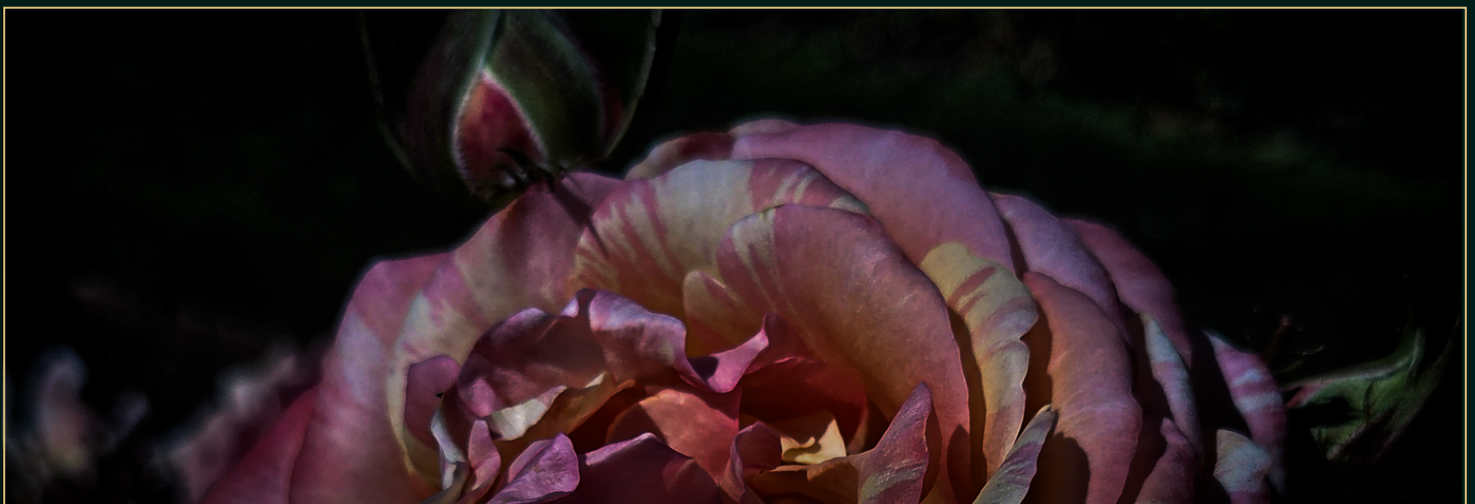
What most don't know is that your self-image is the lens through which you experience and interpret your entire life. If this weren't true, consider why else the world would be trying so hard to make us all feel so broken, not good enough, flawed, inherently bad or sinful, and unworthy?

This is how mental reprogramming works.

Therefore, the more time and energy you invest in visualizing or "spending time with" this Higher Self version of you, the more you get to know her. What will then begin to happen is a quite natural transition from visualizing her to embodying her.

Until She is the version of you that, by new default, takes the lead.

That being said, the recommendation in the practice of spending 5 minutes a day is just a baseline. The more you can think about and visualize this version of you, the better.



GETTING STARTED



Print the Goddess Chart found at the end of this PDF. Then fill out as much of it as you can before proceeding. To help you get started, consider some of the following questions:

1. Within what month, season, time of day, moon phase, astrological sign, etc, was I born?
2. What color(s) did I love as a child, or have I felt drawn to throughout my life?
3. Do I, or have I ever, felt drawn to a specific planet, season, environment, or location?
4. What natural gifts, skills, abilities have I noticed that I possess?
5. What specific areas of life or lessons appear to be a theme throughout my life, or what do I feel particularly pulled to stand up for or against?
6. Which plants, flowers, herbs, animals, or other living things, have I particularly liked, felt drawn to, or noticed showing up a lot in my life?
7. What is my birth month flower or gemstone?

It is useful to not just think about yourself now, but to think back to when you were a child. When we first come into the world, we are our most True Self. So often, things we loved as children hold key clues into who we truly are; even something as simple as a favorite color, flower, tree, or animal.

When you've completed as much as you can, the next step is to visualize what this Goddess or Highest Self version of you would look, feel, or be like. It's time to tune in.

When ready, proceed to the next step.

THE DAILY PRACTICE

Practice the below visualization for at least 5 minutes a day, preferably at the same time each day if you can, through the next lunar cycle or 30 calendar days. Have your Goddess Chart and a writing utensil handy in order to make notes as your vision becomes more and more clear.

1. Get into a comfortable position.
2. Close your eyes or, if you find you have trouble silencing your busy mind, feel free to light a candle and stare at the flame.
3. First, focus on your breathing. Notice how your chest slowly rises and falls with each breath, how the air feels filling and leaving your lungs, and the natural pace at which you breathe. Be with your breath for at least a few rounds, or for as long as it takes to feel focused.
4. Next, scan through your body, starting from head to feet or feet to head. Notice any tension or tightness and intentionally release it until your body feels relaxed.
5. Then, take three, slow, fully-inhaled and exhaled breaths. Be sure to refrain from forcing your exhale or inhibiting your inhale.
6. After your third exhale, simply consider either in your mind or by asking out loud, "If I were a Goddess, what would I look like, how would I feel, or what would I be like?". Don't force the vision or rush the process. You may recall some of the things you already filled out in your chart. Where or how do they show up in this vision? Additionally, don't try to receive only a picture of yourself, but also, where might you be or what might you be surrounded by or engaging in?
 - A. NOTE: If you have trouble visualizing, or allowing a vision to come to you, just use your imagination. In other words, make it up! There are no right or wrong answers and you can always revise your chart as you go. In fact, this is not a sign of having messed up, but that you are tuning in more clearly and perhaps evolving. No matter what, follow the flow of fun and creativity, and trust the process.
7. As new details reveal themselves to you or that you imagine up, be sure to continue to add them to your Goddess Chart. When or if you stop receiving new details, that is ok. This is when you simply continue to hold this vision. See it clearly. Don't just see a flat image, but if she were to animate, how does she carry herself, converse, or what are her mannerisms, etc? Really get to know her as if getting to know a new friend. Bring her to life.

As you continue this daily visualization practice, don't just get to know her, but feel what it is like to BE her. What does it FEEL like to be this version of you that you have been visualizing? Do you feel empowered? Beautiful? Confident? What else do you feel?

This is how you resurrect her, by allowing her to finally come back to life through you.

This is the beginning of your unbecoming; your sacred rebirth.

This is the way you were always intended to navigate life. Not by following a map handed to you by a sick, unhappy society, but by following your own inner-source of wisdom and guidance that we are all born with.

Welcome Home.

YOU'RE INVITED

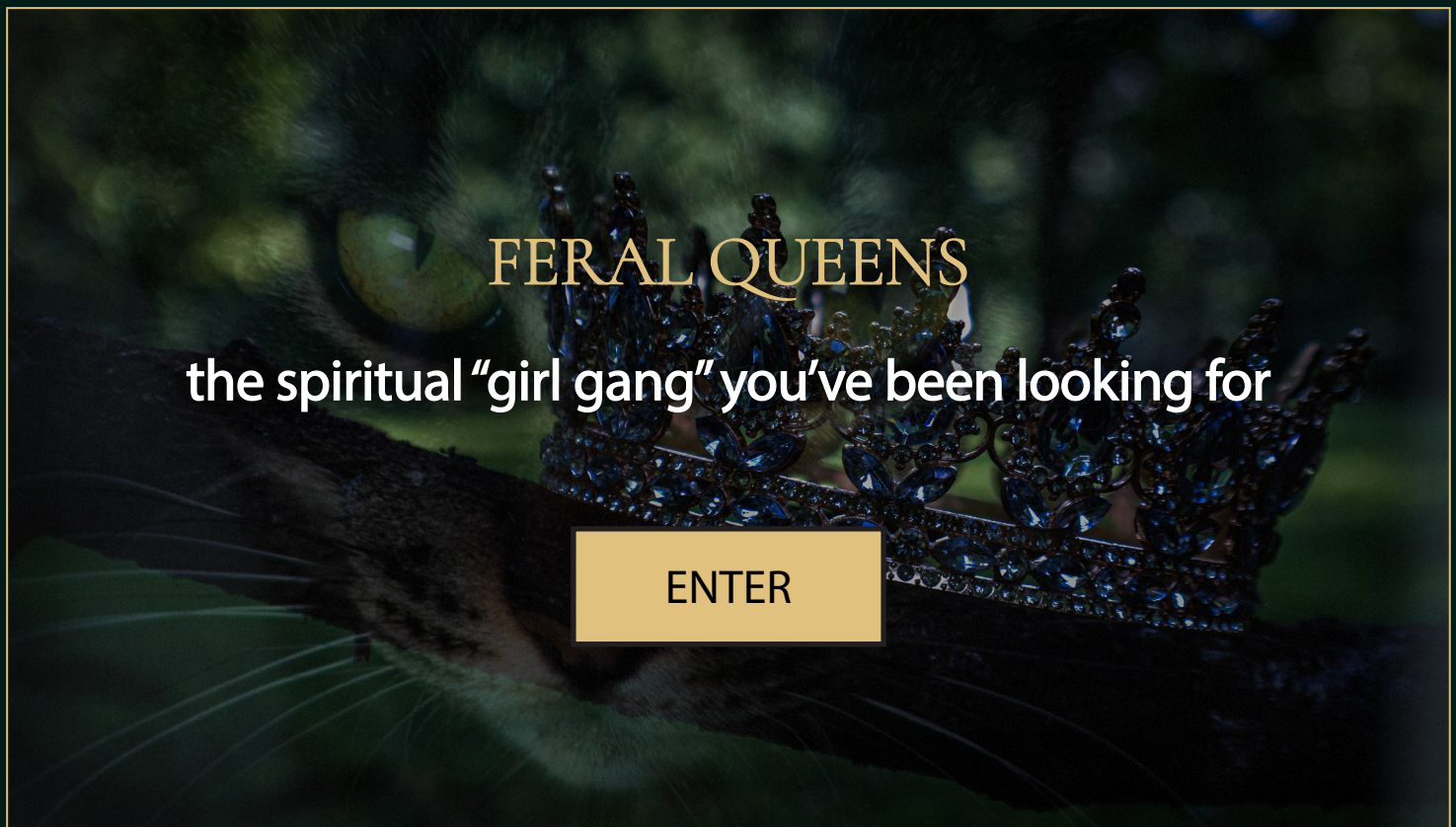
If at any point during the lunar cycle or 30-day practice you have questions or need support, please email me at the email below.

Additionally or alternatively, once you've completed the full term, I would love to see your Goddess Chart and hear all about your experience!

EMAIL ME

To continue your sacred rebirth journey, and to do so alongside other spiritual womxn like you, I would love to invite you to my brand new virtual community.

Check it out below and, if it feels like a fit for you, join now and say "hi"!



FERAL QUEENS

the spiritual "girl gang" you've been looking for

ENTER

GODDESS CHART

Goddess of or Queen of:

Solar System
(sun, moon, planets, etc.)

Moon Phase(s)

Astrological Sign(s)

Time(s) of Day

Season(s)

Events
(sabbats, holy days, days of the year, etc.)

GODDESS CHART

Numbers

--

Colors

--

Tarot Card(s)

--

Plants
(trees, flowers, herbs, etc.)

--

Animals
(mammals, insects, birds, marine life, etc.)

--

Crystals, Gems, Stones, etc.

--

Deities
(gods, goddesses, figures, etc.)

--

GODDESS CHART

Environments

(locations, cultures, landscapes, architecture, etc.)

--

Intentions

(powers, skills, prominent life lessons, etc.)

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