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**They asked her, "How did you free yourself?"**

**She answered, "By embracing my own power."**

**- Yung Pueblo**

*Wild Woman Sisterhood*

# WAY OF THE SACRED FEMININE

A JOURNEY OF SELF  
COURSE OUTLINE

# A JOURNEY OF SELF

## - THE ESSENCE

There is a great shift happening here on Planet Earth and many women are being called to step into a more empowered, abundant, compassionate, and inspired version of themselves. The sacred feminine is rising and it is time for women to step up and be the change we wish to see in our world.

**It is time to Rise, Sister, Rise.**

When embarking on 'A Journey of Self' course, women will enter a sisterhood, a sacred blend of co-creative energies, with like-minded sisters who are choosing to weave a magical new paradigm here on planet earth.

Throughout this journey women will hold each other in a supportive, loving sacred gathering where they will be nurtured and nourished as they journey deep within. This is a journey of self, leading each of us to a grander version of the amazing woman we are.

On this journey we will get to meet ourselves in a deep and healing way and we will each take responsibility for all that comes up for us. We will be held in a way that allows us to share deeply, authentically, and openly, thus experiencing what it is to be **vulnerable and embrace deep and transformative healing**. We will emerge more empowered and abundant and most certainly richer for the journey.

## A JOURNEY OF SELF - OUR VISION



*It is time for all women of our earth to rise and bring back balance to our world.*

A Journey of Self offers each of us the opportunity to.....

- Be vulnerable in search of our authentic self
- Be fearless in our pursuit of our deepest truth
- Awaken our innermost feminine power and authority
- Trust in the divine and consciously co-create the life of our dreams
- **Consciously choose love in all our relationships and interactions**
- Dance to the beat of our own hearts
- Remember the ancient wisdom that resides deep within our souls
- Be humble while recognising our greatness
- Truly know what a compassionate heart is
- To manifest our deepest desires
- To embrace sisterhood, and as sisters, 'be the change we wish to see in our world'
- To trust in divine flow and openly receive the universal blessings that are our birth right



# WOTSF FOUNDATIONAL COURSE – A JOURNEY OF SELF

Exploration (Modules)	Discovery (Key Components)	Alignment (Energy Centres)	Affirmations	Duration
<b>Journey Within</b>	Authentic Self Self-Awareness Self-Empowerment	Base  Sacral    Solar Plexus	<p>I am always safe.</p> <p>I am abundant and grateful that my physical needs are always met.</p> <p>I am a luscious, sensual, divine goddess.</p> <p>I lovingly embrace my feelings and emotions and enjoy intimate connection.</p> <p>I am infinitely creative.</p> <p>I am a powerful warrior goddess.</p> <p>I am always self-responsible.</p> <p>I honour my commitments to myself and others.</p>	Weeks 2-7 (6 Topics)
<b>The Heart of the Matter</b>	Compassion Connection Unconditional Love - Self and others Humility	Heart	<p>I love and accept myself and others.</p> <p>I allow my feelings, release and heal.</p> <p>I approach all my relationships with empathy and compassion.</p>	Weeks 8-12 (5 Topics)

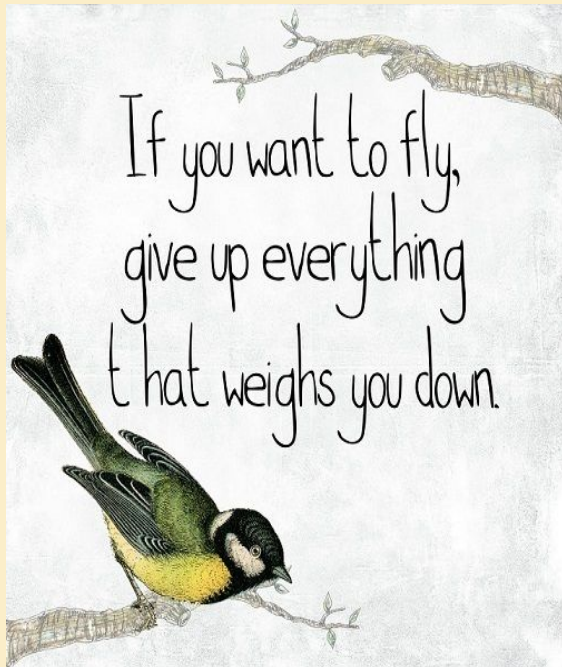
Exploration (Modules)	Discovery (Key Components)	Alignment (Energy Centres)	Affirmations	Duration
<b>Conscious Communication</b>	Resolving Conflict Speaking Your Truth Deep Listening	Throat	I lovingly speak my truth. I listen to my intuition and communicate wisely. I am an alchemist, easily and purposefully manifesting my ideas into reality.	Weeks 13-17 (5 Topics)
<b>Prosperity Consciousness</b>	Manifestation Universal Flow Open to Receive	Third Eye          Crown	I am always divinely guided. I am a visionary goddess, tuning into my higher aspects and making inspired choices. I see beyond the veil. We are all one. My choices are unlimited and all things are possible. I am love.	Weeks 18-21 (4 Topics)



# A JOURNEY OF SELF - FORMAT

- \* 10 women in each course
- \* 1 or 2 Facilitators
- \* Duration of 22 weeks
- \* 4 Modules, 13 Key Elements
- \* Key elements aligned to Energy Centres
- \* Online weekly calls
- \* Module 1 = 6 calls
- Module 2 = 5 calls
- Module 3 = 5 calls
- Module 4 = 4 calls
- \* Celebration Call to conclude
- \* Inspiration Topics set by Facilitator/s
- \* Weekly Touching Hearts' Calls

## OUR SUCCESSES TESTIMONIALS



“What I loved about A JOURNEY OF SELF COURSE was the focus on empowerment and prosperity for women. There was a beautiful unfolding of each theme with the related chakras and affirmations given. I deeply appreciated the very conscious and beautiful presentation of each module with readings, quotes and brief videos by key people offered to widen our perspective. Each weekly meeting was skillfully facilitated and I experienced a shift in consciousness as a result of the whole week’s focus on the theme culminating in sharing it and experiencing the deep wisdoms and issues shared by fellow sister’s on the journey.”

Elisabeth

“This course was a refreshing time of learning for me. Diving deeper into the knowledge and understanding of how our chakras can serve our inner being was enlightening. Many interesting topics related to myself and how I react to certain situations really made sense and made me realize that I need to be more open and aware to my higher self, my true self, and listen and be guided. Our facilitator was always “bang on the money” with the topics. She allowed a free and safe place to share our stories, learnings and revelations arising in the week, and to grow, learn and laugh as a sisterhood, which I truly enjoyed. I not only grew during this course, it sparked a true desire to learn more in order to grow and give more!” Robyn