

Being Feminine

by Heather Parker



We are human beings...and yet we are convinced “doing“ is the only component to success, and while action is necessary (like faith without deeds is dead), learning how to BE is essential too. Including being feminine. Be gentle with your self with this practice of being feminine.

...be nurturing (to you)

“Nurture reflects a general attitude toward yourself, an attitude of believing you are worthy of tenderness, and able to provide it to yourself through your thoughts and actions.” -Dr. Jessica Michaelson



...be open (to the flow)

flow means to “move along or out steadily and continuously in a current or stream“. I am talking about a spiritual matter - the flow. Sometimes we constrict and limit ourselves to time, to outcomes, etc. all of which are masculine traits. The feminine is timeless & dreamy.

...be receptive (receive)

Receiving is one of the most challenging aspects in being feminine, especially if you are influenced at all by the Feminist Movement. “I can do it myself“ or “I don’t need a man.“ I get it. I am a doer. I am independent. Yet when in relationship, especially to the masculine, it is absolutely okay to receive a compliment, let them open a door, or care for you.



...be sensual (use your senses)

What do you think of when you hear “sensual“? Sex? Consider your senses - taste, touch, sight, hearing and smell. Everything that leads to orgasms, foodgasms, eargasms, and even healing. Aromatherapy taps into your sense of smell, with the intent of relieving stress from your nervous system. So taste everything. Yes, take pleasure in your senses, what you listen to, what you consume, what you smell, etc.

...be in your joy

No one wants to be around a grumpy, critical or bitter person. It is draining. Similarly, when we are clingy, we end up repelling folks. Heal, forgive, and let your heart be happy. What happens when you have a hobby or passion? You light up & your essence blooms with delight. Joy is irresistible.



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