

BIRTHING SEXUAL SOVEREIGNTY

- INTRODUCTION: MODULE 1 -

TEMPLE BODY ARTS GUIDING COMPASS

WE SPEND SO MUCH TIME LOOKING OUTSIDE OURSELVES FOR THE ANSWERS AND GUIDANCE. It is time for you to be governed from within your very Temple Body, to know, trust and remember the profound wisdom which lives within. As you strengthen your primary relationship, with yourSelf, your inner compass becomes clearer and guides you on your path. This is the feminine way.

A RESOURCE FOR YOUR PATH IS THE TBA GUIDING COMPASS. The Compass has 6 points: a central point, Intention, surrounded by four points representing Vertical Alignment {Sacred Embodiment and Expressive Arts} and Horizontal Alignment {Sexual Sovereignty and Creative Power}. The entire compass is held within a circle, representing Mysticism.

THE TBA GUIDING COMPASS SUPPORTS ALIGNING WITH YOUR HIGHEST YES. Through Birthing Sexual Sovereignty, you ultimately connect with and define your inner guiding compass and what these concepts mean for you and how you live them.

YOUR INTENTION IS WHERE YOU BEGIN. Intention invites you to align your mindset, thoughts, beliefs and actions with your highest desire, deepest dream and greatest YES.

TEMPLE BODY ARTS GUIDING COMPASS



WHAT IS SEXUAL SOVEREIGNTY?

THIS TRIMESTER IS ABOUT RECLAIMING AND AWAKENING YOUR SEXUAL SOVEREIGNTY, so that you can birth yourself in your full radiant power connected to your sexual creative energy aligned with your greatest desires.

YOU ARE THE MASTER OF YOUR PLEASURE AND TEMPLE BODY. You have an opportunity to create a positive, loving relationship with your yoni and womb, as you value and trust yourself and say YES.

When you connect with your sexual sovereignty, you learn to move through life in ways that turn your soul on.

PHASES OF THE MOON & OUR MENSTRUAL CYCLE

WE ARE HERE IN SISTERHOOD TO CELEBRATE ONE ANOTHER'S UNIQUE GIFTS, to come together in collaboration instead of competition. I am honored to be co-creating this trimester with my dear womb sister, Phoenix Na Gig, aka the Womb Whisperer. Phoenix brings her deep wisdom and experience of the four archetypes which coincide with the moon, our womb, and our cycles. We offer this womb wisdom to support you in understanding your own personal unique rhythm with the moon.

AS YOU LEARN TO UNDERSTAND YOURSELF AS A CHANGING WOMAN, and how your innate power and wisdom shifts with your moon cycle, you can reclaim what is rightfully yours. Phoenix shares, "All women with a physical or energetic womb, are experiencing four phases of hormonal, physical, spiritual changes in a lunar cycle, every 29.5 days. Even though our cycles are different, we can align with the moon."

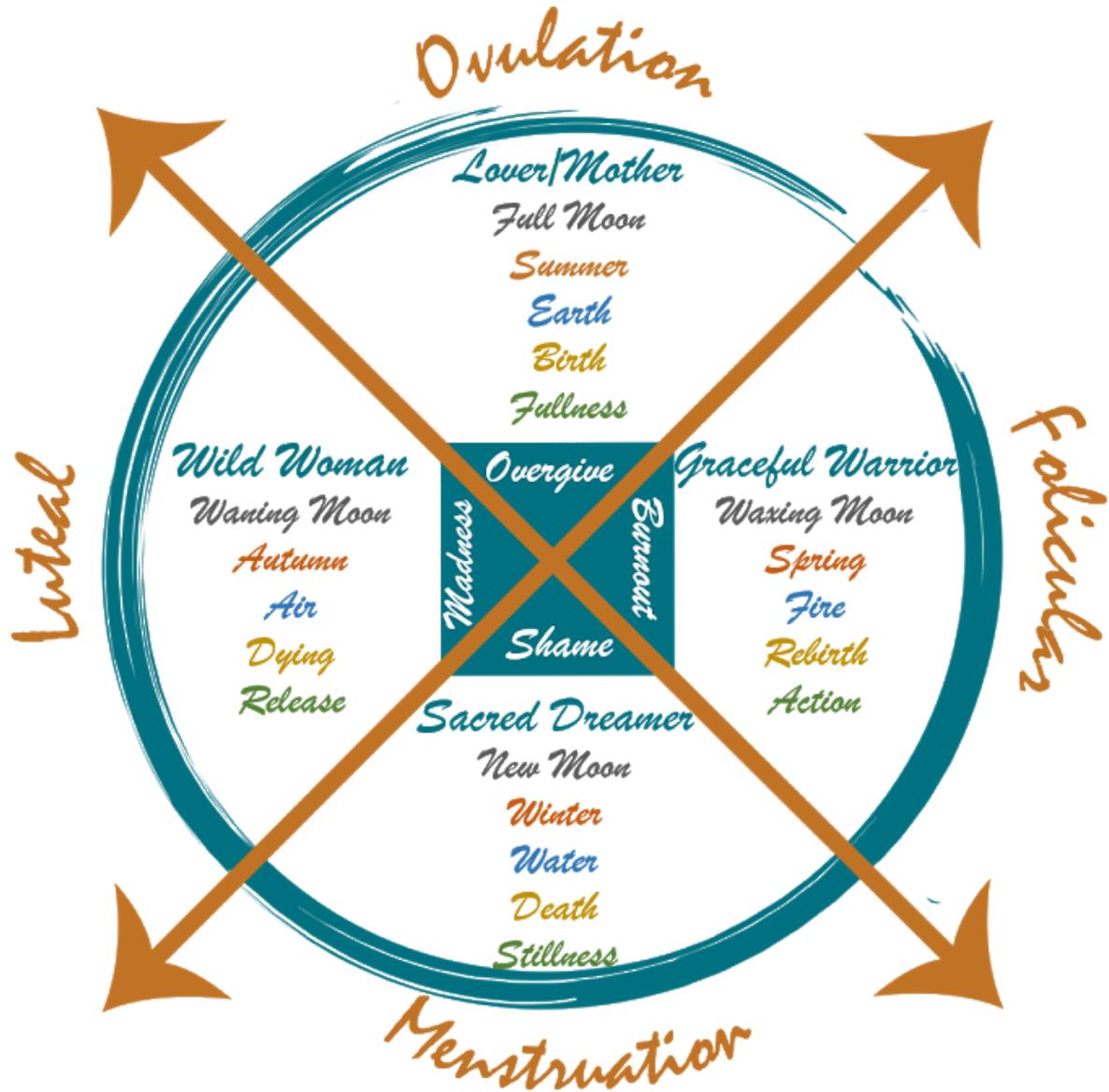
WE WILL BE WORKING WITH 4 ARCHETYPES, WHICH ARE ALIGNED WITH THE CURRENT LUNAR CYCLE:

SACRED DREAMER (NEW MOON)		GRACEFUL WARRIOR (WAXING MOON)
MOTHER/LOVER (FULL MOON)		WILD WOMAN (WANING MOON)

EACH ARCHETYPE THAT LIVES WITHIN YOU IS HERE TO GUIDE, TEACH AND SHOW YOU THE WAY, you just have to give her space and permission to be fully felt and expressed. We invite you to map your cycle with the moon. Day 1 is the first day of menstruation which is considered the Sacred Dreamer Archetype aligned with the New Moon.



TEMPLE BODY ARTS MOON COMPASS



UNDERSTANDING THE SHADOW

IT IS IMPORTANT TO EXPLORE BOTH THE SHADOW AND THE LIGHT ASPECT OF EACH ARCHETYPE AS YOU BIRTH YOUR SEXUAL SOVEREIGNTY INTO BEING. You will see the shadow of each archetype reflected by the words in the center of the inner gem of the Moon Compass.

"The Cave You Fear to Enter Holds the Treasure You Seek."

~ Joseph Campbell

THROUGH THESE DIFFERENT PHASES, THE INVITATION IS GET TO KNOW YOURSELF AND YOUR INNATE RHYTHM. By honoring your innate wisdom within these phases, you receive clarity and inner guidance. However, this is only possible if you give yourself the time and space to go within and commit to this journey of self-discovery. If you are not honoring yourself through these different phases, the shadow part may come into play.

AS YOU LEARN TO ALIGN WITH THESE DIFFERENT ARCHETYPES WITHIN YOUR OWN CYCLE, you tap into your feminine power to... Intuit, Create, Connect, Give Birth To, Let Go Of, Embrace Your Wild Woman, and Surrender.

AN INVITATION TO TRACK YOUR CYCLE

PHOENIX HAS OFFERED HER MOON CHART FOR YOU TO TRACK YOUR CYCLE AND YOUR FEELINGS, EMOTIONS, PHYSICAL SENSATIONS, DAYS OF BLEEDING ETC. You can find the "Your Moon Chart" in the Resources Tab of this Birthing Sexual Sovereignty Course.

COLLECTING YOUR BLOOD

IN THIS JOURNEY, I INVITE YOU TO USE A MOON CUP, OR REUSABLE PADS TO COLLECT YOUR SACRED BLOOD to offer to the earth, and keep some on your altar (in a special vessel or jar with a lid) to begin working with your menses in ritual form, to release, amplify, and birth what it is you are desiring.



REFLECTION QUESTIONS

What is your Intention for this journey of birthing your sexual sovereignty? What is your highest Desire?

What does Sexual Sovereignty mean to you? What does it look like in your life?

