

♥ Do you want to know more about this special course? Below Guru Rattana shares about the major themes of the Gift of Womanhood retreat. Also included is a list of the topics that she will teach. What a gift! --2 classes everyday for 8 days and an evening sharing and meditation session -- all with Guru Rattana!

## **The Gift of Womanhood**

**by Guru Rattana, Ph.D.**

The most basic foundation for woman's power is to be at peace with herself, her life, and her path. Inner peace and happiness awaken from within when woman is emotionally balanced and not upset or mentally conflicted about who she is and what she is doing on planet Earth. To feel content and to succeed in life, woman has to embrace her own unique identity, life, and journey.

*The Inner Art of Woman's Power* is a profoundly transformational retreat designed by a woman for women. (1) We use Kundalini Yoga and Meditation to wake up and tune into our inner reality and essence as a woman. (2) We use astrology and numerology to identify our unique blueprint and to personalize our process. (3) We cultivate neutral and compassionate consciousness, so we can look at specifics in our life from an expanded heart-centered perspective.

Below is a summary of the themes that you will experience at this retreat.

### **[1] Woman Finds Her Power Within**

Woman's power blooms from within. Just as she holds her child in her belly, she must patiently and lovingly nurture herself from her own heart.

Woman must feel who she is and honor her feelings. As she cultivates a feeling relationship with her emotions, she can relax into her womanhood. As she accesses the strength and stability of her inner space, she can enjoy the vastness of her power.

In self-acceptance and self-love, woman is no longer needy. She doesn't search for or depend upon external attention or approval. When woman approves of herself, she doesn't need to fight to be right. She feels right with herself.

### **[2] Women Can Only Be Women**

Women are very special beings. Women can only be women. And that is a great thing! We must train ourselves, actually allow ourselves and give ourselves permission, to be women. Women in their power can shift the world and its structures to be inclusive, nurturing, and caring.

Women have been trained to live in a man's world and to be like men. But this doesn't work for women. It has created stress, burnout, anxiety, and physical illness. Woman's power, projection, and presence are determined by her level of inner peace.

### **[3] Woman's Nature Is Very Sensitive**

Woman's energy field is very sensitive and like a sponge. We pick up everything and process it. Women are wired to be aware of subtle energies, to adjust, to interact, and to respond.

Nowadays women are overloaded by energies that we need to process. Our energy systems are overworked. Our automatic responses to overstimulation and too many demands are to (1) shut down, (2) respond with stress, and (3) be self-defensive to protect ourselves. This is a serious problem that we must do something about.

For our own health and well-being, we need to learn how to relax, allow, feel, and then respond appropriately from our inner guidance, and not from programming or social expectations. As we get connected to ourselves energetically, we can be in charge of our reactions and interactions from inner strength and peace.

### **[4] Know and Work with Your Soul Blueprint**

Our astrological birth chart shows how we are each made up of our own special configuration of the four basic elements. As we mature, we can befriend these energies and be a choice how we use them.

Earth can be resistant or present and grounded.

Fire can be angry and resentful or able to act and respond with awareness.

Water can be afraid or relaxed and flowing.

Air can be judgmental and critical or alert and conscious.

Instead of being a victim of these energies -- being reactive, acting without thought, or being stuck and unable to act, we can get to know these energies inside ourselves. With deep feeling awareness we can learn to act and create with them consciously.

### **[5] From Victim and Savior Mentality to Saving Ourselves**

A most basic cause of woman's (actually all human) suffering is that we see ourselves as victims -- victims of our upbringing, relationships, situations, culture, the political and economic system, and karma. In sum, we identify something or someone outside of ourselves as the cause of our problems.

Our tendency to view ourselves as victims reflects some truth in a predatory economic system designed to take advantage of people through the manipulation of human needs and desires. Although understandable, we must take care not to be a victim of our belief that we are a victim.

Victimization is supported by blame, denial, ignorance, explaining away what we don't like, and trying to figure out how we can escape instead of deal with what is happening in our lives. Basically we try to find excuses (and solutions) that avoid our need to change or to look at our situation from a broader perspective.

The problem is that in victim consciousness we will always live in conflict, carry resentment, be consumed by inner anger, and never find peace and happiness. (All conditions that fester into physical disease, including breast cancer!)

Releasing ourselves from a victim mentality requires accepting our life and taking responsibility for our challenges as they present themselves and dealing with them to the best of our ability. (We can also ask for help from others and in prayer. Universal angels need to be asked and thanked to assist us.)

We can't convince ourselves or rationalize ourselves into another attitude. We have to cultivate our own experience of honestly and courageously living our lives. It is our personal responsibility, with our power of free will, to save ourselves!

Our perception of victimization usually goes hand in hand with the desire to be saved by some external authority or miraculous situation. We can redirect our desire for a savior, to recognizing how we can save ourselves from our own illusions. There are many ways to take responsibility for our own lives.

- ♥ We can use our free will to take action to support and take care of ourselves.
- ♥ We can separate ourselves from abuse by making choices that no longer attract and perpetuate debilitating relationships and situations.
- ♥ We can be realistic, embrace our life challenges as part of our Earth School experience, and be willing to take responsibility for ourselves, without being resigned or resentful.
- ♥ We can transform our inner reality, release our interlock with negativity, and see what an accepting grateful attitude attracts.
- ♥ With our spiritual practice we can energetically align our energies with universal energies.
- ♥ With alignment and patience, we can deliver ourselves to the always available dimension of magic and miracles.

### **[6] I Am Only Who Only I Can Be**

Each woman is uniquely who she is. Only you can know who and how you are. Astrology and the Ten Subtle Bodies Numerology both offer us valuable insights into the energetic make up of our being -- how we are composed and influenced. This personal knowledge, can help you excel and meet life's challenges from your own power formula.

You and only you have access to your truth! Only you can forge and walk your path. Only you can focus and apply yourself to find YOU and to wake up to your personal clarity, purity, and power. Our guiding touchstone is -- *I am only who only I can be.*

### **[7] Go Inside to Discover Your Identity and Destiny**

We must go inside because this is the only place where awareness, healing, and love happen. It is the only place where we can connect with our essence as a woman. Kundalini Yoga draws us in so we are able to pay attention to how we feel, think, act, respond, and breathe.

In order to be happy and to live authentic and fulfilling lives, we have to go deep into our own hearts where we go by ourselves and experience that we no longer feel alone. We have to connect with our soul and feel how our soul is manifesting in this incarnation to be a certain way, to be only who we can be, and to do what only we can do. It is our personal responsibility to find and identify our identity and our destiny.

### **[8] Self-Love and Acceptance**

To know ourselves, we must love ourselves the way we are. And to love ourselves we must know ourselves. We find and maintain our true identity through self-awareness, self-acceptance, and self-love.

Most of us are deficient in the area of unconditional love and compassion for ourselves. But we can change that now! With self-love, we can uplift, discover, and be more and more of our authentic selves. With self-acceptance we build self-confidence, self-trust, radiance, and the presence of our authentic uniqueness.

### **[9] Women Are Tested in Relationships**

Woman's power is always tested in relationships. We will investigate -- What happens to your energy when interacting and being confronted? Can you stay connected to your peaceful inner space? Can you neutrally observe and avoid reacting defensively?

Women must build their inner powers to be effective and not self-destructive in the world. Women can train themselves to handle themselves and their energies. We do a better job when we know ourselves as women -- subtle, sensitive, embracing, and caring.

### **Woman's Responsibility and Gifts to the World**

We live in a very chaotic, challenging, and evolutionary time on the planet. And it is a very critical time for women. We must be able to deal with the increased intensity and be able to handle challenging situations. To do so we must cultivate woman's skills, including -- self-love, containment, satisfaction, contentment, and inner peace.

Women's power and presence are needed everywhere in the world. Our being, our nurturing energy, our inner peace are among our gifts to the world. Women must step up, take responsibility for their contribution, and give what only women can give.

### ♥ **Come Together with Other Women!**

Come together with other women, for a life-changing experience. Together, with Kundalini Yoga and Meditation we will align with our womanhood, raise our vibration, learn to focus, consolidate, relax, trust, surrender, and be kind to ourselves and love our lives.

### ♥ **Topics and Text Book**

Below is a list of class themes that you will experience at this retreat. The chapters references come from the book by Guru Rattana *The Gift of Womanhood* which is our 'text' book. If you don't already have a copy, it is recommended to purchase one and bring it to the course. Most of the kriyas and meditations will come from this manual. It can be purchased at [www.rootlight.se](http://www.rootlight.se) and [www.satnam.de](http://www.satnam.de)

**The Gift of Womanhood -- Course Topics**  
**October 3-12, 2019**  
**with Guru Rattana, Ph.D.**

1. The Energy Is Changing -- Can You Feel It? - Astrological Shifts 2019-2020
2. Honoring Woman's Unique Nature and Design (Chapter 3)
3. Aspects of Woman's Empowerment (Chapter 2) and Personal Check In
4. Woman's Power Is Inside - Inner Reality Creates Outer Reality (Chapter 5)  
What is your energy doing? Happy Hips, the Locks, Awakening the Kundalini (p. 196-199)
5. Activating and Aligning both the Stable and Flowing Polarities Within  
Touchstones - Relaxation/Flow and Inner Peace/Stable
6. My Identity as a Woman - Five Facets of a Woman's Identity (Chapter 4)
7. Woman's Hidden Agendas to Get Love, and Her Stable Polarity (Chapter 6)  
Healing Father and Abandonment Wounds (Chapter 7)
8. Astrology - Identify Your Unique Design and Soul Blueprint  
I Am Only Who Only I Can Be
9. Working with the Elements and Your Creative Design
10. Numerology - The Path of My Soul - Know Myself, Love Myself
11. Lighten Your Load - Releasing What Doesn't Support You and Forgiveness  
Liberate Yourself from Victimization and Self-Sabotage -- Save Yourself!
12. Spiritual Paths for Women - Passive/Receptive Skills for Relaxation  
The G.O.D. phases of creation (Chapters 9 and 11)
13. Healing Archetypical Mother Wounds - Connecting with the Earth and Divine Mother  
(Chapter 13) Finding Our Guru Within
14. Inner Beauty - Power, Presence, and Projection (Chapter 26)  
At Peace with Your Path - I Do Only What Only I Can Do
15. Woman Is a Living Prayer - Oneness, Surrender and Trust (Chapter 27)  
Woman's Space of Love - Healing, Health, Creating Magic and Miracles (Chapter 29)

# Women's Role in the World - Next Phase

by Guru Rattana, Ph.D.

It is a very special time for women. Actually it is a very special time for both women and men and for everyone on the planet. It is important to take a close look at what is happening, how we can take advantage of the openings and opportunities for women, and how our transformation can benefit us all.

## Progress

The primary focus in the past decades (especially in the developed countries) has been on achieving equal rights, equal opportunities, and equal pay for women. Much has been achieved (and there is still much to be done) so that women can participate in the business and work world on an equal footing as men.

## Defined by Male Values

The overriding goal has been to integrate women into a man's world. A basic problem with what we have achieved so far is that woman's role has been defined in terms of male values. Because the overall reference point has been what works for men and how they define (and maintain) their power, much of the progress has been at the expense of woman's identity, health, and well-being.

To fit into the competitive, ego-driven, domination model of a male-based system, women have been forced to operate in a mode that creates stress, burnout, and serious physical, emotional, and spiritual dysfunctions and pain.

The possibility of systemic transformation that reflects woman's needs and nature has been undermined to the extent that women do not value themselves as women, lack self-esteem, strive to be and act like men, and are guided by the male model for how they try to succeed in the world.

This has happened unconsciously because of the fear-based beliefs and programming that has pervaded the Earth for millennia. However, the presence of more light on the planet and the increase of heart energy makes it possible to become aware of old patterns and to use our heart-felt consciousness to create from the space of love (not fear).

## Progress and Next Phase

While being grateful for the progress that has been made, we must expand our vision to direct the next phase of woman's empowerment. Both the status and happiness of women must be defined and driven by woman's basic nature, and not by trying to fit our feminine essence into a struggle, competitive, conflictual, and survival of the fittest model for success and progress.

To create profound social change, we must continue to work in many arenas, including -- legal rights, education, access to professions, and healthcare. All areas of concern must be guided by an overall perspective that supports, instead of sabotages, woman's special nature. The next phase must look deeper at the causes of global problems and solutions to woman's empowerment and role in society.

Specifically, (1) we must examine the worldview (fear or love) from which we operate. Our perspective and attitude toward ourselves and life determines the nature of the change that we desire and are able to create. (2) And we must examine and elevate our consciousness -- because our inner reality is the foundation from which we create our outer reality.

### **Woman's Creative Role**

Woman's desire to participate in the world is natural and should be supported by equal education, employment opportunities, pay/benefits, etc. Women not only have a right to participate, their participation is seriously needed and required. But women must participate as women, not as male clones.

A most basic fact of life is that women are the creative force on Planet Earth. Women's creativity must be applied to how we create our culture, communities, education, economic/political systems, and everything else in the world. Without woman's participation, things don't work right. We have way too much proof.

The current phase of woman's empowerment requires making it feasible and welcoming for women to be fully contributory agents of change in our society, without jeopardizing their well-being and role as mothers and nurturers.

### **Woman's Nurturing Nature**

Woman's participation should not be undercut by an apologetic attitude about child bearing and desire to create a cozy home. Without birthing the next generation, there won't be one. A loving home is the foundation for a sense of safety and security in the psyche of both children and adults.

As one loving father shared, fatherhood is the cure for the abuses of the patriarchy. Men involved in child rearing and home are much less prone to distance themselves from the effects of our political and economic systems on families and to connect with the values that honor all life.

One of the most beautiful results of the 2017 *Gift of Womanhood* course was that after being very honest with themselves and each other, all the women came to the same realization that their basic nature was nurturing. It was heart-warming how they honored themselves and each other and created a warm, loving feeling in our week together. Our communities, countries, and



whole planet could feel like this if (when) woman bring inner peace, caring, and inclusive values to the world.

## **Testimonials from Previous Womanhood Retreats**

Guru Rattana brought us in touch with the softness and sensitivity in women, which makes us feel strong. Guru Rattana teaches from her heart and her wisdom. Her style is poetic, profound, and playful. It was wonderful to be in the choir of angels that she gathered. Her soft and aware way of doing the Kundalini Yoga practices made everything click --aha - that is the way to do it! I advanced one more step closer to valuing womanhood and myself. --Cilla

I can feel more love in my heart and for myself -- I now have the key. I can integrate much of what I learned in my work with children. --Bente

Thank you for a once in a lifetime experience. The first time I met you, I knew you were magic. Your feminine energy inspires me. I feel seen. I can feel my own energy, which I love. The Mother energy is the best. --Thea

I got a new perspective about being my own authority. I got the words I needed to understand more about the energies in me. Your wise description of the stable and flowing polarities makes it easier for me enjoy both, to feel like myself and not like a man. -- Nadja

Sat Nam!

