

The Inner Art of Woman's Power

June 30, 2019

What is your biggest challenge as a woman?

How do you feel about your self, your life, your energy, your womanhood?

What is the problem? What is your energy doing?

Male Model

Stress, burnout, and unhappiness for women in today's world is rooted in the fact that women have been trained to cultivate power from a model designed by men for men that focuses on external force and attention, go get it action, power-over, and control.

Woman's Special Design

To experience her power, woman must know, accept, and align her energies with her special design, nature, and constitution.

Woman finds her authentic power within herself.

Woman's energy

- ◆ is very sensitive, designed to be a mother.
- ◆ reaches out to include, nurture, and comfort.
- ◆ always creating - dramas, traumas, stories
- ◆ magnetic - always attracting
- ◆ extra sensory capacity - creates multiple realities - fantasies

Problems arise

when her energy is outside herself, she gets depleted and wonders why
not neutral - taken over by emotions and sensitivity
not centered in herself

Men need to learn how to behave themselves.

Women need to learn how to be themselves.

What can woman do to take care of herself?

1. Know her own energy

Turn her attention to herself. Focus on how she feels in her own body.

Strengthen her aura

Stimulate every part of her body

to be physically healthy and align emotional body

2. Elevate her frequency so she computes and attracts differently

3. Contain - by staying present to what she is feeling inside her skin

4. Neutral Polarity - find, strengthen, focus on and operate from neutral

for stability and connection with the Infinite and your soul

5. Stay in the center of your circle.

Where do you go? to neutral, your center, your heart or
to your mind, your conversation, story, fear, anger?

Every weakness in your mind is because you are not in touch with your neutral mind. Neutral mind is when you are not bound down by the negative force or the positive force. Then you are the force. Then that is God. -- Yogi Bhanjan

Egyptian proverb from the temple of Luxor:

"You will free yourself when you learn to be neutral and follow the instructions of your heart without letting things perturb you. This is the way of Ma'at."

7. Relax into flowing polarity - release stress and process emotions

8. Shift mode to relax and attract - Trust yourself and your womanhood

“Trust only comes when you trust yourself. When you trust your dignity, you will always be dignified. When you trust your love, you will always be lovable. When you trust your beauty, you will always be beautiful. When you trust your greatness, you will always be great.” Yogi Bhajan

9. Enjoy being a woman - basic nature is kind, caring, and nurturing

10. Find your own fragrance - enjoy being your goddess self, a sacred woman!

Instead of being perfect, be graceful, be content, be kind, etc.

Deal with life gracefully and gratefully.

Class Program to Take Care of Ourselves as Women

Tune In - 2 polarities

Liver Colon Set pages 281-3 in *The Gift of Womanhood*

Shake

Relax

Rebirthing Breath

Whistle breath

Guru Ram Das

Dance

Healing Circle

Ek Ong Kar Sat Gur Prasad, hands cupped - attract, accept, trust

Shake and Dance <https://damienrose.bandcamp.com>

liquidbells.com - has links to download Tibetan Bowls at amazon and itunes.
has a link for shake, dance, relax, although the link may be hard to see.

Women in the World

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 and how we can take advantage of the openings and opportunities for women and how our transformation can benefit all of us.

Progress

The primary focus in the past decades 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 rights have 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 that has been made has been at the expense of woman's identity and well-being.

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

Women have participated in undermining the possibility of radical transformation by buying into the values of the patriarchal paradigm. Women have been part of the problem to the extent that they don't value themselves as women, lack self-esteem, desire to be and act like men, and are guided by the male model for who they strive to be and how they try to succeed in the world.

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 nurturing nature 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 and solutions to woman's empowerment and role in society.

Specifically, (1) we must examine the paradigm from which we operate. Our worldview 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, and pay/benefits. Women not only have a right to participate, their participation is seriously needed. 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, education, economic/political system, 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.

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 nurturing and 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 nurturing and inclusive values to the world.

The Inner Art of Woman's Power

by Guru Rattana, Ph.D.

(In Blog July 2018) The Inner Art of Woman's Power is a profoundly transformational retreat designed by a woman for women.

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.

(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.

As we have said, 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.

[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 Gift 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 handle the increased intensity. We must know our own energies and be able to handle ourselves. These are the themes that you will experience at this retreat designed by a woman for women. We will cultivate woman's skills, including -- containment, satisfaction, contentment, and inner peace.

With Kundalini Yoga we will align with our womanhood, raise our vibration, learn to focus, consolidate, relax, trust, surrender, and be kind to and love ourselves and our life.

This special course, designed by a woman for women, is about woman's inner reality and how she can love and nurture her essence as a woman. Relevant to women of all ages, you will experience your authentic identity as a sacred woman and learn to honor yourself and your unique life.