# Workbook 8: The Feminine Journey

## Returning to the Wild: Reclaiming Sacred Feminine

**For women ready to stop performing and return to their wild nature**

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## Welcome Sister

### You Know Something Is Wrong

Not wrong with you.

Wrong with how you’ve been taught to be a woman.

**You’ve been told:** - Be soft (but not too much) - Be strong (but not threatening) - Be sexual (but not slutty) - Be nurturing (but don’t lose yourself) - Be ambitious (but not aggressive) - Be intuitive (but not crazy) - Be everything to everyone - And nothing for yourself

**And you’re exhausted.**

### The Ache

**There’s an ache in you.**

For something you can’t name.

Something wild. Something free. Something that doesn’t perform. Something that doesn’t apologize.

**Something that was taken from you before you were born.**

**The sacred feminine.**

### What This Workbook Offers

**Not:** - Another standard to meet - Perfect feminine goddess archetype - New way to perform - “Divine feminine” bypassing

**But:** - Permission to be wild - Tools to reclaim your rage - Practices for your cycles - Sovereignty in your body - Connection to lineage - Return to your wild nature

## The Wound of the Feminine

### The Collective Wound

**For thousands of years:**

The feminine has been: - Feared - Controlled - Silenced - Burned - Tamed - Domesticated - Made small

**This isn’t history.**

**This is in your cells.**

### What You Inherited

**From your mothers:** - “Don’t be too much” - “Be careful” - “Don’t make waves” - “Stay small and safe” - “Your body is dangerous” - “Your power threatens” - “Serve others first”

**They taught you this:** - Not because they were cruel - But because it kept them alive - Because it kept you safe - Because they learned it from their mothers

**It’s a survival strategy.**

**That became a prison.**

### The Ways You Learned to Be Small

**Check what resonates:**

* Apologize constantly
* Make yourself smaller physically (hunching, taking up less space)
* Dimming your light around others
* Asking permission
* People-pleasing
* Never saying no
* Putting everyone else first
* Hiding your intelligence
* Downplaying your beauty
* Suppressing your anger
* Performing niceness
* Fawning when threatened
* Sexualizing yourself for safety/approval
* Cutting off intuition
* Disconnecting from your body
* Abandoning your needs

**These kept you safe.**

**But they’re not who you are.**

### The Core Wounds

**1. Your body is wrong** - Too much or not enough - Shameful - Needs to be controlled - Exists for others

**2. Your power is dangerous** - You’ll be punished for it - You’ll be alone - You’ll be too much - Better to be small

**3. Your emotions are bad** - Anger makes you crazy - Sadness makes you weak - Joy makes you selfish - Feel less, be more acceptable

**4. Your sexuality is shameful** - Or it’s your only value - Virgin or whore - Never just… yours

**5. Your intuition is invalid** - You’re being irrational - You’re too sensitive - Don’t trust yourself - Listen to others instead

**These are lies.**

**But they’re embedded deep.**

## What Was Taken

### The Losses

**What was stolen from the feminine:**

**Connection to the wild:** - Raw, untamed nature - Animal knowing - Instinct - Wildness

**Connection to the body:** - Pleasure - Cycles - Intuition - Aliveness - Sexual sovereignty

**Connection to rage:** - Protective anger - Boundary-setting fire - Sacred destruction - Cleansing force

**Connection to power:** - Leadership without apology - Claiming space - Speaking truth - Unapologetic existence

**Connection to sisterhood:** - Women turned against each other - Competition instead of alliance - Isolation instead of circle - Jealousy instead of celebration

**Connection to the sacred:** - Priestess lineage - Wise woman ways - Healing arts - Moon rituals - Earth wisdom

### The Reclamation

**This work is about:** - Taking it back - Remembering what you knew - Returning to the wild - Reclaiming what’s yours

**Not learning something new.**

**Remembering what you’ve always known.**

## The Mother Wound

### The First Betrayal

**For most women:**

The first wound is mother.

**Not because she was evil.**

**But because:** - She couldn’t give what she didn’t have - She was wounded too - She taught you to be small (to keep you safe) - She passed down the lineage wound - She couldn’t model what she never saw

### The Ways Mother Wounded You

**Common patterns:**

**The Absent Mother:** - Physically gone (death, leaving, addiction) - Emotionally unavailable (depressed, overwhelmed, numb) - Never really there

**Impact:** “I am not worth being there for.” “I must take care of myself.” “Needing is shameful.”

**The Engulfing Mother:** - No boundaries - You were her emotional support - Your feelings threatened her - Had to take care of her needs

**Impact:** “My needs don’t matter.” “I exist for others.” “I can’t separate.”

**The Competitive Mother:** - Jealous of your youth, beauty, freedom - Made you smaller to feel bigger - Critical of your body, choices, life

**Impact:** “My light threatens others.” “I must dim myself.” “Being beautiful is dangerous.”

**The Controlling Mother:** - Dominated every choice - Couldn’t let you be yourself - Love was conditional on compliance

**Impact:** “I don’t know who I am.” “I can’t trust myself.” “I need permission to exist.”

**The Wounded Mother:** - Trauma you felt but couldn’t name - Her pain became yours - You tried to heal her

**Impact:** “I carry what’s not mine.” “I’m responsible for others’ pain.” “I can fix her/them.”

### Healing the Mother Wound

**The practice:**

**1. See her as a daughter too**

She had a mother who wounded her.

And that mother had a mother.

And on and on.

**You’re not excusing what she did.**

**You’re seeing the lineage of pain.**

**2. Grieve what you didn’t get**

You needed: - To be seen - To be held - To be loved unconditionally - To be allowed to be yourself

You didn’t get that.

**Grieve it.**

**3. Release her from needing to be different**

“Mom, I release you from needing to be the mother I needed. You gave what you could. It wasn’t enough. And that’s the truth. I take my life now. Thank you for giving me life. That’s all I need from you.”

**Say this aloud (she doesn’t need to hear it).**

**4. Mother yourself**

Give yourself: - The love you needed - The seeing you craved - The permission you sought - The holding you longed for

**You can mother yourself now.**

### Reclaiming the Motherline Gifts

**Even wounded mothers give gifts:**

From your mother, you received: - Life itself - Strength (even if through pain) - Resilience - Gifts you haven’t acknowledged

**Reflection:**

“What strength did I receive from my mother (even through the wound)?”

“What gifts do I have because of her?”

**Acknowledge what was given.**

**Even if it came through pain.**

## Reclaiming Sacred Rage

### The Forbidden Emotion

**Anger in women is:** - Crazy - Hysterical - Bitchy - Unattractive - Dangerous - Unacceptable

**So you learned to:** - Swallow it - Turn it inward (depression) - Leak it sideways (passive aggression) - Numb it completely

**But rage is medicine.**

### What You’re Angry About

**The rage is for:**

**Personal violations:** - Every time you were touched without consent - Every time you made yourself small - Every time you apologized for existing - Every time you said yes when you meant no - Every time you performed for approval - Every time you betrayed yourself

**Collective violations:** - Centuries of oppression - Sisters burned as witches - Women silenced and controlled - Bodies legislated and owned - Lineage of pain

**This rage is not small.**

**This rage is ancient.**

**This rage is sacred.**

### The Practice of Sacred Rage

**This is not about:** - Hurting anyone - Lashing out - Being destructive - Blaming all men

**This is about:** - Feeling the fire - Expressing what’s been suppressed - Reclaiming your no - Protective power - Cleansing force

### Rage Release Ritual (Women’s Version)

**What you need:** - Private space - Pillows or mattress to hit - Your voice - Permission

**The practice:**

**1. Ground first** - Feel feet on earth - Hand on womb or heart - Breathe into belly

**2. Name it** Say aloud what you’re angry about: - “I’m angry that I was taught to be small.” - “I’m angry that my body was shamed.” - “I’m angry that I silenced myself for safety.” - Keep going until the fire rises

**3. Release it** - Hit the pillow with force - Scream from your belly - Roar like an animal - Let sound be primal - Shake and move - Until it’s complete

**4. Ground again** - Hand on earth - Breathe - Feel your body - Thank the rage

**Weekly practice.**

**Monthly at minimum.**

**The rage is medicine.**

### Boundaries from Fire

**After releasing rage:**

Practice saying no: - “No.” - “This doesn’t work for me.” - “I’m not available for that.” - “That’s not okay.”

**Let the fire protect you.**

**Let rage set boundaries.**

## Grief: The Unmapped Ocean

### The Grief Women Carry

**You carry grief for:**

**Personal losses:** - Childhoods lost to performance - Bodies shamed and disconnected - Sexuality controlled or violated - Power suppressed - Voice silenced

**Collective grief:** - Mothers who suffered - Grandmothers who had no choice - Sisters burned, silenced, erased - Feminine wisdom lost - Connection to wild severed

**This grief has no bottom.**

### Permission to Grieve

**You’re allowed to cry for:** - What you never had - What was taken - What you had to become to survive - Who you couldn’t be - What you lost

**Even if:** - Others had it worse - You’re “privileged” - It’s in the past - You should be over it

**Grief doesn’t care about should.**

### Grief Practices for Women

**Womb Grief Release:**

Lie down. Hands on womb space. Breathe into your womb.

Ask: “What grief lives here?”

Let tears come. Let sounds come. Let your body shake.

**The womb holds grief.**

**Let it release.**

**Sister Grief Circle:**

Gather with women.

**Each woman speaks:** “I grieve for…”

**Others respond:** “We grieve with you.”

**No fixing. No explaining.**

**Just witnessing.**

**Ocean Grief:**

Go to water (ocean, river, lake).

Stand at the edge.

Cry into the water.

Let the ocean hold your grief.

It’s big enough.

## The Wild Woman Returning

### Who She Is

**The wild woman is:** - Untamed - Unapologetic - Instinctual - Free - Raw - Real - Herself

**Not:** - Nice (unless she wants to be) - Acceptable - Tamed - Domesticated - Performing - Small

**She was there before you learned to be good.**

### Signs She’s Returning

**You might:** - Care less about others’ opinions - Say no without explaining - Take up space unapologetically - Speak truth even when uncomfortable - Trust your body’s knowing - Choose yourself - Stop performing - Let your wildness show

**This might scare people.**

**Good.**

### Practices for Rewilding

**Howl at the Moon:** - Full moon nights - Go outside - Howl like a wolf - Let sound be primal - Wake the wild

**Wild Movement:** - Dance with no one watching - Move like an animal - Shake, writhe, crawl, leap - Let your body be free

**Barefoot & Bare-Breasted:** - Walk barefoot on earth - If safe, bare your breasts to moon/sun - Feel connection to wild - Reclaim your animal nature

**Primal Voice:** - Roar - Growl - Scream - Let sounds that aren’t words - Wake your wild voice

### The Wild Woman’s Knowing

**She knows:** - When someone is lying - When she’s not safe - What she needs - What’s true - When to stay - When to leave - Who to trust

**This is instinct.**

**This is intuition.**

**This is wild knowing.**

**Trust her.**

## Cycles, Seasons, & Moon

### Your Body is Not Linear

**You’ve been taught:** - Be consistent - Same energy every day - Steady productivity - Ignore your cycles

**But your body is cyclical:** - Seasons within a month - Tides within you - Moon pulling you - Womb wisdom

**You’re not broken.**

**You’re cyclical.**

### The Menstrual Cycle as Seasons

**Week 1: Menstruation (Winter)** - Energy low - Inward - Rest - Death & release - Void time - Intuition high

**Honor:** Rest. Bleed. Release. Be inward.

**Week 2: Follicular (Spring)** - Energy rising - Outward - Creative - New beginnings - Playful

**Honor:** Create. Connect. Initiate. Play.

**Week 3: Ovulation (Summer)** - Energy peak - Outward - Fertile - Radiant - Social - Magnetic

**Honor:** Lead. Shine. Collaborate. Express.

**Week 4: Luteal (Autumn)** - Energy declining - Inward - Completing - Truth-telling - Boundary-setting - Less tolerance for bullshit

**Honor:** Complete. Edit. Say no. Prepare for rest.

### Working With Your Cycle

**Track your cycle:** - Notice energy levels - Notice emotions - Notice needs - Notice creative flow

**Plan accordingly:** - Schedule important meetings in summer (ovulation) - Rest in winter (menstruation) - Create in spring - Edit/refine in autumn

**Stop fighting your nature.**

### Moon Cycles (For All Women)

**Even without menstruation:**

You can sync with moon:

**New Moon (Winter):** - Rest - Intentions - Inward

**Waxing Moon (Spring):** - Build - Create - Expand

**Full Moon (Summer):** - Celebrate - Express - Release

**Waning Moon (Autumn):** - Complete - Let go - Prepare

**Monthly moon practice.**

## Womb Wisdom & Trauma

### The Womb Holds Everything

**Your womb holds:** - Your own sexual trauma - Your mother’s pain - Your grandmother’s stories - Collective feminine wound - All the grief - All the power

**Even if you don’t have a physical womb.**

**The womb space holds energy.**

### Womb Trauma

**Common womb wounds:** - Sexual abuse/assault - Invasive medical procedures - Painful sex - Abortion (chosen or forced) - Miscarriage - Infertility - Hysterectomy - Birth trauma - Menstrual shame - Inherited trauma

**This lives in your body.**

### Womb Healing Practices

**Womb Breathing:**

Lie down. Hands on womb. Breathe directly into womb space.

**Visualize:** Golden light filling your womb. Clearing, healing, restoring.

10 minutes daily.

**Womb Dialogue:**

Sit quietly. Hand on womb.

Ask: “What do you need to tell me?”

Listen. Write what comes.

Your womb knows.

**Womb Release:**

Shake your hips. Pelvic movements. Let sound come from womb.

Release what’s held.

**Steam or Self-Massage:**

* Yoni steaming (if called)
* Gentle self-massage of lower belly
* Castor oil packs
* Warm baths with intention

**Honor your womb as sacred.**

## Sexual Sovereignty

### Your Sexuality Belongs to You

**Not to:** - Partners - Society - Religion - Patriarchy - Anyone else

**Your body is yours.**

**Your pleasure is yours.**

**Your sexuality is yours.**

### The Sexual Wounds

**You might have learned:** - Your body exists for others’ pleasure - Your pleasure doesn’t matter - Sex is shameful - You’re either pure or dirty - You owe sex - Your no doesn’t matter - Desire makes you bad

**These are lies.**

### Reclaiming Sexual Sovereignty

**1. Your body is yours**

Say aloud: “My body belongs to me. My pleasure belongs to me. My sexuality is mine. I decide what happens to my body. Always.”

**2. Reconnect to your pleasure**

Not for partner. Not for performance.

**For you.**

Self-pleasure practice: - Touch yourself with reverence - Not to orgasm (unless you want) - But to feel - To reclaim your body as yours - To know your pleasure

**3. Practice your no**

“No” is a complete sentence.

Practice: - “No.” - “I’m not available for that.” - “That doesn’t feel good.” - “Stop.”

**Your no matters.**

**4. Heal sexual trauma**

If you carry sexual trauma: - Somatic therapy - Trauma-informed support - Your own timeline - No rush to be “healed” - Your body’s wisdom

**This is deep work.**

**Get support.**

## Relationship to Masculine

### The Dance

**Feminine and masculine:** - Not gender - Not male/female - But energies - That dance

**You contain both.**

**But for women:**

Often wounded relationship to masculine.

### Healing Relationship to Masculine Energy

**In yourself:**

**Reclaim your inner masculine:** - Direction - Clarity - Boundaries - Protection - Action

**Without:** - Becoming hardened - Abandoning feminine - Performing “strong woman”

**Balance.**

**With men:**

**If you’ve been hurt by men:**

You might: - Not trust masculine - Armor against it - Control it - Seduce to feel safe - Collapse into it - Fight it

**Healing:**

Not all men are the ones who hurt you.

**But:**

Your body doesn’t know that.

**So:**

* Go slowly
* Trust your instincts
* Clear boundaries
* Find safe men to practice with
* Heal in your own time

**With masculine partners:**

**Healthy dynamic:** - You stay in your feminine (if that’s your essence) - They stay in masculine - Polarity - But both contain both - No one diminished

**Unhealthy:** - You mother them - You masculinize (because they won’t) - You collapse (lose yourself) - They dominate - You perform

**Check:** - Am I myself in this relationship? - Can I be soft and wild? - Can they hold both? - Do I feel met?

## Sisterhood & the Circle

### Women Need Women

**You can’t do this alone.**

**You need:** - Sisters who see you - Women who’ve walked this path - Circles that hold you - Witnesses for your becoming

**Not:** - Competition - Comparison - Jealousy - Surface friendships

**But:** - Deep alliance - Truth-telling - Fierce love - Sacred sisterhood

### The Wound of Women Against Women

**We’ve been taught:** - Women are competitors - Other women are threats - There’s only room for one - Judge other women - Tear each other down

**This serves patriarchy.**

**Not us.**

### Healing Sisterhood

**Practice:**

**1. Celebrate other women** When you feel jealous, bless her instead.

**2. Tell the truth** Stop performing niceness. Be real with your sisters.

**3. Hold space for each other** Witness without fixing.

**4. Create circle** Monthly gather with women. Share truth. Be witnessed.

### Women’s Circle Structure

**Gather monthly (or weekly):**

**Opening (10 min):** - Sit in circle - Light candle - Ground together - Set intention

**Sharing (60-90 min):** - Each woman shares (5-10 min) - “What’s alive for me…” - Others witness (no advice) - “I see you. I hear you.”

**Practice (20-30 min):** - Rage release together - Grief circle - Movement - Ritual

**Closing (10 min):** - Gratitude - Seal the circle - “What I take from circle…”

**This is medicine.**

## The Feminine as Power

### Redefining Power

**Masculine power:** - Doing - Achieving - Conquering - Building

**Feminine power:** - Being - Allowing - Receiving - Creating from void - Magnetic (not forceful) - Cycles - Intuition - Life force

**Both are power.**

**Feminine power is not less.**

### Your Power Is Not Dangerous

**You were taught:** - Powerful women are alone - Powerful women are bitches - Powerful women are too much - You’ll be punished for your power

**But:**

**Your power is your birthright.**

### Embodying Feminine Power

**Practices:**

**Take up space:** - Physically (stand tall, spread out) - Vocally (speak without apologizing) - Energetically (let yourself be felt)

**Stop apologizing:** - For existing - For taking space - For having needs - For being powerful

**Claim your worth:** - Charge what you’re worth - Ask for what you need - Expect to be treated well - Don’t settle

**Lead as woman:** - Not like a man - But in your way - Cyclical leadership - Intuitive guidance - Soft and fierce

## Monthly Practice Journey

### Month 1: Meeting the Wound

**Week 1:** - Identify your core feminine wound - Journal: “I was taught that being a woman means…” - Mother wound reflection

**Week 2:** - Rage release ritual (2x this week) - Name what you’re angry about - Begin grief practice

**Week 3:** - Womb breathing daily (10 min) - Track your cycle (if menstruating) - Notice moon phase

**Week 4:** - Reflection: “What wants to die?” - Release ritual - Rest

### Month 2: Reclaiming the Wild

**Week 1:** - Wild movement practice (3x) - Howl at moon - Barefoot on earth daily

**Week 2:** - Practice saying no (10x this week) - Boundary setting - Notice where you abandon yourself

**Week 3:** - Self-pleasure practice (reclaiming body) - Sexual sovereignty statements - Body as yours

**Week 4:** - Wild woman meditation - Journal: “The wild in me wants…” - Integration

### Month 3: Cycles & Sisterhood

**Week 1:** - Deep cycle tracking - Plan week according to phase - Honor your energy

**Week 2:** - Moon ritual (new or full) - Womb healing practice - Release inherited trauma

**Week 3:** - Find or create women’s circle - Practice being witnessed - Truth-telling with sisters

**Week 4:** - Celebrate what’s shifted - Gratitude for feminine - Set intention for ongoing work

## Rituals for Reclamation

### Full Moon Reclamation

**What you’ll need:** - Full moon night - Private space (ideally outside) - Bowl of water - Something to burn

**Ritual:**

1. **Gather at moonrise**
2. **Name what you reclaim:** “I reclaim my wildness.” “I reclaim my rage.” “I reclaim my body.” “I reclaim my power.”
3. **Write what you release on paper**
4. **Burn it**
5. **Stand in moonlight**
6. **Bathe in moon (literally or visualized)**
7. **Thank the moon**

### Menstrual Ceremony

**First day of bleed:**

1. **Cancel what you can**
2. **Create sacred space**
3. **Rest with intention:** “I honor my bleeding time as sacred.”
4. **Womb meditation**
5. **Journal: “What wants to die this cycle?”**
6. **Bleed on the earth** (if possible/wanted)

### Sisterhood Blessing

**With your circle:**

Each woman stands in center.

Others surround her.

**They say:** “We see your light.” “We honor your power.” “We witness your becoming.” “We’ve got you, sister.”

**She receives.**

Each woman gets blessed.

## Resources & Sisterhood

### Books

* *Women Who Run With the Wolves* by Clarissa Pinkola Estés
* *Wild Feminine* by Tami Lynn Kent
* *The Women’s Wheel of Life* by Elizabeth Davis & Carol Leonard
* *The Red Tent* by Anita Diamant
* *Pussy: A Reclamation* by Regena Thomashauer

### Teachers

* Clarissa Pinkola Estés
* Tami Lynn Kent
* Lisa Lister
* Sophie Bashford
* Miranda Gray

### Find Your Circle

* Local women’s circles
* Red Tent movement
* Moon lodges
* Sister circles online
* Create your own

## Final Words

### Sister

**You are not alone.**

**Millions of women are remembering.**

**Waking up.**

**Returning to wild.**

**Reclaiming what’s theirs.**

### The Return

**This is not about:** - Becoming something new - Achieving perfect femininity - Performing divine feminine

**This is about:** - Returning to who you’ve always been - Beneath the conditioning - Beneath the wounds - Beneath the performance

**Wild.** **Free.** **Yours.**

### Trust Your Becoming

**You don’t need:** - Permission - Approval - To be ready - To do it right

**You just need:** - To begin - To feel - To remember - To return

**The wild woman is already here.**

**She’s been waiting.**

**Welcome her home.**

**This workbook is part of the Astral Refined Offerings 2025 course materials.**

For women’s circles and feminine work: [astralamat@gmail.com](mailto:astralamat@gmail.com)

**May you remember your wild.** **May you reclaim your power.** **May you live as yourself.**

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*End of Workbook 8*