The Spiritual Feminist

Teminis Websel Feminist you've always been - and leaving the Good Girl you thought you were

the Spiritual Feminist archetype

we start here because to say goodbye to your Good Girl is simultaneously saying hello to your empowerment, your healing, your inner fire...

it's saying hello to your inner Spiritual Feminist!

the Spiritual Feminist archetype

in this workshop, we'll explore:

what does Spiritual Feminism mean? and how may it meet YOU?

the Spiritual Feminist archetype

not because we're bypassing the deep inner work that is necessary to say 'goodbye' to your inner Good Girl, but because walking away from that conditioned energy becomes more tangible (and exciting) when you know what you're walking towards.

the Spiritual Feminist archetype remember:

your inner Spiritual Feminist is unique to you. this session is here to illuminate and uncover, not force you into anything that doesn't feel true to you. if anything, your iSF will show you what IS true for you.

this is not about inventing a new persona for yourself this is about uncovering what has always been there,
and healing your inner Good Girl with compassion
and patience too.

we'll uncover:

Feminism x Spirituality

explore the

healing and

everything inbetween

intersection between empowerment, spirituality, feminine

Archetypal Energy

dive into your Good Girl + Spiritual Feminist to gain a deeper understanding of your inner landscape

Embodiment

move from understanding to living spiritual feminism with practices and tangible tips



How does Spiritual Feminism work?

It's the intersection between:

letting the current patriarchal foundations & thought-patterns crumble

X

uncovering your own inner power & intuitive fire

I don't think we can separate these two concepts too much.

If you truly want to live a spiritual, intuitive life, you need to explore what's holding you back from this.

And many roads of exploration will lead to the systems and frameworks we have grown up in: the capitalist and patriarchal conditionings in our society.

I know I'm preaching to the choir here - but it's so important to be clear on how timely topics such as equality, equity, inclusivity and sustainability are also part of your spiritual path.

Because without rooting into the present moment, your spiritual beliefs don't find a way to anchor into your reality. And that makes embodiment very difficult.

Spiritual Feminism speaks to empowering yourself and choosing the intuitive life *because of* the inequality and inequity in our society and how that has set you back up until now.

Not *despite of*, and bypassing what is truly holding us back in our day-to-day.

There are already too many people out there claiming they are spiritual beings whilst not looking at their sh\$t.

That's not healing. And that's not empowerment either.

So I'll step off of my soap box now but remember...

your inner Spiritual Feminist needs you to do deep rituals, meditation and journalling as much as it needs you to stand up for what you believe in, have the difficult conversation with people in your surroundings and be aware of your privileges too.

This is what truly will allow you to embody your empowerment and live life from alignment and authenticity.

I offer you this reminder because as we 'naturally' operate from our inner Good Girl, we are often not used to sit in the difficult stuff, connect to ourselves and our surroundings in the present moment and explore our needs and rights.

The feminist part can feel just as uncomfortable as reclaiming the spiritual part of you, right?

My biggest encouragement here is to honour the messy middle.

There is no such thing as the 'perfect' empowerment journey (that just speaks to more bypassing). This is also why we need to root back into the cyclicality of our path. It's a long, winding road, rather than a mountain to climb. There's no summit.

But trying your hardest to stay true to what feels right and authentic to you are the milestones you can focus on.





"an inherited idea or mode of thought in the psychology of Carl Gustav Jung that is derived from the experience of the [human] race and is present in the unconscious of the individual"

merríam-webster.com

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"a collectively inherited unconscious idea, pattern of thought, image, etc., universally present in individual psyches" dictonary.com

I'd add: a personification of energy that, through description, story-telling and practice, can be unlocked within.

archetypes are often used in fairy tales and folk tales. the typical 'old woman in the woods' (crone), Prince Charming (hero), the beautiful princess (maiden), etc.

dive deeper into archetypal work in this context with the works of Sharon Blackie (If Women Rose Rooted) and Clarissa Pinkola Estés (Women Who Run With The Wolves), based on the work of Carl Jung.

these fairy tales and folk tales have characters with a very specific, one-sided energy - their archetypal energy.

of course we are multi-faceted, -layered and dimensional beings, but reading about characters with a strong, inspiring energy can bring about a resonance and unlock something within.

we sometimes don't know we carry a spark within until we get into contact with someone who describes the fire. it's a recognition of something deep within.

this is why an archetype speaks to the subconscious. and when we awaken our subconscious, a spiritual process is ignited.

this is also why it's so powerful to create specific names for energies within yourself, such as the Good Girl and the Spiritual Feminist.

not to box up your process or identity, but to attach energy and experiences to these parts of you, so they come into your field of consciousness.

this way, you breathe life into what previously was hidden, intangible or unnamed.



this is of course what we'll explore in every workshop, every session, throughout this programme.

we will especially explore specific patterns and behaviours and how to heal & break free from them - as your inner Good Girl operates on many levels.

this session is about meeting your Good Girl and Spiritual Feminist. You will continue to get to know these energies better and explore how they function in your life, how they inform your beliefs and decisions and how you'd like them to take the reigns (or not).

this is also what the mentoring sessions (and online community) are for - because different things will come up for you at different phases and seasons in your healing & empowerment journey. Know that you're supported every step of the way - and that you can journey through all of this at your own pace!

just as your iSF has many layers, so does your iGG. the latter is the energy you've been tending to most of your lifewhether you like it or not! so remember that this is a process.

and don't dismiss your Good Girl either, because she holds the keys to your liberation!

exploring how you're holding yourself back, where your blocks are and why you operate this way... that is information you can use to do things differently, shift around and hold yourself with compassion too.

let's see if the next three elements of the Good Girl archetype ring true for you:

(and remember that these are just three small examples of this multi-layered energy)

People Pleaser

putting other people's needs, desires and pressures before your own (intuitive) needs and desires, in order to feel safe, fit in, find a sense of belonging and feel loved & liked.

Love & Light

bypassing the difficult emotions in favour of pretending life is all sunshine and butterflies, so as to not have to sit with anger, sadness, grief, etc.

Outsourcer

having other people (knowingly or not) decide your worth, beliefs, values and direction in life through a lack of trust in yourself.

healing these tendencies isn't just about shifting your mindset about them.

you can *know* that you're worthy, safe and loved, but actually embodying that often is a different matter.

in future session, we'll dive deeper into the nervous system, how we're wired for people pleasing, tending to allowing your emotions to be there (which is often inner child work), how to bring the agency back to yourself from an energetic point of view, and much more too.

and what else defines your inner Good Girl?

as I said before, this is probably an ongoing journey for you. So stay open and stay curious. Try to minimise the judgment or pressure on yourself.

just as how your empowerment feels and looks like is unique to you, so is the healing path of your inner Good Girl. And there is no wrong or right way to approach this work.



may this be your gentle reminder that all of us operate from our iGG on some level - until we become aware of it.

approach this uncovering with compassion and curiosity. your iGG needs you to hold her!



the energy of your Spiritual Feminist

the energy of your inner Spiritual Feminist is unique to YOU.

so lean into the next five elements with a curious heart and open mind. some of it may ring true for you, some of it may not (yet). this is your path, and this is an invitation to let your iSF tell you what's your Truth.

let's dive in...

the energy of your Spiritual Feminist

Wild undomesticated, trusting, unapologetic, dreamy, uncovering, intuitive,

in tune

Witch
healing, rebellious
receptive,
remembering,
resourced

Dark
shadow work, sitting
in Winter,
descending,
reclamation

Aware grounded, inclusive, understanding privilege & intersectionality

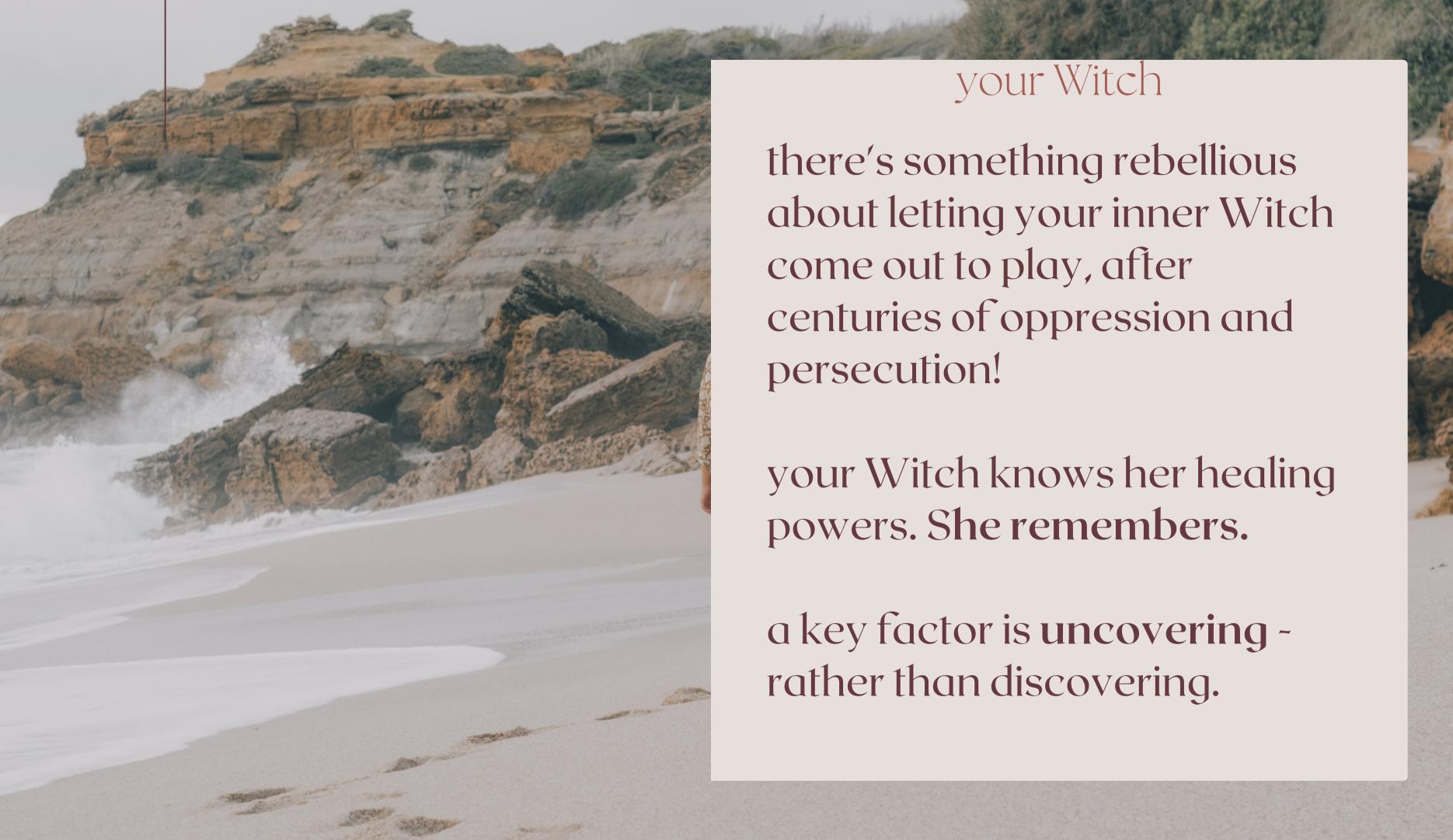
Light
honouring pleasure,
prioritising joy and
embodied feeling

your Wild

your iSF isn't JUST the Wild Woman archetype - but she's a big part of it. this is the part of you that is tune with her intuition, without the domesticated layers of people-pleasing and outsourcing her wisdom.

a key factor: returning back to inner trust.





your Dark

to descend into the dark is to accept (and celebrate if you can!) that you have a 'less desirable' side to you (to whom?) and have the strength & self-knowledge to sit in it without feeling unsafe or overwhelmed.

a key factor: reclaiming these 'inner Winters' as moments of resourcing.





your Light

Ascending is just as important as descending: seeking pleasure and joy, and fully landing in feelings of contentment and happiness, is part of your reclamation too.

a key factor is feeling worthy and capable of stepping into the light.

your Awareness

knowing which factors have affected your privilege gives you a grounded framework for empowerment. Where you find your intersections between nationality, colour, class, gender, sex, sexual orientation, ability (and so much more) have held you back or propelled you forward (or both) in your own way.

a key factor here is releasing guilt and shame as you take up space with your own empowerment, and understanding that your healing too is needed for collective healing.



the energy of your Spiritual Feminist

so how do these Spiritual Feminist aspects ring true for you? where can you feel it in your body?

and is there a part of you that doesn't believe these elements are available to you? that's okay too: this is a process.

and the journey starts with the desire to feel, act, decide and do things differently.

the energy of your Spiritual Feminist

my guess is that, as you journeyed through this session and leaned into the energetics of the Spiritual Feminist archetype, something within you has already started to shift.

this is the inner knowing that you're bringing from the subconscious to the conscious. this is igniting that inner spark of desire, intuitive wisdom and empowerment!





calling in your Spiritual Feminist

this isn't about immediately feeling like your Spiritual Feminist is your second nature.

moving from your Good Girl to this empowered version of you takes time, courage and patience.

but there are ways to call in that fire (no matter if it's a spark, an ember or a full-on flame, everything counts!) and familiarise yourself with that more.

calling in your Spiritual Feminist

this approach is also much more holistic and kind to yourself. just like it takes our mind a while to shift a belief, it takes our body (and nervous system) a while to feel safe letting the fire in.

our soul knows - which is why sometimes we can get impatient!

but: your Spiritual Feminist isn't going anywhere, because she's already within you. so let's call her in!



One: let her take the reigns, step by step.

A powerful question to ask yourself in any given situation or with any decision you make:

What would my inner Spiritual Feminist do?

How would she dress in the morning, what would she cook herself for dinner, what book would she read next?

This is an exercise that can allow you to call this energy in bit by bit, in a way that feels exciting and playful, rather than forceful or another thing on your to do list. Familiarise yourself with this empowered energy and unlock it a little more with every decision or reaction.

One: let her take the reigns, step by step.

This practice also brings you closer to understanding your needs and desires from an intuitive level. And my bet is that your inner Spiritual Feminist doesn't have any trouble taking up space with them!

Familarise yourself with that 'tuned in' feeling. Maybe it feels like a tingling for you, or like your heart is wide open, or a rooted feeling from your lower belly.

How do you want to move through life?

How do you want to feel in your life?

And what makes you feel 'tuned in' and connected with those deeper parts of yourself?

Prioritise, in any way you can, seeking that out.

One: let her take the reigns, step by step.

This heart-led, soul-led living takes time to become your new norm. Not just for your mind to come on board and for your inner Good Girl to step off your path, but also for your nervous system to feel safe and for the people around you to accept this too (more on this in another workshop).

This is intuitive living. It takes courage and patience to live from this place. So whilst you lean into a bold energy, also pace yourself and don't put too much pressure on yourself. And, a super important part of the puzzle is calling in support. This is the deep work. Expecting yourself to do it all by yourself is just another part of your Good Girl conditioning. You're held, so reach out, because we're all here to support you as you come home to yourself.

Two: rewrite the stories you tell yourself.

Your inner Good Girl has been crafting and shaping your reality for most of your life. Your beliefs, values and self-image are all based on the stories your Good Girl is telling you. Up until now, she defined how worthy and capable you feel and what may or may not be available to you.

So, in line with the previous embodiment practice, it's time to come at this with a different energy. Use the workbook and/or your journal to start observing what words you use to describe yourself, your place in the world and parts of your life. No need to be harsh on yourself - rather, get curious and ask yourself 'what part of me does this belief serve?'. And naturally, if it doesn't light a fire in your body or open your heart, see what language it needs to be rewritten.

Two: rewrite the stories you tell yourself.

Words hold power, so see how you receive more empowering language.

And remember: it doesn't need to feel true to you just yet. This takes time, trust and proof too. But my bet is that more empowering beliefs and values is exactly what your system would *love* to believe. You're uncovering what has always been true for you, and in this process, you'll notice how your body responds to more empowered words.

So as you start to literally rewrite your reality, notice how you're receiving that practice in your body. How is your nervous system reacting? How do these words land in your body?

Two: rewrite the stories you tell yourself.

It could be that you feel quite triggered at first, and that's okay too.

Create gentle reminders through affirmations and work through these practices at your own pace. The workbook is there to help you with this as well.

However, my bet is too that there's a part of your body / system / soul that is all too ready to receive these empowered words. There's a part of you that will recognise the energy that these 'new' beliefs and values hold. There's a part of you who's been craving to live that reality - and it's about coming home to *that* part of you right now.

It may not feel familiar just yet, but at the same time it will feel like a warm hug from an old friend...

Three: cocreate with the Universe through ritual and prayer.

When you start to come back to your soul's energy and lean into inner alignment, you're coming back to your innate connection to Universal energy.

You've always been part of this, but when you shed more and more layers of your inner Good Girl, you open the channel more. And this channel is here to support you throughout your journey moving forward. The Universe is literally waiting for you to engage with it - it wants to cocreate, that's what it does.

There are many ways in which you can approach this cocreation, and you'll pick up practices along the way, leave some behind and craft your own favourite ways to do this too, but here are some suggestions:

Three: cocreate with the Universe through ritual and prayer.

1. Open yourself up to signs and synchronicities.

This allows your life to become a moving prayer, if you will.

Become receptive to what the Universe is sending you (numbers, animals, people on your path, etc.) and feel how you are part of this bigger weaving of the world.

2. Create a small devotional practice.

Maybe 5 minutes every morning of repeating affirmations to yourself, or putting a special crystal on your office desk - keep it small, keep it simple, but plant devotional seeds throughout your day, week and/or month to keep you aware on a regular basis.

Three: cocreate with the Universe through ritual and prayer.

There is a sense of surrender that comes into play here.
When you lean back, and lean into the knowing that you don't need to do it all alone, that you're innately supported. This builds your trust muscle, allowing you to make more aligned and empowered decisions in the future.

It all builds onto each other.

When you can flow with what the Universe provides and nurture that reciprocal relationship, you will feel rooted in your place in the world. It brings about a sense of innate belonging. And that is exactly what your inner Good Girl is seeking in the outside world, rather than within.

Three: cocreate with the Universe through ritual and prayer.

And as always, a little side note here - this is just one way to approach your spiritual path. You may have your own approach to or definition of Universal Energy, call it differently, engage with it in your own way - and that is always celebrated here.

So see what feels best for you - because you *will* know. (And sometimes a bit of trying and testing does the trick too)

