

Preface

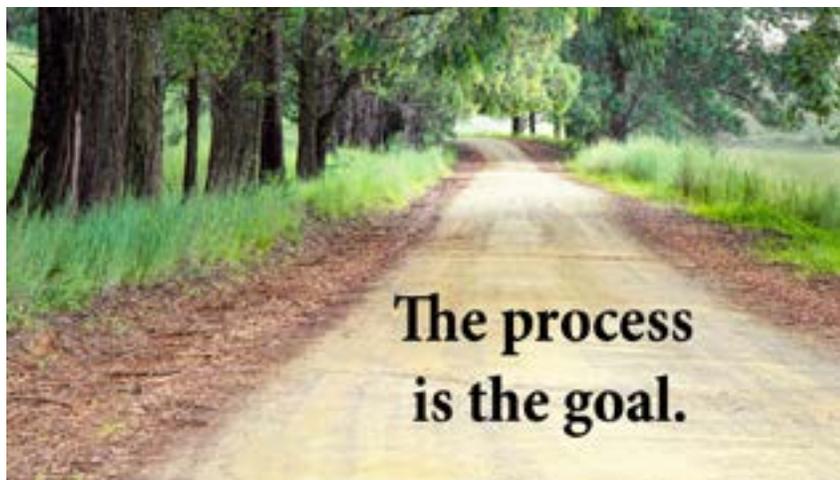
Awakening Female Power Revisited

We are living in a major shift. We are at the threshold.
Women today have to realize the torch is handed to us.
We have a unique opportunity for shaping the future and
need to take our proper role as leadership in the world
and join with the genius of men to co-create.

Barbara Max Hubert

Since I wrote *Awakening Female Power* in the late eighties, I have been on a transformative writing odyssey. My awakening issues are similar, but in so many ways I am different.

In re-offering this book, I got to renew my commitment to the Great Adventure and re-emphasize how important the feminine principles are to bring balance to our patriarchal society.



What I would now emphasize to my younger self is the the process is the goal. It is important to go inside, become embodied and be proactive. Being a right finder and focusing on what you want to become rather than what you want to overcome is the way to move forward and generate positive vibrations.



You are an energy being. Whether you are aware of it or not, you weave your own Universe from the thoughts you think, the decisions you make, the actions you take, and the beliefs and expectations you have. It is what you think about yourself that gives rise to your possibilities.

John Grey said, "A man has to be only 20% certain to give his opinion, whereas a woman needs 80% certainty to give her opinion.

You have to believe in yourself and ask for what you want and say no to what you don't want. To assume your full partnership with men, you have stop emasculating them, but instead assert yourself with faith in your abilities .

As you open to believing in yourself, your dreams, and your ability to co-create with the Divine, you allow your heart's desire to come to you. Dare to manifest your female power. Know it is possible, safe, and necessary. Choose what you want and then trust without being attached to the outcome. It is time to bring your dreams out into the world and co-create with the Divine.

No matter where you are now, you can re-invent yourself with self-love, self-care, and by emphasizing joy. As you shift your vibrations of fear, contraction, and lack, to love, expansion, and abundance, you can consciously and magnetically create a better world.

It is essential to listen to your heart's and your body's inner clues, rather than live from the mind. The intention to be fully integrated requires you to be inner fulfilled. If you have feelings of overwhelm, just stop and get quiet, go into nature, breath deeply, and ask for clarity on the next step. To find a harmonious spiritual practice is how you find your inner wisdom.

I had some big challenges and lessons. Being an emotional, image and outer-directed type, I survived in my childhood as a Pleaser, and looked to others for approval rather than trusting myself. I gave my power away, since my youngest child conditioning had me believe that others knew what is better for me than I did. To my detriment I deferred to men when I should have listened to my own feelings and bodily sensations. We all have to get over this tendency!

Another belief was that if I am not working hard, I won't succeed. But on a deeper level I know that besides being of ser-

vice, I am here to be in joy and have fun. Your true purpose is to be happy, to co-create, and to be self-expressive.

Awaken Female Power is a call to the woman within each of us. Over and over again we are told this is the time of women! There is a global movement of women going beyond the eons of male dominance. Author Arielle Ford said, “We are living in a time of unprecedented changes.” Arianna Huffington said, “We are in a huge transition similar to the Middle Ages moving to the Renaissance.” Feminine Power Founder Claire Zammit said, “We are in the midst of a new awakening. For humanity to move forward, we need to reclaim, re-embrace, and revalue the feminine voice, values, and vision.”



**This is the time
of Women!**

Women are being called to embody their womanliness and take leadership roles. This is happening politically now as more women are in leadership roles. Lynn Twist said, “The most powerful leadership quality is love. True power is love. Women

are coming into full partnership. It is ours to claim for we are the womb of the world.”

Embark on the journey of self-actualization. Get clear about your gifts by asking what they are in prayer and meditation. If there is confusion in the unfolding process, once you listen, stop your disempowering stories, forgive, and trust the Divine within, you'll find your own unique way. Please answer the following questions to find the clues to your way:

What is calling me from within? What wants to wake-up within me?

How can I serve? What is the best use of my love, passion, and energy?

How can I say, “Yes” to my inner urges and creative desires?

How am I experiencing the impulse to evolve?

How can I listen to my inner knowing more?

How can I step out of the shadows and into the light of who I really am?

What do I need to let go of that keeps me playing small and from fully show up?

What do I have to know, release, or do?

Can I identify my detrimental habits or the limiting stories I tell myself?

Abraham Maslow said, “You have to act boldly to what attracts you.” Rumi said, “What you seek is also seeking you.” You need to say “yes” to your calling.



You awaken your female power when you come together with others and link arms. We need to support each other's dreams and be intentional about receiving support. You will get where you want to go faster when you ask for help.

Marianne Williamson said, "Leadership is holding the space for others. When a woman rises up in glory, her energy is contagious. We are to make love real and come together, as it is a collective ride."

In order to make a contribution, you need to generate support and find like-minded others with whom to co-create. I am so grateful for all the support I have received. I look forward to co-creating and am open to finding participation and assistance through you, my readers.

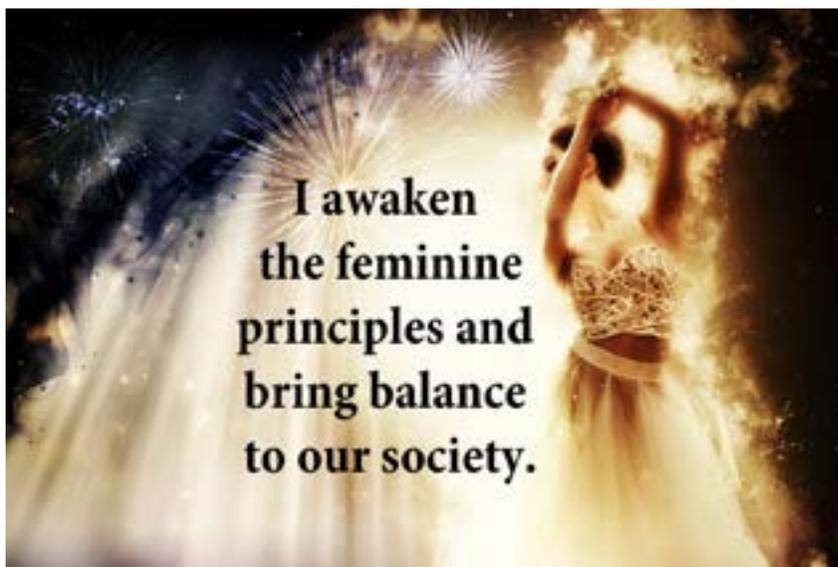
Change is inevitable, so let's do it consciously with love, joy, purpose, and collaboration.



Sandra Yancey, Founder of eWomanNetwork said, "It is important to surround yourself with successful supporters, vision keepers, inspiring people, and create a team. Networking is helping other people first. Come from abundance and lift others as you climb. Allow your friends to give to you and allow yourself to receive.



This book is an inspirational how-to manual to help empower the feminine on the spiritual quest for balance. To help you along the way there are entertaining anecdotes, drawn from ancient and modern tales, metaphors and myths, woven together with practical techniques, case histories, and autobiographical stories. The keys to awaken presented here will assist the process. into the experience of the Goddess by showing you how to master the unproductive aspects of your nature. Reading it, and following the simple exercises, can be a rite of passage. It will compel you, first, to understand the personal myth that forms your present, and then to move beyond it into a grander vision that can become your future.



I awaken the feminine principles yet I develop and include the masculine for integration and balance.

Introduction

Understanding the Journey

The seed of God is in us..
it will thrive and grow up to God.

Meister Eckhart

This journey starts with self-searching. It is not only an act of self-love, but also the most essential step toward altering our planet's future. You begin when you remember who you are. A story told by Sri Ramakrishna illustrates what I mean:

Once a pregnant tigress attacked a flock of sheep, but as she sprang upon her prey, she gave birth to a cub and died. The sheep took pity on the newborn cub and nurtured it as though it were their own. Since sheep eat grass and bleat, the cub followed their example and ate grass and bleated, too. As the cub grew into a tigress she was unaware of any differences.

One day a wild tigress came upon the herd and was amazed to see another tigress grazing with a flock of sheep. Forgetting that she was hungry, the wild tigress ran after the young tigress, seized her, and threw her to the ground. The young tigress began to bleat in terror. The wild tigress grabbed the youngster by the scruff of the neck and dragged her to a pool of water demanding that she look at herself. She put her face next to hers and said, "Why are you eating grass? You're like me. You should be eating sheep, not bleating like them." The wild tigress pushed some meat into her mouth and commanded, "Eat!" The young tigress refused to swallow it, instead she began to bleat like a terrified lamb. Gradually, however, she

began tasting the meat and relishing it. Then the wild tigress said, "There is no difference between you and me! Come, follow me into the forest and live the life God intended for you."

Like the wild tigress, this book is to help you connect to your True Nature, which is powerful, creative, and loving. The young tigress, growing up with sheep, believed she was a sheep. Similarly, you are conditioned to think you are an ordinary person, but you are a God or Goddesses, full of Divine potential.

Your soul's light is often covered with a blanket of tradition. The soul is your personal Essence, your individualized spirit that remains eternally linked with Divine Consciousness. The soul prevails beyond time and space. It existed before the life of your body and holds the accumulated knowledge of all your past lives.



To listen to your soul's messages, you can look indirectly through your inner nature, daily situations, or hardships. If you believe it is a friendly Universe, as Einstein did, whatever happens to you is to teach you and strengthen your spiritual

evolution. The soul's passage is a search for identity and a quest for Unity.

Fortunately I was drawn to synthesize the spiritual journey through the best of the Collective Unconscious. The **Goddess Warrior** on the **Hero's Journey** became my mentor. These three magnificent interrelated archetypes are universal forces that show you how life work. They can gifted you with the keys to awaken and showed you how to align with your soul.



If you stay in the present with an open trusting heart and keep positive intentions, you are the essence of the Goddess Warrior. Since the Law of Attraction (Goddess) rules reality, you have to be responsible (Warrior) for what you are saying and break your addiction to complaining, criticizing, comparing, and repeating your negative stories and mishaps.

Joseph Campbell's formula in *A Hero with A Thousand Faces* (1949) provided the stepping-stones and the foundation that allowed my series of books, **A Toolkit For Awakening**, to emerge. The process of gathering and writing trained my mind and enabled me to find my inner voice.

The Hero's Journey's three parts give you clear directives on how to live an integrated life. You are to **Depart/Separate** from the Past; follow six **Initiations**; and **Return** or give back what you have learned.

The journey begins when you "Answer the Call" for self-knowledge, more meaning and purpose. To encourage your soul's purpose, arm yourself with integrity, focus, practice, and nonattachment and your Goddess powers will awaken naturally. It is through your daily process that you answer the Call.

If you answer the Call, you are a Warrior, but you only become a Hero if you are willing to ceaselessly combat the conditioned forces that you carry within yourself.

Moving through the obstacles or the "Refusal to Answer the Call" comes by acknowledging and converting your protective ego and exploring your beliefs. You heal your emotional wounding by venturing into the "Belly of the Whale."

You are to trust that both practical and "Supernatural Aids" are everywhere. and will come to help. Heralds will appear, and doors will magically open. You do not have to rely solely upon your own innate powers. Christ said, "I can of mine own self do nothing." Support comes directly from within or through a vast array of "outside sources." All you have to do is ask, and a sign from the Universe will show you an appropriate

way. I have learned to ask my unseen inner guides and my own soul for I know that I am co-creating with the Divine. It is scientifically proven that the Unified Field exists and that the past, present, and future are coexisting in the Now. I am in the Universe and the Universe is in me.

When you use your mind to magnetically create, you “Cross the Threshold.”



The Initiations include what it means to be the Goddess Warrior. “The Goddess tells you to: “Love and Allow What Is,” which entails “Avoiding the Temptress”: the temptations to control, manipulate, struggle, and create drama and to “Make Life Sacred”.

The Warrior conveys the need for willingness and commitment to follow the quest, awaken your Divine Nature. As you learn to be “proactive, present, and accountable for your time and attention.” When you set your intention to “Aton the Father” or forgive the patriarchal and be your best, forward movement will follow.

In this way you receive the “Ultimate Boon” of transformation and embody the changes you want to manifest. You then are able to Return and give back to your family, community, and the world what you have learned for the good of the whole.

Before beginning the Great Adventure ask yourself:

Am I committed to self-discovery and self-improvement?

Am I willing to accept the challenge?

Am I ready to participate fully in life in the highest and best way possible?

It is an inward turning, which demands self-discovery as its price of passage. A Goddess Warrior soon learns that all natural order exists as a process of perpetual rise and fall. To understand this process, plant a seed, watch it sprout, grow to blossom, put forth seed and return to root. In nature growth begins only after the seed is buried in darkness. Your wounds allow the essence of your immortality to sprout. Your adversities become the fertile ground in which your roots grow. You propagate your spiritual seed by living with integrity and trusting your connection with your Source. Purpose waters the sprout. But, it may take years to know if the seeds you plant will flower into roses or gardenias. Tending the garden is the primary aim of your life, If you trust your natural timing, and prune when appropriate, your ideals will sprout and grow to fill your heart. Your identities will evolve and branch out into the world around you.

If you are reluctant to follow your vision or the spiritual quest, you not only miss the greatest adventure of all time, but you are in danger of becoming another “victim who needs to be saved.” Life without purpose always seems futile, even if you have worldly fortune. Joseph Campbell says that it is like climbing a ladder, only to find that when you reach the top, you are on the wrong side of the house.

A special summons goes to those of you just beginning the higher life. Maybe you feel there is something missing, or you lack that special magic, or you feel as if you are running in the “rat race” as fast as you can. Welcome aboard. Choose to be a Goddess Warrior and act from the light of the soul to merge your destiny within the Great Destiny.

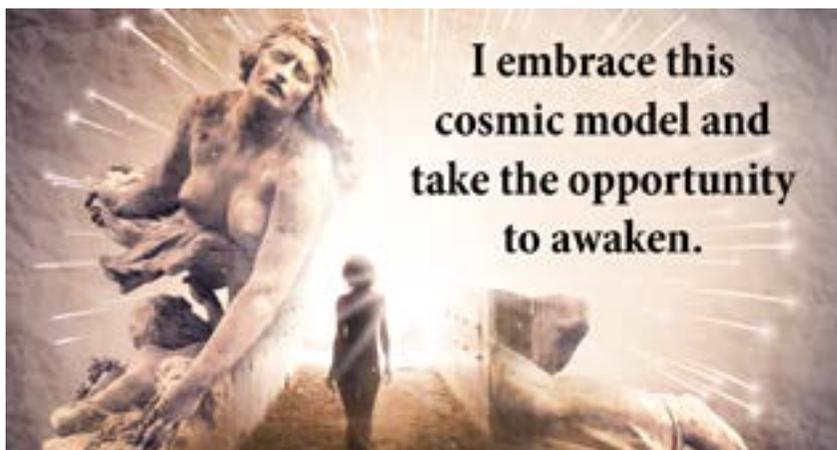


Your quest for self-discovery will unfold as you read. They will encourage you to:

- join the Great Adventure to be all you can be
- celebrate your Divine Goddess
- motivate your courageous Warrior
- uncover your inner cast of characters
- find dynamic presence

- awaken integrity and an assertive will
- balance your male and female
- train the beast within
- penetrate the unseen forces of Maya
- maintain inner peace
- open your Goddess Powers—creativity and intuition
- nurture your own Inner Child
- heal and forgive your past
- raise your self-esteem
- arouse your erotic Womanly Wonders
- integrate and join with your inner partner
- increase the joy of fulfillment
- learn to live with love and presence

Go the Way of the Goddess Warrior. Whether you are drawn to these archetypal labels, know that they are symbols underlying the spiritual path, and represent Love and Presence.



I embrace the symbols of this cosmic model and grasp the opportunity to awaken.

1.

Hearing the Call to Awaken

We are the “Daughters of Time, Sisters of a New Day,
born in the labor of love
and the promise of tomorrow.
We are Children of Light.
And we are here today. We are here to stay,
the sons and daughters of time.

Judy Collins

We are all “Children of Light” and “Sisters of a New Day.” Judy Collins’ song, “Daughters of Time,” urges us to be strong and have the courage to try, for it is our time and “we are no longer alone.” New opportunities are opening to us. We have already made a profound difference, but true equality is a prize yet to be won. Now is the time to awaken and embark on the journey and heed the “Call to Adventure.” Humanity desperately needs the steady, loving influence of the feminine—those immeasurable qualities that make life a dance of the Divine.

Awaken Female Power calls not only women to action, but also the woman within every man. “Who are my sisters of a new day?” I once asked. I immediately received a call from a male friend and found that they were men as well as women.

The Goddess Movement is truly reemerging. People everywhere are waking up to find they are all one family living on one planet. Like nature the Goddess radiates inwardly and outwardly to support all life. She lives outside, as an archetypical support; and within as loving, creative, mysterious “resources.”