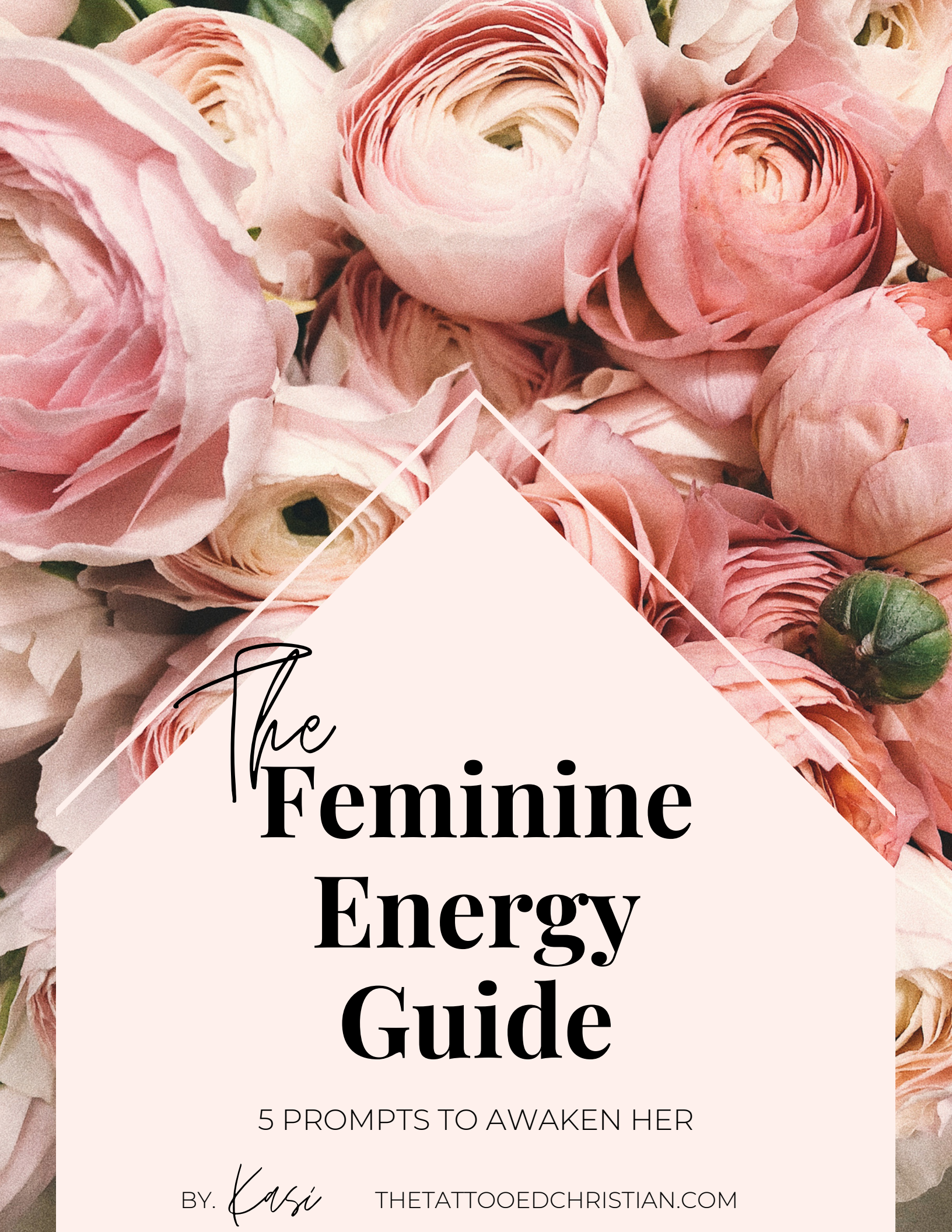


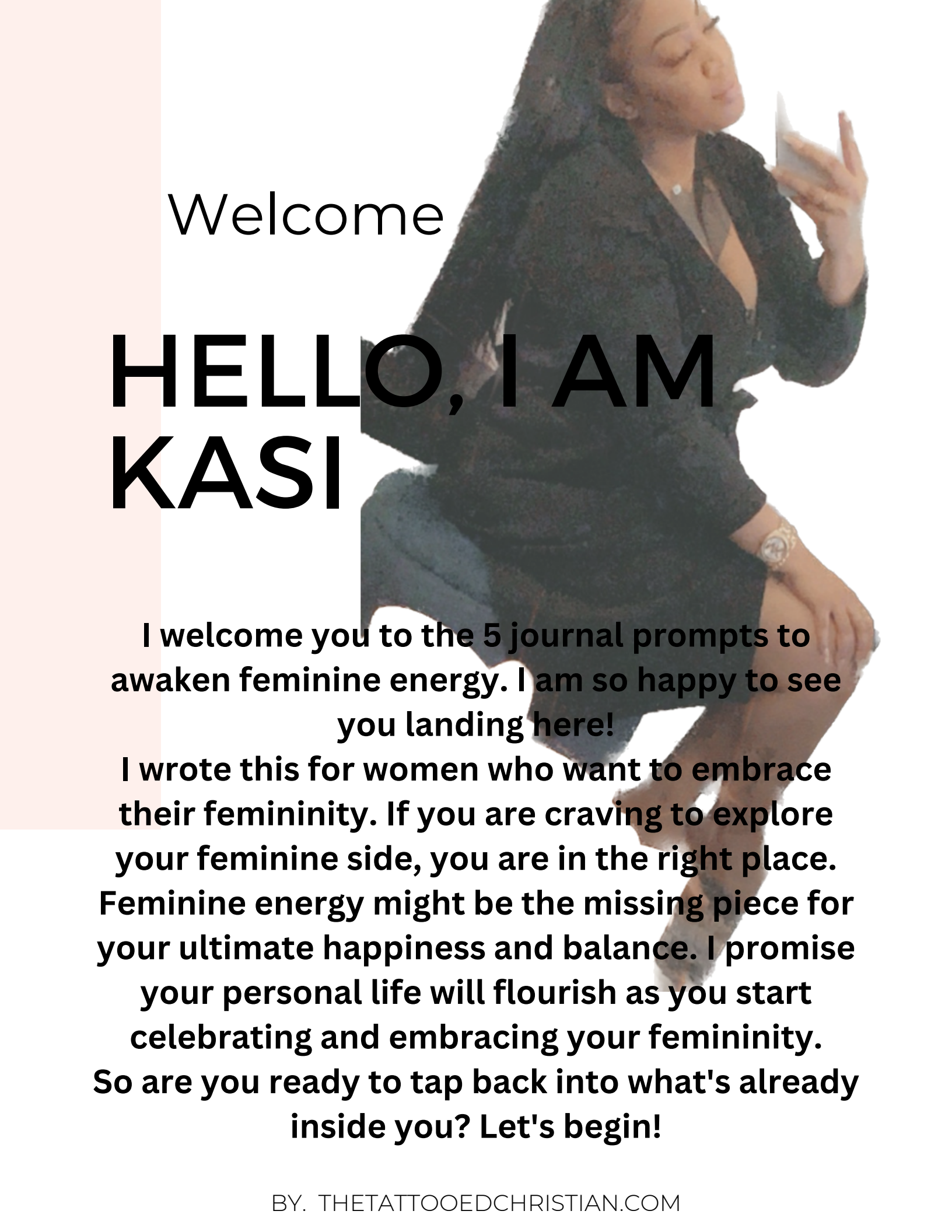


The **Feminine Energy Guide**

5 PROMPTS TO AWAKEN HER

BY. *Kasi*

THETATTOOEDCHRISTIAN.COM



Welcome

HELLO, I AM KASI

I welcome you to the 5 journal prompts to awaken feminine energy. I am so happy to see you landing here!

I wrote this for women who want to embrace their femininity. If you are craving to explore your feminine side, you are in the right place. Feminine energy might be the missing piece for your ultimate happiness and balance. I promise your personal life will flourish as you start celebrating and embracing your femininity. So are you ready to tap back into what's already inside you? Let's begin!

FEMININE-MASCULINE POLARITY

Feminine and masculine energies exist as a polarity, much like “day and night”, “inhale and exhale”, or “life and death.” Without one, there is no other.

Feminine and masculine are energies that we all possess, no matter what gender we are. Everybody has both. A different balance...



MASCULINE ENERGY

Masculine energy is going outwards, penetrating the world, imposing onto the world. It is driven by logic and systematic thinking. Masculine is about quantity: much? How many, how far, how much?

FEMININE ENERGY

Feminine energy is soaking up life energy, flowing with life, receiving, and nurturing. It is guided by emotional thinking and empathy. Feminine is about quality: How do I feel? How do I live? How do I move?



MANY OF US WOMEN HAVE BEEN HEAVILY RELYING ONLY ON OUR MASCULINE ENERGY...



Most women have spent much of their working lives “making it” in a man’s world. We are taught to expect ourselves to be like men. We lean on methods of survival in order to succeed.

We suppress our natural, soft, and sensual femininity. We dull down our intuition and ignore the fierce power of our feminine self.

The world is telling us, that this approach will guarantee our happiness, but we don't feel happy. On the opposite side, we feel empty, exhausted, and burned out.

It is not by chance you picked up this workbook. Now the feminine inside you is calling you to heal and reclaim your power!

BLOCKED FEMININE ENERGY

CHECKLIST



☐ Have you been rejecting your feminine energy?

☐ Do you often experience shame or fear?

☐ Do you find it hard to stop and appreciate the moment?

☐ Have you built a masculine shield to protect yourself, because your career and life are demanding and stressful?

☐ Do you feel the need to compete in order to prove yourself worthy?

☐ Are you forcing and pushing life instead of flowing with life?

**IF YOU ANSWERED YES,
YOU NEED TO HEAL YOUR FEMININE ENERGY!**

WHEN THE FEMININE CALLS YOU HOME

You probably have never understood how powerful you are in your feminine energy, but this workbook will help you to use that power to your advantage.

It is a journey of self-discovery to gain clarity, confidence and awaken your soul.

You will access amazing depths of self-love, acceptance, and inner strength. You will step into an empowered relationship with yourself.

Here are the benefits of unlocking your feminine energy:

-  Enhanced intuition
-  Increased self-love and compassion
-  Increased creative energy
-  Loving connection with yourself
-  Feeling more at home in your body
-  Increased connection to sensuality
-  Being fully open to receive
- Fulfilling relationships

*AWAKEN
THE
FEMININE
WITHIN AND
DISCOVER
YOUR MOST
POWERFUL
SELF*

By Kasi

UNLOCKING YOUR FEMININE ENERGY

It is not your fault that you have forgotten what it is like to be connected with to your feminine energy.

Living in a predominantly masculine society for so long has caused wounds. Reclaiming your power will require time, work, and patience. All the resources I share with you were created with a great purpose to awaken the feminine energy within you.

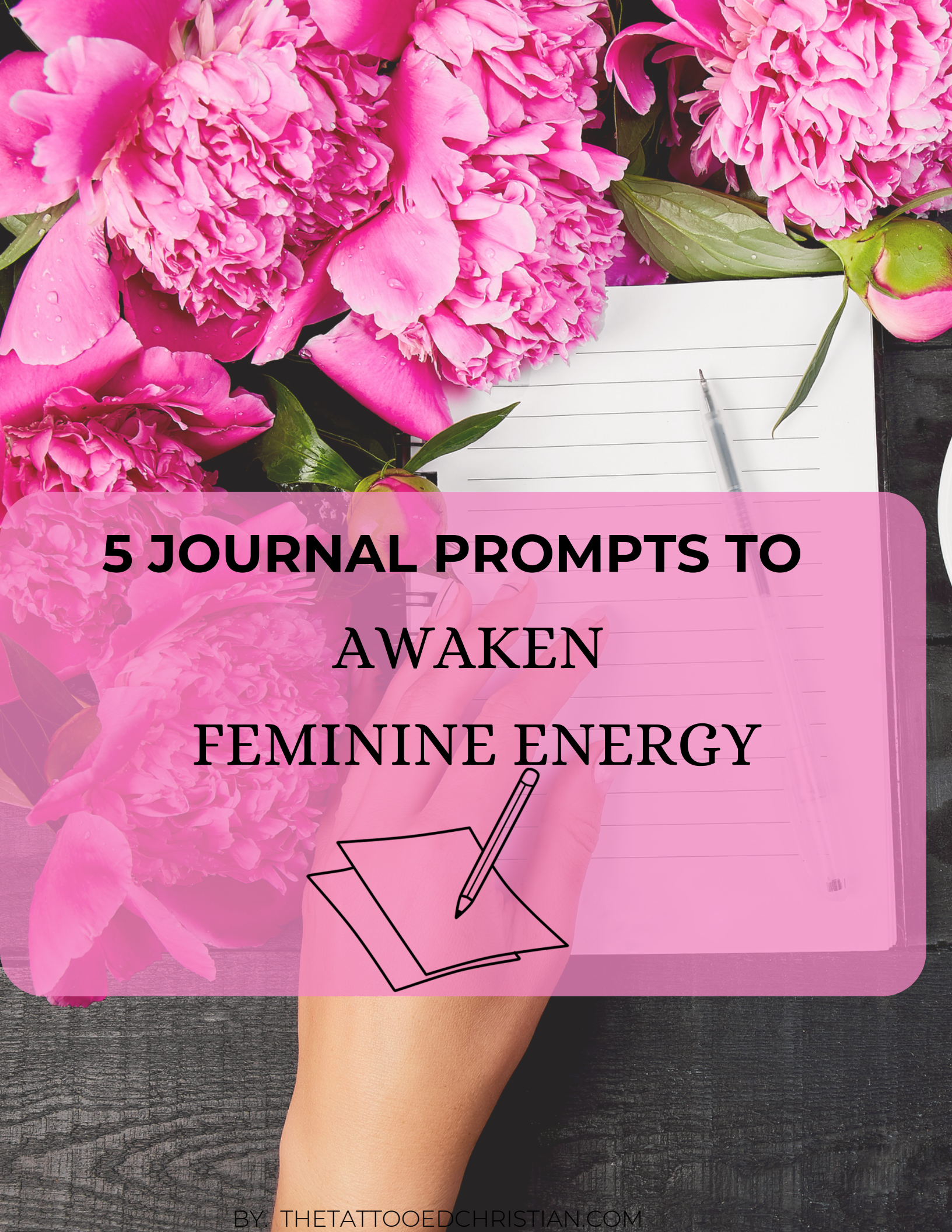
Unlocking your feminine energy is about recognizing all of the ways you have been keeping yourself contained and restrained in an effort to fit into the world. It's about creating a whole new definition of womanhood.

Through extraordinary meditations, affirmations, and writing prompts you will learn to love your body.

In my workbooks, I offer activities, reflections, and steps that will help you understand and integrate your feminine expression.

Like a wise friend, these tools encourage you to find your wholeness, release your restrictions and bring awareness into your life.



A top-down view of a journal with lined pages and a pen, surrounded by vibrant pink peonies. A hand is visible at the bottom, holding a pencil over a small notepad. The entire scene is overlaid with a semi-transparent pink rectangle containing the title text.

5 JOURNAL PROMPTS TO AWAKEN FEMININE ENERGY



HOW TO USE THE JOURNAL PROMPTS

Using journal prompts to understand and organize your thoughts is a simple and effective way to learn more about yourself and take a peek inside your own perceptions, feelings, and beliefs.

On the next two pages, you will find 5 journal prompts to answer. So grab a pen and write your answers on a piece of paper or simply type the answers digitally into the workbook.

Your answers don't need to follow any certain structure. It's your own private place. Let the words and ideas flow freely. Don't worry about spelling mistakes or what other people might think.

As you'll discover, a key aspect of your feminine wisdom is a feeling-based or heart-centered knowing. Therefore, let your heart bring the answers you need to hear. Also, give yourself enough time to reflect on each question.

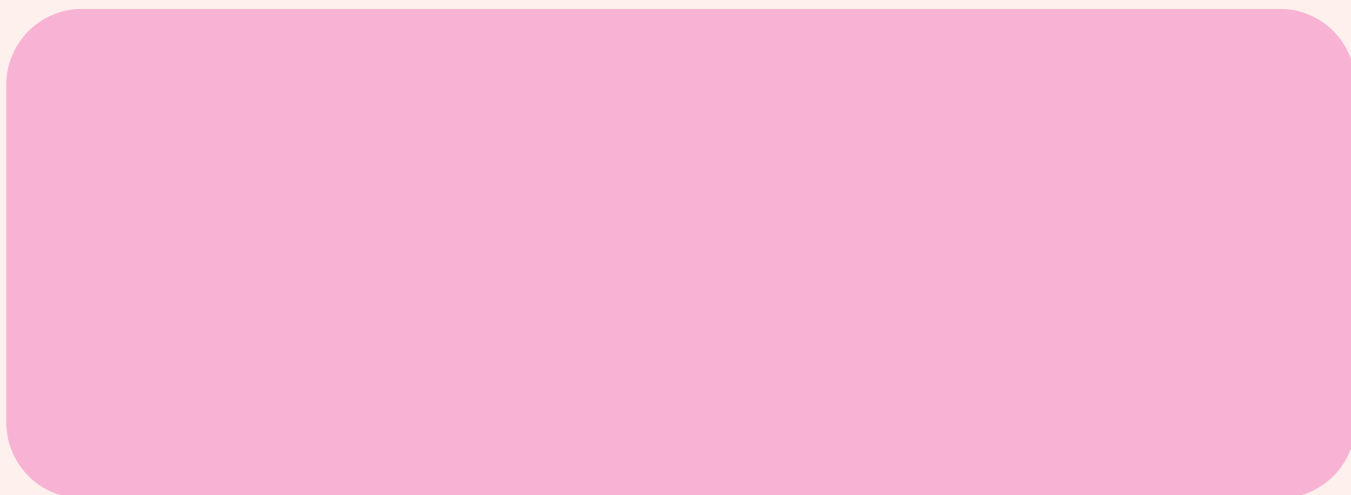
Take a breath, deeply, now. Breathe out and relax your body. Relax your stomach. Relax your jaw. Relax your shoulders.

Now, continue with answering each journal prompt one by one.

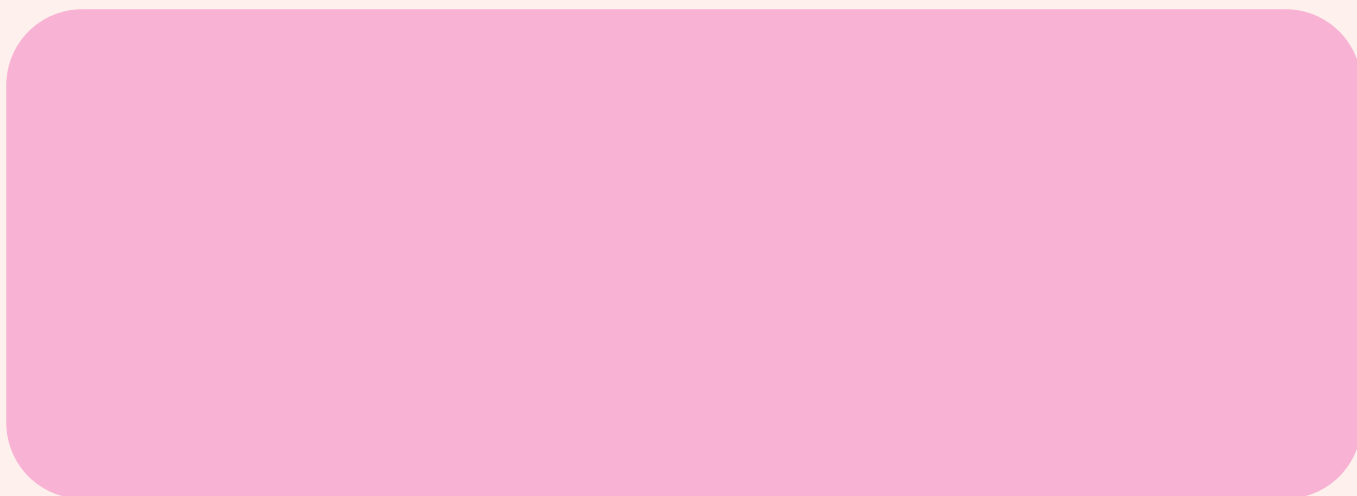
1. When was the last time I allowed myself to receive love unconditionally?

A large, empty pink rounded rectangular box intended for the user to write their answer to the first question.

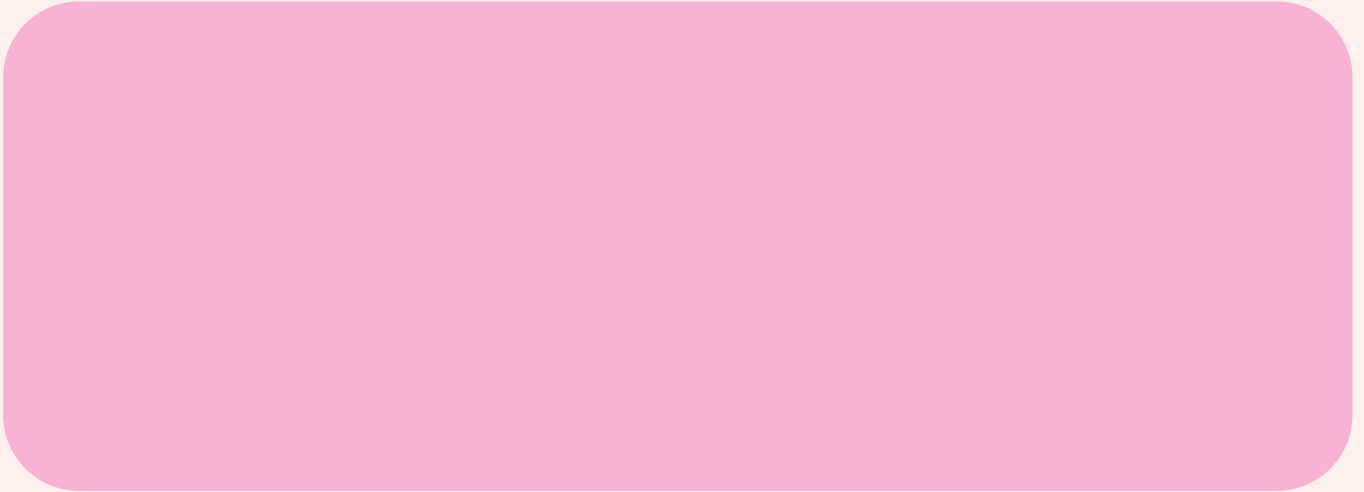
2. How am I currently neglecting myself?

A large, empty pink rounded rectangular box intended for the user to write their answer to the second question.

3. Who am i seeking approval and validation from and why?

A large, empty pink rounded rectangular box intended for the user to write their answer to the third question.

**4. What is my biggest fear/limitation right now?
Is this linked to the Feminine-Masculine energy dynamic**



**5. Fill in the following four statements:
"I WANT.. I NEED.. IM READY FOR.., I AM..."**



**Good Job!
Congratulate yourself for finishing the exercise.**



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