

Let's just be together for a moment before I open us to anything, before I start really speaking, just be. Just start to come into the body, start to open, start to unravel a little bit, and start to feel into this space that we're creating together. Start to feel into this sacredness of self. There's that practise that we do so much in ReWilding and it's the practise of *I see you*. And it's not just that I see you physically, but I see the all-ness of you. So to just take a moment and hold that practise for yourself; the, *I see you*, so it's as if we're becoming this witness to Self. It's an, *I see you*, and then use your first name.

For me it's, *I see you Sabrina. I see the fullness of you. I see the five faces of the feminine in you. Sabrina, I see your medicine woman. I see your lover. I see your warrior. I see your mother. I see your dark goddess.* So it's the *I see the fullness of the divine feminine in you*, in all of her faces, and all of her expressions, all of her emotions, all of her wildness, and all of her softness, all of her vulnerability. So it's this honouring of self, and this is such a beautiful way for us to open this space together; is really, really honouring, and witnessing, and seeing Self. In this practise, I'm holding the space of, *I see you*. I honour the fullness of you. I'm holding this space, and opening us to this space where all of it is welcome. All of it's accepted. All of it's honoured. All of it's loved. All of it.

The crinkly bits, the wretched bits, the expanded bits, the empowered bits, the love bits, the raging bits, all of it is welcome in this big, huge, profound, sacred, sisterhood space that we're sitting in. So that's the first part of how I want to open our journey together is one that I see self. Two is I see, I honour this space that we're in, this temple if you like, this sacred container that we're going to journey in. So we're able to dive into these places because we're held. We're held by our circle, and by all of the forces that are holding this space for us; the mystics who've come before us, the ancestors; the wild women who've done this sacred work in the past. We're held in this container by that energy that is so much bigger than me, so much bigger than you, so much bigger than us.

This is also just kind of an invocation as well. So you can probably feel what's happening here. In this, in our first session together it's this invoking that which is bigger than us, that which is greater than us. We're going to do this opening practise that is profound. It is extraordinarily big. It is extraordinarily opening, healing, transformative. We are literally inviting the life force energy to open and to awaken within us, and to infuse this space that we're going to be in for the next couple of modules, that we're going to be in for this retreat programme together. So let's come back to a really quick holding of self.

So you may want to put your hands on your heart, hands on your womb space. The heart feels really good to me right now so if that feels good to you too, just hold your heart, honour self. Make this commitment to self of, *I'm going to show up for me. I'm going to really honour this time that I've got for me because when I'm putting the time aside to come into my fullness, I am then a better mother. I am then a better wife. I am then a better friend, a better sister, a better mother, a better daughter. I am more for those who are in my life.* So I think sometimes as women we get so wrapped up in the giving, the giving, the doing, the doing, out there, out there, out there and we lose track of time for self, time to really set aside our growth, our empowerment.

I want to talk to that for a moment in that this is an opportunity. You've set aside time. You've invested resources, and you're investing time to be here, and if you can hold that intention that I'm doing this not just as I'm not doing this as a selfish act. This is so selfless. For us to really comprehend that, that this taking time for my empowerment, my growth, my opening, my healing, my coming into fullness is one of the most selfless acts that we can do. It's not the easiest act. I'm going to take us into some really big spaces. Some spaces that will challenge you. And they challenge you because transformation is challenging. Because opening up to our fullness and our gifts is sometimes a little bit scary. It's scary to be in our fullness.

The amount of power, the amount of love that we are capable is scary sometimes. So to honour that but to know that in this selfless act, it's such a service. Us coming into our full empowerment is us being of service to our family, to our friends, to our communities so to honour that, and to set that intention so to hold that. Let's put our hands on our hearts, and let's really hold that, and to just go, *Yeah, there is a ripple effect in what I'm doing here, in what I'm about to step into, in what I'm about to open to.* I will tell you now, you healing you, you coming into wholeness in you heals the generations forward, generations past, generations sideways. It is that profound ripple effect.

Energetically, we all know and mentally a lot of us have probably have read the big spiritual esoteric principles of we are all connected. It's this web of life. If you think of a spider web and way over here on this tiny corner of the spider web something jiggles, it's felt over here. That's us. That's this universe that we live in. To know that when I'm way up here in my tiny little corner, and I'm coming into my fullness, and all of my love, and my potential way over here it's got this ripple effect. This thread that goes all the way to the opposite corner. There's a resonance here.

Something else I want to say about our work together and honouring what it is that we're doing; it's this knowing that everything that we do together is for your ultimate empowerment, is for you to align to your ultimate soul purpose; that thing that only you can do in this world. We've all come in with different gifts. We've all come in with different passions. We've all come in as this unique soul that is here to express, or to create, or to do, or to be in a certain way that only you can do. Me, I have this Sabrina-ish-nesque to me. There's this unique flavouring to me. I'm uniquely wired to do what I do. I'm uniquely wired to express the things that I'm here to express, or to bring into the world that which I'm uniquely designed to bring into the world. And you've got that as well. There is a unique design to you, a unique expression to you, and there is something that only you can bring into this world, only you can gift us with.

So when I say coming into full empowerment, this is what I mean. I mean, we're going to peel back all of the layers that stop us, or that have prevented us from coming into this unique full expression, and fulfilling our dharma, fulfilling our destiny, our biggest destiny in this world. How does that feel? Are we good with that journey?

I know I'm incredibly excited, so I think energetically if you can feel we've kind of just started to open up the space. Now I want to talk a little logistically. We've opened up

this big space. We're in this big space together. Now, I want to just share with you that I'm incredibly excited about this online programme. It has been something I've longed to do, and to share, and to give, and to create. To create this space, this container that traverses time and space, and to share with you, and to hopefully open up a door for this resonance to happen. So I talk often times about when one woman can open the doors, it's that much easier for the next woman to go through.

My aim is to open this door for us. As you know, it's not just me, there's a team of ReWilding women who are helping to support this journey as well; they're energetically opening the door. We've got this group of sisters, so your journey regardless of when you're doing this programme with us, you're journeying alongside other sisters. You'll see them in the private Facebook group; I encourage you to interact. There's magic in sisterhood. There's magic that gets created, and gets opened up to when women come together; when we come together with right intention. That's what this is about. Not only am I only holding this space for us, and I'm opening us up to these practises, and I'm sharing everything that I can possibly share with you over the next five modules, but there's this other magic that's being held in our group that is always there, and that is held. That's the sisterhood. That's that temple, that sacred space that we're travelling through together.

In this video I also want to very strongly and very powerfully invoke the divine feminine in her rawest form, her biggest form, her full Shakti form. When I say full Shakti, there are of course specific tendrils. So if we think of the fullness of the divine feminine as white light itself. And then we think of the different threads of that white light as the rainbow. When we have all the colours of the rainbow together they create just the white light. Now goddess archetypal energy is specific Shakti's, just colours of the rainbow. When we work with these aspects, and we dive more into them because they take us to specific parts of self, specific little threads, and little energy lines that we can look at where we can de-rubble, we can open, we can release that goo, or that gunk that's clogging up the line. We'll dive into that into the next modules or in the coming modules.

In this module, it's opening up to the white light, the fullness of all of the divine feminine in all of her faces. In all of the Shakti's we're going to open up to her. Then we'll see where that meditation leads us. I have a good sense that it's going to open us up this way to then invite what we can refer to as the divine masculine to come and meet her. This is high. If this doesn't make sense to you that is okay, it doesn't have to. This is an energetic feeling thing. This is an opening, an awakening that is far beyond the mind. So the logical mind gets lost in a lot of this. We come up with a lot of different frameworks, and ways of explaining this. In the tantric tradition Shiva-Shakti in some of the other traditions, like in Christianity, would the Holy Spirit is what's considered Shakti, can be considered the Holy Spirit. So there's a lot of different ways of explaining this. I'll probably dance around to give us some different frameworks. Certain frameworks will resonate with us each individually in different ways. In this retreat, I'm also going to give us a lot of different ways in. So certain practises will resonate with you more than other practises. Some women are incredibly visual. Some women go very deep when we go into a stillness meditation, or a guided visualisation type of

meditation. That might be the profound doorway for you that day. Whereas other women it's a kinaesthetic doorway in. It's a felt sense, it's a feeling, it's a let's do some active meditation, some more movement type of stuff. That's the profound doorway for that woman on that day.

For some of you it's just listening to what's coming through as I talk. There's an energetic transmission that always happens anytime people are having a conversation. So for some of you the most profound moments may come while listening to the words I share. So I'm coming at you from all angles, a lot of different doorways. I share that with you from a place that some things may really, really, really, really resonate, and really open you in big powerful ways, where other things may be a little more subtle. It doesn't mean that things aren't happening as well. A lot of times things happen on this really quiet, subtle level, and we've got to get to a place of real stillness, or quiet to even notice what's happening.

Again in the welcome you, I talked about creating a space in this container. So if you can create space and quietness, you will notice more. More insights will come, more knowings will come, more of a logical understanding. The energetics; it's going to get you regardless of where the mind is at. It's coming through, but it's, *how aware can we be?* It's mindfulness practise and the more quiet our mind is, the more still our mind is, the less distractions that we have going on, the more our mind is able to stand in that witness consciousness. The more our mind is able to be mindful of what's happening. The more the mind can translate what is raw, pure, very high energy, very high energy the more that the mind is free to do that, the more that will come through for us in that logical, rational, *I want to make sense of this* kind of a way.

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Let's do the practise. I think it feels really right to open to this practise. Now this is a really powerful practise that we do in live workshops and live retreats for ReWilding and it's a way of us opening up to the divine feminine in her fullness so I encourage you to just sink in. The question here is, *how much can I open to this? How much can I allow? How much can I feel?* There's no pushing with the feminine. There's no... yeah, that's the best way of saying it. There's no pushing. It's more of a, *how much can I open, how much can I feel, how much can I surrender to this life force energy that wants to roll through me?*

Now this life force energy is what keeps you alive, but it's how awake are we to it. So we've all got it. We've all got Shakti running through us. If you didn't, you wouldn't be here living in this moment. So it's there, but this is an invocation of an opening to her, of a more-ness, of a, *yes, yes, I'm willing to allow more of this divine wisdom, this feminine energy, this sacred feminine, this divine feminine, this Shakti to roll through me, to open me, to heal me in miraculous ways, to guide me to my path to opening my heart, to opening of my sexuality, to opening of my spiritual centres, to opening of my passions, my purpose. Aligning me and opening me to the full embodiment of the authentic me.*

Remember that unique expression that only you can express in this life, and that's what she does, that's what she's opening us to.

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If you're not standing, I would suggest standing for this practise. You want your feet about hip width apart, bending your knees. You may have done this practise with me in the past. You may already start to feel energy rolling. I've already been opening up the channels. You may already be vibrating, like every cell in your body feels more alive already, or other reactions, just trust whatever's happening for you.

I'm going to take us through his meditation. So really feeling your feet firmly planted. We have Gaia beneath us. We have big mother earth beneath us. This is where the womb of the world is located just beneath our feet; she wants us to tap into her, she wants us to align with her. This is an opportunity to come into rhythm with the great mother. Of course, we are her, she is us but as we humans we have this separateness, this duality thing that is our gift, and it is our curse, and so it's an opportunity to sink into her. So, really starting to just feel the roots growing out of your feet; feeling these big roots coming out of the soles of your feet and starting to grow down into mother earth; feeling that connection with all of the other roots.

So you might start to feel that they're connecting in with the other roots of life, other trees, other plants. You're deep in the earth, and you can feel the aliveness. There's an aliveness in there. There's an aliveness that's in your roots that's in the earth, that's in these other roots. And now if you can breathe, you start to breathe some of that aliveness up through those roots. You're just breathing, you're breathing, you're inviting. You're welcoming this connection; you're welcoming this big mamma life force energy in. Use your breath, relax your body, sink in. You can use the inhale to pull this potent energy up through your legs. Your legs might be shaky. There might be other things happening. Just take notice, but keep breathing more energy. Say yes, and say yes.

And then you want to feel into the first chakra. The first chakra is located at your perineum. That space just behind the entrance to your vagina, or yoni. I'm going to use the word yoni throughout this programme together. Just behind the yoni, you can even feel the yoni as part of it. It's that first chakra area. You want to sink in. You might find your knees are bending a bit more. You might find that your hips are tilting a bit. So it's almost as if the pelvis tucks in to create that alignment. And now as an opening, we're just consciously breathing and opening that first chakra. So letting the body move, letting the breath be there. We're opening. We're just starting to allow that first chakra to open.

Using your breath to draw, to open, to awaken, to enliven this area of the body. Breathing all the way down into the base of your spine into this first chakra area. And just opening, opening, opening, opening, opening, opening, opening, opening, opening. Letting your body do whatever the body wants to do. There's a wisdom here. We're just opening up to our own body wisdom. Now letting that energy, that opening start to trickle up. So it starts to trickle up into the hips, you'll feel it start to open the hips, opening the pelvic region, starting to come up high to second chakra. Letting there be sound, so if there's sound that starts to arise from you, letting there be sound. Sound helps to open. Sound is an incredibly powerful practise for opening up to the feminine.

Okay. We're letting this energy move; it's opening, it's awakening. It's awakening our hips; it's awakening our womb space, our yoni, our fallopian tubes, our ovaries. We're really just letting this energy start to move through this whole area, the whole area of the hips. In the back you can start to feel the base of the spine, the sacrum, breathing it open. Letting there be sound, and gathering movement, and breath. Breath is a very active mediation. This invocation, this invitation, this is an initiation into the feminine. So now opening, letting that energy move up, up, up, up, up into the belly letting that third chakra open.

Letting there be sound, letting there be movement, using the breath to draw that energy up into the third chakra. Trusting whatever's happening in the body, just taking notice of what's happening. Letting it come up even further, expanding the ribs, letting this energy move up into the ribs. It's coming up from that third chakra, up into the heart, up into the fourth chakra. You just let it move you, letting it expand, using breath to open this fourth chakra, this heart space both front and back. How does the body want to move to open you to this energy? Letting it move you, and then letting it come up, up, up into the upper chest, that upper heart region. This is an important powerful place for us.

The upper heart breathing, opening, feeling. Then letting it come into the throat. Letting the energy open the throat chakra. If there's a sound, let there be a sound here. This is profoundly healing and opening to let this energy create sound if there's a sound that's authentically there. Letting the back of the neck open, remembering that the throat is very connected to the opening of the yoni. The opening of the throat is made out of the same types of cells that the opening to the womb is made out of. There is such a link here. So just breathing, letting the energy move, trusting whatever is or is not happening for you. Just breathing and staying with the breath, staying with the fact that we're opening up the throat.

Now letting this energy rise, letting it rise up through the head, up through the head, up to that third eye, or the sixth chakra, that space just between the eyes. Letting that open, trusting the movement of the body, and then we're going to rise even higher up through the crown, up letting that energy rise up through the crown of the head. Letting that crown open, and you may have a sense of this almost beam of light coming directly down where you may feel pressure on the top of your crown. That from a very high pure energetic standpoint is the energy of the divine masculine. So we've just brought the divine feminine in her gorgeous Shakti, snake like way up, up, up, up, up, up, up out of the crown to invite the divine masculine to come in. That's what we can open to here.

So it's an opening of the crown, and allowing this pure light very straight, very, very, very, very, very pure light of the divine masculine to come back down through the centre of the body. You can feel it's almost this column straight through the centre of your being. Just allowing that light to permeate, to penetrate right through the centre of your being, through all of the energy sensors, back down, all the way down, down to that first chakra. Then letting it infuse that first chakra area. So it's almost in the enlivening, and the fuelling of that first chakra area. Just trusting that whatever the body is doing, or whatever you're feeling, and whatever's arising for you. So we're just

going to stay in this energetic space of extraordinary connectedness for a moment. And just let your body do what it wants to do.

Now, earthing this energy; so imagining all of this gorgeous energy that's in the body, imagining it connecting back in and down through those roots. So allowing it to pour down into the reconnection with the great mother. Using your breath to help you if that feels right. So really grounding this now, really coming into this deep, deep connection with the earth, with this life, with your life, with being here in this world, embodying this energy, and being in this world here. Just breathing, taking notice of whatever's happening for you. Using that mindfulness practise to just be aware. What are you feeling? What's happening for you? What are you noticing?

Is there an area of your body that's lit up? Is there a particular emotion that's come to you? Is there a softness? Is there an electrical feeling? Is there an awake-ness, an aliveness? Is there a sadness? What is it? Just feeling what's happening for you in this space. Trusting it, because it is perfect what's happening for you. Honouring it, so it's a witnessing of it and it's an honouring of it. If it feels right, I would strongly recommend going straight from this space and journaling, so continuing in this energy. We're ground but we're open. We've just opened up to the fullness of Shakti, the wholeness of Shiva. If this is your first time, it might feel strange, or you might not feel much, and that's okay. That's fine.

You may have felt totally new things. It may feel scary. It may feel new. New is always scary. Whatever's happening for you, no matter how big, or how small, honour it, and take some time to journal, or get out in nature. Walk in this energy. Walking is such a great practise. Walking in silence in nature with no distractions allows for a lot of what's energetically happening to slowly get into the mind, and allows for us to translate through the mind. So walking is such a powerful practise. From here I suggest either walking and allowing the insights to arise, or journaling and just writing into that free flow of just whatever's coming out. *I feel la, la, la, la, la, la. What's coming up for me is na, na, na, na, na. What I saw was ...* Some of us are very visual. These colours, these symbols, this... whatever it was write. Because writing will bring out more often times, or share. Share it with somebody. A lot of times when we verbalise, we are doing this kind of anchoring in and for some women the actual talking of an experience is what helps us to translate the energetics into the more logical understanding. Or I should say more of the insights around it. Now if you're journeying through this alone that's fine. You're not alone; we've got the Facebook group. So feel free to verbalise via the written word. In that group there's a deep witnessing that happens, so just sharing your experience allows an anchoring in of sorts. There's a magic to the witnessing of it, and that's what our circle is for.

That's why we've got that private group. It's for the witnessing to happen. So sharing it, I will be there to witness, the Rewilding team is there to witness, and your sisters are there to witness. I really encourage you to read what others have shared because often times there's a resonance. Some woman, another sister may share her experience, and it is so beautifully linked in some way to your own experience that it may open up more of your experience, or give you a deeper understanding of the experience that you've

just had. It's not just about sharing your experience, it's also in being the witness to, and reading the other comments with an open heart, witnessing with an open heart. Allowing any insights to arise while you witness, while you read other women's experiences. So staying in this deeply connected but very open place.

You may read some woman's experience - some woman, I talk like we don't all know each other - one of your sisters, you may read one of your sister's experiences and it may bring tears to your eyes because it has struck the most beautiful cord within you. That's the magic. That's the magic of being in this circle that we're in, in this sisterhood, in this tribe, in this space. This is what women can do when we come together.

Okay. It's a little bit under an hour for this video, but it feels very right to end here. I don't want to talk much more. I want to leave us in this space. In the next module I'll talk a little bit more about the feminine and what we've opened up to. But I do want to leave you in this energetic space to journal, to go and walk, to share in the Facebook group, to deepen what we've just done here. So, I see you, and I honour you, and what you've opened up to, and what you've experienced. I hope to hear from you in the Facebook group about the experience that you've just had.

So much love to you my dear, dear friend. I will see you in the next module.