

A GUIDE TO  
SELF MASTERY



EMBODY  
THE  
FEMININE

BY NATALI BROWN

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## UNDERSTANDING MASCULINE VS FEMININE ENERGY

To embody more of your feminine, the key is to understand the difference between masculine and feminine energy. In this book we will explore the core essence of each of these energies.

On earth we live and play to 3rd dimensional energies of "conditional love" and set rules around what a masculine and feminine energy should look like because the people around us, our environment and experiences dictated this from early childhood.

The "rules" we have around how to act in relationships fundamentally affects our experience of our energies within a relationship, we've simply been shown and told "here are the rules for relationships, this is what you should do and how you should act".

What if we could let go of all the rules we know and simply listen and access that deeper wisdom and intuition to guide us to embody our feminine energy.

We are both human and divine, both mortal body and eternal essence that continues on. We are all connected to each other, part of Source with all knowing wisdom within us.

In dimensions beyond the denser 3rd dimensional energy we love and live unconditionally and have more freedom to easily access our feminine energy.

## THE BREAKTHROUGH MOMENT

The biggest breakthrough for me was the realisation that through having the awareness of what I felt in the moment, how I reacted to situations or people or even what I thought - helped me accept myself more.

Having an awareness of the strengths, weaknesses, thoughts, beliefs, motivation and emotions of masculine and feminine energies helped me to quickly shift from being too masculine or overly feminine into a balanced state.

Self awareness allowed me to understand myself and to understand other people (including my husband) better.

Being aware of what was happening to me physically and emotionally gave me the space to change my attitude, behaviour and responses.

I'm not saying it's an easy process - years of patterns and habits have to shift to rewire the mind.

The more you practice, the more you step into a better version of you.





A woman with long, wavy blonde hair is standing in a forest. She is looking towards the camera with a slight smile. The background is a soft-focus view of trees and foliage. Overlaid on the image is a decorative yellow arrow that starts with a leafy branch on the left and points towards the right, passing behind the title text.

# Beautiful Feminine Soul

This book is for you if

- you want to embody and own more of your magic and femininity.
- you want to learn more about how to access and call in your feminine energy and to be more present in your body.
- you might be struggling in relationships and somehow feel you have to give up on who you are or your success in life in order to attract or keep a good man in your life.
- you seek happiness, joy and love in your relationships.
- you want to find out how you can raise your feminine energy to live more in alignment with the masculine energy in your life and with what the Universe has planned for you, your Soul purpose and your hearts desires.

## WHY YOU SHOULD EMBRACE YOUR FEMININE ENERGY

- You'll feel happier, feel healthier, have more energy and vitality than ever before.
- You'll feel more spiritually connected and intimately connected with your husband or partner in your relationship.
- Life will feel in flow and you'll attract the right people and situations to you with your magnetic energy.
- You'll radiate beauty from within and you'll feel more sensual, confident and courageous to express your femininity.
- You will feel more peaceful in yourself and serve others with love.
- You'll reach successes far beyond your imagination because you're showing up as your unique feminine self.



I sat bolt upright, did I just feel that? Was it real?

My hands were cemented to his body, I couldn't move them at all. I was about 40 minutes into an energy healing session for my husband when I felt a dull thud in my stomach.

I knew immediately that an energetic cord was just cut between us. It was so powerful - I asked him if he felt it too but he was totally oblivious just soaking up the beautiful energy and mumbled it feels really warm, your hands are very warm.

After a little while I was able to release my hands and finished the energy healing session without anything else significant happening.

Over the next weeks I kept thinking about what happened and asked my guides to shed some light on what this might mean .... and whilst talking to a Psychic friend I asked her whether she had any insights as my guides have not been very forthcoming with information.

She simply said: "You ended a contract with each other, you are now life partners"

This reminded me so much of what my Mom and Dad was going through. In 2012 my vibrant, healthy Mom at the age of 53 suddenly had a hemorrhagic stroke which left her completely paralyzed and fighting for her life.

From that moment on my father cared for my mother for the next 7 years without fail until she passed away on 25th February 2019. His dedication to her was beautiful and I could see the strong bond between them growing even stronger. My mother had this immense fighting spirit and my father absolutely adored my mother - it was evident in their love and commitment to each other. They were Soul mates and through this experience they became life partners.

My parents openly showed their love for each other through kissing and cuddling in front of us children. I thought, when "I grow up" I want a relationship just like that.

My mother was this radiant feminine energy, strong, my rock, my role model and when she had the stroke, I felt like I lost a part of me. Unfortunately she never recovered and for the next 7 years her pain and suffering was unbearable to me.

I gradually felt the connection with my husband become less and less. I felt removed from the relationship, not present, not intimately connected, always rushing around to find something to fill the void, keeping busy around the house and with work, travelling or scrolling through Facebook.

What was worse is that after the cutting of the cord in 2018 between my husband and I, I felt myself withdrawing even further.

I became angry, frustrated with him and would easily step into my masculine energy to defend or protect myself. I started piling on weight as a security blanket. I was in survival mode and little did I know I was playing out the role of a victim - asking why could this happen to my Mom, why do we have to go through this ... why why why! I was playing out the role of an unbalanced feminine energy.

I felt lost, confused and didn't know how to get back to my essence.

It wasn't until recently after much Soul searching and attending the Tony Robbins "Date with Destiny" event that I really grasped the meaning of what it meant to be feminine and the meaning of the words my friend told me about being "life partners".

At this event 1200 men stood up in the audience, raised their right fist in the air and shouted "FREEDOM ... FREEDOM .... FREEDOM"! It was the most incredible display of masculine energy I've ever experienced.

The force of this masculine energy rose up in the arena and washed over me like a powerful 30 meter wave. It completely wiped away any masculine energy I was holding within my body at that time and I could feel my feminine energy rise up to meet the masculine energy. It totally blew me away, the walls I built around my heart came crumbling down and I cracked wide open.

I realised that to fully embrace the feminine energy I am, I would have to make a change within me and share in this book everything I know about how I did just that, to honour, access and embrace my feminine magic again.

Even though I knew my husband loved me and supported me I realised that my "absence" in the relationship and aggressive masculine energy was causing us both hurt.

I was fighting against my very essence, my core way of being. I needed to embrace my Goddess energy to be able to fully love and serve in my relationship with my husband and to serve others.

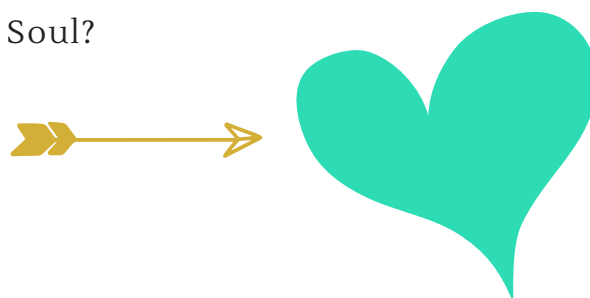
My biggest realisation was that when my mom got sick, I didn't lose my essence, it's always been there, my mom held onto life to show me that a woman can be feminine, radiant, compassionate, loving, yet strong, determined and courageous.

Right until the end Mom was this beautiful radiant light - she was pure feminine energy, she served with love and loved us unconditionally.


Each day is a new day to reflect, to transform and to create a life you absolutely love, to have a mutually loving relationship and to serve with love.

In your relationship you can choose to continue to feel scared, confused, angry, lonely, frustrated, depressed and to live outside of your core essence of femininity or you can choose to embrace the beauty, strength, love and wild and free spirit of your feminine energy.

What will you choose beautiful Soul?







# WHAT IS FEMININE ENERGY

Feminine (or yin) energy is expansive, free flowing, open, loving, compassionate, nurturing, creative, life giving, all knowing, an energy of abundance, radiant and beautiful. Feminine energy can be characterized by soft lines and curves, attuned to human consciousness through empathy and intuition.

Feminine energy can often also be wild and free, life force energy, driven by emotions, commands respect, holds space for others, is independent, passionate, sensual and craves connection and attention, she draws others through opening her heart and giving freely, sharing her love and beauty.

A couple is shown from the waist up, standing on a beach at sunset. The man is on the left, wearing a white tank top and white shorts, with his arms around the woman. The woman is on the right, wearing a white tank top and white shorts, with her arms around the man. They are both looking down at each other. The background is a warm, golden sunset over the ocean. A semi-transparent yellow rectangle is overlaid on the image, containing the text.

# WHAT BLOCKS CONNECTION & INTIMACY IN RELATIONSHIPS?

## FOR WOMEN

- Unforgiveness, blame and guilt.
- Feeling your partners is dishonest.
- Not feeling loved.
- Not feeling like they respect you because they are not listening or not really seeing you.
- Not feeling like you are understood or being able to express your individuality.
- Not feeling like your partner or husband is present or around to contribute to the relationship.
- Withholding genuine touch, hugs and kissing.
- Feeling unsafe around him.
- Not feeling commitment from your husband or partner.

## FOR MEN

- Disloyalty or dishonesty from your wife or partner.
- Feeling manipulated, criticized or controlled by your wife or partner.
- Not feeling like your wife or partner is present or around to contribute to the relationship.
- Not receiving praise from your wife or partner.
- Rejection or withholding physical touch or intimacy.
- Not being shown love.
- Being shut down, not communicating.



A silhouette of a woman in a dynamic, expressive pose, possibly dancing or performing, set against a warm, orange-hued sunset background with a bright sun low on the horizon. The woman's arms are outstretched, and her legs are in a powerful, grounded position.

# Why it benefits you to be in your feminine

A woman who knows how to connect with her feminine side will naturally and effortlessly be irresistible and magnetic to the masculine.

When you start to allow feminine energy to flow from you, people will notice, you command respect, hold yourself gracefully and will naturally attract the right people to you, you'll feel more vibrant, energised and healthy than before and love yourself more completely and willingly serve with love.

I look at my own life and though I am mostly in my feminine I too easily switched into my masculine energy in my relationship with my husband which made me become a person I didn't love or like.

I'm a passionate, ambitious, creative woman who knows what she wants in life and run a soulful, heart-centered successful business which helps woman find the essence of who they are, to love and appreciate themselves more, to own their feminine energy and power and who attracts love in abundance.

On the other side I am a mother to two teenage boys and a wife to a man who loves my passion, my creativity and free spirit.



Learning how to balance my ambitious masculine side with the softness and receptive energy of the feminine has been a game-changer for me.

This is why I feel so passionate about writing this book and bringing forward this message to other women, who want to embody more of their magic and femininity and who might be struggling in relationships and somehow feel they have to give up on who they are or their success in life in order to attract or keep a good man in their life or to be happy, joyful and loved in their relationships.

I hope you enjoy reading it as much as I enjoyed writing this book for you.

With love and light,

*Natali* 

A close-up photograph of a woman's face and shoulders, showing her lips and hair. The image is used as a background for the title.

# The Feminine Body

See your gorgeous body as the tremendous gift it is.

Allow yourself to play in your body through movement and self love - exploring the endless possibilities of joy and happiness you're able to experience.

Strike a pose, shimmy and shake, jiggle and jump, be seductive and sexy - whatever feels good to you.

We easily forget that this beautiful vessel we've chosen is the gateway to spiritual enlightenment. It's a vehicle to free us from the idea that we are limited.

Our bodies holds infinite wisdom, pleasure and possibilities and there's no greater pleasure than being fully present in your body, from toes to Soul.

Even in moments when we feel most alone, most exposed and most afraid our body shares it's truth by physically responding to our emotions.

In every instance our body gives us the opportunity to release what isn't serving her, it's answering the call from our Soul to help us thrive amidst change, to grow and spiritually transform.

When we get trapped in unhealthy routines or others' expectations of us, we stop our feminine energy from flowing through our bodies. We close ourselves off to the possibility of receiving unconditional love, joy and happiness.

It's in this moment that we have the power to choose a different path, to crack open a little and to let in more light.

Don't see yourself as broken, you're not broken - you're transforming.

Rise in your body beautiful soul, spread your wings and embrace all that you are - powerful, beautiful, love and light.

The goal is for you to love yourself fiercely from within, without judgement or shame for where you've been, for what you've done or for who you are right now or for what you look like.

You are beautiful just the way you are.

Light up, enjoy your body, have fun, be happy and see the lines on your face as paths which lead to all your beautiful journeys of transformation and change.

Hold the desire of who you are within your body. By being imaginative, playful and childlike in your body you remember the essence of who you are.

A woman's body is made of curves and flow, let go of the rigidity you hold within your body and tap into this flow by imagining you're a river, powerful, moving around any obstacles or energy blocks in your body. Sway to beautiful music or to the sound of your heart, listen to your breath and feel the life force energy rise within.

And love yourself - love is what sets us free from the expectations which binds us. To love you have to be courageous and bravely defy expectations in order to be true to yourself.

Life is brief, enjoy every moment - enjoy the gift of life.

When we align with the feminine essence of who we are and play that out in our bodies, we easily attract the right partner and we can express ourselves fully. We heal and we feel liberated.

And it inspires others to return to their essence as well.



Use this space to write down how you feel in your body  
and how you would like to feel.

What can you do right now to have more fun in your body?

Feminine energy is pure love.

A woman has a sacred language of love inside her. When we tap into this language of love (your feminine essence) we activate our Soul spark, we energise the masculine and bring love and compassion to be a strong anchor and building block for relationships to thrive.

And the masculine becomes a powerful creative force in his own right, a vessel to keep safe and support the feminine essence.

Have you ever asked, who am I? Why am I here?  
Who am I to tell my story, to show up in this world and serve others?

We are part of divine source and are energy beings having a human experience on this planet. We are pure light, expansive and have the power within us to move mountains.

We have free will which means our choices are our own, we are free to choose.

And as creators we can use our magic and the creative life force energy within us to shape our lives in a way we cannot begin to imagine.

As an extension of our higher self whatever we do here on earth, how we treat ourselves and each other and all other living beings affects the very fabric of the entire universe.

I've asked this question "who am I?" many times.

That's until I was shown during a guided meditation and my question was finally answered. I share my story with you and hope it will inspire you to know who you are.

I could see water in front of me, the ocean, rippling, gentle yet powerful, it was representing the flow and power within me.

A beautiful feminine woman in a white flowing dress with golden hair walked towards me and said "You can walk on water, do it now". She held out her hands ..... I walked towards her and our hands met.

Her presence felt familiar, we've met before during a previous meditation a few years back, her energy a vibrant force, a goddess energy.

I looked into her eyes and realised I was looking at myself.  
She was a version of me.

In my vision I could see beautiful white birds flying above my head - a symbol of freedom - it felt as if they've come to show me I AM free, free to just be me.

I felt so supported, so loved, so much gratitude and so much peace.

My Mom was there too, touching and kissing my face. Pure joy coming from her - she told me how proud she was of me.

And then a Man appeared, this Man I knew - I would know Him anywhere, anytime.

He embraced me and said: "My child, you are so loved"

All I felt was pure, unconditional love, it was beautiful.

Unconditional love is not about tolerating or diminishing yourself to make others feel good, it's about accepting yourself and others exactly as you are.

Make love your purpose, find it wherever you can and become so devoted to this purpose that no one will sway you from it.

I was shown that through love we can be all we want to be, for us and for others.

Don't wait to express love in different ways in your every day life and your relationships.

Embrace and hold onto that part of you, which is your truth - the essence of you and let go of everything that is no longer serving you.



Reconnect to your inner fire, the eternal flame within and allow yourself to be guided by your Soul and serve from the heart.

Allow this fire to burn away any patterns, habits and past hurts in order to have more sacred space to let in love and to create more amazing-ness for you.

Feel just how expansive and beautiful you are when your Soul and feminine energy is loud and ever present within you.

*"The most sacred sanctuary is found within you"*

Through embracing who we are as a feminine energy we can connect more fully to our purpose, feel more vibrant, own our confidence and take action towards our dreams and desires.

I've guided many women to transform their inner lives which greatly enhanced their outer lives.

They were ready to rise up, to inspire people and live life with purpose - they stopped being fearful and angry because of their past, they stopped doubting and sabotaging themselves.

They now stand in their feminine power, own their story and have the confidence to let go of the need for their story to define them.

They realised that everything they experienced in life was simply to make them stronger, to help them grow and to bring them to this very moment where they finally feel free to just be.



Use this space to write down anything or anyone you love  
and anything and anyone that inspires you:

A romantic couple is shown in silhouette, embracing and looking at each other. The background is a warm, golden sunset or sunrise, creating a soft, romantic atmosphere. The man is leaning in towards the woman, and they are both smiling.

# Why do we sometimes drop out of the feminine?

Our feminine energy can be affected by our own limiting beliefs, self doubt or self sabotage and other experiences and situations which caused past hurt, trauma, abuse or lack of trust.

Or perhaps there was an absence of a female role model or positive mirroring and you don't know what it feels like or looks like to be feminine.

Unsupportive diets, emotional blockages, and imbalanced lifestyles and an imbalanced energy system are key contributing factors which could send a woman into either survival mode (victim energy or flight mode) or warrior mode (over masculine energy or fight mode) as a protection mechanism.

If you constantly live in fight or flight mode there is no room for your feminine energy to find the space to fully express itself.

When we as women suppress our feminine energy, illness, depression, anxiety and disease often develops as a result.

Many common health complaints stem from disorders in the reproductive system (sacral chakra) that are due to a lack of allowing this vital feminine energy to flow freely and nourish our mind and bodies.

To bring the feminine energy into balance we have to heal and restore the mind, body and spirit and re-connect to our divine wisdom within to help guide us to optimal connection, health and vitality.

And a balance between masculine and feminine energies is essential for our overall health and wellbeing.

When our feminine energy flow is blocked or sluggish - our bodies cannot function properly which could manifest into physical ailments. Some of the most common health issues are:

- Polycystic ovary syndrome (PCOS)
- Uterine fibroids
- Pelvic inflammatory disease
- Infertility
- Hormonal disorders
- Chronic urinary infections
- Thrush or Candida

It can also manifest in other health disorders:

- Imbalanced blood sugar levels
- Weight gain or eating disorders
- Acne or Psoriasis
- Depression
- Anxiety
- Sleep disorders

Always follow your heart, do what feels good for you in order to lead with your femininity confidently in this world and at home.

It's more important than ever that we remember to nurture, nourish, heal, and restore the feminine.

# What is your essence?

Below is a list of the essence of feminine and masculine energies, tick all the ones which apply to you. When you're aware of the differences of feminine and masculine essence, you know which state you naturally live in and when you switch out of that natural state. This awareness helps you to quickly move back into balance.

## Feminine Essence

- ☐ Free flowing, soft energy
- ☐ Allowing, Collaborative
- ☐ Nurturing
- ☐ Empathetic
- ☐ Compassionate
- ☐ Loving
- ☐ Caring, Kind, Gentle
- ☐ Emotional awareness, feeling
- ☐ Free spirited or Wild
- ☐ Craving love
- ☐ Passionate, Playful
- ☐ Sensual, Magnetic
- ☐ Craves connection, want to be seen/heard
- ☐ Radiant
- ☐ Expands through the beauty around her
- ☐ Is centered and grounded by mother earth
- ☐ Wants to be desired
- ☐ Life force, creative energy
- ☐ Independent and decisive
- ☐ Receptive
- ☐ Enchanting

## Masculine Essence

- ☐ Focused, hard energy
- ☐ Logical
- ☐ Outcome orientated
- ☐ Strong physical presence
- ☐ Structured
- ☐ Driven
- ☐ Action orientated, Wants to fix things
- ☐ Seeks release and freedom from constraints
- ☐ Achiever, wants to provide
- ☐ Competitive
- ☐ Assertive
- ☐ Direction/life purpose driven
- ☐ Steadfast
- ☐ Comes alive when challenged
- ☐ Wants to be appreciated
- ☐ A force of life, safety, security
- ☐ Prefer words instead of emotions
- ☐ Craves ultimate ecstasy
- ☐ Valor
- ☐ Feels certain and centered
- ☐ Projects power outwards





# What throws feminine and masculine energy out of balance

Too much masculine energy in a man weakens the feminine energy, preventing it from expressing its qualities effectively

Too much masculine energy in a woman weakens the masculine energy, preventing it from expressing its qualities effectively

## Wounded Feminine

- ☐ Feeling like a victim
- ☐ Feeling powerless or weak
- ☐ Manipulating
- ☐ Withholding love
- ☐ Neediness
- ☐ Demanding
- ☐ Being too critical
- ☐ Being controlling
- ☐ Not being playful or having fun
- ☐ Being over sensitive
- ☐ Being over emotional
- ☐ Competing for love
- ☐ Not being present
- ☐ Over giving

## Wounded Masculine

- ☐ Aggressive
- ☐ Confrontational
- ☐ Controlling
- ☐ Critical
- ☐ Too physical
- ☐ Unstable
- ☐ Closed off
- ☐ Not talking
- ☐ Unsupportive
- ☐ Too structured
- ☐ Destructive
- ☐ Frustrated
- ☐ Cold
- ☐ Narrow minded

# THE TRUE BALANCED FEMININE

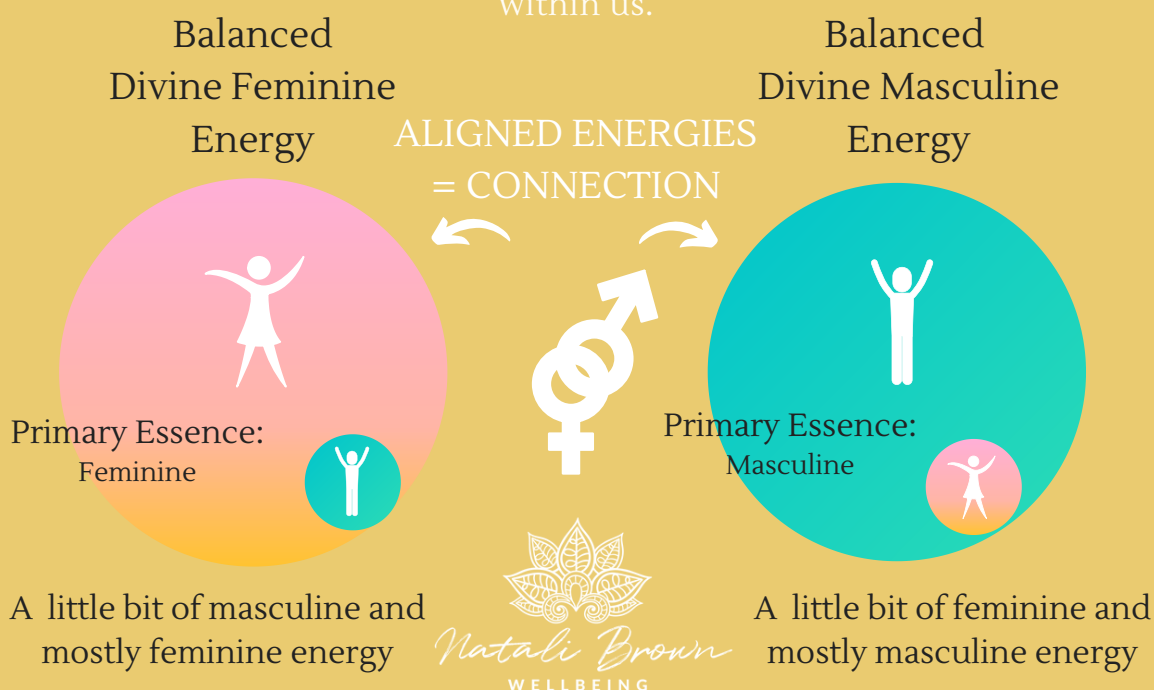
A true feminine energy gives life and brings life to everything, she does not hide, she is independent and confident of her path and her own destiny. She is playful, passionate, a free spirit, sensual and owns her beauty and grace. She shares her love of life and expresses herself through love.

A balanced feminine energy with a little bit of masculine energy gives it more structure and focus, an overly feminine energy can become stagnant, unmotivated, over serving which might lead to depression, guilt, blame.

A balanced masculine energy with a little bit of feminine energy gives it more heart and depth, an overly masculine energy can become removed from reality and destructive.

When your masculine and feminine creative energies are aligned, balanced and playing well together, you are in the higher fourth dimensional state of being.

Each one of us has feminine and masculine creative energy within us.





# ELEVATE YOUR RELATIONSHIP TO 5D ENERGY

The more we live in alignment with our true feminine and masculine energies, the more we experience relationships filled with ease, laughter, community, co-creation, respect, admiration, appreciation and balance which is a higher vibrational energy of the 5th dimension.

Each time you fully step into and honour your divine feminine and your husband or partner honours his divine masculine energy, you raise your vibration together to this 5th dimensional energy.

Instead of experiencing the denser, slower energies of the 3rd dimension like competition, depression, guilt, blame, victimhood, you feel a deeper connection with your partner or husband. In this dimension there is no lack. There are no limitations.

The reality is that you can see and feel the world has changed and there's no going back to what it used to be in the "old days".

We stepped into a new way of being which is more loving, all inclusive, compassionate.

Over the past years we as humans raised our consciousness, accessed more of our divine energy and continue to make more conscious decisions about our life and relationships and women are at the forefront of bringing balance and connection to relationships.



## ELEVATE YOUR RELATIONSHIP TO 5D ENERGY

This current focus and shift into 5D is evident in our relationships with ourselves and others.

Some couples move closer to each other and others part ways as they no longer feel in alignment with each other.

The time has come for both the masculine (those who identify as primary essence masculine) and the feminine (those who identify as primary essence feminine) to be balanced within their own energies and to live more fully in the 5th dimension.

The truth is that masculine energy always responds to feminine creative energy. The masculine energy when in alignment with the feminine creative energy will do whatever he can to carry out the feminine vision.

In this way the feminine must balance within herself these two energies and then fully embody her true essence in order for the masculine energy to do the same.

It's more natural and effortless for the feminine and those balanced and connected to their feminine energy to evolve in this way.

Feminine energy is directly tuned into Source and radiates the essence of love.



# ELEVATE YOUR RELATIONSHIP TO 5D ENERGY

The traditional 3D male and female role was anchored in fear, scarcity, survival, a very dense and physical energy where the woman was often subservient to the man.

5th dimensional energy is anchored in love, peace, prosperity, abundance, respect and mutual understanding.

All actions in a 5D relationship come from this deep connection.

Spiritual partnerships exists where the focus is not on wounding each other or learning and healing through each other but rather two aligned beings growing together in love, understanding, peace and prosperity alongside one another.

You become life partners.





# What we should aim for in a relationship

Let's look at what a healthy feminine and masculine state looks like when they are in alignment, when healthy masculine energy is in a balanced relationship with a healthy feminine energy:

## Healthy Feminine State

- ☐ Has structure necessary for creativity
- ☐ Can easily and passionately design and plan
- ☐ Can bring to fruition her dreams
- ☐ Fully trusts and has stability
- ☐ Can depend on the masculine energy
- ☐ Feminine energy experiences itself safely
- ☐ She can be expansive, creative
- ☐ She has space to be happy
- ☐ There is a balance of give and take
- ☐ Flow comes easily
- ☐ There is cooperation and co-creation
- ☐ Praises the masculine for his strength
- ☐ Deeper emotional connection with the masculine

## Healthy Masculine State

- ☐ Has focus and strength
- ☐ Provides protection for the feminine
- ☐ Dependable, provides safety and support
- ☐ Motivated and driven to learn, grow
- ☐ Feels expansive through feminine creativity
- ☐ Feels validated, has strength and certainty
- ☐ Feels supported to explore new ideas
- ☐ Thrives when feminine is balanced
- ☐ Feels happy when providing
- ☐ Creates structure and scaffolding
- ☐ Is respectful of feminine energy
- ☐ There is co-operation and co-creation
- ☐ Deeper understanding and connection with the feminine on an emotional level

# HOW TO EMBODY MORE OF YOUR FEMININE ENERGY



## PRACTICE SELF CARE

Do self care practices which truly resonates with you at Soul level. When your self care practices are taking more energy than it's giving or the recommended "do this or that" don't appeal to you, it can be easy to feel like you're failing before you've even started.

Your self care practices should spark joy and make you feel alive and at the same time make you feel in flow and that things happen with ease.

It's the go to outfit that always makes you feel amazing. It's the quote you read that gives you goosebumps and inspires you. It's the activity you do that makes you feel, grounded, confident and uplifted all at the same time.

Remember that it's about enjoyment!

Keep experimenting, if something doesn't fit, try something else.

And keep it playful.

Here's some examples:

- Femininity is about doing what feels good and right in your body.
- Physically care for yourself, do your nails, moisturise your skin.
- Enjoy a nice long bath with your favourite bath salts or bubble bath.
- Nourish your body with good healthy fruit and vegetables.
- Listen to your favourite podcast.
- Read a book you love.
- Spend time in nature enjoying the beauty around you.
- Hydrate, drink water to keep your body hydrated.
- Let your hair loose or style it in a way that makes you feel good.
- Wear make-up and clothes you love and which makes you feel great.
- Explore your body intimately and find out what feels good for you.



## NURTURE & CONNECT

A women's natural biological need and tendency is to nurture, it's an innate call from within and we recognize the desire to nurture as something that's natural and healthy. We often nurture and care for others and forget that we have to nurture and connect with ourselves first.

By recharging and reconnecting to ourselves, we're better able to reach out and to help others in the process.

Human connection offers an incredible amount of fulfillment for both ourselves and others.

Our feelings are gifts from our highest self, connect with your divine self often through meditation and don't label any emotions as good or bad. Simply allow your emotions to flow through you like the waves of an ocean and wash away and heal all.

- Love yourself without conditions.
- Take time just for you, go on a retreat, enjoy time in nature.
- Feel your deepest feelings - our emotions have a way of showing us and are reliable indicators of what we need to let go of in order for us to be all we can be.
- Be present, listen to your heart.
- Go within: Introspection, reflection and meditation is a great way to calm the mind.
- Connect with female friends or a Soul sister - female company is a great way to spark feminine energy.
- Touch: Hugs, kisses, cuddles with your children and family.



## KEEP MOVING

Feminine energy is pure motion and movement. Your feminine energy will always be activated by movement. Feminine movement is about being in your body, feeling with your heart and letting go of the mind.

Sometimes we feel frustrated, overwhelmed, stressed and we end up going to the gym and pushing our bodies to the limit. The energy in a gym can be too intense, full of ego, type A personalities and a little too competitive. If this is not for you, and intense cardio classes and weight training leaves you feeling physically exhausted and your body hurting find classes in the gym that's a little less intense, like Zumba or Yoga or Pilates which allows the feminine energy within you to rise.

The key is to listen to your body-wisdom, do exercise and movements which you love and stop when you are satisfied before you get too tired and wired.

- Play in your body, have fun, be a child again, dance at home or join a dance class.
- The left side of the body is referred to as the feminine side in many ancient cultures, allow your breath to create movement in your body as you breath up and down and breathe into the left side of your body and visualise your breath unblocking and clearing the energy.
- Float or swim in the ocean and feel the motion of the waves.
- Sitting at your desk at work for long periods of time creates stagnant energy, get up often and walk around the office to get energy flowing.
- Dance barefoot on the grass and connect with the energy of Mother Earth or dance barefoot on the beach or in the waves and feel the motion of the waves reconnect you to your feminine.
- Feel the gentle movement of the wind on your face and sway from side to side with the wind.
- If it feels good for you, try wearing soft flowing fabrics which mirror the constant moving element of feminine energy in a tangible way.
- Enjoy walks or a gentle run in nature.
- Balancing poses in yoga are another great way to heal imbalances and to find a healthy equilibrium between the masculine and feminine energies within you.



## HEAL YOUR HEART

We often build walls around our hearts because of less enjoyable experiences we've had with love and life.

The feminine energy loves, is compassionate and connected to life and other people. To enjoy our feminine energy fully and feel more connected with others our hearts must be open, we must listen to its wisdom and not push it aside.

If you find yourself being withdrawn, overly critical or demanding of yourself and others, often feeling victimized, or without proper boundaries, your heart may be in need of some serious healing.

The step to healing your heart is to step into awareness of what your body, mind and spirit needs right now:

- Often it's as simple as relieving stress
- taking time out for you
- enjoying pampering yourself, a massage or walk in nature
- enjoying an energy healing session to bring your mind, body, spirit into balance and to clear energy blockages
- breathing deeply
- slow down and really enjoy the beauty around you
- letting go of limiting beliefs and unhealthy patterns
- forgiving those who wronged you
- practicing the art of forgiving yourself, loving yourself
- focusing on relationships that are mutually loving, giving and supportive.

## ACCEPT

- Accept yourself right now, just the way you are.
- Own your beauty within, feel proud.
- Accept and enjoy compliments. Beautiful and loving is a woman's natural way of being.
- Compliments are simply a recognition that your feminine energy is flowing more freely, re-balanced and is being shared with others who appreciate your energy.
- Say thank you and smile, accept that you are beautiful inside and out.



## INDULGE YOUR SENSES

The masculine energy is a thinker, while the feminine energy feels so much more and can easily access the realm of the senses.

To reconnect with your feminine energy, indulge your taste buds by eating chocolate or juicy fruit, drink red wine or a cold glass of white wine and indulge your palate with decadent foods and drinks that you love.

Intentionally use your senses to experience life's pleasures. Touch, smell, listen, taste.

Using your senses increases confidence and self-esteem with each experience.

Indulge your sense of touch by going shopping and feeling soft fabrics against your skin. Enjoy going to a market and take in all of the different sights and smells of the delicious foods around you. Listen to beautiful music or the laughter of a child and let it uplift your Soul

## BE CREATIVE

As woman we create and give life, we are creators of our reality -embrace your creative energy.

Creativity fuels our feminine energy when we allow the creative process to simply flow. To be creative is to let go of perfection and control, simply enjoy the moment. Express yourself fully through creativity.

- Paint, sketch or sculpt, colour in, journal, doodle.
- Create music, sing or listen to your favourite music.
- Redecorate or style a room, bake or cook, do gardening, knit.
- Grow your own vegetables.
- Start a creative project in the community.
- Create something out of nothing.





## TAP INTO YOUR FEMININE WISDOM AND INTUITION

As women, we have an incredibly powerful connection to our intuition. Our ability to tune into our intuition helps guide us to make decisions for our highest good.

In every moment we have the opportunity to be mindful or absent from our reality and decisions. It takes energy to be present, but the upside is that we can make conscious decisions that bring us back to our initial intentions and utmost desires for our life.

Use your intuition as a guide to move through the day. If something doesn't feel right, it probably isn't.

Trust, tune in and make another choice that feels good.

Listen to your body - do what feels good for you.

Challenge yourself to transform to become more fluid and allow your feminine energy to thrive, but never override your inner knowing.

You know what's best for you.

Tap into your feminine wisdom, your inner knowing on a moment-to-moment basis and look out and listen for the signs and signals that you receive.

- Let your heart guide you through quiet reflection or journaling to what your Soul wants for you.
- Listen to your gut instincts and allow your intuition to steer you on your journey.
- Give yourself time to just "be" instead of always wanting to "do".
- Close your eyes and tap into your deeper feminine wisdom by setting your intention to connect with your feminine energy. Ask her to show you a colour, pictures or words which will help you connect more deeply.
- Follow a guided meditation to connect with your divine feminine energy.



## BE SENSUAL

A woman's femininity and sensuality is magnetic and beautiful however in today's society sensuality has been glammed up so much on social media and in newspapers.

To such an extent, that we have forgotten how to feel sensual without "the shoulds and how to's" or we put on a "show" or "a mask" pretending to be sensual but feel disconnected from our husbands, partners and our own femininity.

All this pretending stops us from accessing that powerful, sensual feminine energy within.

For many women it's left them feeling inadequate, not sensual enough, not sexy enough, not beautiful enough and in turn these limiting beliefs is stopping us from seeing our magic, our beauty, our unfathomable grace.

Sensuality is the gateway to falling in love with yourself, it is a gift, it's your feminine power giving you access to knowing how to use your magic and inner and outer beauty.

- Sensuality helps you to connect to your true needs and desires.
- Being sensual brings more fluidity and mastery of your emotions.
- To feel more sensual be present and authentically feel into your body
- Get out of your head and connect more with what you feel.

When you own your sensuality during intimacy with your partner, it allows you to connect with him on a deeper level and you enjoy exploring and what feels good for each other more fully.

- Tap into your inner playfulness during intimacy with your partner or husband.
- Dress up in something that makes you feel feminine and sensual.
- Touch is an important part of sensuality, touch his face, stroke his hair, kiss him gently.

## UNLEASH THE FEMININE THROUGH YOUR VOICE

We have a huge build-up of non expressed feminine energy within our bodies which is blocking our authentic feminine voice.

Shame, guilt, fear, grief, anger, over-excitement are all emotional blockers in the voice.

How many times do we tell our children to tone down their excitement and giggles or to be quiet or how many times have you been told to be quiet?

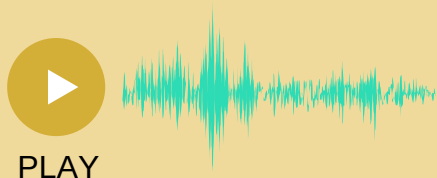
This results in physical discomfort, jaw pain and tension in the neck or a sore throat or sores in the mouth, teeth problems or even thyroid problems.

Singing clears the throat channel, it shifts the energy within your body so you can express yourself more fully. Soft tones uplifts and energises the feminine energy within you, it is your gentle speaking or singing voice.

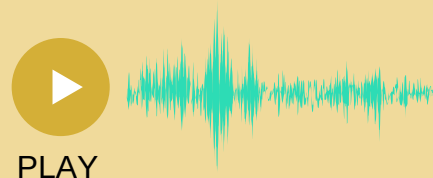
The tone of your voice amplifies your feminine energy.

Allow the tone of your voice to drop down into your sacral chakra, feel it in your body, allow the energy to flow through your sacral chakra and up through your vocal cords. Open your mouth and allow the tone of your voice to escape, don't force it - be gentle.

LISTEN TO THIS AUDIO BELOW TO  
TO PRACTICE THE TONE OF YOUR VOICE



LISTEN TO THE SONG BELOW AND SING  
ALONG. CALL IN YOUR FEMININE ENERGY.



# REWIRE YOUR CREATIVE ENERGY WITH WORDS TO EMBODY MORE OF THE FEMININE OR MASCULINE

The vibration of words is super powerful to help us anchor our feminine and masculine creative energy.

## Through your words and thoughts you create your reality

These words are part of your natural alignment to the LOVE that you are - the essence of who you have always been at your core but have turned away from it because we were taught that the relationship to people “out there” was more important than the relationship with the you “inside.”

Bring these powerful words into your thought process, your communication with yourself and others to start rewiring your creative energy and your mind to a more loving, flowing, creative or certain state of being and to raise your energy vibration. The vibration of these words represents rest, contemplation, spirituality, sensitivity, sympathy and mastery of the mind.

Each word has its own energy vibration, close your eyes, take a breath, say each word and FEEL its energy within your body. Feel how it feels to you. Ask your husband or partner to do the same with the masculine words.

### FEMININE WORDS

Feminine words are curvy, swirly, round, open, playful.

- 1 I LOVE me
- 2 I LIKE me
- 3 I APPRECIATE more
- 4 I ALLOW
- 5 I am KIND
- 6 I feel EASE
- 7 I am GENTLE

### MASCULINE WORDS

Masculine words have straight lines, angles and feel stronger.

- 1 I feel FREE
- 2 I feel CERTAIN
- 3 I am FOCUSED
- 4 I am CAPABLE
- 5 I am STRONG
- 6 I feel POWERFUL
- 7 I am PROTECTION

## USE WORDS TO INTEGRATE BOTH FEMININE AND MASCULINE CREATIVE ENERGY

As previously mentioned, each one of us has feminine and masculine creative energy within us.

Without it, feminine energy becomes formless and masculine energy becomes too structured.

A feminine energy can also use words with a more masculine nature to give it form. Each of these words below create the structure or container within which feminine creativity can experience or express itself. Without the structure and container, feminine words and creative energy flows out scattered, with no direction.

We find ourselves in different situations each day, facing different personalities and as energy beings constantly sharing energy with each other.

When you "wear" or "embody" or "become" these words as an energy in your body (feel the vibration of each word), you can begin to consciously choose how to create, you will find that the light that you hold becomes more and more magnetic and that your service to others and relationship with others will be effortless.

As you balance the feminine and masculine creative energy and begin to choose which of these words to use in each situation, the world around you will change significantly.

- 1 I am CERTAIN (Feel in your body the stability and safety of certainty)
- 2 I am CAPABLE (Feel in your body the strength of being capable)
- 3 I feel FREE (Feel in your body that you're allowing yourself permission to feel free)
- 4 I am FOCUSED (Feel in your body the strength and certainty of being focused)

FREEDOM, CERTAINTY, CAPABILITY and FOCUS makes a feminine energy feel powerful and safe. It makes you want to shout out "Yes! I can do anything"



A romantic couple, a man and a woman, are shown in a close embrace, about to kiss. The woman is on the left, looking towards the man on the right. They are both smiling and looking at each other. The background is softly blurred, suggesting an indoor setting with warm lighting. The overall mood is intimate and affectionate.

# Different ways we can strengthen our connection and love in relationships

Be committed to each other.

Spend quality time with each other.

Be best friends.

Have fun together. Laugh together.

Go on date nights.

Share your experiences with each other.

Be honest and real with each other.

Keep each other's secrets, don't tell your friends everything about your relationship.

Be honest and truthful with each other.

Being faithful is non-negotiable.

Enjoy plenty of physical touch and kissing.

Be intimate, often.

Seduce each other, be passionate.

Keep anger at bay, think before you talk so you don't say or do things you regret.

Support each other's decisions.

Share your heart's desires.

Praise and elevate each other.

Support each other's achievements.

Tell each other "I love you", you're beautiful, you're sexy, handsome, strong, I cherish you, I believe in you.

Talk about life, nature and your passions.

Have deep conversations about anything.

Forgive each other, we are not perfect.

Allow each other space and freedom.

Allow each other time to create.

Be loyal to each other.

Be strong for each other, offer protection.

Defend each other's honour.

Give and receive openly.

Be vulnerable with each other.

Take time to understand each other.

Take time to get to know each other.

Work together as a team.

Allow each other to be their unique self.

Help each other around the house.

Be patient with each other.

Allow yourself to grow together.

Look after your physical and mental wellbeing.

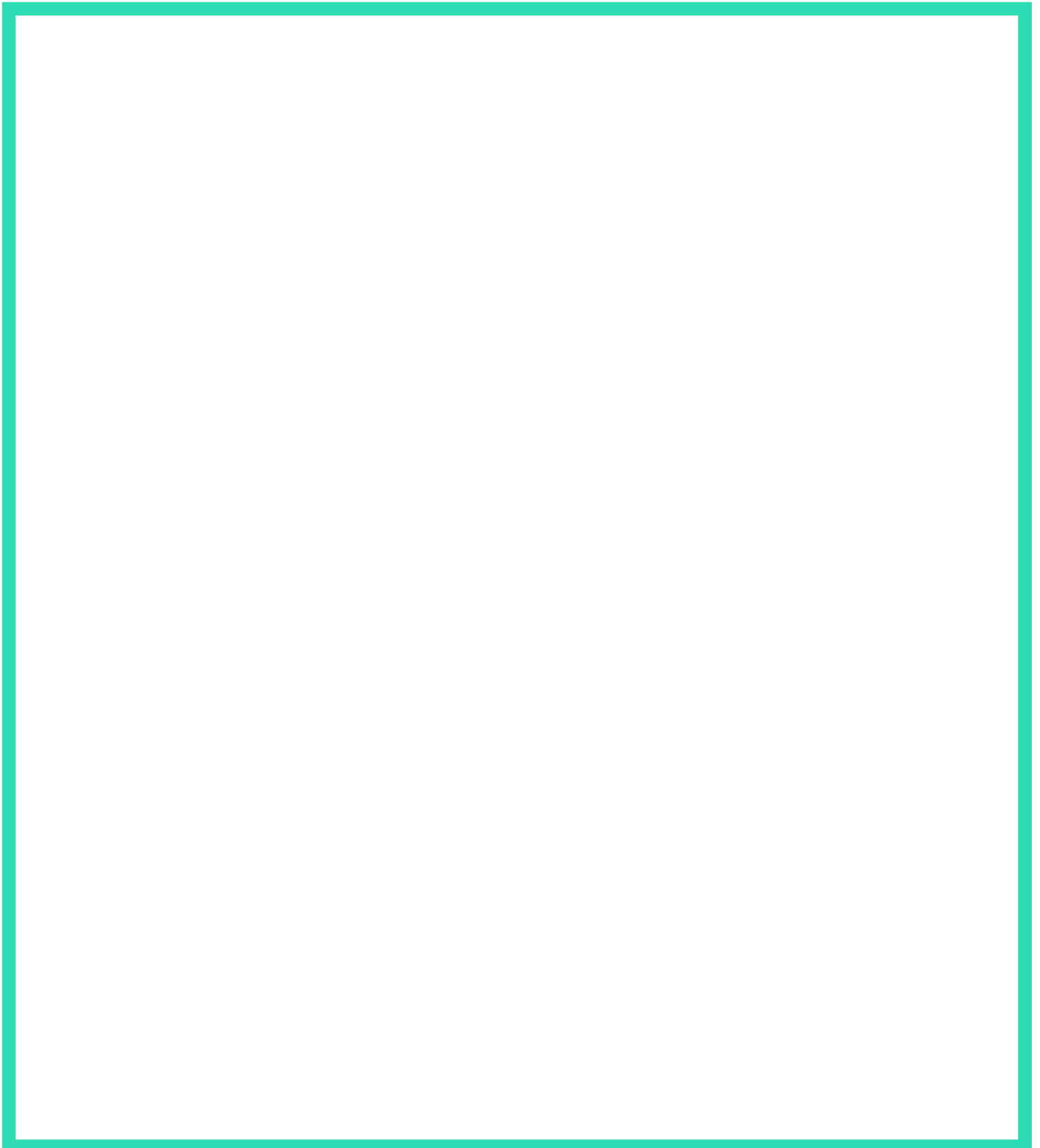
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## WHAT WILL YOU DO TODAY TO EMBODY MORE OF YOUR FEMININE ENERGY?

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Use the space below to write down the actions you'll take from today to  
embody more of your feminine.

FOR YOURSELF  
(EXAMPLE: I'LL DANCE EACH DAY AND PLAY IN MY BODY)



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## WHAT WILL YOU DO TODAY TO EMBODY MORE OF YOUR FEMININE ENERGY?

---

Use the space below to write down the actions you'll take from today to  
embody more of your feminine.

### WITH YOUR HUSBAND OR PARTNER

(EXAMPLE: I'LL BE PRESENT, SHARE MY TOUCH AND BE MORE LOVING)



## ABOUT THE AUTHOR

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### NATALI BROWN

Natali is a Spiritual Wellbeing Mentor and Heart Leader for the planet guiding us to activate, alchemise, recalibrate and re-code our energy systems and upgrade our bodies to fully step into remembrance as new earth creators and enlightened, sovereign human beings.

She is the Founder of The Divine Light Academy of Ascension and Sentauro™ Ascension Energy Healing, a Sacred Architect, Multi-dimensional Healer and Channel for the Divine.

She teaches, inspires and empowers soulful, heart-centered women using vibrational alchemy, energy medicine and ancient wisdom, to their divine purpose.

She uses her incredible intuition and connection with Spirit to teach us the exact tools and shifts required to be courageous, confident, empowered and to lead and serve with love.

Natali initiates her students to the ancient Creator Source Frequency of Sentauro™ through sacred geometry creator codes and multi-dimensional healing energy to facilitate rapid transformation, expansion and ascension of their soul gifts, magic and medicine.

Her mission is to create a powerful sisterhood where women feel safe and connected and be all they can be.

She works with women who are courageous yet sensitive, intuitive, kind, passionate and excited to live extraordinary lives - who know they are here to do something incredible, shine their light and share their unique medicine, voice and wisdom.

For more information or to find out how you can work with Natali, get in touch at:

[www.natalibrown.com](http://www.natalibrown.com)

# CREDITS

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To my husband Gareth Brown, thank you for putting up with my passion for life and my free spirit - thank you for enduring all my questions about masculine energy allowing me to bounce ideas off you.

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