

J O U R N E Y

F E M I N I N E R I S I N G

30-DAY RISING ANCHORED IN
SHADOW ALCHEMY, RITUAL, AND
FEMININE EMBODIMENT

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30-day Feminine Rising Journey!

The 30-Day Feminine Rising Journey is an intimate initiation into your deeper self, a guided rebirth that invites you to soften, descend, and rise into the woman you've always been beneath the noise. This is not simply a "self-love challenge."

This is a return to your essence, a devotion to meeting every part of yourself with tenderness, courage, and truth.

*"When a woman chooses to rise,
her becoming ripples outward and touches every
soul around her"*

Over the next 30 days, you'll be guided into daily rituals, reflections, and shadow immersions designed to reconnect you with your body, your emotions, your power, and your heart. This journey is deeply personal, but you are not alone. I walk beside you, and you're welcome to join me on Facebook in the Shadowheart Sisterhood private group for inspiration, reminders, and support as you move through your transformation.

This is a reclamation.

A softening.

A remembering.

A rising.

Together, through this journey, we'll move through four phases of feminine awakening:

Week 1: The Body's Wisdom

Physical Focus: Appearance, Body, Health, Sensuality, Vitality. A week of grounding back into your physical form, you will tend to the vessel that carries your magic.

Week 2: The Heart's Depth

Emotional Focus: Feelings, Sensitivity, Inner Spirit. This week invites emotional honesty, softness, and spaciousness; You will learn to feel without collapsing and expand without fear.

Week 3: The Shadow's Truth

Shadow Focus: Patterns, Behaviours, Hidden Aspects, Inner Wounds. Here you meet the parts of yourself you've been taught to hide; Not to judge them, but to liberate them.

Week 4: The Love Weaves

Relationship Focus: Intimate, Family, Collective, Everyday Connections. In the final week, you honour the reflection of self-love through others, and learn to stand in love with clearer boundaries, deeper compassion, and fuller authenticity.

This journey is an unravelling and a rising, a shedding of the old self and a claiming of the woman you're becoming. Each day, your soul whispers. Each ritual softens. Each reflection strengthens. Until, by the end, you recognise the woman standing in the mirror as the one you were always meant to be.

Welcome, beautiful woman, and thank you for stepping into the 30 Day Feminine Rising Journey!

Your presence here is no small thing. It is a declaration. A soft rebellion. A choice to return to yourself.

Most of us were never taught how to love ourselves. Instead, we were taught how to perform, how to shrink, how to endure, how to prioritise everyone else's needs before our own. Self-love was framed as indulgent... or selfish... or unnecessary.

But here is the truth, your rising already knows: There is nothing selfish about giving yourself what you have been starving for. What you cultivate within you becomes the energy you offer the world. When you deny yourself love, nourishment, and compassion, that is the true act of selfishness, because it robs the world of your fullness.

Ask yourself gently: What am I teaching my daughter, my sister, my mother, my friends, about how we deserve to be treated?

Because every time you abandon yourself, silence yourself, or push yourself to the bottom of the list, you are demonstrating to the women around you that they should do the same. And every time you choose yourself, tend to yourself, and honour your heart, you give other women permission to rise too.

That means this journey is bigger than you. It ripples into your lineage, your relationships, your community, your self-worth, your future.

It is shadow, softness, sovereignty, and becoming, all woven together.

So let me say this with reverence: **Congratulations!** Choosing this journey is an act of devotion, and you are already rising.

Before You Begin:

You'll need a journal. Nothing fancy, just a space to record your truths, your shadows, your breakthroughs and softnesses. These pages will become the mirror that reveals how far you've travelled.

Express your rising however you wish. Words. Art. Scribbles. Voice notes. Movement. There is no "right way", only your way. Your spirit knows how to speak. Let it.

Prepare your body to receive. You do not need elaborate rituals; simply drop out of your head and return to your heart. Slow your breath. Place a hand on your chest or womb. Settle. Allow your presence to gather.

If it feels right, create a small sacred space. A candle. A quiet corner. A question whispered into the morning: "*What part of me needs my love today?*" Trust the first word, image, or feeling that rises.

Commit to loving yourself every single day. Not perfectly. Not performatively. But truthfully.

And my final wish for you... Good luck, my Shadowheart sister. May this journey crack you open in all the right ways. May you rise from your shadows with softness, with fire, and with a heart that knows its worth.

With love and devotion,

Gemma Rose

Soul Spirit Cre8ive

***Special Tip:** Begin your journey by journaling on how you are/feel now, before you begin the Feminine Rising journey.

Day 1: The Body as the Beginning

Theme: The Physical Self

Archetype: The Shadow Woman + The Wild Woman

Weekly Phase: The Descent

Welcome to Day 1 of the 30-Day Feminine Rising Journey.

We begin with the vessel that carries your soul: your body. Your body has held every version of you. It has witnessed your joy, grief, softness, rage, transformation, and your becoming. Yet, for many women, the body often becomes the target of the harshest judgments.

Today, we reclaim her, gently.

Your Body is A Miracle

It is easy to pick apart what you see in the mirror. It is harder and more revolutionary to see yourself through the eyes of compassion.

Your physical form is not a mistake or an inconvenience.

It is your first home, your wildness, your lineage, your instinct, your strength, your softness.

It is the miracle that lets you breathe, feel, express, and exist. Let's honour her today.

Your Feminine Rising Invitation

Instead of focusing on what you dislike, which you've already done a thousand times, today you will turn toward the part of your body you love without hesitation.

Not the part you “tolerate.” Not the part you only like at your best. But the part that feels like you:

- A feature.
- A shape.
- A texture.
- A movement.
- A physical ability.
- A sensation.
- A strength.

Something your soul recognises as sacred.

Your task today: Choose one physical aspect of yourself that you deeply, undeniably love. The part you would choose again, in any lifetime. Then explore it with devotion.

Journal Prompts:

- Why do I love this part of me?
- What story does it hold?
- What memories live here?
- What emotions does it evoke?
- When did I first realise it was mine to love?
- How does this part of my body help me move through the world?
- What would change if I treated my entire body with this level of reverence?

Example: *I love my hair fiercely. It feels wild, primal, and unapologetic. It reminds me of the untamed woman inside me, the one who refuses to shrink. When I touch it, I remember that I am a creature of instinct, softness, and fire. It echoes the parts of me that want to be seen, honoured, and never again hidden.*

Reminder: Today is a day of reclamation, a returning to your physical self with softness and truth.

Journal deeply.

Witness yourself fully.

And remain open, because this is only the beginning of your rising.



Day 2: Washing the Body in Devotion

Theme: Deepening Physical Self-Connection

Archetype: The Lover + The Wild Woman

Weekly Phase: The Descent (into the body)

Welcome to Day 2 of the 30-Day Feminine Rising Journey.

Today, we soften deeper into the body, into love, into presence, into reverence. Are you ready to bathe yourself in devotion?

Healing your relationship with your body is not a linear journey; it is a spiral. It loops, circles, deepens, rises, and falls, much like your feminine energy and your journey of becoming. There is no rush and no deadline. There is only this moment and your willingness to be present for yourself within it.

Your Feminine Rising Invitation

Yesterday, you reconnected with a physical aspect of yourself that you love fully. Today, you linger there. You let that love expand. You let it take up more space. Let the appreciation you feel for that part of your body ripple outward, slowly, softly, naturally.

Throughout your day, continually reconnect with a specific part of your physical self. Allow the feeling of love to wash over you in waves, helping to ground you in your body time and again. This work goes beyond the surface; it is about healing your nervous system and reshaping your identity. Remember, your body is your ally, not your enemy. If it feels safe for you today, let's take a gentle step deeper into this process.

Choose one part of your physical being you feel neutral about. Not disliked, just untouched, unexamined, unclaimed.

Today, you explore it with curiosity rather than critique. Softness rather than scrutiny. Presence rather than perfection.

Journal what you discover.

Journal Prompts:

- How does my favourite physical feature make me feel when I focus on it?
- Where does my body soften when I appreciate myself?
- What does neutrality feel like in my body?
- What emotion arises when I bring gentle attention to the part of me I neither love nor dislike?
- What might change if I allowed even a small amount of affection toward that neutral place?

Visualisation: The Body of Light

Close your eyes. Imagine your entire physical form, each cell, each fibre, glowing with gentle light. Begin at your toes. Send them warmth, softness, and appreciation.

Let that light travel up your legs, into your belly, into your chest, into your throat, into your beautiful face and fierce, wild hair. Let the light move slowly. Let it be sensual. Let it be reverent.

This simple visualisation can be repeated every day this week to strengthen your connection to your physical self.

Reminder: Today focuses on deepening rather than perfecting.
softening, not striving.

Widen your perspective on how you see yourself.

Allow the love you feel to gently expand without force.

Your body is listening.



Day 3: Loving the Marks of Your Becoming

Theme: Scars, Stories, and Sacred Marks

Archetype: The Wounded Healer + The Shadow Woman

Weekly Phase: The Descent (into truth)

Welcome to Day 3 of the 30-Day Feminine Rising Journey.

Today, we enter a tender, sacred part of the physical self, the places where life has touched you visibly. Our bodies are not merely vessels; they are storytellers. They carry the imprints of everything we have experienced: the softness, the survival, the lessons learned, the losses endured, the growth achieved, and the rebirths we have undergone. Every line, mark, scar, stretch, or crease serves as a testament to our journey of becoming.

Your Feminine Rising Invitation

If you feel ready, you are invited to connect with a scar on your body. A scar is not a flaw; it is a portal. It is a chapter of your history. A moment where life carved itself into your skin and said, “Remember this. You survived this. You rose from this.”

Today, you meet your scar with reverence rather than resistance.

- Sit with it.
- Touch it.
- Acknowledge it.
- Feel what it holds.

Ask yourself:

- What story does this scar carry?
- What did it teach me?
- What did it change within me?
- What strength did it force me to grow?

And if it feels right, you offer it your love. Not because it is perfect, but because it is proof that you endured, adapted, healed, and continued.

If doing this today feels too deep...That is okay. This journey is not about forcing yourself to rise; it is about honouring the pace your body, heart, and nervous system can hold. If loving a scar feels too tender, love something smaller, simpler, closer to neutral; *"Fingernail, I love you."* *"Elbow crease, thank you."* *"Collarbone, you are beautiful."*

It counts. It matters. It builds.

A Simple Ritual for Loving Your Scars

Speak to your scar, out loud or silently.

For example: *"Scar that lives upon my skin, I love you. I forgive what came with you. I honour the woman you shaped me into. Thank you for being part of my becoming."*

Repeat as many times as you need. You are not just speaking to your scar, you are speaking to the version of you who lived through the moment that created it.

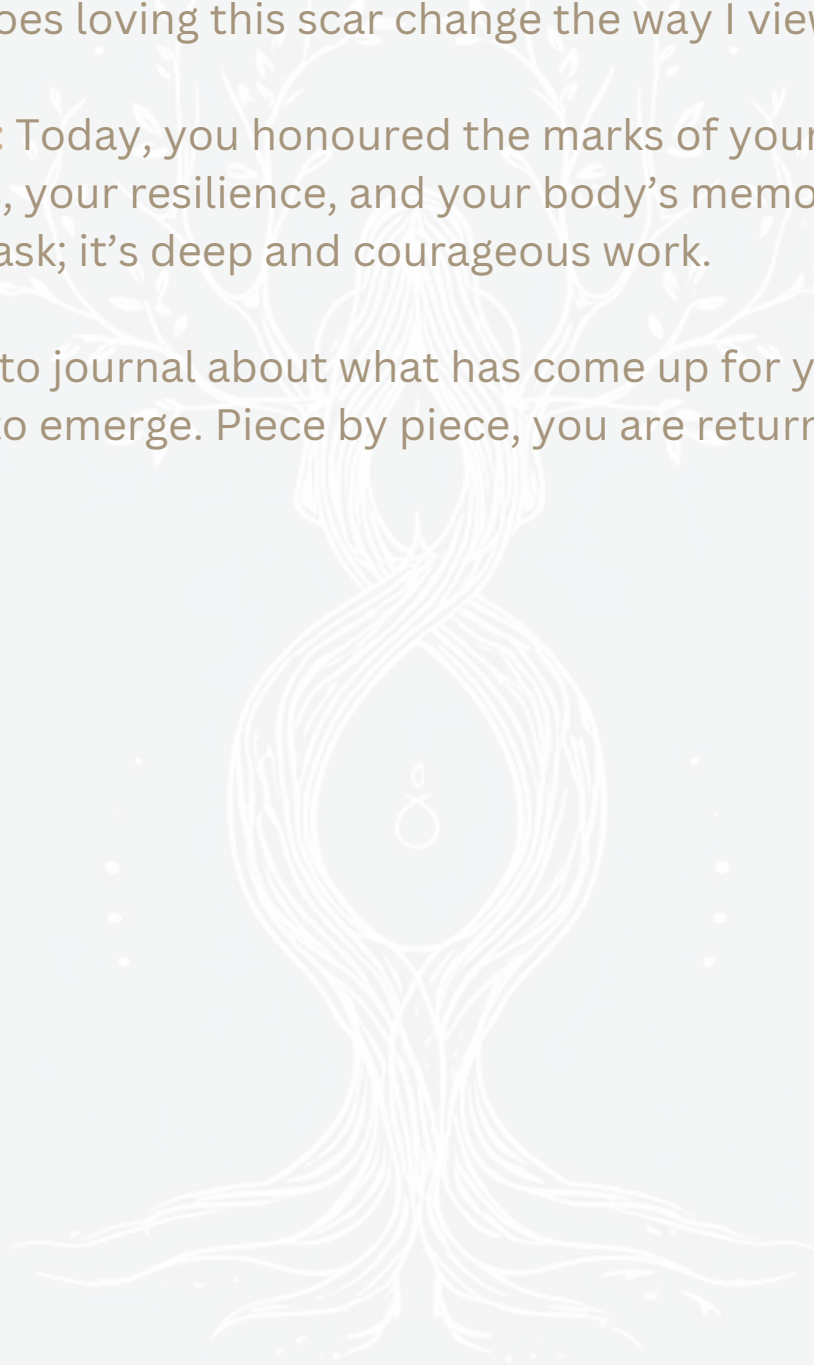
This is shadow work. This is reclamation. This is integration.

Journal Prompts

- What emotions arise when I look at my scar?
- What did this scar teach me about myself?
- What strength did it demand from me?
- What part of me healed in ways no one could see?
- How does loving this scar change the way I view my body?

Reminder: Today, you honoured the marks of your journey: your scars, your resilience, and your body's memory. This is no small task; it's deep and courageous work.

Take time to journal about what has come up for you. Allow the truth to emerge. Piece by piece, you are returning to yourself.



Day 4: The Softening; Bathing the Body in Love

Theme: Nourishment, Gentleness, Embodiment

Archetype: The Lover + The Healer

Weekly Phase: The Descent (into softness)

Welcome to Day 4 of the 30-Day Feminine Rising Journey.

Today is a softer day, a day of tenderness, rest, and reconnection. A day where you send love not to one part of your body... but to your entire being.

You deserve gentleness. You deserve nourishment. You deserve to be held and supported by yourself. Whether you are at home, at work, or reading this on the go, allow yourself to sink into the intention of today:

“My whole body is worthy of love.”

The Pink Mist Ritual of Embodied Love

Meditation: Pink Mist Meditation.

Take a few deep breaths and settle into a nice, flowing rhythm. Connect to your physical body, envisioning each cell, each fibre. Connect deeply to the flow of blood and feel the rhythm of your pulse, your heart, beating, beating, and beating. Find a quiet space if you can, or simply soften into your breath wherever you are.

Begin by focusing on your breath. Slow, steady, and natural. Allow your body to relax. Notice your pulse, the steady rhythm that has supported you throughout every moment of your life.

Visualise your body from within. Picture every cell and fibre of you, alive, pulsing, and receptive.

Envision the Pink Mist. Above you, a soft cloud of rose-coloured light begins to form. A thousand tiny droplets of love, floating, shimmering, swirling. This mist holds the frequency of pure compassion, pure acceptance, pure devotion.

Allow the mist to descend. Watch it drape over you, enveloping your shoulders, your chest, your arms, your belly, your hips, your legs, your feet.

Let it wrap your entire body in softness, like a warm embrace from something ancient and loving.

Breathe it in. With each inhale, draw the pink mist inside you. Let it move into your lungs, your heart, your bloodstream. See it reach your brain, your spine, your womb, your toes. Let your entire physical body become infused with love on the inside and out.

Rest here. Float in this state of love. Be held. Be softened. Be restored. There is nothing to force. Nothing to fix. Only love, love filling every space that has felt empty or ignored.

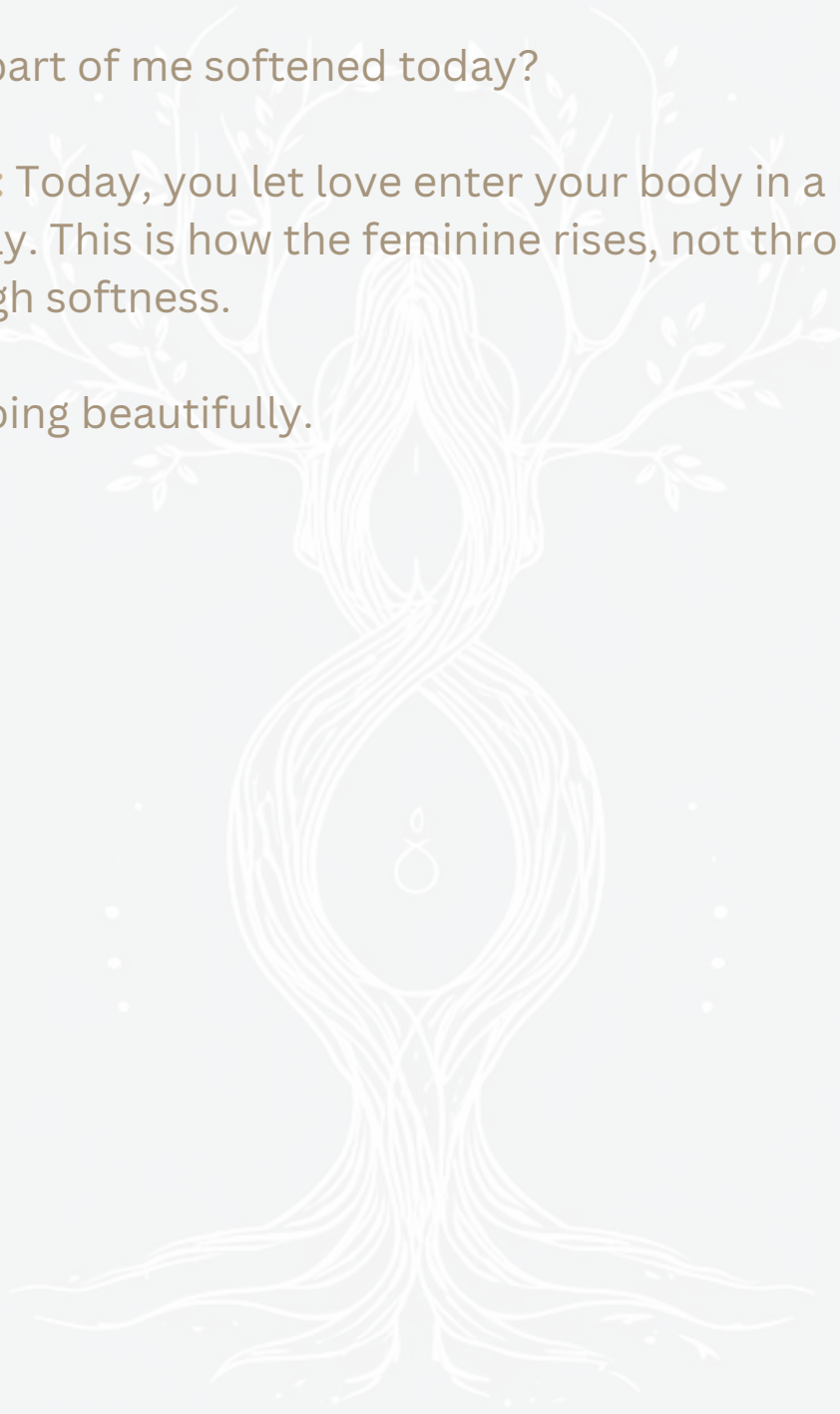
When you are ready...Allow the pink mist to stay within you. It remains as a quiet hum of love woven into your very cells. Come back to the physical world slowly, bringing this softness with you. You carry this love now. It is part of you.

Journal Prompts

- What shifted in my body as I let the pink mist in?
- Where did I feel resistance? Where did I feel ease?
- What emotion rose to the surface as my body received love?
- What part of me softened today?

Reminder: Today, you let love enter your body in a new, deeper way. This is how the feminine rises, not through force, but through softness.

You are doing beautifully.



Day 5: Meeting the Part of You That You Loathe

Theme: Shadowed Body Acceptance

Archetype: The Shadow Woman + The Wounded Inner Child

Weekly Phase: The Descent (into the shadows of the physical self)

Welcome to Day 5 of the 30-Day Feminine Rising Journey.

Today, we walk into a deeper, more tender terrain, the parts of your body you struggle to love, tolerate, or even accept. This is not easy work, and yet, this is where transformation begins. Self-love is not only about celebrating what you adore, but it is also about reclaiming the parts of you that you have exiled. Today is a day of courage. A day of shadow. A day of truth.

Your Feminine Rising Invitation

Take a slow breath. Let your body settle. Ask yourself gently: *“What part of my body do I dislike?”* Do not overthink. Do not filter. Do not judge the answer. Allow the truth to rise on its own.

When the answer comes, breathe into it. Touch it if you can. Sit with it. Feel whatever emerges; resistance, sadness, anger, shame, numbness, all of it is welcome.

Let's go deeper! **The Why Ritual: A Descent into the Truth**

This is a shadow technique designed to uncover the root beneath the reaction.

Ask yourself:

“Why don’t I like this part of me?”

Write the answer.

Then ask again:

“But why?”

Write again.

Repeat: Ask as many times as you can hold, three times, five times, ten times, twenty. Become the child who asks “why?” after every answer. Not to annoy, but to uncover.

Each “why” peels away a layer.

Each “why” takes you deeper than the last.

Each “why” leads you closer to the actual wound beneath the surface dislike.

Maybe it leads to an old memory. A comment someone made. A comparison you internalised. A fear. A belief. A wound. A moment where you abandoned yourself.

None of this has to make logical sense; shadow work rarely does. It only has to be true. When you reach the root, you will feel it. Something inside you will soften. Something will loosen. Something will exhale.

This is the moment the healing begins.

When You Reach the Root... Offer Love. Once you discover the true source of your self-loathing or discomfort, you offer the part of your body your tenderness. Place a hand there if it feels safe. Or simply hold it in your awareness.

You may say: “I am sorry. I see you. I understand now. I am grateful for you. And I choose to love you.”

Let love pour into this part of your body.

You may visualise:

- a pink mist
- a beam of white-gold light
- petals or roses unfurling
- warmth spreading from your hand

Whatever image emerges is right for you. Let your body receive it.

Journal Prompts

- What part of my body did I choose today and why?
- What emotions surfaced as I focused on this part?
- How many “whys” did I ask before reaching the root?
- What truth emerged that I had not seen before?
- How did it feel to offer love to a part of myself I normally reject?

A Note for Your Heart

This exercise may feel repetitive, uncomfortable, or even painful; that is the nature of shadow work. But you are breaking a pattern today. You are loosening a lifelong story. You are dismantling an old truth that never belonged to you. And you are doing it beautifully.

Be gentle with yourself today. Move slowly. Give your body rest if it needs it. Give yourself softness if emotions rise. You are not just learning to love yourself, you are reclaiming the parts you once abandoned.

This is powerful work. I am proud of you.

Day 6: Whose Voice Is This?

Theme: Deconstructing Self-Judgement

Archetype: The Shadow Woman + The Truth-Bearer

Weekly Phase: The Descent (into inherited beliefs)

Welcome to Day 6 of the 30-Day Feminine Rising Journey.

Today, we stay with the physical body, but we go deeper still. Self-love is not light or airy. It is not bypassing. It is not pretending you feel differently than you do. Self-love is truth-telling.

Today is about dismantling the stories you've absorbed about your body, and discovering which of them were never truly yours to carry.

Your Feminine Rising Invitation

Today, you are invited to do something brave. Create a list. A full list.

Write down everything you dislike about your physical appearance. Every feature. Every comparison. Every judgement. Every criticism that tightens something inside you. Do not censor yourself. Do not soften the language. This is not about kindness yet; it is about honesty.

This list is not a failure. It is a map. When you've finished writing, step away. Make tea. Tend to something grounding. Let your nervous system settle. Then, when you feel ready, return.

Discovering Your Truth: The Soul Questioning Ritual

Sit somewhere quiet. Let your breath slow and soften until it flows smoothly, without pause. Now, take the first item on your list. Write why you don't like it. Then pause..breathe. Ask yourself, gently, clearly, without thinking:

“Is this my truth?”

Do not analyse. Do not justify. Do not explain. Simply listen. Let your soul answer with a yes or a no. Write the answer down.

Move slowly through your list, one item at a time, using the same process. You may not complete it all today; that is perfectly okay. This exercise is done from the heart, not the head. Trust what comes through, even if it surprises you.

Going Deeper

Once you've completed as much of the list as feels manageable, sit with what you've uncovered. Then, if you feel resourced enough, continue:

- For every “no”, ask:
- “Whose truth is this?”
- For every “yes”, ask:
- “How did this become my truth?”

You may discover voices that aren't yours; Moments that shaped you. Cultural standards. Comments that lodged themselves quietly inside you.

This is not about blame. It is about liberation.

Closing Each Aspect with Love

No matter where you stop today, close the ritual with devotion. For each item you worked with, say: “I see you. I acknowledge you. And I choose to love you.”

You may also bring in love physically:

- Place your hands over the area
- Use the pink mist from earlier days
- Visualise white or rose-gold light
- Whisper “I love you” whenever the thought arises

Even if it feels hollow at first, keep going. Love does not require belief to begin working. It only requires repetition and presence.

Ongoing Practice

This list is not meant to be “fixed” today. Over the coming weeks and months, you may return to it, asking deeper questions:

- Why do I feel this way?
- When did this belief form?
- What is this really about?
- What part of me learned this story?

Each layer you peel back loosens another knot of self-rejection.

Reminder: The purpose of today's work is not to make you like your body overnight. It is to expose the origins of your self-judgement and begin dissolving what never belonged to you. Much of what we believe about ourselves is inherited from others, from culture, from experience, from memory.

Today, you began separating truth from conditioning.

That is powerful work.

That is Feminine Rising.



Day 7: Devotion to the Body

Theme: Loving Expression & Integration

Archetype: The Lover + The Sovereign

Weekly Phase: Completion of the Physical Descent

Welcome to Day 7 of the 30-Day Feminine Rising Journey.

Today marks the completion of your physical-body focus, and it deserves to be honoured.

Over the past week, you have met your body with honesty, tenderness, courage, and truth. You have explored love, neutrality, scars, softness, self-loathing, and inherited judgment.

Today, we shift from inquiry into devotion. This is a day of giving back to your body, not because it has earned it, but because it is worthy.

Your Feminine Rising Invitation

Today is about expression. Expression of gratitude.
Expression of care. Expression of love in action.

There is no single “right” way to love your body. The most powerful expression is the one that feels authentic to you.

You are invited to ask your body directly what it needs.

Ritual: Asking the Body What It Needs

Take a few moments to centre yourself. Let your breath slow and deepen. Feel yourself drop into your body; out of your head and into your heart, your belly, your breath.

When you feel present, ask softly: “What do you need from me today to feel loved?”

Do not think. Do not analyse. Simply listen. The answer may arrive as:

- a word
- an image
- a memory
- a sensation
- an urge
- a feeling

Trust whatever comes. Then, if it is within your capacity, commit to honouring that request today. This may look like:

- rest
- movement
- nourishment
- touch
- stillness
- warmth
- boundaries
- pleasure
- gentleness

Loving your body is not about grand gestures. It is about listening and responding.

A Loving Ally: Heart-Centred Visualisation

If it feels supportive today, you may also return to meditation or visualisation as a way to deepen your connection.

Begin in your heart space. Imagine a gentle, healing presence weaving love through your chest, soft, rhythmic, patient. Let this energy ripple outward, into your shoulders, your arms, your belly, your hips, your legs, your feet.

Let your entire body receive love from the inside out. There is nothing to fix. Nothing to change. Only presence, harmony, and devotion.

Journal Prompts

- What has shifted in my relationship with my body this week?
- What did my body ask for today — and how did it feel to honour that?
- What expression of love felt most natural to me?
- What part of my body feels most acknowledged right now?

Sacred Integration Rituals

Follow what calls. Less is often more, or try them all.

The work you have done today opens deep layers of truth. Integration matters. Choose one practice that feels nourishing, grounding, or gently expansive. Trust your intuition, your body already knows what it needs.

The Sacred Heart Cockle Ritual: Opening the heart to gentle self-love.



If you have a Heart Cockle shell, hold it in your hands. If not, call it into your mind's eye. Find a quiet space where you won't be disturbed. Close your eyes.

Breathe slowly and deeply, in through the nose, out through the mouth, until your body begins to soften.

Visualise your heart space opening like water, soft waves of rose and blush light expanding gently outward. There is no force here. Only permission. Cup the Heart Cockle shell in your hands and raise it to your chest.

As you breathe, imagine drawing its energy into your heart — slowly, deeply, tenderly. See its essence weaving through your heart space, reaching into places that have been closed, guarded, or wounded. Let its energy work quietly, lovingly, patiently. Stay here as long as you need.

Allow images, sensations, emotions, or messages to arise without analysis. (Allow the inward journey to flow...)

When you feel complete, gently visualise the Heart Cockle's energy receding, returning to its form. Thank it for what it has offered you.

Take three deep breaths. On the third exhale, release fully and return to the present moment.



The Goddess Bath of Devotion: Sensual nourishment for the body.

If it feels right, draw a warm bath. Add bubbles, oils, salts, or scents that feel luxurious and soothing. Light candles around the space. Call in a feminine presence, a goddess, spirit, or archetypal energy that resonates with you.

You may invoke Oshun, Aphrodite, Yemaya, Amphitrite, Amaterasu, or simply call in the divine feminine.

State your intention softly: “I open to trusting and honouring my sacred sensual self.”

Before entering the bath, take a flower petal. As you drop it into the water, name something you appreciate about yourself. One at a time. No rushing. When the words run out, step into the bath. Let the water hold you.

Soak.

Receive.

Rest.

Nourishment as Love

Food is not neutral; it carries energy. Choose food today that feels nourishing and enjoyable. Fresh. Wholesome. Satisfying.

Eat slowly.

Taste fully.

Let pleasure complete the act of nourishment. Love enters the body not only through what we eat, but through how we eat.

Movement as Reclamation

If your body calls for movement, follow it. This may be gentle stretching. Yoga. Walking. Or wild, intuitive dance.

Dancing with the Sea Faeries (Roanes): Reclaiming joy, rhythm, and self-expression.

When you are alone and uninterrupted, put on music that moves you.

Close your eyes and imagine yourself dancing on the northern shores, Irish, Scottish, wild and untamed.

Feel the Sea Faeries dancing with you. Around you. Beside you. Through you.

Let your body move however it wants. No choreography. No judgment.

This is about being yourself, fully, freely, without apology.

Affirmation of Integration

Affirmations work even before you believe them. Whisper, sing, or speak this aloud, especially if resistance arises:

“I am worthy. I am love. I am divine.”

Say it until your body softens. Until your breath deepens. Until something inside you begins to agree.

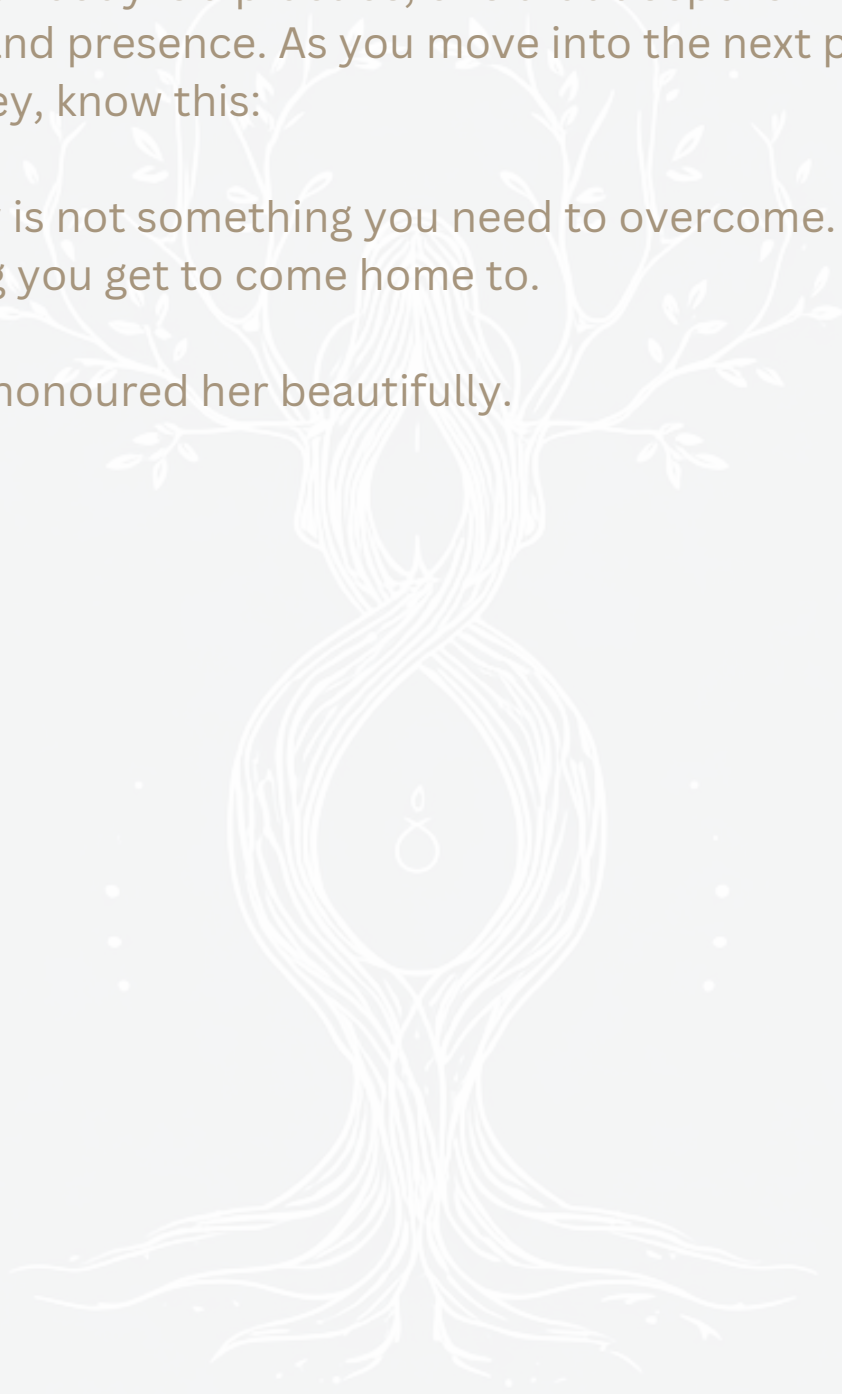
Closing the Physical Chapter: Today is not an ending; it is an integration.

You do not leave this work behind. You carry it forward.

Loving your body is a practice, one that deepens with time, honesty, and presence. As you move into the next phase of this journey, know this:

Your body is not something you need to overcome. It is something you get to come home to.

You have honoured her beautifully.



Day 8: The Sacred Medicine of Tears

Theme: Emotional Release & Compassion

Archetype: The Wounded Heart + The Emotional Alchemist

Weekly Phase: Entering the Emotional Body

Welcome to Day 8 of the 30-Day Feminine Rising Journey.

Today, we move from the body into the waters of the heart. We begin loving ourselves emotionally, and we begin with tears. Tears are not a weakness. They are not failures. They are not something to apologise for.

Tears are medicine. They move emotion through the body. They release what words cannot. They cleanse the nervous system. They soften the heart after it has held too much for too long. And yet, so many of us were taught to swallow them. To stay composed. To “be strong.” To cry quietly, or not at all.

What happens when we don’t cry is not strength. It is an accumulation. Stress that is held in the body. Grief trapped in the chest. Anger lodged in the jaw. Pain stored in silence.

Today, we honour tears as a sacred act of self-love.

Your Feminine Rising Invitation

Today, you are invited to connect with your tears in whatever way feels available to you. There is no correct way to cry. There is no requirement to cry. There is only permission.

Choose one of the following practices, or more than one, if it feels right.

If Tears Arise Naturally Today: If you feel the urge to cry, let them come. Do not hold them back. Do not rush them. Do not apologise for them.

When the tears subside, place a hand over your heart and whisper: “Thank you.” Thank your tears for what they released. Thank your body for trusting you enough to soften.

Journal what moved through you.

Releasing Tears That Were Once Held Back

Recall a moment when you wanted to cry, but didn't. A time you swallowed your tears to stay composed, acceptable, or safe.

Bring the memory gently into your awareness. Feel it again, without judgment. Give yourself permission now to release what couldn't be released then. Cry if the tears come.

Breathe if they don't.

Afterwards, offer gratitude to yourself for returning to that moment with compassion.

Journal.

Remembering the Healing of Tears

Recall a time when you did cry, fully, openly. Remember how it felt in your body afterwards.

The breath. The softness. The calm.

Let your nervous system remember that release is safe.

Give thanks to the wisdom of your emotional body.

Journal.

Healing Shame Around Tears

If it feels appropriate, bring to mind a moment where you cried and felt ashamed for doing so. Sit with the memory.

Notice where the shame lives in your body, and ask yourself gently:

- Why did I feel ashamed?
- What belief was I carrying about tears in that moment?
- Whose voice was that belief?

Offer forgiveness to yourself. Offer love to the version of you who cried. Offer gratitude to the tears for trying to heal you. Wrap that memory in compassion.

Journal.

Reminder: Tears are not something to “get through.” They are something to honour. They cleanse. They heal. They soften what has hardened. Today, you allowed your emotional body to speak.

Love your tears.

Love your heart.

Love the woman brave enough to feel.

Day 9: Let the Heart Sing

Theme: Joy, Aliveness, Emotional Expansion

Archetype: The Lover + The Creatrix

Weekly Phase: Emotional Awakening

Welcome to Day 9 of the 30-Day Feminine Rising Journey.

Today, we invite joy back into the body. Not the loud, performative kind. Not the “everything is fine” version. But the kind of joy that rises naturally, the quiet hum that lives in the chest when something feels true, alive, and nourishing.

Today is about remembering what makes your heart sing.

Your Feminine Rising Invitation

Your heart knows what brings it to life:

- A place.
- A person.
- A sound.
- A scent.
- A memory.
- A moment in nature.
- A creative act.
- Movement.
- Stillness.

Today, you follow the pull. You give yourself permission to reconnect with whatever builds love inside you, whatever lifts your energy, softens your body, and widens your breath. This is not indulgence. This is a regulation. This is emotional nourishment.

Listening to the Heart

Begin the day by slowing down. Breathe. Settle your body. Place a hand over your heart if it helps. Ask gently:

“What would allow my heart to sing today?”

Do not overthink. Do not negotiate. Take the first answer that arises, and honour it. Even if it feels small. Even if it feels simple. Especially if it feels playful.

Ways the Heart Might Sing: You may feel drawn to:

- visiting a place that feels like home
- walking barefoot on the earth
- listening to a song that moves something deep
- dancing wildly or gently
- singing without worrying how you sound
- laughing with someone who feels safe
- creating something just because it wants to be created

Follow the joy. Let it lead you.

Journal Prompts

- What did I choose to do to let my heart sing today?
- How did my body respond to joy?
- What sensations did I notice in my chest, breath, or energy?
- What part of me felt most alive?
- What would change if I allowed myself moments like this more often?

Reminder: Joy is not something you earn after healing. It is part of healing.

Today, you let yourself feel alive. You let love move freely. You honoured your heart's rhythm. Let this be a reminder:

Your joy matters.



Day 10: Meeting Yourself in Truth

Theme: Emotional Intimacy with the Self

Archetype: The Witness + The Inner Beloved

Weekly Phase: Emotional Deepening

Welcome to Day 10 of the 30-Day Feminine Rising Journey.

Today, you turn toward yourself, not to analyse, improve, or fix, but to meet.

This is a day of presence. Of recognition. Of listening and loving without agenda.

The Sacred Mirror Ritual

Begin by settling your body. Allow your breath to slow naturally, deep, fluid, connected. No holding. No forcing. Let tension melt from your jaw, your shoulders, your belly. Feel yourself arrive.

Now, imagine yourself seated within a sacred circle. Choose a place where you feel most like yourself:

- a quiet beach
- a headland overlooking the ocean
- a forest clearing
- a campfire beneath the stars

This is your sanctuary, a place of safety and truth.

As you sit within this sacred space, notice another presence approaching...it is you.

Another version of you steps into the circle and sits directly opposite you. You meet each other's eyes. There is no judgment here. Only recognition.

Breathe in deeply and exhale with the knowingness that you are entering a conversation of love.

Begin to speak, softly, honestly. Tell this other self what you like about her. What you love about her. What you see when you look beyond the surface and into her soul. Speak what has gone unsaid. Name what has been overlooked. Acknowledge what has been carried quietly.

As you speak, notice what stirs. Emotion may rise. Memories may surface. Tenderness may crack something open. Let it.

Then allow yourself to listen. What does she want you to know? What truth is she ready to reveal? What part of you is asking to be seen, accepted, forgiven, or loved more deeply?

Receive it without defence. Let her words land. This is not a performance. It is a remembering.

When the exchange feels complete, thank this version of yourself. Offer her your gratitude for her honesty, her resilience, her willingness to be known. Send her love as she gently rises and leaves the circle. Bring your awareness back to your breath, slow, steady, grounding.

Feel your body again.

Feel the space around you.

You are here.

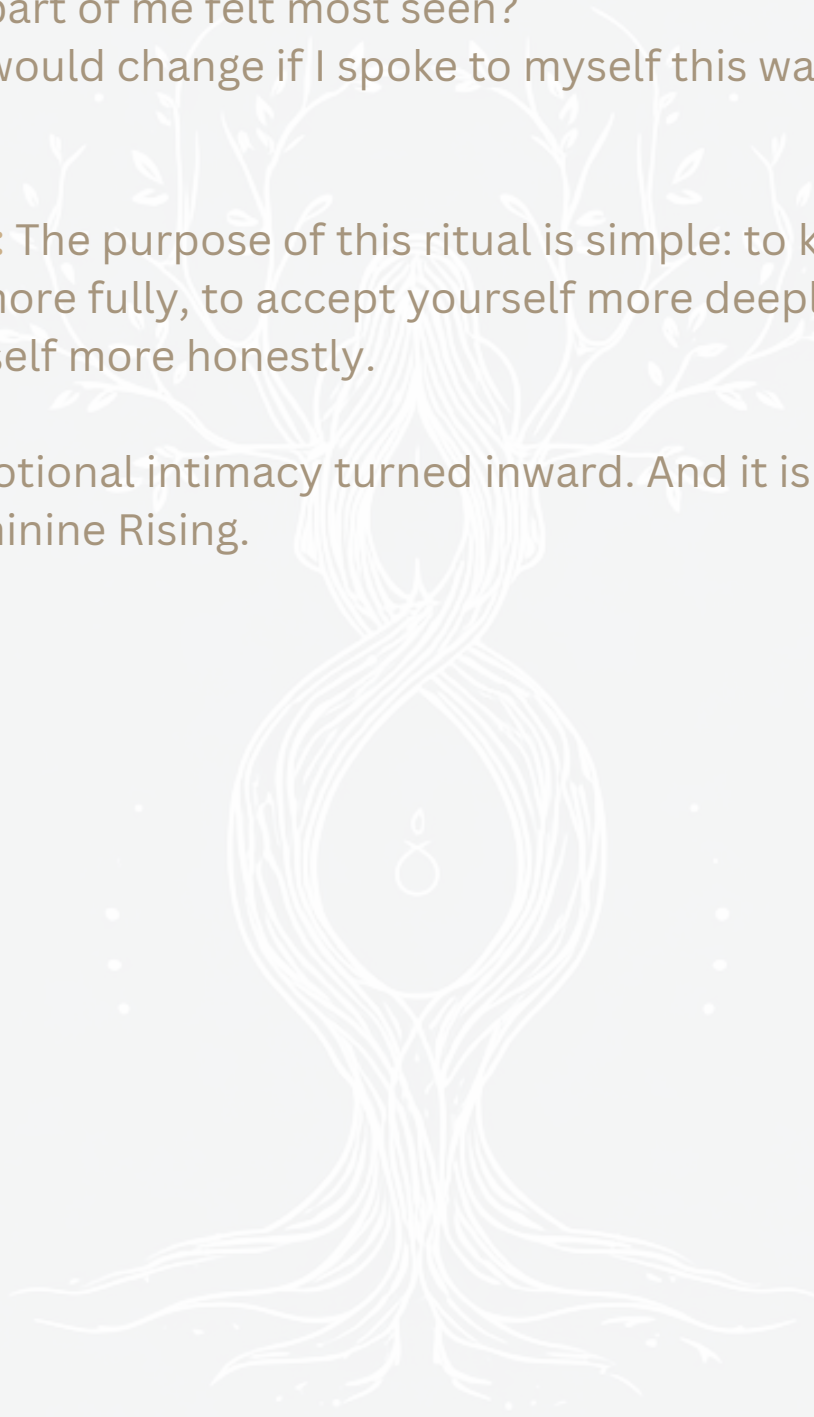
You are whole.

Journal Prompts

- What did I say to myself that surprised me?
- What truth did my other self reveal?
- What emotions arose during this meeting?
- What part of me felt most seen?
- What would change if I spoke to myself this way more often?

Reminder: The purpose of this ritual is simple: to know yourself more fully, to accept yourself more deeply, and to love yourself more honestly.

This is emotional intimacy turned inward. And it is a powerful act of Feminine Rising.



Day 11: The Courage to Be Seen

Theme: Authentic Self-Expression

Archetype: The Creatrix + The Truth-Speaker

Weekly Phase: Emotional Integration

Welcome to Day 10 of the 30-Day Feminine Rising Journey.

Today, we turn toward expression, the way your inner world moves outward into the world. Your self-expression lives in many places:

- your thoughts and feelings,
- your emotional honesty,
- your voice,
- your creativity,
- your boundaries,
- and what you choose to reveal or protect.

Today is not about changing how you express yourself. It is about loving the way you already do.

Your Feminine Rising Invitation

Begin by taking a slow, steady breath. Let yourself settle into your body. Connect with your spirit and ask gently:

“What do I love about the way I express myself?”

Do not filter the answer. Let it rise naturally. It may be:

- your honesty
- your sensitivity
- your humour

- your creativity
- your depth
- your intuition
- your quietness
- your fire

Whatever emerges, honour it.

As you recognise what you love about your self-expression, bring gratitude to it. Sit with this appreciation. Let it grow. Let it warm your chest. Let it anchor into your body.

Remain here as long as it feels nourishing, allowing genuine love to circulate through your being.

When you feel complete, gently release the practice, but allow the love to stay. Let it move with you. Let it radiate through your words, your energy, your presence for the rest of the day.

Remember: You are not here to express yourself perfectly. You are here to express yourself truthfully. You are allowed to evolve. You are allowed to change. You are allowed to be quiet one day and radiant the next. Authenticity is your devotion.

Journal Prompts

- What do I love most about how I express myself?
- Where do I feel most authentic?
- Where do I still hold back – and why?
- What would it feel like to trust my natural expression more deeply?
- How does my body feel when I express myself freely?

Reminder: Each day offers you the freedom to begin again. To speak differently. To shine differently. To show up as yourself, without apology. Like the sun rising each morning, your authenticity does not ask permission.

Choose love.

Choose yourself.

Choose to shine.



Day 12: Loving the Whole Emotional Sea

Theme: Emotional Acceptance & Regulation

Archetype: The Ocean Woman + The Compassionate Witness

Weekly Phase: Emotional Integration

Welcome to Day 12 of the 30-Day Feminine Rising Journey.

Today, we slow down. This emotional work, the feeling, the releasing, the expressing, can move like the ocean itself. Sometimes calm. Sometimes wild. Sometimes deep and still. Sometimes overwhelming. And yet, every part of this sea deserves love.

Today is not about digging deeper. It is about holding yourself gently within the emotional waters you've already stirred.

Your Feminine Rising Invitation

Begin by breathing, slowly, deeply, intentionally, into your entire being. Feel your breath move through your chest, your belly, your back. Let your body soften around whatever you are feeling today.

Now, bring your awareness inward. Instead of focusing on what you want to change or heal, ask: "What do I love about my inner world?"

Your emotional self? Your sensitivity? Your spirit. Your depth?

What do you love about your inner world?

Let the answer arrive gently.

Honouring the Full Emotional Spectrum

There is a quiet truth worth remembering:

Without sadness, there can be no joy. One does not cancel the other; they inform each other.

Your emotions may feel intense at times, deep, fast-moving, and unpredictable. But when you honour them rather than suppress them, they begin to move with you instead of against you.

Today, allow whatever emotion arises to flow, held within awareness and care.

- If sadness comes, let the tears release what they need to.
- If anger rises, meet it with curiosity and safety rather than judgment.
- If joy surfaces, let it expand freely.
- If nothing much appears, honour that too.
-

There is no emotion that needs to be pushed away; they all require curiosity and exploration.

The Practice of Loving What Is

Throughout the day, notice your emotional state, without analysing it.

- Acknowledge it.
- Name it gently.
- Offer it love.

Then, allow it to pass, without clinging, without suppressing, while staying anchored in compassion for yourself.

This is emotional maturity. This is emotional self-love.

Journal Prompts

- What emotions flowed through me today?
- How did my body respond to each emotion?
- What changed when I allowed my emotions rather than resisted them?
- What do I appreciate about my emotional depth?
- What does emotional self-compassion feel like in my body?

Remember

If today feels heavy, if loving yourself feels difficult, that is not failure. Choose one small acknowledgement:

- “I am still here.”
- “I am doing my best.”
- “I choose myself, even now.”

That's enough. This marks the beginning of love once more.

Reminder: Your emotions are not something to tame. They are something to tend.

Today, you held yourself with compassion, and that is where healing deepens.

Day 13: The Feminine Remembers

Theme: Divine Feminine Embodiment

Archetype: The Wild Woman + The Priestess

Weekly Phase: Emotional Expansion & Nourishment

Welcome to Day 13 of the 30-Day Feminine Rising Journey.

This is a potent day of thirteen energy!

Thirteen carries the rhythm of the moon, the ancient feminine calendar, the cycles of psyche, emotion, intuition, and becoming.

Today is an invitation to remember yourself as woman: not as a role, not as an expectation, but as a living, breathing embodiment of the feminine in all her forms:

- Tender.
- Gentle.
- Fierce.
- Sensual.
- Intuitive.
- Passionate.
- Wild.
- Wise.

You are all of it.

Your Feminine Rising Invitation

Today, you are invited to consciously embrace your womanhood. Not just the parts that feel easy to love, but the whole spectrum of who you are. Allow love to move through you intensely. Let it pulse through your veins. Let it soften your edges and ignite your fire.

As you meet yourself with devotion, notice what shifts. Love deepens when it is embodied, not imagined. And remember, the love you cultivate within yourself does not stay contained. It ripples outward into your daughters, your sisters, your nieces, your friends, your lineage.

Every time a woman loves herself more fully, the world changes, quietly, irrevocably.

Ritual of Feminine Nourishment: Choose one way today to honour the divine feminine within you. Let it be something that feels intentional, not rushed.

You might:

- Step into nature and ground your bare feet into the earth
- Soak in a sensual bath and let the water hold you
- Adorn yourself in a way that makes you feel powerful or beautiful
- Move your body in a way that feels fluid and expressive
- Tend to your appearance with reverence rather than obligation
- Create space for pleasure, softness, or wildness

Ask yourself first: “What would nourish the feminine within me today?” Then honour the answer.

Journal Prompts

- What does womanhood mean to me, beyond conditioning?
- Which feminine qualities feel most alive in me today?
- Which parts of my femininity have I suppressed or softened for others?
- How does it feel to consciously honour my feminine nature?
- What kind of feminine legacy am I embodying?

Reminder: Speak love when you see it. Name beauty when you feel it. Acknowledge what stirs your heart. Love multiplies when it is recognised.

Today, you chose to honour the feminine within you, and that choice carries far beyond this moment.

Day 14: Anchoring Love Before the Descent

Theme: Heart Anchoring & Emotional Resourcing

Archetype: The Heart Keeper + The Threshold Guardian

Weekly Phase: Integration & Preparation

Welcome to Day 14 of the 30-Day Feminine Rising Journey.

Today is a pause. A gathering of resources. A moment of deep care.

Tomorrow, you will begin exploring your shadow, the parts of you that have been hidden, misunderstood, or pushed aside. Before we do that, we anchor love deeply into your core.

This is how shadow work becomes healing rather than overwhelming: we resource first.

Today is about tending to your spirit, strengthening your heart, and reminding your body that it is safe to go deeper.

The Balloons of Love Ritual: Anchoring self-love into the heart

Find a quiet place, in nature or within your home, where you won't be disturbed. Begin by slowing your breath. Inhale gently. Exhale fully. Allow yourself to arrive in the present moment.

Now, in your mind's eye, begin to imagine heart-shaped balloons. Each balloon represents an aspect of your love for yourself, exactly as it exists right now. There is no right number. Only what feels true.

As you fill each balloon, notice what it symbolises:

- compassion
- patience
- forgiveness
- resilience
- softness
- courage
- devotion

When your bouquet feels complete, bring it inward. See the balloons anchoring into your heart, their strings weaving gently into your chest, your soul, your centre. These are not floating away. They are rooted within you.

Now, softly repeat the phrase:

“As above, so below.”

As you do, notice a mirrored reflection of your bouquet appearing below your heart line, grounding your love both spiritually and physically. Let yourself rest with this image until your body softens and your breath deepens.

When you feel ready, return slowly through your breath, one inhale, one exhale at a time, until you are fully present.

Tending Your Balloons of Love

These balloons are yours to tend. Whenever you notice self-criticism, harsh inner dialogue, emotional depletion, or difficult experiences, pause. Breathe. In your mind’s eye, refill a balloon with love. Or add a new one.

Each act of awareness becomes an act of self-love.

You may choose to check in with your balloons each morning or evening, noticing which ones feel full, which may have quietly deflated, and gently asking yourself why.

This is not about judgment. It is about care.

The Love List Practice

Today, you are also invited to create a Love List. Write down everything you love:

- about yourself,
- about your body,
- about your home,
- about nature,
- about your life.

Big things. Small things. Ordinary things. Add to this list whenever love reveals itself to you.

Return to it when things feel heavy. Let it remind you that love is always present, even in darker seasons.

Reminder: Today, you strengthened your heart. You anchored love into your core. You prepared yourself to meet your shadow with compassion rather than fear.

This is how we rise, not by bypassing the dark, but by carrying light with us as we enter it. Rest well tonight.

You are resourced.

You are ready.

Day 15: A Love Letter from the Depths

Theme: Self-Devotion & Shadow Witnessing

Archetype: The Inner Beloved + The Shadow Holder

Weekly Phase: Entering the Shadow

Welcome to Day 15 of the 30-Day Feminine Rising Journey.

You have crossed the threshold. From here, the work deepens, not into darkness, but into truth. Into the parts of you that live beneath the surface. Into the places that have waited quietly to be acknowledged, loved, and reclaimed.

Today, you begin this phase not with analysis, but with devotion.

The Love Letter Ritual

Today, you are invited to write a love letter from yourself, to yourself, exactly as you are in this moment. This is not a letter of affirmation alone. It is a letter of witnessing.

Let your words reach beyond the obvious. Beyond the traits you already know how to love.

Speak to:

- The hidden parts
- The quiet strengths
- The wounds you rarely name
- The resilience no one applauded
- The softness you protected
- The courage it took to survive what you did

Tell yourself what you appreciate. What you honour. What you forgive. What you are grateful for.

Let the letter come from your heart, not your head. Messy is welcome. Raw is welcome. Truth is welcome.

If resistance rises, if writing feels difficult today, pause. Place a hand over your heart. Breathe.

You do not need perfect words to express love. You might begin with:

- “I see you...”
- “I am grateful for...”
- “I forgive you for...”
- “I honour you for...”

Even one sentence is enough to open the doorway. And if love feels unreachable, return to your Balloons of Love. Refill one. Anchor yourself again.

Love does not disappear; sometimes it just needs to be remembered.

Journal Prompts

- What surprised me as I wrote to myself?
- Which parts of me felt most seen?
- What shadow aspects asked for love today?
- What did it feel like to speak to myself with tenderness?
- What would change if I spoke to myself this way more often?

Reminder: This letter is not a one-time act. It is a reclamation.

You have begun loving yourself not only for who you present to the world, but for who you are in the quiet, unseen spaces. That is where real self-love lives.

Rest in that tonight. You are walking this path with courage and grace.



Day 16: Turning Toward the Shadow with Love

Theme: Shadow Awareness & Compassionate Witnessing

Archetype: The Shadow Alchemist + The Wise Woman

Weekly Phase: Deepening the Shadow Journey

Welcome to Day 16 of the 30-Day Feminine Rising Journey.

You are now just past the halfway point, and that matters. I hope you are giving to yourself generously, with patience, with tenderness, with honesty. You are worthy of all of it.

Today, you are invited to look gently into the shadows of your psyche, the aspects of yourself that remain hidden, muted, or carefully kept at bay. Not to judge them. Not to fix them. But to meet them.

Your Feminine Rising Invitation

True self-love does not come from loving only the polished parts of ourselves. It comes from recognising all that we are, the light, the dark, and everything in between, and choosing love anyway.

Today, allow yourself to notice one shadow aspect that tends to linger beneath the surface. This might be:

- a pattern
- a behaviour
- a thought loop
- an emotional response
- a trait you've been taught to dislike or suppress

Rather than pushing it away, bring curiosity to it. Ask gently:

- What is this part trying to protect?
- When did it first appear?
- What does it need from me now?

Awareness is not indulgence; it is the beginning of transformation.

The Alchemy of Shadow Love

When you meet your shadow with genuine love, something shifts. You create space for:

- behavioural change
- emotional regulation
- conscious choice
- acceptance without shame

And sometimes, the greatest healing comes not from changing the shadow at all, but from no longer being wounded by its presence.

This is alchemy. This is integration.

Support & Safety

If emotions rise today, reach for support. That might look like:

- writing freely in your journal
- speaking aloud to someone you trust
- grounding your body through movement or breath

- calling in spiritual or ancestral support
- returning to your Balloons of Love
- sharing in the [Shadowheart Sisterhood](#) FB group

The fact is, you do not need to walk this terrain alone.

Journal Prompts

- Which shadow aspect showed itself today?
- What do I usually do when this part appears?
- What changes when I meet it with compassion instead of resistance?
- What strength or wisdom might this part carry?
- How does loving my shadow expand my sense of self?

Remember

If today feels heavy, choose one small act of love. One breath. One kind word to yourself. One moment of acknowledgement. That is enough to keep love moving.

Reminder: At the end of the day, this journey is simple: find something to love, and express that love...

- To yourself.
- To others.
- To the earth beneath your feet.
- To the ocean, the trees, the sky.

Love acknowledged multiplies. The acknowledgment of love is what attracts more love, and more love, and more love.

Day 17: Finding the Gift in the Shadow

Theme: Shadow Reframe & Inner Strength

Archetype: The Alchemist + The Wise Witness

Weekly Phase: Shadow Integration

Welcome to Day 17 of the 30-Day Feminine Rising Journey.

As we move deeper into the shadow self, we begin to meet the inner traits we've been taught to dislike or hide:

- Impatience.
- Ego.
- Fear.
- Anger.
- Jealousy.
- Perfectionism.
- Self-doubt.
- Defensiveness.

Whatever yours is... today, we don't shame it. We get curious, because sometimes what you call a "shadow trait" is actually:

- A protector
- An adaptation
- A boundary trying to form
- A strength that has been distorted
- A need that hasn't been honoured

Today is about exploring the possibility that your shadow holds a gift.

Your Feminine Rising Invitation

Choose one shadow aspect that has been showing up for you lately, or one that you've carried for a long time. Then ask yourself:

- What strength might be hiding inside this shadow?

For example:

- Impatience → urgency, drive, desire for forward movement
 - Anger → boundary, truth, self-protection, self-respect
 - Jealousy → clarity about desire, longing, unmet needs
 - Fear → discernment, care, awareness, readiness
 - **Ego** → identity, leadership, self-belief trying to emerge
-
- What is the shadow trying to do for me?
 - What is it protecting?
 - What does it fear losing?
 - What does it want me to notice?

 - Is the story I tell about this trait actually true?
 - Or is it inherited?
 - Conditioned?
 - A label someone placed on you?

You don't need to "fix" the shadow today. You simply need to listen. This is how self-love becomes real: by offering compassion to the parts of you that were never held properly.

Journal Prompts

- What shadow trait am I exploring today?
- How do I usually judge this part of me?
- What strength might live inside it?
- When did this trait first become “a problem” for me?
- What would change if I treated it as information rather than a flaw?
- What does this part need from me?

Ocean Medicine

With love at the core of all things, there is love to be found in every situation, in every experience. Sometimes you have to look a little harder. Sometimes you have to dive deeper. But trust... love is there.

The more times you dive, the easier it becomes to breathe love, even in shadow.

The ocean is my sanctuary when my shadows rise.

Even the simple act of breathing her scent softens the struggle, calms the pulse, the heart, the mind. She reminds us that we are not my shadow, that we can hold our shadows.

She is stability.

She is strength.

She is a great teacher.

And she always brings us back to ourselves.

Visiting the ocean, listening to ocean sounds or watching video's of the ocean, or visualizing the ocean can be beneficial.

Day 18: The Alchemy of Thought

Theme: Conscious Thought & Co-Creation

Archetype: The Mind Alchemist + The Sovereign Creator

Weekly Phase: Shadow Integration & Mental Awareness

Welcome to Day 18 of the 30-Day Feminine Rising Journey.

Today, we turn our attention to the subtle, yet powerful, realm of thought.

Your thoughts are not just passing whispers. They are creative currents. They shape perception, emotion, and experience. As you deepen your self-love, something important begins to happen: your inner dialogue starts to soften. And from that softness, new thought patterns can emerge.

A Loving Truth About the Mind

The mind can be a magnificent tool, and at times, a relentless storyteller. It replays moments. It predicts outcomes. It magnifies fear. It builds mountains from shadows.

This is not failure. It is simply the mind doing what it learned to do.

The work today is not to silence your thoughts, but to become aware of where they lead. Because where your focus goes, your energy follows. And yes, you are always co-creating. With your body. With your emotions. With your attention. With the world around you.

Your Feminine Rising Practice

Today, practise loving awareness of your thoughts. Throughout the day, notice when your mind begins to move toward:

- fear
- self-criticism
- rumination
- imagined outcomes you don't want to live

When you catch it, pause. Rather than fighting the thought, meet it gently and say:

“I see you. I love you. And I now choose to release you.”

Then, without force, bring your focus back to what you do want to cultivate:

- calm
- clarity
- trust
- compassion
- possibility

This is not denial. It is a conscious choice.

Remember

This practice is simple, but not always easy. Awareness takes effort. Redirection takes patience. If you can do this once today, you have already begun to shift the current. One moment of awareness is enough to change the direction of energy.

If Today Feels Heavy

If loving your thoughts feels out of reach today, return to the basics. Look at yourself in the mirror. Meet your own eyes. And say softly: “I love you.” That alone is a powerful realignment.

Journal Prompts

- What thought patterns did I notice most today?
- Which ones felt familiar or automatic?
- How did it feel to acknowledge rather than suppress them?
- What shifted when I consciously redirected my focus?
- What do I want to co-create more of in my life?

Reminder: You are not your thoughts. You are the one who can witness them, tend them, and choose again.

Each loving redirection, each conscious pause, is an act of feminine sovereignty.

You are learning to create from awareness rather than reaction. And that is powerful.

Day 19: The Shadow as Teacher

Theme: Shadow Awareness, Choice & Conscious Response

Archetype: The Integrator + The Wise Sovereign

Weekly Phase: Shadow Integration

Welcome to Day 19 of the 30-Day Feminine Rising Journey.

By now, you may have noticed something important: Meeting the shadow is not easy work.

Whether it is wired into our biology to avoid seeing ourselves in an unfavourable light, or whether we are conditioned by family, culture, and society to reject anything deemed “bad”, many of us learn early that if we don’t look at something, it somehow won’t exist. But the truth is this:

Without shadow, there is no light. Without light, there is no shadow.

They are not enemies; they are partners in balance.

A Reframe Worth Remembering

Loving your shadow, your defensiveness, your impatience, your anger, your withdrawal, your self-protection is not about excusing harmful behaviour. It is about understanding yourself deeply enough to choose differently.

Shadow awareness creates space.

Space creates choice.

Choice creates change. And all of that begins with love.

An Example of Shadow Alchemy

Imagine this: Joe is a good person. Kind. Reliable. Well-intentioned.

But Joe struggles with being questioned.

When someone asks him questions, something inside tightens. His trust feels threatened. His ego feels exposed. Fear rises.

Joe reacts with anger. He shuts down. He storms off.

One day, Joe decides he wants to love himself and others more deeply. He understands a simple truth: You can only give to others what you give to yourself.

So Joe turns toward this shadow aspect. He doesn't shame it. He doesn't deny it. He studies it. He asks:

- When did this begin?
- What am I protecting?
- What fear is driving this reaction?

Through love and awareness, Joe recognises that his reaction isn't about the question, it's about fear.

Now, when someone asks him something, Joe notices the surge. He breathes. He pauses. And instead of reacting, he chooses.

This is not perfection. This is practice.

Your Feminine Rising Practice

Today, continue working with acknowledgement and release. When a shadow response appears:

1. Acknowledge it: without judgement
2. Recognise its perspective: fear, protection, habit
3. Pause
4. Choose: from your spirit rather than your ego

You are not erasing the shadow. You are healing it.

Journal Prompts

- What shadow reactions have I noticed recently?
- What situations tend to activate them?
- What might this shadow be protecting me from?
- How does awareness change my relationship to it?
- What would it look like to respond rather than react?

A Loving Truth

Your shadows are not the villains. They are messengers. Often clumsy. Often loud. Often misunderstood. However, when met with compassion, they become teachers.

It is not about whether you have a shadow; it is about how consciously you allow it to shape your life and your relationships.

Reminder: Today, you practised leadership, not over others, but within yourself. You acknowledged the shadow. You honoured its presence. And you chose to live from your spirit, where love leads more clearly. This is self-love in action.

Day 20: Reclaiming Power from the Depths

Theme: Feminine Power, Acceptance & Sovereignty

Archetype: The Deep Sea Queen + The Initiated Woman

Weekly Phase: Shadow Integration & Empowerment

Welcome to Day 20 of the 30-Day Feminine Rising Journey.

This is a powerful day!

Today invites you to meet yourself without distortion, beyond judgement, beyond fear, beyond inherited stories about who you should be. You are asked to look inward with clear eyes and an open heart, and to allow yourself to be carried into the depth and beauty of your true being.

There is nothing here to fix. There is only something to remember.

Your Feminine Rising Invitation

Today, choose stillness. Not to escape, but to immerse.

Allow yourself to sit quietly within your body and breathe love and acceptance into every layer of yourself, the known and the unknown. Let go of old narratives about being “too much” or “not enough.”

Release judgments you’ve held about yourself and others. In their place, invite radical acceptance. You are more than what others believe of you. You are more than what you have been told. You are more than what you currently know.

Dive.

A Whisper from the Depths

Dive into this day, into the unknown places within you. Release what no longer serves. Replace it with love. Accept what you find. Honour what has survived.

This is not passive surrender; this is active reclamation.

Working with Sedna, Goddess of the Deep

If it feels right for you, today you may choose to work with Sedna, the Inuit Goddess of the Arctic Seas. Sedna is a keeper of depth. She governs the places we fear to explore: grief, betrayal, abandonment, survival. She teaches that pain held too long becomes storm, and that healing comes through acknowledgment, remorse, movement, and care.

Sedna reminds us:

- that nourishment comes from the depths
- that worth is not lost through suffering
- that power is reclaimed when truth is honoured
- that family is created through respect, safety, and love, not obligation

She guides us through cold, dark inner waters, not to punish us, but to reveal the riches that lie beyond fear.

If you choose to call her in, do so with reverence. Sit quietly. Place a hand on your heart or belly. And say:

“I am willing to see what has been hidden. I am willing to love what I find.”

Then listen.

Sedna: Descent into the Deep Feminine - A Guided Feminine Rising Meditation

Begin by finding a comfortable position where your body feels supported. Allow your eyes to close gently. Take a slow breath in through your nose...and exhale softly through your mouth.

Again, inhale...and exhale...Let your breath find its own natural rhythm, flowing in, flowing out, until your body begins to soften and your nervous system settles.

In your mind's eye, imagine yourself resting upon a small iceberg, solid, steady, and secure, floating quietly in the vast Arctic Sea. The air is crisp against your skin, cool and clean, yet not uncomfortable. You feel held here. Safe. Present.

As the iceberg drifts gently, a sound begins to reach you, not sharp, not frightening, but deep, ancient. A wail. A lament carried through water and time. It is the voice of a woman, a voice that holds grief, endurance, and immense power.

You feel no urgency. Only a knowing. You move to the edge of the ice and look down into the dark, clear waters below. You notice life moving beneath the surface: seals, whales, fish of all kinds, all swimming calmly, purposefully, toward the sound.

You feel an invitation, not a demand, a gentle pull to follow. When you are ready, you slip into the water. The cold embraces you, sharp at first, then strangely soothing.

As you swim downward, your body adapts effortlessly. You feel yourself changing:

- Your breath becoming fluid
- Your body growing strong and streamlined
- Your movements graceful and instinctive

You are not struggling. You are becoming.

Deeper still, you see the source of the sound. A goddess.

She sits in the depths, vast, ancient, powerful, surrounded by the creatures of the sea who move in slow, protective circles around her. Her hair flows endlessly, tangled with pain, memory, and survival. Her hands bear the marks of what she has endured.

You do not rush forward. You wait. You honour the space. And when the moment is right, you are welcomed. You notice a comb nearby, simple, intentional. You approach the goddess gently and ask, not with words, but with presence, if you may tend to her hair.

She meets your gaze. And in that meeting, you know her name. Sedna.

She accepts your offer, and you begin to comb her hair slowly, patiently. Each stroke releases something old: grief, betrayal, abandonment, endurance.

You do not take these burdens on. You simply help them loosen. As you tend to her, notice what arises within you. Images. Sensations. Messages. Truths.

There is no need to interpret them now. Just receive. This is where your journey unfolds, in silence, in care, in reverence.

(Allow this inner journey to continue for as long as it needs...)

When the final tangle is eased, you pause.

You thank Sedna for her wisdom, for her permission, for the truths she has shared.

You slowly swim back, rejoining the circle of sea life.

One by one, the animals drift away, some upward, some sideways, some into deeper currents. Eventually, you, too, begin your ascent.

As you swim upward, your body gently transforms again, returning to its human form with ease. You breach the surface and rest your hands upon the ice.

Climbing back onto the iceberg, you sit quietly. Breathing. Remembering. Integrating.

Bring your awareness back to your breath. Inhale...Exhale... Feel the surface beneath you. The air around you. The room you are in.

With each breath, you return fully, grounded, present, whole. When you are ready, gently open your eyes.

Integration: Take time to journal your experience. Write what you saw. What you felt. What you learned. What is staying with you.

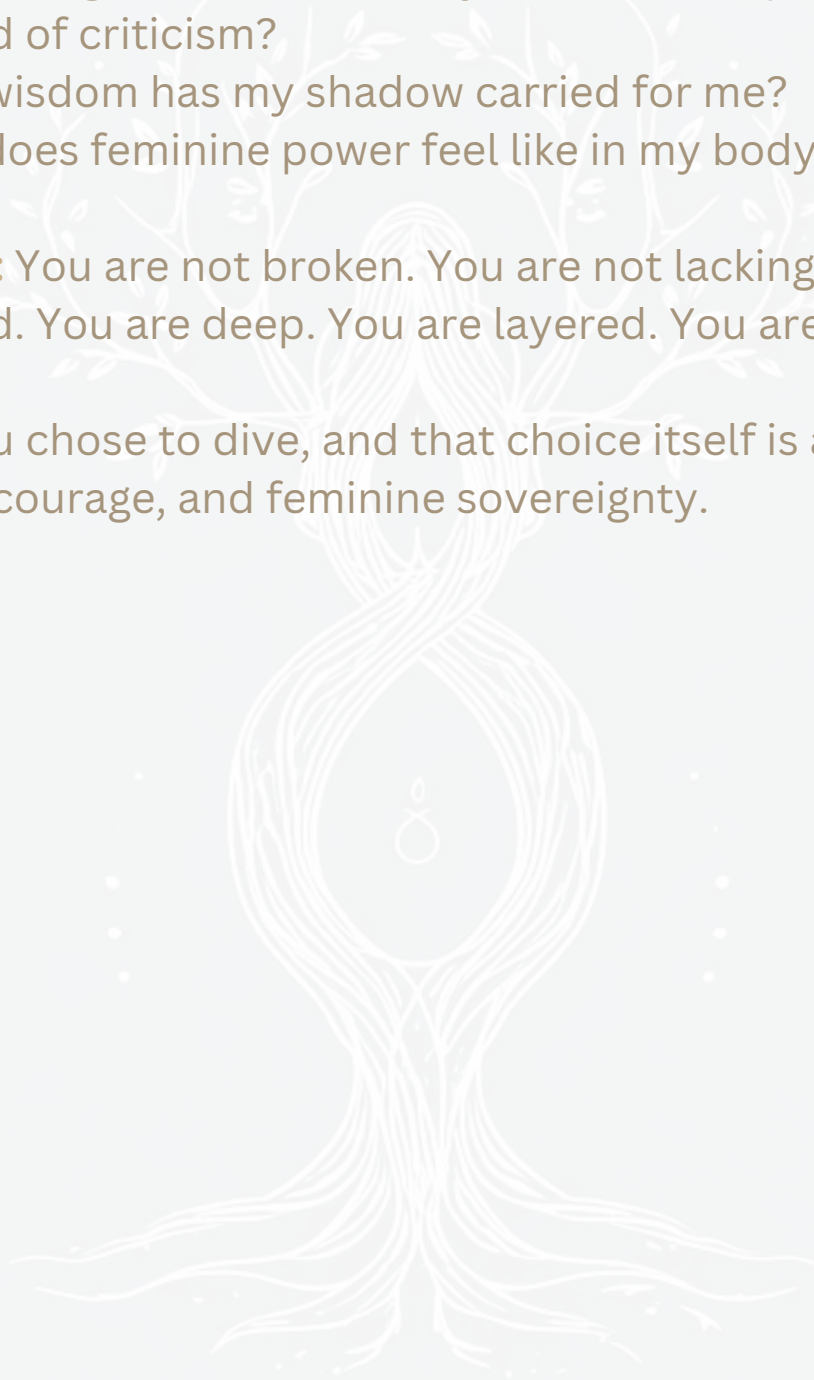
Sedna does not take; she teaches. And what you have received will continue to unfold, so keep your journal or notepad close.

Journal Prompts

- What parts of myself have I been afraid to fully see?
- What power have I buried beneath self-judgement or fear?
- What changes when I meet myself with acceptance instead of criticism?
- What wisdom has my shadow carried for me?
- What does feminine power feel like in my body?

Reminder: You are not broken. You are not lacking. You are not behind. You are deep. You are layered. You are becoming.

Today, you chose to dive, and that choice itself is an act of self-love, courage, and feminine sovereignty.



Day 21: Resting in Integration

Theme: Rest, Regulation & Gentle Replenishment

Archetype: The Resting Queen + The Nervous System Guardian

Weekly Phase: Integration & Embodied Rest

Welcome to Day 21 of the 30-Day Feminine Rising Journey.

Today is a day for rest.

After moving through depth, shadow, power, and remembrance, your system deserves gentleness. Integration happens in stillness, not striving.

Today is not about insight. It is about regulation.

Your Feminine Rising Reset Practice

Set aside at least five minutes for yourself today, alone, uninterrupted, and unproductive. Sit or lie comfortably. Begin by steadying your breath. Inhale slowly...and exhale fully...Allow your breath to find a smooth, natural rhythm, flowing in, flowing out, without effort. Now, bring your awareness to the sensation of breathing.

As you inhale, imagine your breath carrying the love of the universe into your body, filling your chest, your belly, your back, your depths.

As you exhale, imagine releasing anything heavy, tension, old energy, emotional residue, dis-ease.

You don't need to force this. Simply allow it.

With each breath, feel yourself becoming lighter...more settled...more at ease. When you sense that your body is full, supported, and held, gently open your eyes.

Carry this softness with you into the rest of your day.

A Gentle Reset, Anytime

If at any point today you feel overwhelmed, unsettled, or emotionally “undone”, return to this breath. Five slow cycles are enough.

Inhale love. Exhale what no longer needs to be carried. Begin again. There is no rush.

Journal Prompts

- What does rest feel like in my body today?
- What signals does my nervous system need me to honour more often?
- What shifts when I allow myself to pause without guilt?

Reminder: Rest is not avoidance. It is wisdom.

Today, you allowed your body and spirit to settle, recalibrate, and integrate.

This is how depth becomes embodied truth.

Day 22: Love in Relationship

Theme: Relational Awareness & Energetic Boundaries

Archetype: The Relational Sovereign + The Heart-Led Witness

Weekly Phase: Relational Integration

Welcome to Day 22 of the 30-Day Feminine Rising Journey.

Today, the focus gently shifts outward, into your relationships and connections.

Connection includes every interaction you have: family, friends, partners, colleagues, strangers, and brief exchanges that still carry energy. Some relationships nourish. Some challenge. Some drain. Some simply pass through your day. Yet all of them touch you.

Your Feminine Rising Invitation

Rather than analysing others, today's practice is about self-awareness. Ask yourself:

“How do I experience myself in relationship with others?”

You might explore:

- one specific relationship
- a group of connections (family, work, friendships)
- or your relational patterns as a whole

Notice without judgment. How do you show up? How does your body respond? Where do you feel open? Where do you feel contracted?

Awareness comes first; change comes later.

Grounding Before Connection

Before engaging with others today, take a moment to return to yourself.

Use the breathing practice from Day 21: Inhale love into your body. Exhale anything that does not belong to you.

This creates an inner anchor, so you meet others from presence rather than depletion.

You are not here to carry everyone else's emotional weight.

A Practice of Relational Love

Today, practise filling yourself first.

Fill yourself with:

- Self-respect
- Compassion
- Emotional steadiness
- Kindness, without self-abandonment

From this place, notice how your interactions shift. Self-love becomes visible in:

- Your boundaries
- Your tone
- Your availability
- Your capacity to stay connected without losing yourself

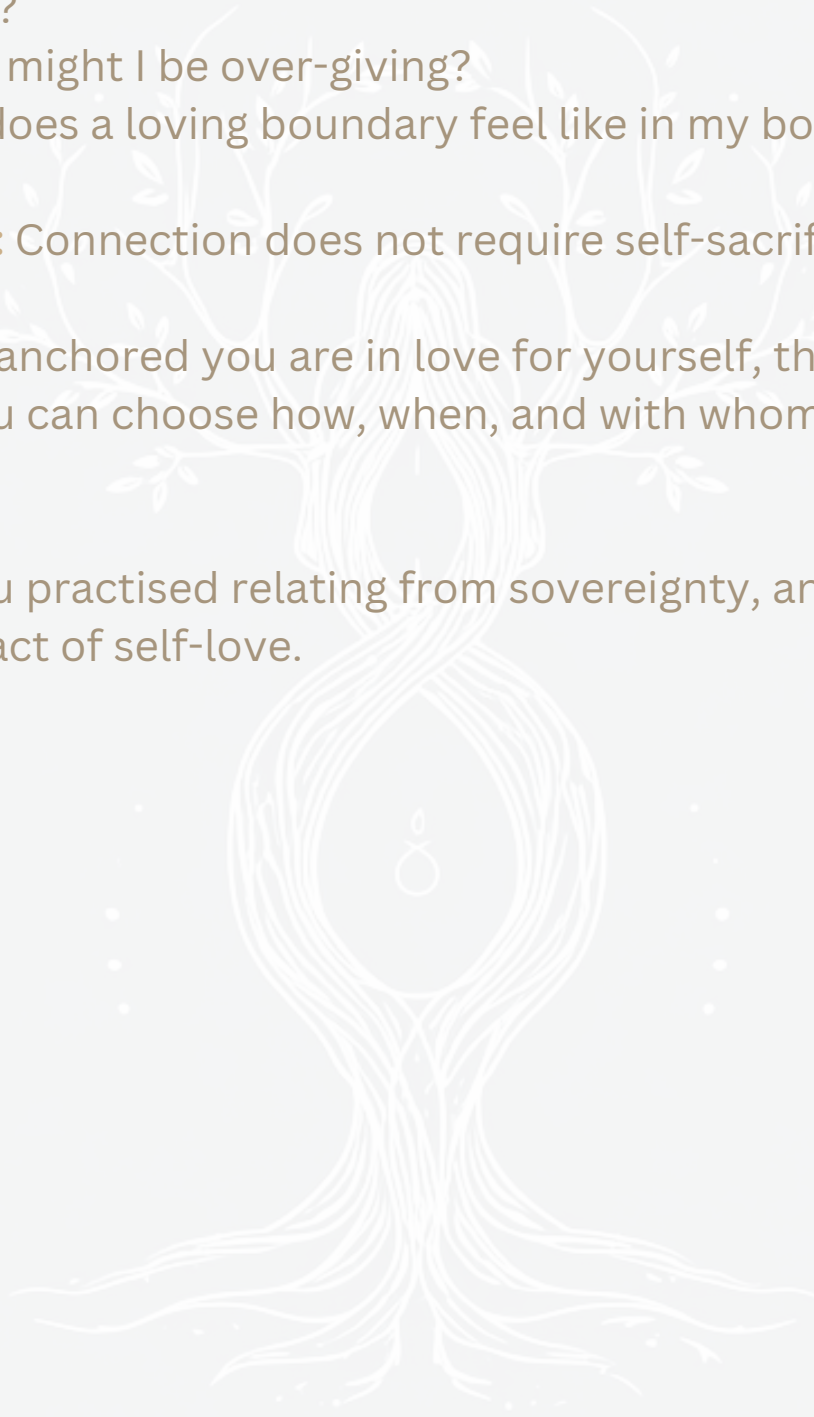
Journal Prompts

- Which relationships feel nourishing right now?
- Which ones feel draining or tense?
- How do I tend to myself before and after connecting with others?
- Where might I be over-giving?
- What does a loving boundary feel like in my body?

Reminder: Connection does not require self-sacrifice.

The more anchored you are in love for yourself, the more clearly you can choose how, when, and with whom you connect.

Today, you practised relating from sovereignty, and that is a powerful act of self-love.



Day 23: Honouring Nourishing Connections

Theme: Gratitude, Reciprocity & Relational Safety

Archetype: The Heart Holder + The Grateful Witness

Weekly Phase: Relational Integration

Welcome to Day 23 of the 30-Day Feminine Rising Journey.

Today, we turn toward gratitude, not out of obligation, but out of recognition.

This is a day to honour the relationships that feel safe. The ones where you can be yourself without shrinking. Where your truth is welcomed. Where love flows without condition or performance.

These relationships matter. They are not accidental. They are mirrors of the self-love you are learning to embody.

Honouring Connections: A Gratitude Ritual

Find a quiet, comfortable space where you won't be disturbed. Have your journal and pen nearby. You may wish to light a candle or incense, not as a ceremony, but as an intention.

Begin by connecting with your breath. Inhale gently...Exhale slowly...Allow your breath to find a steady, flowing rhythm, one that brings you back into your body and into presence.

When you feel calm and centred, bring to mind one person you wish to honour today.

See them clearly in your mind's eye.

From this grounded space, begin to offer them thanks, silently or aloud. Thank them:

- for who they are in your life
- for the way they meet you
- for the space they hold
- for how they allow you to express yourself authentically

Notice what you feel as you do this: Warmth. Softness. Emotion. Ease.

When it feels complete, imagine embracing them with love, then gently releasing them, knowing the connection remains.

Now, bring the focus back to yourself. Acknowledge yourself for allowing this relationship into your life. Thank yourself for:

- choosing connection
- allowing safety
- receiving love
- honouring your needs

Recognise that relationships like this exist because you chose not to abandon yourself.

Sit with this for a moment.

Slowly bring your awareness back to your breath, noticing the air as it enters and leaves your body. When you feel ready, return fully to the present moment.

Open your journal and write: what you felt, what you noticed, what this relationship reflects about your capacity for love.

Reminder: Gratitude is not about clinging. It is about recognising what nourishes you, and why.

Today, you honoured connection, and in doing so, you honoured yourself.



Day 24: The Relationship Audit

Theme: Discernment, Authenticity & Relational Clarity

Archetype: The Truth-Teller + The Boundary Queen

Weekly Phase: Relational Integration & Choice

Welcome to Day 24 of the 30-Day Feminine Rising Journey.

Today, we take self-love into the relational realm, practically, because relationships are not just emotional experiences they are energetic environments.

Some connections expand you. Some soften you. Some drain you. Some confuse you. Self-love includes being honest about which is which.

Today is not about judgment. It's about clarity.

Exercise 1: Mapping Your Connections

Take your journal and make a list of everyone you feel connected to, past or present. Start with the relationship that feels the most safe, loving, and authentic...and work your way down. Include:

- family
- friends
- colleagues
- community connections
- people you no longer speak to but still feel emotionally linked with
- even someone from long ago, if the imprint of that connection still lives in you

Nothing is “too small” if your body remembers it.

Next to each name, write one word to describe how the relationship feels. Examples:

- nourishing
- safe
- steady
- uplifting
- tense
- draining
- confusing
- performative
- heavy
- neutral
- unresolved
- inspiring

One word is enough. This is about honest instinct, not analysis.

Exercise 2: Defining the Unclear Connection (Optional, only if you feel resourced today)

Choose one relationship that feels hard to define. A connection where you feel:

- uncertain
- like you’re walking on uneven ground
- like you can’t fully be yourself
- like they can’t fully be themselves
- like something is “off” but you can’t name why

Now, gently explore:

- What is the purpose of this relationship in my life right now?
- How do I feel in my body when I'm with them (or thinking about them)?
- What parts of me show up – and what parts of me disappear?
- What do I give in this connection? What do I receive?
- Is this relationship aligned with who I am becoming?

The point here isn't to villainise anyone. It's to love yourself enough to tell the truth. Because authentic relationships require discernment, and discernment is self-respect in action.

The Self-Love Layer: As you do this, remember, you are doing this as an act of devotion to yourself. You are showing that you care enough to choose relationships that are real, reciprocal, and aligned. And yes, this also honours the other person.

Clarity is kinder than confusion.

The Next Step: Loving Action (Not necessarily today)

The next step is not to rush into dramatic decisions. The next step is to sit with what you've learned and ask:

“What does love require of me here?”

Sometimes love requires:

- A boundary
- A conversation
- More honesty
- Less access
- A gentle distancing
- A redefinition of the relationship
- Or a conscious choice to keep it as-is

You don't have to decide today. But you do get to begin seeing clearly and move in relationships from a more informed and conscious space.

Reminder: Self-love isn't just inner work, it's relational truth.

Today, you chose clarity. You chose discernment. You chose to honour the environments you allow yourself to live inside.

That is powerful.

Day 25: Letting Love Circulate

Theme: Kindness, Reciprocity & Everyday Devotion

Archetype: The Giver-with-Boundaries + The Open Heart

Weekly Phase: Relational Embodiment

Welcome to Day 25 of the 30-Day Feminine Rising Journey.

Today, we turn toward the natural movement of love. What we cultivate within ourselves shapes what we offer the world, and what we are able to receive in return.

When your heart is filled with love, steadiness, and self-respect, that energy naturally radiates outward. Not as effort. Not as obligation. But as presence.

Your Feminine Rising Invitation

Today's focus is simple and gentle: allow love to move through you.

One way to practise this is through acts of kindness, not grand gestures, not people-pleasing, but small, authentic offerings made for the joy of giving. You might:

- Offer a genuine compliment
- Hold space for someone without fixing
- Help in a quiet, unnoticed way
- Give time, patience, or warmth
- Soften toward someone, including yourself

Notice how it feels in your body when you do.

Does your chest open? Does your breath deepen? Does something soften?

That feeling matters.

Recognising the Kindness You Already Give

Today is also about seeing yourself clearly. So many acts of kindness go unnamed, especially in daily life.

If you care for others, notice how often love moves through your hands:

- Preparing meals
- Tidying shared spaces
- Offering comfort
- Holding routines together
- Showing up, again and again

These are not “just things you do.” They are acts of devotion. Let yourself acknowledge them. Let yourself receive appreciation, even if it comes from within.

Receiving Love Too

As you move through your day, stay open to noticing love coming toward you: A smile. A thank you. An ease in an interaction. A moment of connection.

Acknowledge it. Gratitude keeps love circulating, not hoarded, not depleted, not forced.

Journal Prompts

- What acts of kindness did I offer today – small or large?
- How did my body respond when I gave from a place of fullness?
- Where do I already express kindness without naming it as such?
- What did I receive today when I stayed open to love?
- What does balanced giving feel like in my body?

Reminder: Love is not something you run out of when it is grounded in self-respect. It expands when it is shared consciously.

Today, you let love circulate through your actions, through your awareness, and through your willingness to receive.

That is living self-love in motion.

Day 26: Forgiveness as Self-Liberation

Theme: Release, Emotional Completion & Heart Expansion

Archetype: The Liberator + The Compassionate Witness

Weekly Phase: Relational Healing & Closure

Welcome to Day 26 of the 30-Day Feminine Rising Journey.

Today is about making room for more love, not by forcing positivity, but by loosening what still binds your heart.

There are relationships, past or present, that leave an imprint. Moments of hurt. Misunderstandings. Betrayals. Unspoken words. If the pain still lives in your body or your emotional memory, it deserves acknowledgment, not suppression.

Today's work is not about excusing harm. It is about freeing yourself.

A Gentle Truth About Forgiveness

Forgiveness is not:

- Forgetting
- Reconciling
- Minimising pain
- Reopening unsafe doors

Forgiveness is:

- Releasing emotional charge
- Dissolving inner blockages
- Reclaiming your energy
- Choosing peace within yourself

This work is for you, your growth, your nervous system, your capacity to love without weight.

The Forgiveness & Healing Visualisation (Self-guided, intuitive, and sovereign)

Rather than being led step-by-step, today's visualisation honours your intuition. Move through it in the way that feels safest and most natural to you.

Guidelines for Your Practice:

- Find or create a quiet space where you feel supported (Many people find water, a bath or a shower, especially soothing for emotional release.)
- Centre yourself with slow, steady breathing. Allow your body to soften.
- Create a sacred inner space, a beach, forest, cave, temple, or circle, anywhere that feels safe and grounded.
- Invite the higher self of a person (or people) connected to unresolved pain. You are not inviting the physical person, only the energetic essence needed for healing.
- Speak openly and honestly. Express:
 - what hurt
 - what was lost
 - what you wish had been different
 - what you are ready to release

Allow dialogue to unfold if it does, without forcing it.

- When it feels complete, offer forgiveness for your own freedom.
- This may be full forgiveness, partial release, or simply a softening.

- Thank the person's higher self for the lesson, the clarity, or the closure, then consciously release them from your space.
- If working with more than one person, fully disconnect and ground between each interaction.

Grounding & Integration: When your visualisation feels complete, see yourself connecting deeply with the earth, roots extending from your body into her depths. Feel her steady strength rise to meet you. Feel love refill the spaces where old pain once lived.

Allow this love to expand... through your body, beyond your heart, outward into the world. When ready, leave your sacred space the same way you entered, slowly, consciously, with presence. Return to the moment. And journal.

Journal Prompts

- What emotions surfaced during this practice?
- What felt easier than expected?
- What still feels tender?
- What energy do I feel returning to myself?
- What does freedom feel like in my body?

Reminder: This work was never about them. It was about you, about releasing what no longer needs to be carried, about choosing love without weight, about creating space for your life to move forward, lighter, clearer, freer.

You did brave work today.

Day 27: The Relationship Within

Theme: Self-Relationship, Inner Dialogue & Devotion

Archetype: The Inner Beloved + The Truth Holder

Weekly Phase: Integration & Self-Intimacy

Welcome to Day 27 of the 30-Day Feminine Rising Journey.

Today, everything turns inward.

Earlier this week, you explored how you relate to others, where you feel safe, where you contract, where you offer love and where you hold back.

Today, you bring that same awareness home, because the most enduring relationship you will ever have...is the one you have with yourself.

Your Feminine Rising Invitation

Find a quiet space. Bring your journal and pen. Take a few slow breaths. Let your body soften. Let your attention settle into your heart. When you feel present, ask gently, without expectation:

“How do I define my relationship with myself?”

Then write. Let the words flow freely from your inner world onto the page. Do not censor. Do not analyse. Do not correct.

This is not about getting it “right.” It is about telling the truth, with compassion.

As you write, you might notice:

- Patterns of kindness or harshness
- Themes of trust or self-doubt
- Moments of care or neglect
- Devotion... or distance

Whatever appears is information, not indictment. Your relationship with yourself has been shaped by history, survival, and learning.

Awareness is the doorway to change.

Journal Prompts

- How do I speak to myself when things go wrong?
- When do I show up for myself – and when do I disappear?
- What does my inner relationship need more of right now?
- What would a loving self-relationship look like in daily life?

Reminder: Today was not about fixing yourself. It was about meeting yourself honestly.

Self-love begins with awareness. And awareness begins with listening.

You showed up for yourself today, and that alone shifts the relationship.

Day 28: Seeing Yourself Through the Eyes of the Soul

Theme: Higher Perspective, Soul Witnessing & Self-Recognition

Archetype: The Higher Self + The Seer

Weekly Phase: Integration & Soul Alignment

Welcome to Day 28 of the 30-Day Feminine Rising Journey.

Today, you are invited into a different vantage point, one that sees beyond conditioning, fear, and habit.

This is a day for soul conversation. Not to escape your humanity, but to remember the truth that lives beneath it.

Preparing the Inner Space: Find a quiet place where you can be uninterrupted. Sit comfortably. Take a slow breath in...and a full breath out...Now, gently run your hand from the crown of your head down to your heart.

This simple gesture helps shift your awareness from thinking into feeling, from analysis into presence. Rest your hand over your heart for a moment.

The Soul Inquiry

When you feel ready, speak softly, inwardly or aloud:

“When I connect to my true spirit, I see...”

Then pause. Allow whatever arises to arrive without judgment. Your soul may speak in:

- images
- words
- sensations
- colours
- memories
- emotions
- scent or sound

There is no hierarchy of messages. Write everything down as it comes. Do not question it. Do not edit it. Allow your soul the freedom to reveal aspects of you that may have been forgotten, under-loved, or unseen.

A Shared Soul Practice (Optional)

This practice can also be shared, gently and respectfully, with others you trust.

If you choose to do this together, set a clear intention of care and consent.

Take turns offering reflections by saying:

“When I connect to the spirit of (name), I see...”

Speak from the heart, not interpretation, not advice.

This practice can deepen connection, raise mutual respect, and remind us of the beauty we reflect in one another.

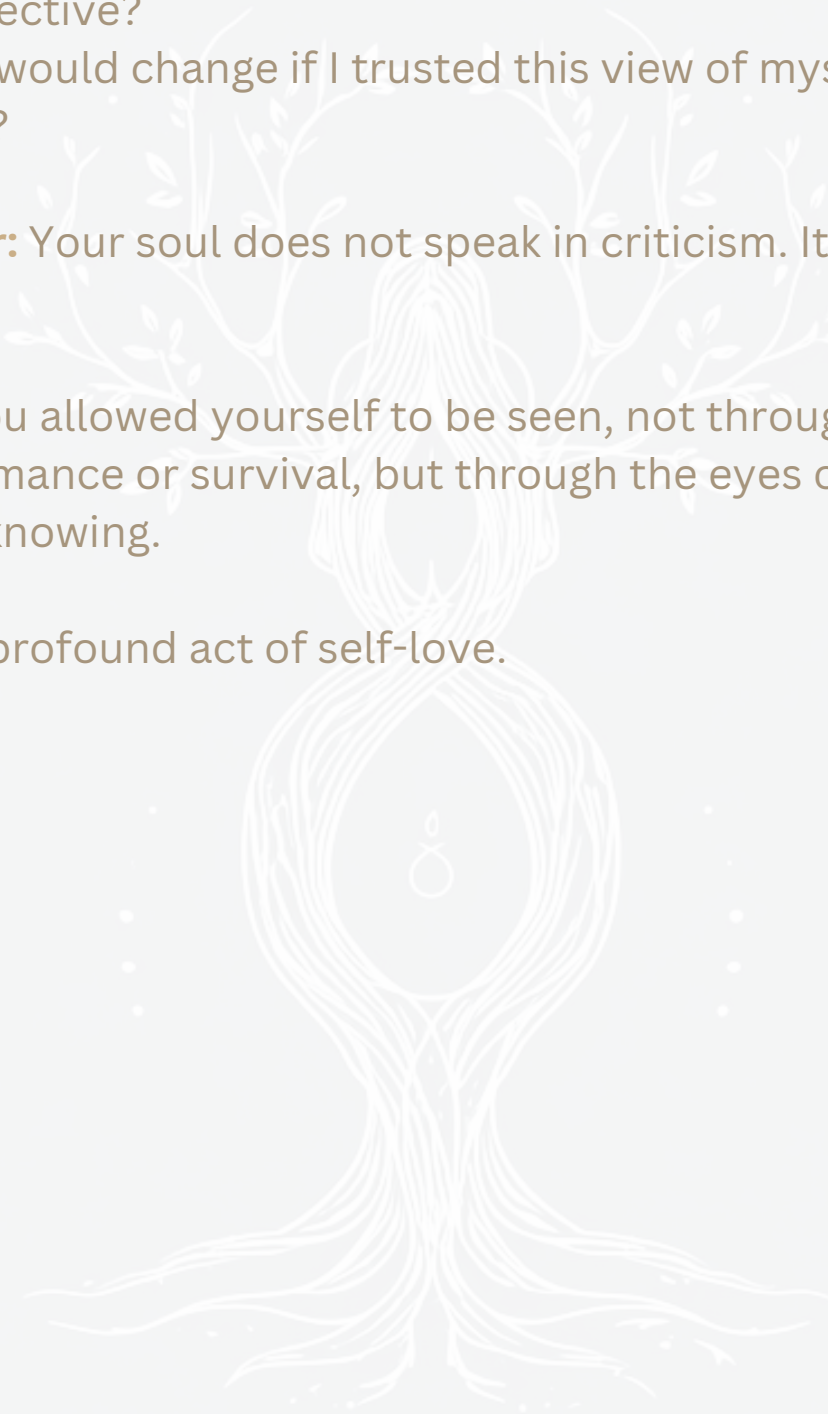
Journal Prompts

- What surprised me about what my soul revealed?
- What qualities or truths did I see that I often overlook?
- How does it feel to witness myself from a higher perspective?
- What would change if I trusted this view of myself more often?

Reminder: Your soul does not speak in criticism. It speaks in truth.

Today, you allowed yourself to be seen, not through the lens of performance or survival, but through the eyes of your deepest knowing.

That is a profound act of self-love.



Day 29: Celebrating the Woman You Are Becoming

Theme: Self-Honour, Integration & Inner Friendship

Archetype: The Celebrant + The Inner Ally

Weekly Phase: Integration & Embodiment

Welcome to Day 29 of the 30-Day Feminine Rising Journey.

Today is a day of honour. Not rushing ahead. Not analysing what's left to do. But pausing to recognise how far you have come.

You have shown up. You have felt deeply. You have faced shadow, softened into love, and stayed present with yourself. That matters.

Honouring the Journey

Today, I invite you to consciously and intentionally celebrate yourself. Choose something meaningful, not extravagant, just intentional, to symbolise this journey:

- a small gift
- a moment of beauty
- an experience that feels nourishing
- time alone, uninterrupted
- a ritual, a meal, a walk, a pause

Let it be an act of recognition. Say to yourself, quietly or aloud:

“I honour how far I have come.”

And let that land.

The Practice of Self-Friendship

Today is also about deepening your relationship with yourself.

Set aside five minutes to connect inwardly, hand on heart, breath steady. Remind yourself of this truth:

You are your own best friend. The way you speak to yourself matters. The way you check in with yourself matters. The way you respond when you're struggling matters.

Practise asking yourself throughout the day:

- “Hey... are you okay?”
- “What do you need right now?”
- “How can I support you?”

And then, as you would with a dear friend, respond with care.

Living Self-Love

Self-love is not a one-time achievement. It's an ongoing relationship. One built on:

- Honesty
- Presence
- Compassion
- Listening
- And choice

The more you talk to yourself with kindness, the more you trust yourself, the more deeply you come home.

Journal Prompts

- What am I proud of myself for in this journey?
- How has my relationship with myself shifted?
- What does self-friendship look like in daily life?
- How do I want to continue showing up for myself?

Reminder: Today, you didn't just practise self-love, you embodied it. You honoured your effort. You acknowledged your growth. You chose to stand beside yourself.



Day 30: Rooted, Radiant, and Ongoing

Theme: Completion, Grounding & Ongoing Devotion

Archetype: The Earth-Rooted Woman + The Cosmic Receiver

Weekly Phase: Integration & Continuation

Welcome to Day 30 of the 30-Day Feminine Rising Journey.

You made it here.

This journey has been joyful. It has been confronting. It has been profound and, at times, uncomfortable. And every single moment of it has served one purpose: to bring you into deeper love with yourself.

Nothing you faced was wasted. Every challenge was a step toward remembrance.

The Completion Ritual: Returning to Oneness

Today, if you can, spend time in nature. Let your body be held by the earth:

- walk along the beach
- sit beneath a tree
- lie on the grass
- wander through bush or parkland

Go somewhere you can feel the pulse of life around you. When you arrive, pause.

Stand, sit, or lie down, whatever feels most natural. Begin by breathing slowly.

In your mind's eye, imagine roots extending from your body... from your feet, your hips, your spine...growing downward into the earth. See them travelling deeper and deeper, connecting with the steady, pulsating core of Mother Earth. Feel her strength rise up to meet you. Feel her love enter your body, grounding, nourishing, steady.

Now imagine branches extending upward from your crown, reaching toward the sky, toward the sun, beyond into the vastness of the cosmos. Receive the love from above, light, expansion, possibility.

Feel it flow down through your crown, meeting the earth's energy within you. Let the two currents intertwine in your centre. You are the bridge.

Stand or sit here for as long as you need, allowing yourself to feel complete, connected, and supported. If you cannot be outdoors today, return to presence in whatever way you can.

- A meditation.
- A moment of stillness.
- A conscious breath.

What matters is intention, not location.

The Final Affirmation

Throughout today, and beyond, return to this mantra:

“I am worthy. I am love. I am divine.”

Chant it silently or aloud. Repeat it as often as your body asks.

Each time you speak it, notice how your energy shifts. Let the words settle into your cells.

Reminder: This is not the end. It is a foundation.

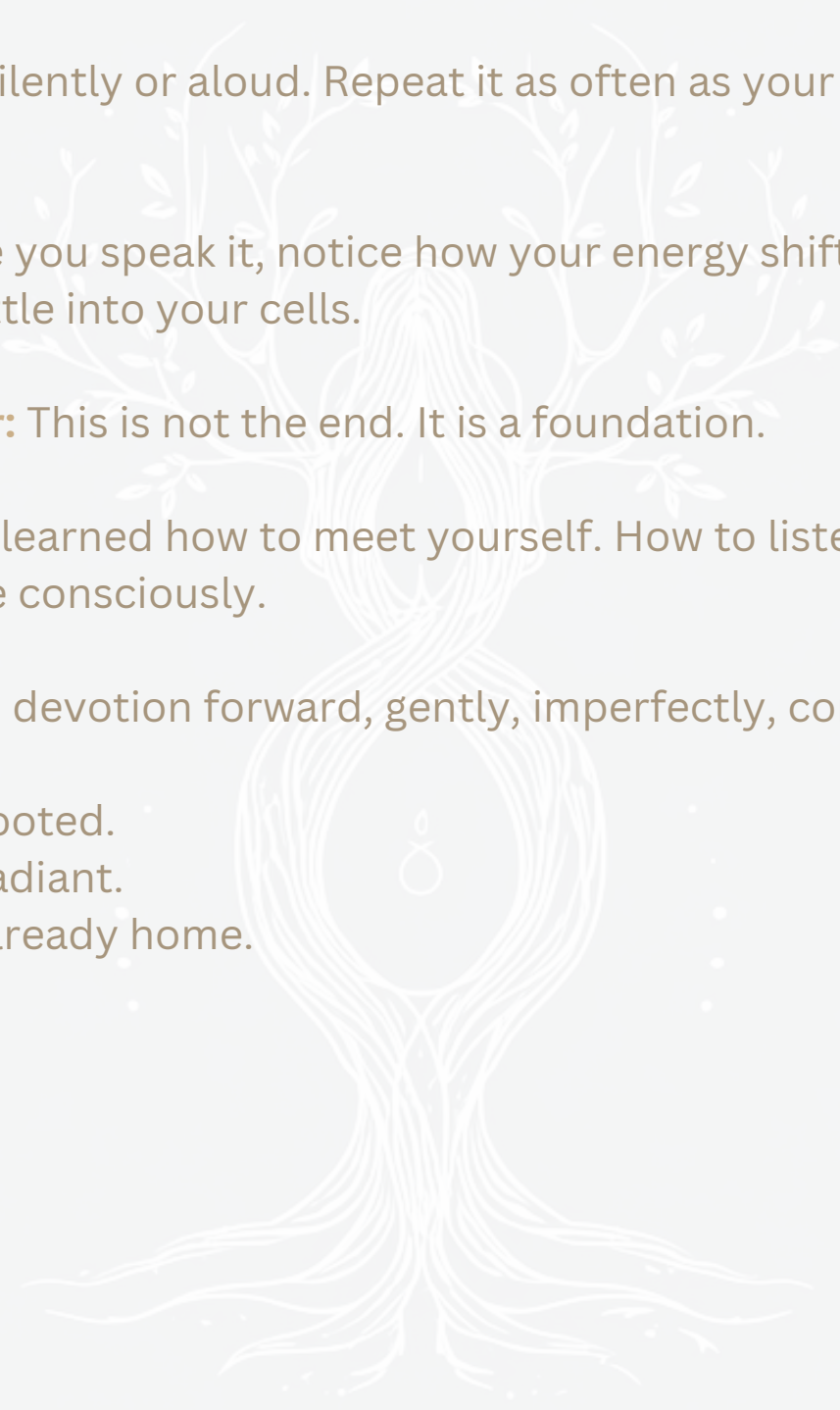
You have learned how to meet yourself. How to listen. How to love more consciously.

Carry this devotion forward, gently, imperfectly, consistently.

You are rooted.

You are radiant.

You are already home.



Parting Words

My darling hearts, as we close this 30-Day Feminine Rising Journey, I want to offer you my deepest gratitude and my heartfelt congratulations for choosing yourself.

You showed up.

You stayed present.

You met yourself honestly, in tenderness, in discomfort, in growth.

That matters more than perfection ever could.

Before you continue forward, I want to leave you with a few reflections, not as rules, but as gentle truths to carry with you as your self-love deepens and evolves.

Acceptance: One of the great wounds carried through human history is a lack of acceptance, of difference, of diversity, of otherness. Non-acceptance has fractured families, communities, cultures, and entire civilisations. It has separated us from one another and from ourselves.

And yet, acceptance begins in the smallest, quietest place. Within. When you begin to accept yourself, your body, your emotions, your contradictions, your humanity, something profound shifts.

Self-acceptance softens judgment. It opens compassion. It creates space for love to grow. And from that place, acceptance naturally extends outward, into relationships, communities, and the world itself.

Acceptance is not passive.

It is powerful. It is one of the most transformative acts of self-love you can practise.

Ebbs and Flows: Life is not linear. Neither is self-love. There will be moments of clarity and ease, and moments of confusion, contraction, and doubt.

This is not failure. It is rhythm.

Everything moves in cycles: growth and rest, expansion and retreat, death and rebirth. Some people move through these cycles quietly. Others visibly. But every soul moves through them.

When you learn to accept the ebb as part of the journey, rather than a sign that something has gone wrong, you meet yourself with greater grace. And trust this truth:

Every ebb carries the seed of a deeper, wiser flow, and acceptance helps you move through these transitions without abandoning yourself.

Gratitude: There is something subtle yet vital I want to share with you. Self-love, without gratitude, can quietly become hollow. At one point in my own journey, self-love became habitual, automatic, and I realised I had plateaued.

I was practising self-care, but I was no longer devoted to the process. It was gratitude that took me deeper.

Gratitude reconnects you to meaning. It anchors self-love in humility, presence, and reverence. It keeps you connected to yourself, not just on the surface, but in the depths where real transformation occurs.

Gratitude ensures that love remains alive, relational, and embodied.

A Blessing to Carry Forward

Thank you, truly, for walking this path.

Thank you for choosing growth.

Thank you for choosing awareness.

Thank you for choosing yourself.

May you continue to meet yourself with curiosity rather than judgment.

May you love yourself with honesty rather than expectation.

May you walk forward with responsibility, compassion, and presence.

And may you remember, always, that your self-love does not exist in isolation.

It ripples outward.

It touches others.

It shapes the world.

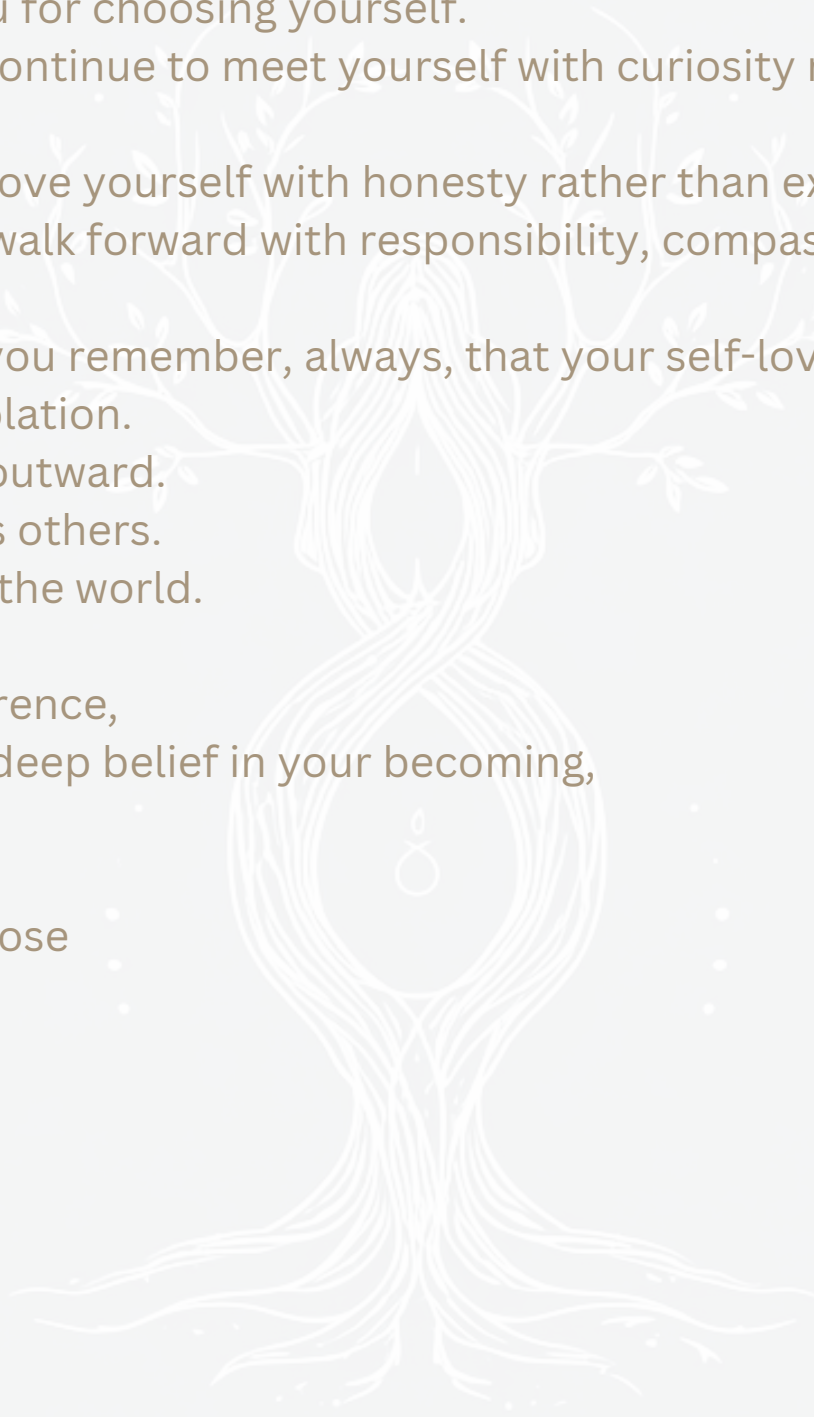
With love,

with reverence,

and with deep belief in your becoming,



Gemma Rose



A Quiet Invitation

As this 30-day journey comes to a close, I want to acknowledge something gently. For some women, this work completes a chapter. For others, it opens a door.

If you've felt a pull toward deeper shadow awareness, ongoing reflection, and a slower, more relational way of working with yourself, you may be drawn to what is forming next.

Shadow School is an upcoming membership space devoted to:

- shadow integration without overwhelm
- emotional literacy and nervous-system safety
- honest self-relationship over self-improvement
- ongoing support, reflection, and embodied learning

It isn't open yet. There is nothing to join today. However, if you'd like to be personally invited when Shadow School opens, with access to a founding rate held only for early initiates, you're welcome to add your name to the early invitation list - [add name here](#)

- No payment now.
- No obligation later.
- Just a way to stay connected.

If this feels like a yes, trust that. If not, trust that too. Either way, this journey stands complete on its own.



SOULFUL THERAPY | SHADOW WORK | EMBODIED EXPRESSION

Gemma Rose

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