



5 Journal Prompts to awaken

**YOUR
FEMININE ENERGY**



Hello, I am Shezara

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

I write for women who want to embrace their femininity.

If you are craving to explore your feminine side, you are in the right place.

Feminine energy might be the missing piece for your ultimate happiness and balance. I promise your personal life will flourish as you start celebrating and embracing your femininity.

So are you ready to remember the magic you have inside you?

Let's start!

FEMININE - MASCULINE POLARITY

Feminine and masculine energies exist as a polarity, much like “day and night”, “inhale and exhale”, or “life and death.” Without one, there is no other. Feminine and Masculine are energies that we all possess, no matter what gender we are. Everybody has both. A different balance...



Masculine Energy

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

Feminine Energy

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



Many of us women have been heavily relying on our masculine energy



Most women have spent much of their working lives “making it” in a man’s world. We are taught to expect ourselves to be like men. We lean on patriarchal methods of survival in order to succeed. We suppress our natural, soft, and sensual femininity. We dull down our intuition and ignore the fierce power of our feminine. The world is telling us, that this approach will guarantee our happiness, but we don't feel happy. On the opposite, we feel empty, exhausted, and burned out.

It is not by chance that you are reading this booklet.
Now the feminine inside you is calling you to heal and reclaim your power!

Have you been rejecting your feminine energy?

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

Do you often experience shame or fear?

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

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

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

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

Blocked Feminine Energy *Checklist*

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your feminine energy!

When the Feminine calls you home.

You probably have never understood how powerful you are in your feminine energy, but this workbook will help you to use that power to your advantage. It is a journey of self-discovery to gain clarity, confidence and awaken your soul.

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

Here are the benefits of unlocking your feminine energy:

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



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

Shezana Touqeer

UNLOCKING YOUR FEMININE ENERGY



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

Living in a predominantly masculine society for so long has caused wounds. Reclaiming your power will require time, work, and patience.

All the resources I share with you were created with a great purpose to awaken the feminine energy within you.

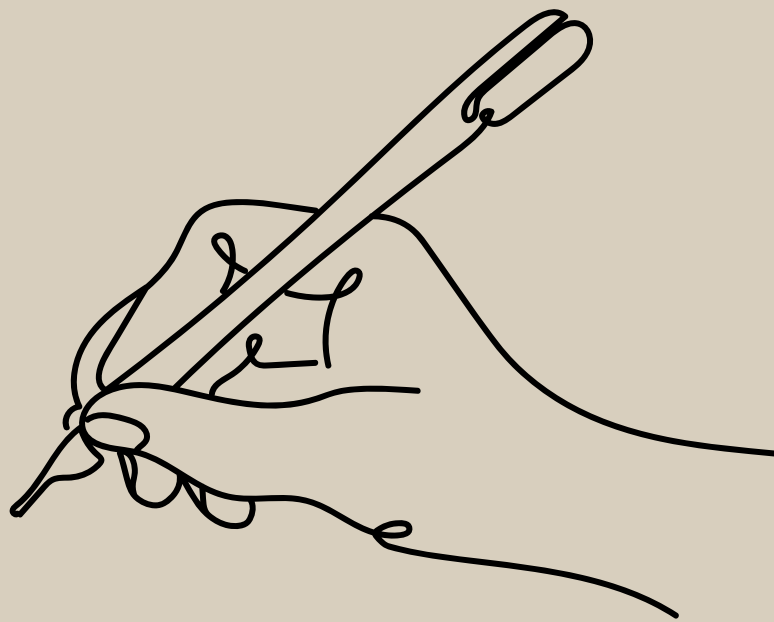
Unlocking your feminine energy is about recognizing all of the ways you have been keeping yourself contained and restrained in an effort to fit into the world. It's about creating a whole new definition of womanhood.

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

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

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

5 JOURNAL PROMPTS
TO AWAKEN YOUR
FEMININE ENERGY



How to use the Journal prompts

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

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

Your answers don't need to follow any certain structure. It's your own private place. Let the words and ideas flow freely.

Don't worry about spelling mistakes or what other people might think.

As you'll discover, a key aspect of your feminine wisdom is a feeling-based or heart-centered knowing, as opposed to thinking-based or head-centered knowing. Therefore, let your heart bring the answers you need to hear.

Also give yourself enough time to reflect on each question.

Take a breath, deeply, now.

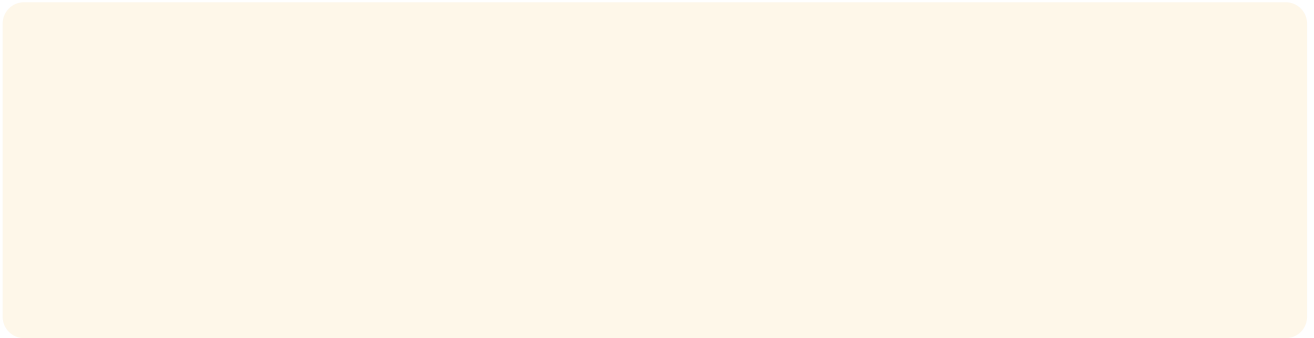
Breathe out and relax your body.

Relax your stomach.

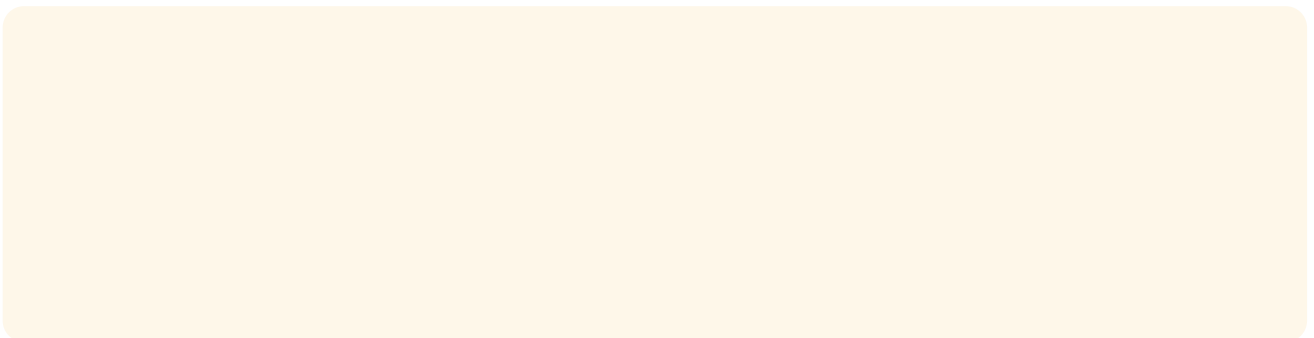
Relax your jaw. Relax your shoulders.

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

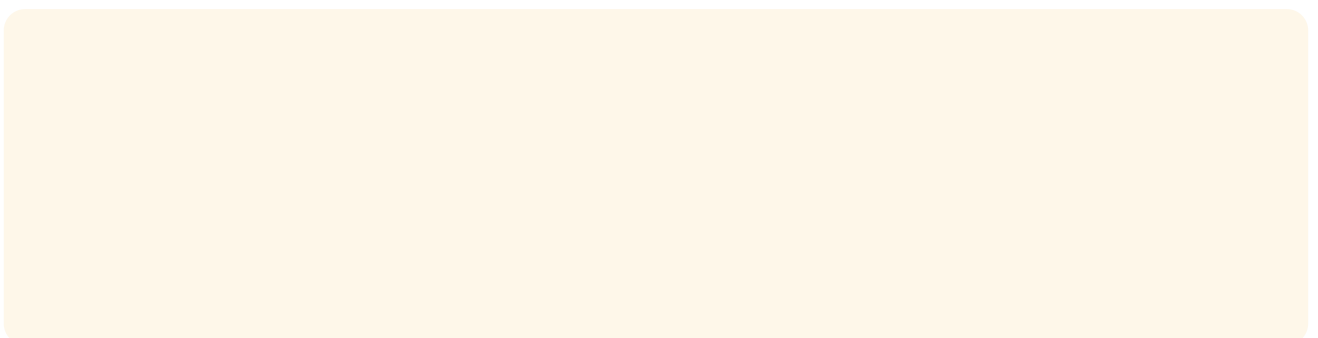
1.WHEN WAS THE LAST TIME I ALLOWED MYSELF TO RECIEVE
LOVE UNCONDITIONALLY?



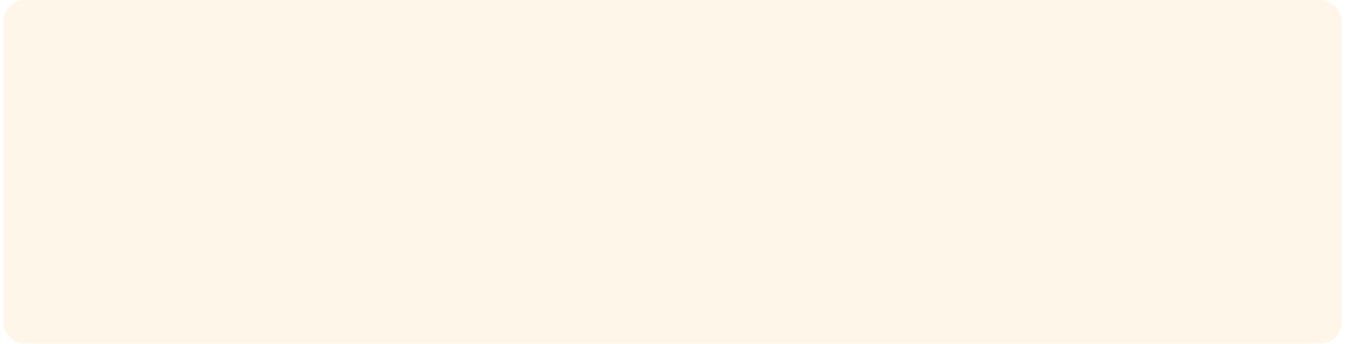
2.HOW AM I CURRENTLY NEGLECTING MYSELF?



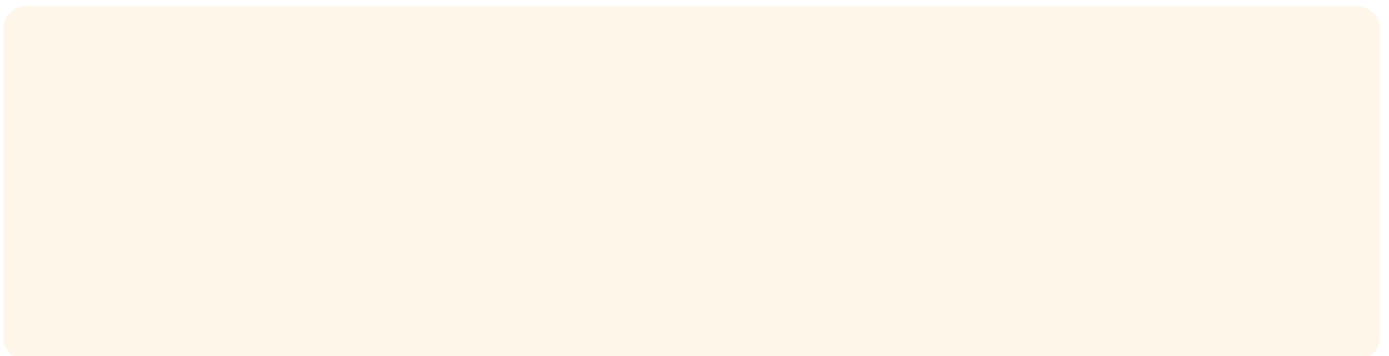
3.WHO AM I SEEKING APPROVAL AND VALIDATION FROM
AND WHY?



4. WHAT IS MY BIGGEST FEAR/LIMITATION RIGHT NOW?
IS THIS LINKED TO THE FEMININE MASCULINE ENERGY
DYNAMIC?



5. FILL IN THE FOLLOWING 4 STATEMENTS:
"I WANT..." "I NEED..." "I AM READY FOR..." "I AM..."



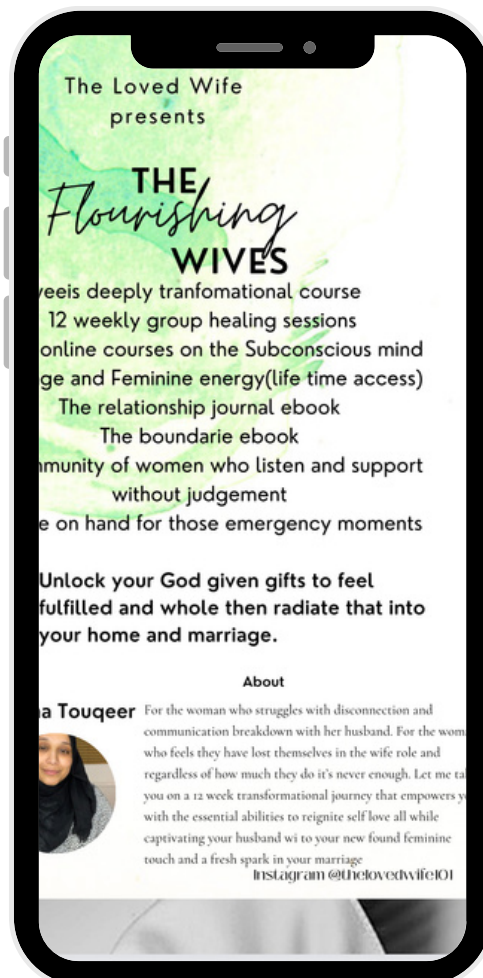
GREAT JOB!
Congratulate yourself on completing this exercise!

**NOW MORE THAN EVER,
WE NEED THE WISDOM,
THE WILDNESS,
THE PASSION,
THE JOY,
THE VITALITY,
AND THE
AUTHENTICITY OF OUR
FEMININE ENERGY!**

The Loved Wife

Need more help?

I would love to help you flourish your feminine energy and your marriage. Reach out below sis.



@thelovedwife101