



Menarche Project



MARIE FERGUSON

MENTOR | THOUGHT LEADER | VISIONARY

Marie Ferguson is a passionate advocate helping conscious mothers embrace their divine feminine and rise. With a Masters in Education, she specializes in creative, reflective, and cognitive practices. Marie's own transformative journey through challenges like miscarriages and burnout led her to harness her emotions and thoughts for positive change.

Through embodied practices integrating mind, body, and soul, she empowers women with tools like positive psychology, emotional intelligence, and mindfulness.

As a Feminine Embodiment Coach, Marie aims to cultivate leadership in mothers, creating a legacy of empowerment for future generations.

Lead by Giving A Legacy

EXPERIENCE COMPREHENSIVE STEP-BY-STEP TRAINING USING THE UNIQUE METHODS WITHIN THE MENARCHE PROJECT TO EMBRACE SACRED FEMININE AND DEEPEN THE PRIESTESS BOND WITH CHILDREN

PILLAR I

ONCE UPON
A TIME

Unveils the path of the Priestess, liberating your Queendom energy by breaking free from limiting narratives and expectations.

PILLAR II

YASSS QUEEN

Guides you through embracing your feminine cycle's flow, enabling you to channel energy, emotions, and life force from your womb space.

PILLAR III

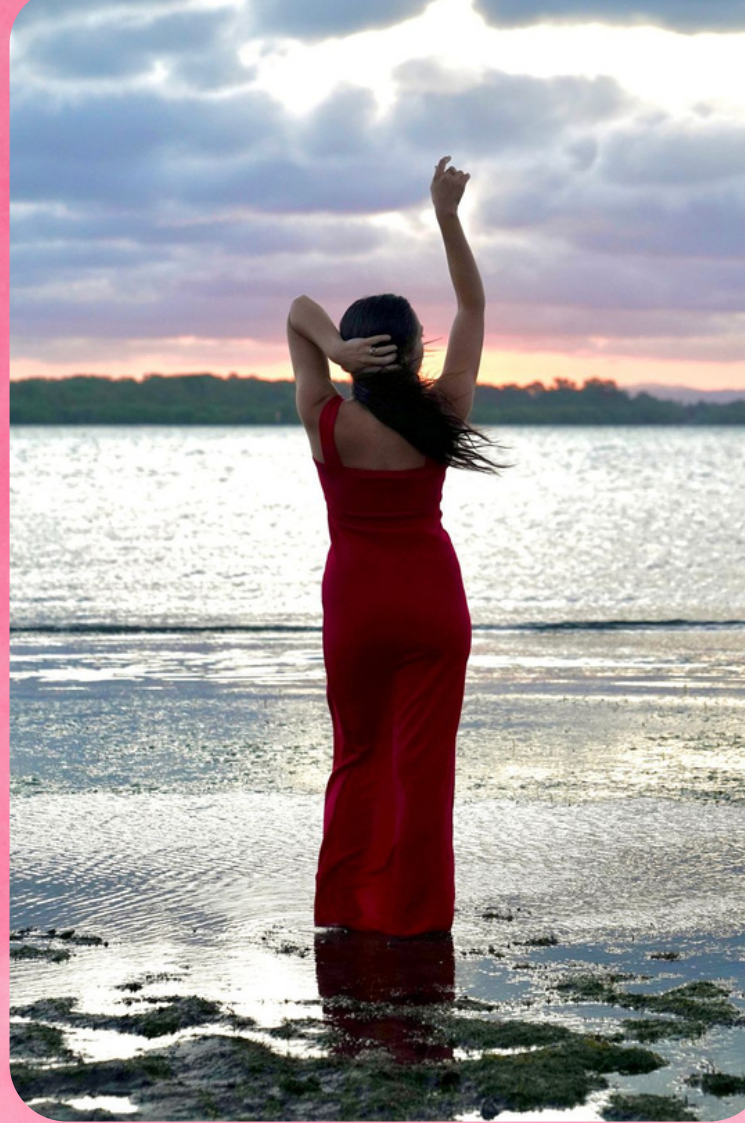
LEADING WITH
LOVE & PURPOSE

Focuses on conscious parenting, heightened emotional intelligence, and transforming your energy to step into your leadership potential.

RAISING QUEENS
& CULTIVATING
KINGS

WHO IS THIS FOR?

Calling all women, from all walks of life and corners of the world, who are ready to embark on a transformative journey! The doors to the "Menarche Project" are wide open, inviting you to step into a realm of empowerment and growth. This enchanting project is designed for conscious mothers, caregivers, dreamers, and visionaries alike. Whether you're navigating the busy realms of parenting, seeking deeper connections, or simply yearning to unlock your full potential, this project is for you.



As you navigate through this program, you'll uncover the hidden treasures of each pillar we've unveiled: from releasing limiting narratives and embracing your divine energy in Pillar 1, to harnessing your emotions, connecting with your cycle, and delving into conscious parenting in Pillar 2, all the way to ascending into your leadership potential and nurturing the next generation in Pillar 3. At the journey's end, you'll stand empowered, embodying the rewards of each pillar, radiating your inner Queen while fostering a legacy of strength and wisdom for generations to come. Join us on this enchanting path, where transformation and empowerment await you, as you rewrite your story and nurture the leaders of tomorrow.

AMAZING

You're probably curious about Marie's Menarche project, Lead by Leaving a Legacy. I found it really beneficial in a lot of ways. I was considering career movements. I was definitely feeling like I was a mother first and not myself anymore and I'd lost a bit of identity. And through her wonderful program, and connecting with our OG group, and getting together and those regular occasions those meetings online, and with the online curriculum, which I have lifetime access to now. I'll be reviewing that content again, over and over, because it just had so much value in terms of like finding your Ikigai and breathing techniques. Marie is amazing! She's got so many things to offer, and I cannot recommend this program highly enough. So if you give it a go, I don't think you'll be disappointed.



DANIELLE CHAPMAN

LIFE CHANGING



CAROL GALEA

When I first joined the Lead by Leaving a Legacy, Menarche project that Marie runs I was in a very dark space. I actually joined to find myself again, try to build my self esteem, try to build my confidence, try to build my voice. I don't think that this actual program will actually meet all those goals. This program exceeded every single goal. I now have a voice. I'm so confident. I'm so powerful. I'm in a happy space. I've found me as the powerful woman I have always wanted to be. Marie, as a mentor is the greatest thing ever. She has been an inspiration to me. She has helped me so much. We as women, always put ourselves as second best. Put yourself as first best and do this course. And not only do you have the greatest mentor but you'll meet such an amazing group of ladies. It's been the happiest thing I've ever done. And really, it has changed my life and I'm sure it will change yours.

Testimonials

Revive Your Glow

Lesson 1: What is worthiness?

<https://www.youtube.com/watch?v=SwZYr-CT-U4>

Meditation practice: Mini Meditation - Compassion

Energiser: <https://www.youtube.com/watch?v=zvxQTTH7OEg>.

Meditation practise: Zen Flow and Release

<https://youtu.be/iBfztsz4AOY>

Lesson 2: Finding your Purpose - Ikigai

<https://youtu.be/87tHEtgWbzg>.

Breathwork practise: Anchoring your Purpose through the Body of Light - Breathwork journey to connect deeply to your purpose

<https://youtu.be/t0IAuWDupHA>

Lesson 3: Delving into Understanding the Feminine Her-story <https://youtu.be/kwgBiuw5Zhw>

Embodiment practice:

<https://www.youtube.com/watch?v=7nvzwKkGTMg>.



Access to Mini-Course

Access to Mini-Course

Lesson 4: Bonus interviews Overcoming the Darkness and Integrating the Shadows:

<https://youtu.be/VV5sGa-KN0I>

Bonus interviews Embodying New Identities:

https://youtu.be/U1_eM-4jOs4

Meditation and Breathwork practise:

<https://youtu.be/VzZ1fJ3NC50>

Lesson 5: Unlock the Holy Grail within

<https://youtu.be/NobgzaK7zKU>

Breathwork and meditation practise:

<https://youtu.be/v6IBShuYafA>

Lesson 6: Cultivating Emotional Intelligence:

<https://youtu.be/D1vBxgXfQM0>

Conscious parenting strategies:

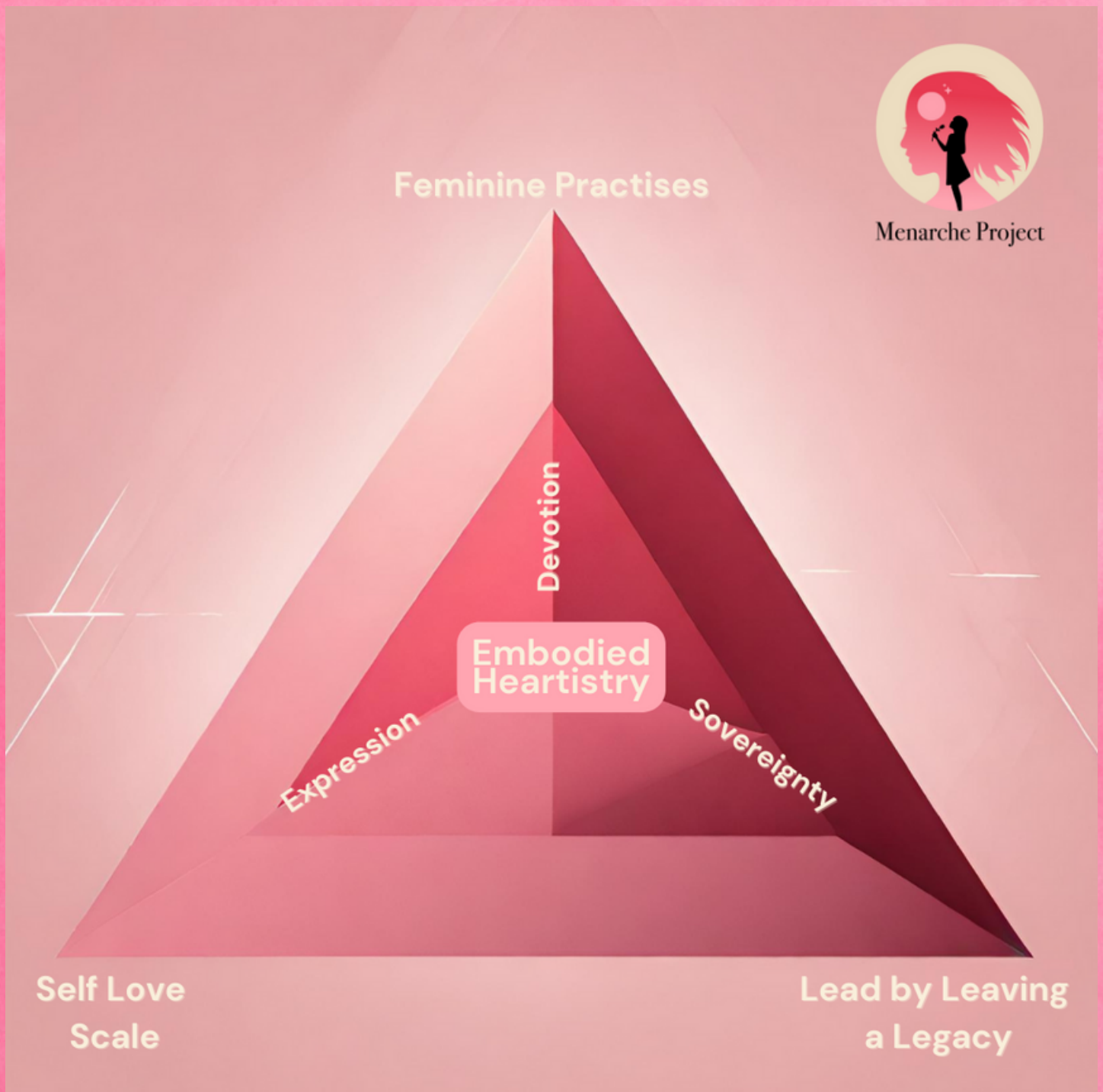
<https://youtu.be/6KoeRRhwWs4>

Root chakra mini-meditation:

<https://www.youtube.com/watch?v=SJ-l9h1tVG4>



Want MORE?



Desire to connect in sisterhood to fully Embody and RISE into the Queen you were BORN to be? Join my Lead by Leaving a Legacy Program!

Book your FREE 1:1 Consultation below:

<https://calendly.com/support-3439/activiatingthequeen-call>