

WOMBMAN ALIVE: FEMININE EMPOWERMENT FOR LIFE

WHAT IS A WOMAN? WHO IS WOMAN?

<THE DIVINE FEMININE IS AWAKENING ON THE PLANET EARTH AT THIS TIME>

FEELING STUCK & LOST... YET FULL OF FIRE... AND NOT KNOWING HOW TO CHANNEL IT HAS LED ME TO THIS HERE/NOW. WE HAVE BEEN SYSTEMATICALLY BRAINWASHED FOR EONS & FED A MIND PROGRAM OF **"I DON'T HAVE ENOUGH & I'M NOT GOOD ENOUGH"** FROM BEFORE WE WERE EVEN BORN. THIS INSIDIOUS ISSUE IS THOUSANDS OF YEARS OLD AND ALMOST EVERY HUMYN I SPEAK TO FEELS THIS WAY (THEY JUST NEVER FEEL SAFE ENOUGH TO SHARE THEIR TRUE FEELINGS OUT OF FEAR.) FOR SO LONG HUMYNS HAVE BEEN RULED OVER BY AN INSIDIOUS SYSTEM OF MISOGYNY & TOTALITARIAN WORLD CONTROL. WE ARE AWAKENING TO THE TRUTH OF OUR ANCESTRAL & CURRENT OPPRESSION.

IT MAKES MY HEART ACHE TO KNOW SO MANY OF US FEEL UNCOMFORTABLE WITH WHO & WHAT WE ARE IN THIS MIRACULOUS PHYSICAL BODY... COMPLETELY DISCONNECTED FROM OUR SACRED SEXUALITY...UNKNOWNING OF OUR DEEP POWERFUL NATURE. WE COMPARE OURSELVES TO EVERYONE ELSE...A ALWAYS STRIVING TO MIMIC ANOTHER RATHER THAN CULTIVATE OUR TRUE SELF. EVERY LAST WORD AND IMAGE SHARED HAS HAD A PROFOUND IMPACT ON MY PERSONAL EVOLUTION JOURNEY. EXPLORE EVERY LINK. CLICK EVERY IMAGE. THE MYSTERY OF YOUR DIVINE WOMBMAN-HOOD & SOURCE OF ORIGIN LIES IN WAIT. YOU DO NOT HAVE TO BE BORN BIOLOGICALLY FEMALE TO BENEFIT FROM THE TEACHINGS HERE. THE DIVINE FEMININE ENERGY IS AWAKENING IN ALL HEARTS NOW. WE ARE ALL WOMBMAN. BORNE OF THE WOMB. REMEMBER.

Geneen Roth's work transformed my brain in regards to my relationship with my body. She helped me get real with the fact that I have had multiple, destructive eating disorders & how to heal my heart

[EXPLORE>Her book WOMEN, FOOD & GOD](#)

"When you believe without knowing you believe that you are damaged at your core, you also believe that you need to hide that damage for anyone to love you. You walk around ashamed of being yourself. You try hard to make up for the way you look, walk, feel. Decisions are agonizing because if you, the person who makes the decision, is damaged, then how can you trust what you decide? You doubt your own impulses so you become masterful at looking outside yourself for comfort. You become an expert at finding experts and programs, at striving and trying hard and then harder to change yourself, but this process only reaffirms what you already believe about yourself -- that your needs and choices cannot be trusted, and left to your own devices you are out of control.

[~Geneen Roth, Women, Food and God: An Unexpected Path to Almost Everything](#)

LEARN MORE ABOUT YOUR HUMAN FEMALE BODY ON MY YOUTUBE CHANNEL:

ON THE MAGICK OF MENSTRUATION:

<https://www.youtube.com/watch?v=nLmg4wSHdxQ&list=PL1Cy0YTZErWqHwC5-usWHNAPhAY3msSIq>

INCREDIBLE BIRTH CONSCIOUSNESS:

<https://www.youtube.com/watch?v=Rtt-62U9XYs&list=PL1Cy0YTZErWoTrZEgmnzq7vCzdun4XU41>

UNDERSTANDING OUR BIOLOGY AS WOMEN IS IMPORTANT TO HEALING THE BODY/MIND CONNECTION:

<http://www.mindbodygreen.com/0-13733/10-things-every-woman-should-know-about-her-hormones.html>

KNOW YOUR / YOU ARE HER-STORY // the diseased mentality we have around ourselves as humans has been passed down in our DNA for thousands of years. The pain and shame and guilt you feel almost every day is an ancient energy steeped in darkness.

Come to know the TRUTH of your ancestral pain & the root of why you do not know how to love yourself>>>

EXPLORE MY HASHTAGS ON IG & FACEBOOK: [#INSIDIOUSPATRIARCHY](#)

WHAT IS THE PATRIARCHY?

<https://www.youtube.com/playlist?list=PL1Cy0YTZErWpyYFFQclkQiQ1u01P3XNW>

This is how they broke our grandmothers:

<http://www.feministcurrent.com/2016/10/04/this-is-how-they-broke-our-grandmothers/>

Max Dashu reveals the suppressed truth behind the witch hunts (and the implications for women today):

<http://www.feministcurrent.com/2016/06/02/podcast-max-dashu-on-the-suppressed-truth-behind-witch-hunts/>

“THE **HERDINE** MUST BECOME
A SPIRITUAL WARRIOR.
SHE MUST NOT DISCARD
NOR GIVE UP WHAT SHE
HAS LEARNED THROUGHOUT
HER HEROIC QUEST,
BUT LEARN TO VIEW HER
HARD-EARNED SKILLS
AND SUCCESS NOT SO
MUCH AS A GOAL BUT
AS ONE PART OF THE ENTIRE
JOURNEY. SHE WILL BEGIN
TO USE THESE SKILLS
TO WORK TOWARD THE
LARGER QUEST OF BRINGING
PEOPLE TOGETHER,
RATHER THAN HER OWN
INDIVIDUAL GAIN. THIS
IS THE SACRED MARRIAGE
OF THE **FEMININE AND
MASCULINE--WHEN**
A WOMAN CAN TRULY
SERVE NOT ONLY THE
NEEDS OF OTHERS BUT
CAN VALUE AND BE RESPONSIVE
TO HER OWN NEEDS
AS WELL.”

Maureen Murdock

[CLICK>>FIVE STEPS TO ACTIVATING DIVINE FEMININE ENERGY](#)
[BY SOPHIE BASHFORD](#)

[CLICK> THE GREAT HEALING OF THE WOUNDED FEMININE SPIRIT](#)

"When winter comes to a woman's soul, she withdraws into her inner self, her deepest spaces. She refuses all connection, refutes all arguments that she should engage in the world. She may say she is resting, but she is more than resting: She is creating a new universe within herself, examining and breaking old patterns, destroying what should not be revived, feeding in secret what needs to thrive. Winter women are those who bring into the next cycle what should be saved. They are the deep conservators of knowledge and power. Not for nothing did ancient peoples honour the grandmother.

In her calm deliberateness, she winters over our truth, she freezes out false-heartedness. Look into her eyes, this winter woman. In their gray spaciousness you can see the future. Look out of your own winter eyes.

You too can see the future."

[Patricia Monaghan](#)



“Imagine a Woman I”

Imagine a woman who believes it is right and good she is a woman.
A woman who honors her experience and tells her stories.
Who refuses to carry the sins of others within her body and life.
Imagine a woman who trusts and respects herself.
A woman who listens to her needs and desires.
Who meets them with tenderness and grace.
Imagine a woman who acknowledges the past's influence on the
present.
A woman who has walked through her past.
Who has healed into the present.
Imagine a woman who authors her own life.
A woman who exerts, initiates, and moves on her own behalf.
Who refuses to surrender except to her truest self and wisest voice.
Imagine a woman who names her own gods.
A woman who imagines the divine in her image and likeness.
Who designs a personal spirituality to inform her daily life.
Imagine a woman in love with her own body.
A woman who believes her body is enough, just as it is.
Who celebrates its rhythms and cycles as an exquisite resource.
Imagine a woman who honors the body of the Goddess in her changing
body.
A woman who celebrates the accumulation of her years and her
wisdom.
Who refuses to use her life-energy disguising the changes in her body
and life.
Imagine a woman who values the women in her life.
A woman who sits in circles of women.
Who is reminded of the truth about herself when she forgets.
Imagine yourself as this woman.

[“Imagine a Woman” © Patricia Lynn Reilly, 1995](#)

“Imagine a Woman II”

Imagine a woman who is interested in her own life.
A woman who embraces her life as teacher, healer, and challenge.
Who is grateful for the ordinary moments of beauty and grace.
Imagine a woman who participates in her own life.
A woman who meets each challenge with creativity.
Who takes action on her own behalf with clarity and strength.
Imagine a woman who has crafted a fully-formed solitude.
A woman who is available to herself.
Who chooses friends and lovers with the capacity to respect her
solitude.
Imagine a woman who acknowledges the full range of human emotion.
A woman who expresses her feelings clearly and directly.
Who allows them to pass through her as naturally as the breath.
Imagine a woman who tells the truth.
A woman who trusts her experience of the world and expresses it.
Who refuses to defer to the perceptions, thoughts, and responses of
others.
Imagine a woman who follows her creative impulses.
A woman who produces original creations.
Who refuses to color inside someone else’s lines.
Imagine a woman who has relinquished the desire for intellectual
approval.
A woman who makes a powerful statement with every action she takes.
Who asserts to herself the right to reorder the world.
Imagine a woman who has grown in knowledge and love of herself.
A woman who has vowed faithfulness to her own life.
Who remains loyal to herself. Regardless.
Imagine yourself as this woman.

[“Imagine a Woman” © Patricia Lynn Reilly, 1995](#)

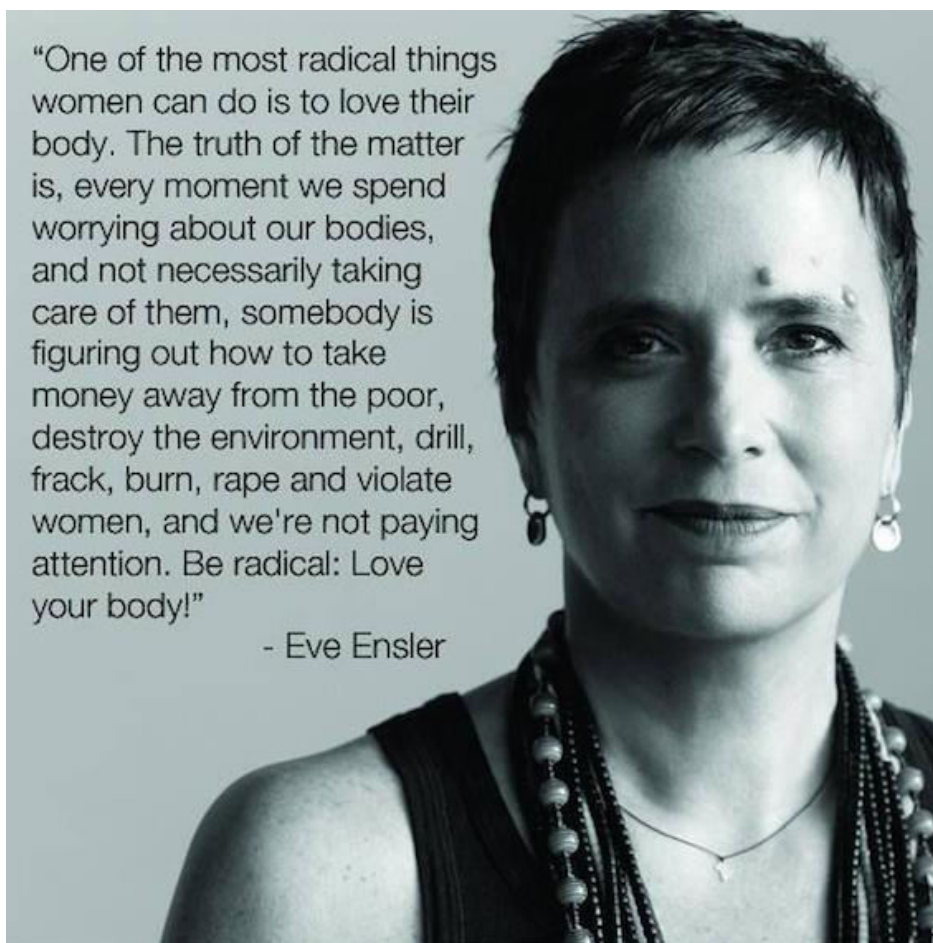
DO YOU LOVE YOUR BODY?

THIS VIDEO BELOW BY EVE ENSLER, THE AUTHOR OF THE VAGINA MONOLOGUES, TOUCHED MY SOUL. I HAVE ALWAYS HATED MY BODY BUT NEVER KNEW WHY. I ABUSED MYSELF FOR SO LONG IT BECAME SECOND NATURE. I STARVED IT. BEAT IT. IGNORED IT. CUT IT. GAVE IT AWAY. YOU NAME IT. EVENTUALLY I MADE A PACT WITH MY SPIRIT TO LEARN TO LIVE IN THIS BODY WITH LOVE. I AM A NEW WOMAN BECAUSE OF THIS. AND I KNOW WE NEED TO LOVE OURSELVES SO WELL FOR THE SAKE OF OUR FAMILIES AND OF THIS EARTH.

[CLICK TO WATCH>SUDDENLY MY BODY](#)

"One of the most radical things women can do is to love their body. The truth of the matter is, every moment we spend worrying about our bodies, and not necessarily taking care of them, somebody is figuring out how to take money away from the poor, destroy the environment, drill, frack, burn, rape and violate women, and we're not paying attention. Be radical: Love your body!"

- Eve Ensler



THE MOTHER WOUND



OUR CONNECTION OR DISCONNECTION TO OUR BIRTH MOTHER PLAYS AN INCREDIBLY SIGNIFICANT ROLE IN HOW WE LIVE OUR LIVES & SEE OURSELVES IN THIS WORLD.

IT IS IMPORTANT TO UNDERSTAND THE SIGNIFICANCE OF THE MOTHER'S EMOTIONAL & MENTAL EFFECTS ON HER CHILD, BOTH WHEN THE CHILD IS BEING DEVELOPED IN UTERO, BUT ALSO AS THE CHILD IS SOCIALIZED INTO ADULT HOOD.

THE POWERFUL RESEARCH THAT IS BEING DONE IN EPIGENETICS NOTES THE DEVELOPING FETUS IS IMPACTED BY ALL THE MOTHER'S EMOTIONAL & ENVIRONMENTAL STRESSORS:

IN UTERO DOCUMENTARY TRAILER: <https://vimeo.com/128029155>

[CLICK>EVEN YOUR GRANDMOTHER'S LIFE EXPERIENCES/ANXIETIES/FEARS ARE POTENTIALLY PASSED ALONG INTO YOU!](#)



I SUGGEST YOU EXPLORE THESE ARTICLES IN THE LINK BELOW & REALLY DEEPLY CONSIDER THE WEIGHT OF THE POINTS TOUCHED ON. BETHANY WEBSTER HAS COMPILED MULTIPLE, LIFE HEALING BLOGS ON THE WOUNDING PASSED DOWN THROUGH THE MOTHER AS WELL AS REVEALING MANY HEALING DIRECTIVES.

CAN YOU SEE HOW THESE FEMALE CENTERED ISSUES MAY IMPACT YOUR LIFE AT THIS TIME? I ENCOURAGE YOU TO GET A JOURNAL AND WRITE OUT KEY POINTS THAT MOVE YOU.

Your relationship with your mother (or lack there of) has a powerful impact on your brain development and how you conduct yourself in this life. I believe all humans, both male and female, will benefit from exploring the themes found in this amazing blog. It changed my life and perception of women in this world:

[CLICK>EXPLORE THE WOMB OF THE LIGHT](#)

THE LUNAR OR MOON CYCLE IS DIVINELY CONNECTED TO ALL HUMAN EMOTION. IT IS AN INCREDIBLE NATURAL ENERGY LINK TO A WOMAN'S MENSTRUAL & MENOPAUSE CYCLES. WE ARE UNITED AS ONE BEING. THIS IS ANCIENT KNOWLEDGE THAT IS STARTING TO RESURFACE. LEARNING TO FOLLOW THE LUNAR CYCLE EACH MONTH ALLOWS US TO BECOME MORE AWARE OF & CONNECTED TO OUR EMOTIONAL, MENTAL & SPIRITUAL BODIES AS THE PHYSICAL BODY UNDERGOES A CYCLICAL PATTERN OF CHANGE AND REBIRTH EVERY 29.5 DAYS. THIS PRACTICE OF FOLLOWING THE MOON & SEEING MY UNITY WITH THE MOON GODDESS HAS TRANSFORMED MY LIFE AND HOW I CONNECT TO THE NATURAL WORLD. CONSIDER ANCIENT PRACTICES TO ASSIST YOU IN EMBRACING YOUR WOMANHOOD IN THIS MODERN WORLD:

“There are teachings that are the birthright of every woman alive... EARTHING THE MOON: Reclaiming the Inner Gateways of Feminine Potency, Creativity, Sexuality and Spirituality. Our moon cycle is a flow that turns with the tides and plugs us into the mainframe of nature in ways that can redefine our experience and roles as women - a flow that can hand us the keys to more vibrant relationships with our health, creativity, sexuality and spirituality if only we will recognize it, say yes to it, reclaim it and then fully embody it.”

<http://treesisters.org/>

Welcome to your Womanhood

[By Tanishka Tantrika | THE MOON WOMAN ON FACEBOOK](#)

The Red Tent or Moon Lodge is simply a gathering of women that occurs at the new moon when girls & women are most in need of support, rest & reflection. A timeless tradition observed by ancient cultures it serves as a regular forum for empowering one's feminine sense of selfhood.

Traditionally, girls would start attending the Red Tent when their bodies started to cycle with the moon. It was here they would learn about their fertility cycles & every facet of being a woman known as Women's Lore, Women's Mysteries or Secret Women's Business...(the info not covered by school sex education, teen mags or the Girl Guide association!) In a nutshell, it gifts girls a mystical understanding of their womanhood. Including the effect of the lunar & seasonal cycles on women's emotions, energy levels & psychological well being, as well as how to balance those cycles for greater harmony. This secret knowledge then engendered empowerment as women learnt the value of their bodies as physical temples & learnt to set personal boundaries accordingly.

This custom also acknowledged that when a girl begins to cycle it is natural that she will feel the need to individuate from her mother by doing exactly the opposite of everything her mother says in order to find her own feminine identity. Initiating teenage girls into a circle of trusted women who they can turn to when they feel unable to share with their mother, ensures they are guided & protected by a circle of wise & loving mentors rather than being blindly led by their peers or seeking guidance from magazines sponsored by a corporate agenda. This provides an authentic foundation of practical support so they can make the necessary errors in judgment that are universal on the road to wisdom...even if that means calling one of the women from their Red Tent circle at 2am if they find themselves outside a club unable to find a lift home in their early twenties!

And by actually welcoming girls to their womanhood we collectively affirm that being a woman is worth celebrating & that it is safe for us to gather & speak our truth. Marking this rite of passage also helps both mother & daughter to acknowledge that the childhood phase has passed so new responsibilities must be accepted if new freedoms are to be granted.

**LEARNING ABOUT THE POWER OF YOUR PHYSICAL BODY AS A WOMAN
AND THE POWER OF YOUR MENSTRAL CYCLE IS SO IMPORTANT TO
YOU REALIZING HOW SPECIAL YOU REALLY ARE!**



"As this era of masculine dominance comes to an end and a feminine understanding of life's wholeness is included, we are beginning to experience a different world in which physical, mental, and spiritual well-being are interdependent. We see the signs of this in the new age movement. But the new age movement is often limited by its focus on individual well-being. Our real concern is the well-being of the planet and the whole of humanity. Central to this is the understanding that the physical world cannot be healed from a solely physical perspective, but requires a shift to an attitude that contains a multi-dimensional approach."

[Llewellyn Vaughan-Lee](#)



**ACCESS MENSTRUAL CYCLE EDUCATION, HER-STORICAL RESOURCES
& DIVINE FEMININE EMPOWERMENT::**

[#SELF CARE IS SACRED MENSTRUATION](#)

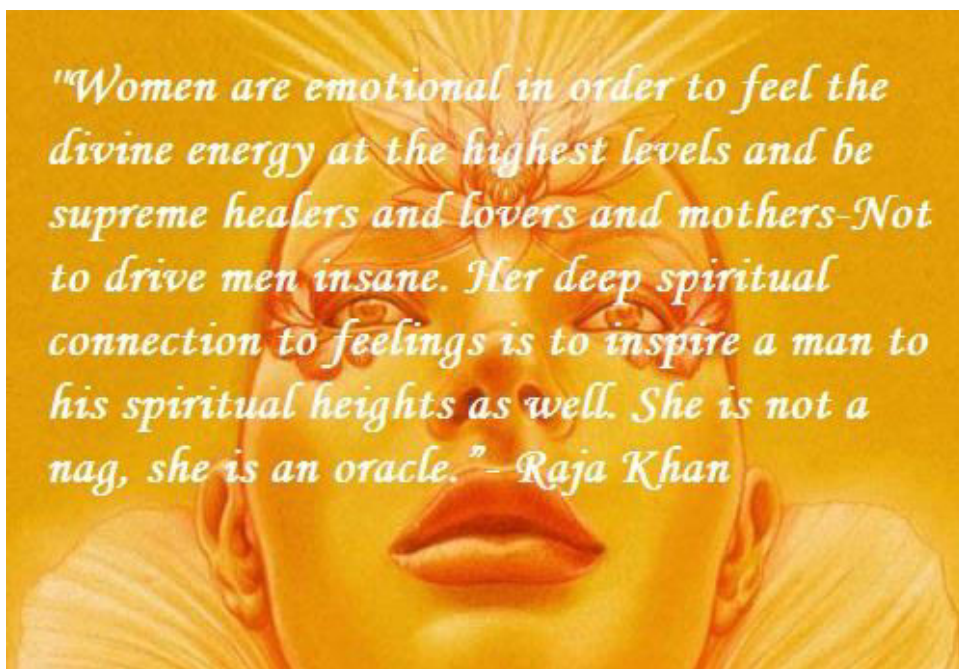
[#WOMB MANALIVE ON FACEBOOK](#)

[#REBIRTH THE NEW EARTH ON FACEBOOK](#)

The Magic of Menstruation >>>
[Tanishka Tantrika -- THE MOON WOMAN](#)

Menarche is an elegant word for our first period or menses. Unfortunately in the West this has not been a cause for celebration for sometime – give or take 2000 years. Traditionally, all ancient cultures marked this rite of passage in a maiden's life with merriment, feasting & reverence for her ability to bring forth life & earn her place alongside the wise women in their monthly women's mysteries circles. This is merely an invitation to honour your feminine birth rite with a few ideas on how women have marked this occasion since time immemorial. If you have a daughter, niece, granddaughter or friend who is nearing this time, consider discussing the possibility of having a small ritual or pampering session to mark the occasion.

Blood is something our western culture is a tad squeamish about. This is because we have been taught to fear it as messy, infectious, staining, a sign we are dying, or worse still - as a source of unclean shame if it comes from between our legs once a month. (It is interesting to note that our culture that doesn't honour blood as a sacred life giving force is the most blood thirsty & life denigrating civilization to have ever existed on this planet.)



Menarche is a celebration of a woman's fertility. Of her power to procreate life, her heightened extra sensory perceptions, initiation into sisterhood & her growing autonomy with which she will make a difference in the world. Worth lighting a few candles & sharing a cake!

**OUR MENSTRAL CYCLE IS A UNIVERSAL CONNECTION TO SOURCE ENERGY!
YOU ARE A MIRACLE SIMPLY FOR BEING A WOMAN!**

'Where the wise & gentle blood is not valued it is driven into the unconscious & there we have blood & death & destruction.'

Woman's Wheel Of Life

WHY IT IS IMPORTANT TO HONOR YOUR MENTRAL CYCLE EVERY MONTH:

"Just as our bodies are ruled by the moon, so too are our emotions. And just like the moon, women are changeable & emotional beings. So when we experience the dark time of our emotional lunar cycle, it is best for the longevity of our relationships that we take sacred space from our partners & children so they don't experience our destructive side when we are in the little death phase of our monthly mandala.

If we take this time to focus on our inner needs at this time we can return to our loved ones full of self love & nurturing so we have it to give to them the rest of the month without burning out. Without this cyclic acceptance of our need to give back to the self we end up with a Western epidemic of breast cancer in the 'civilised world' where women are culturally expected to nurture 24/7 without asking for anything in return. Just as we need to breathe in before breathing out, so too women need to take time & sustenance for themselves if we are to continue giving to others from a centered & full sense of self.

Similarly, by taking responsibility for our emotional well being through a monthly practice we lessen our need for emotional comfort through overeating, as the sacral energy center which resides in the abdomen is governed by the moon. When women don't honour their emotional needs the result is gluttony, the vice of the sacral chakra. So with the omission of Red Tents giving women a regular time to process their emotions we see eating disorders as common place, particularly amongst teenage girls. Other feminine health complaints such as menstrual disorders & depression are also often alleviated through this simple, cyclic practice.

For women raised in a Western (masculinized or yang) culture that had no understanding of ancient women's traditions so dismissed them as old wives' tales or feared them as the work of the devil, we can now see the physical cost of women who aren't in touch with their feminine essence as infertility is now at an all time high in the West. New moon circles offer the most fundamental & practical way to attune women's natural hormone cycles to the moon, regulating their endocrine system without the invasion of synthetic hormones." ~WORDS BY:: [Tanishka](#)

[Tantrika -- THE MOON WOMAN](#)

[CLICK TO LEARN MORE WITH TANISHKA <> THIS WOMAN HAS BEEN AN INCREDIBLE INFLUENCE ON MY SELF CARE / SELF HEALING JOURNEY](#)



[CLICK>EXPLORE THE WILD WOMBMAN WITHIN](#)

“New Moon is the time of the month, 2 weeks after full moon when we tend to feel tired, inward & vulnerable. It’s when our insecurities & old wounds surface... our shadow self that we often try to hide from others. But if we don’t learn to accept & heal our shadow (like Peter Pan) we never grow up & so we end up with a society so afraid of aging we think it normal to carve ourselves up rather than be publicly seen as an elder.

It is for this reason women of all indigenous societies for thousands of years gathered together at this time to reflect upon their lives, offering emotional support & healing to one another rather than expect their partner to intuit & fulfill all their emotional needs.

The New Moon is also the time when most women experience their ‘moontime’ or ‘heavenly water’ as it was known in traditional Chinese medicine. So this custom offered a time out to working women & mothers, enabling them to turn inwards & rest & replenish when their lunar tide was out each month & their life force at its lowest ebb.

Another reason for this time honoured practice was that during one’s moontime (the most common time for women to menstruate) & generally at new moon, women are at their most psychically open. When they were considered to be, ‘closest to God’ as it’s the most inward time of the cycle, making it the ideal time to meditate on behalf of themselves, each other & for the greater good - channelling intuitive insights & guidance.”

~ WORDS BY:: [Tanishka Tantrika -- THE MOON WOMAN](#)



EZZIE SPENCER'S >>> LUNAR ABUNDANCE

**EMPOWER YOURSELF WITH NEW CONCEPTS DAILY. EXPLORE MY
INSTAGRAM SELF HEALING LIBRARIES::**

[#WOMBMANALIVE](#)

[#SUITESTPEEDIVINEFEMININE](#)

[#SUITESTPEEGAIA](#)

[#SUITESTPEEGODDESS](#)

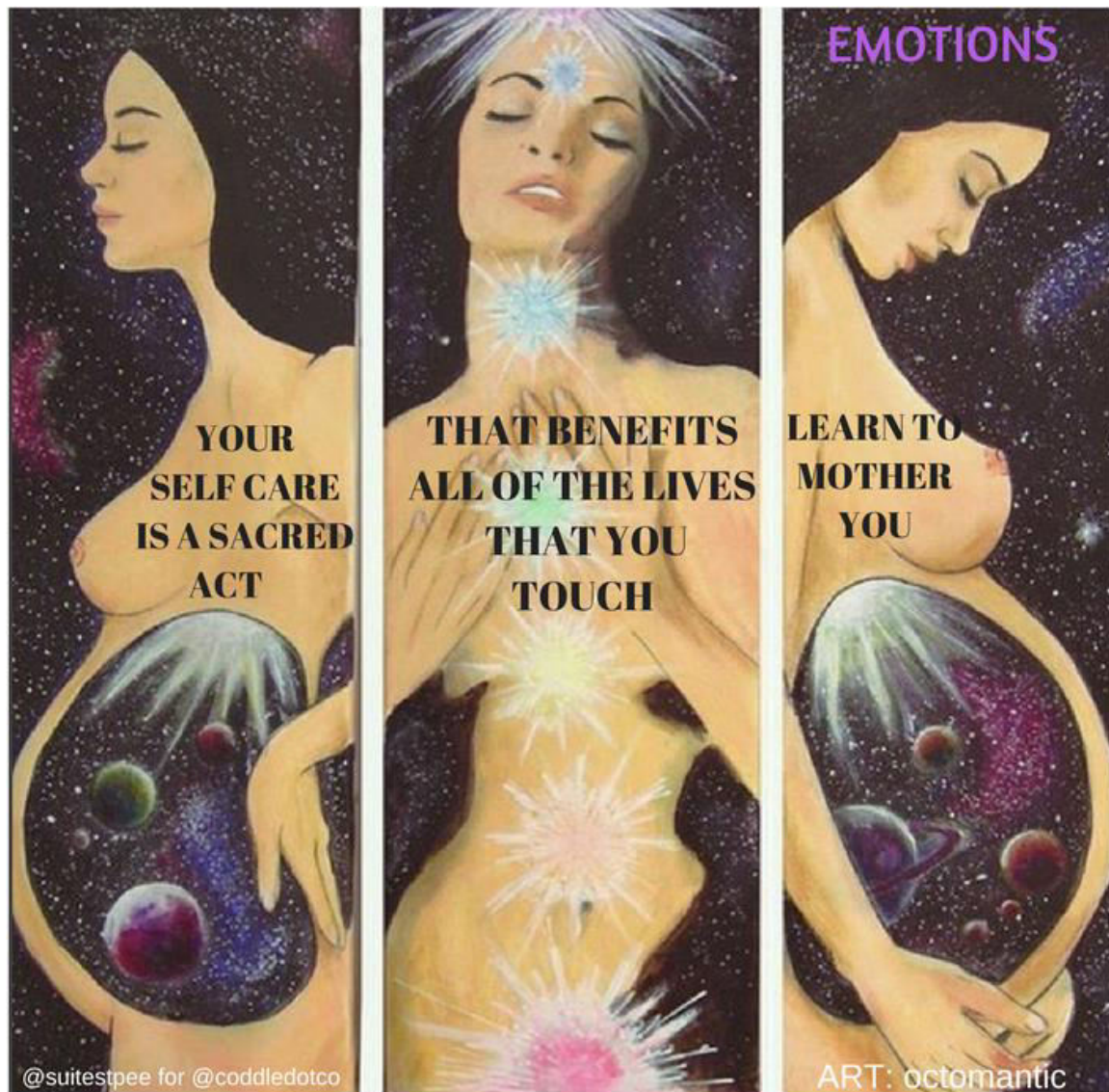
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[#SUITESTPEEMENSTRUATION](#)

~

It takes time to heal so give yourself the time it needs, not the time you think is acceptable. Be tender, be kind, treat wounds with the love and care you would show towards a child. In suffering you learn about the depths of your strength. Sometimes it's necessary to sit with the pain, own it, accept it. Open your heart to it, just a little. Know that your pain doesn't define who you are. Healing comes from acknowledging your weaknesses.

LUA ASTROLOGY



"Everyone is a house with four rooms, a physical, a mental, an emotional, and a spiritual . Most of us tend to live in one room most of the time but unless we go into every room every day, even if only to keep it aired, we are not a complete person."

~INDIAN PROVERB

[CLICK HERE TO LEARN MORE ABOUT ~](#)

[YOUR MOON SIGN, NEW & FULL MOON MAGICK, RITUAL & MANTRA!](#)



"Remember this, for it is as true and true gets: Your body is not a lemon. You are not a machine. The Creator is not a careless mechanic. Human female bodies have the same potential to give birth well as aardvarks, lions, rhinoceri, elephants, moose, and water buffalo. Even if it has not been your habit throughout your life so far, I recommend that you learn to think positively about your body."

~INA MAY GASKIN <> ART: ALEX GREY

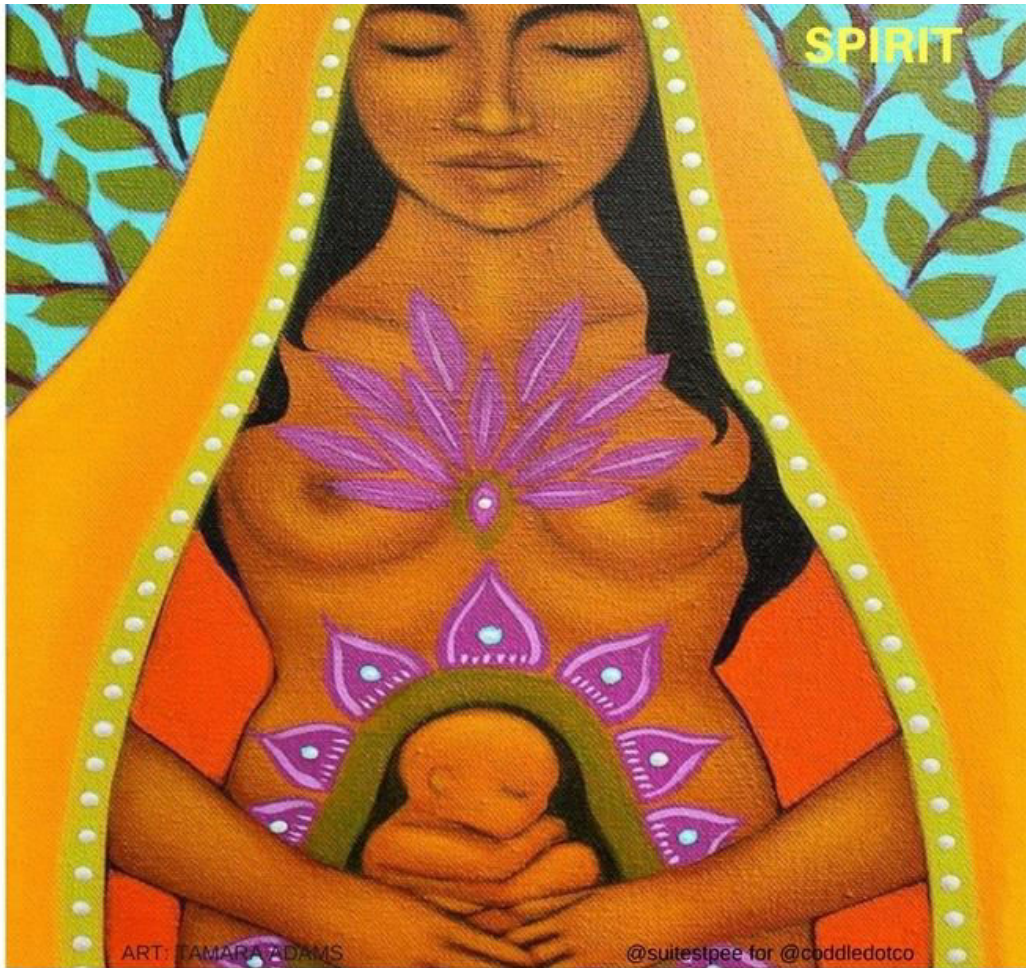
[CLICK HERE TO LEARN MORE ABOUT ~ ASTROLOGICAL MOON PHASES](#)

"The love of awakened motherhood is a love and compassion felt not only towards one's own children, but towards all people, animals and plants, rocks and rivers—a love extended to all of nature, to all beings. Indeed, to a woman in whom the state of true motherhood has awakened, all creatures are her children."

✧ Amma (Mata Amritanandamayi)



EXPLORE THE LUNAR CYCLE THROUGH THE ZODIAC



"The doors to the world of the wild Self are few but precious. If you have a deep scar, that is a door, if you have an old, old story, that is a door. If you love the sky and the water so much you almost cannot bear it, that is a door.

If you yearn for a deeper life, a full life, a sane life, that is a door."

~ Clarissa Pinkola Estés, *Women Who Run With the Wolves*:

“There is a common misunderstanding among the human beings who have ever been born on earth that the best way to live is to try to avoid pain and just try to get comfortable. You see this even in insects and animals and birds. All of us are the same. A much more interesting, kind and joyful approach to life is to begin to develop our curiosity, not caring whether the object of our curiosity is bitter or sweet. To lead to a life that goes beyond pettiness and prejudice and always wanting to make sure that everything turns out on our own terms, to lead a more passionate, full, and delightful life than that, we must realize that we can endure a lot of pain and pleasure for the sake of finding out who we are and what this world is, how we tick and how our world ticks, how the whole thing just is. If we are committed to comfort at any cost, as soon as we come up against the least edge of pain, we’re going to run; we’ll never know what’s beyond that particular barrier or wall or fearful thing.” Pema Chödrön

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EXPLORE >

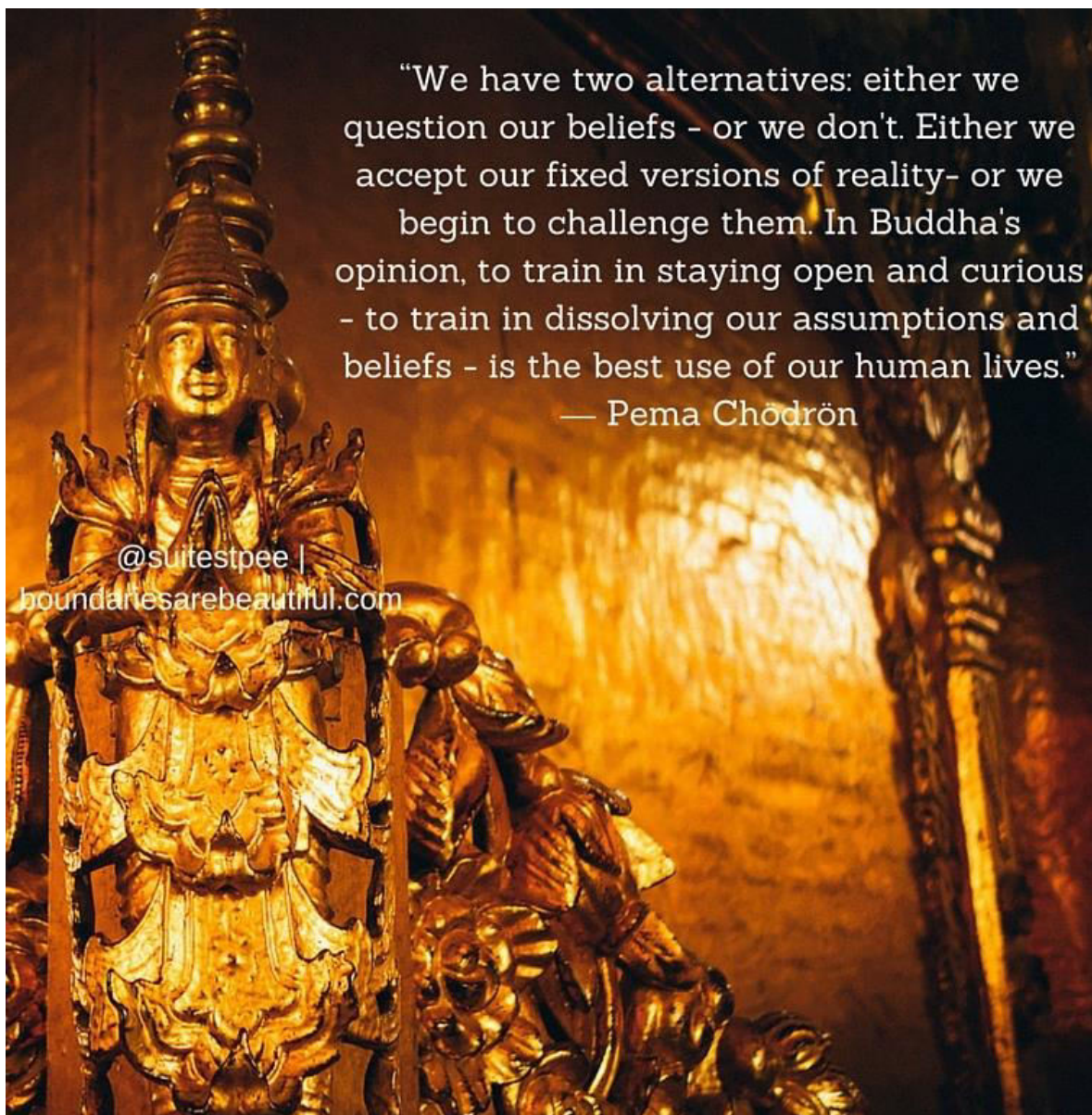
[SHENPA](#)

[EQUANIMITY](#)

[MAITRI](#)

“Imagine a mother who believes she belongs in the world. A mother who celebrates her own life. Who is glad to be alive. Imagine a mother who turns toward herself with interest. A mother who acknowledges her own feelings and thoughts. Whose capacity to be available to her family deepens as she is available to herself. Imagine a mother who is aware of her own needs and desires. A mother who meets them with tenderness and grace. Who enlists the support of respectful friends and chosen family. Imagine a mother who lives in harmony with her heart. A mother who trusts her impulses to expand and contract. Who knows that everything changes in the fullness of time. Imagine a mother who celebrates the birth of her daughters. A mother who believes in the goodness of her daughters. Who nurtures their wisdom and cultivates their power. Imagine a mother who celebrates the birth of her sons. A mother who believes in the goodness of her sons. Who nurtures their kindness and honors their fears. Imagine a mother who values the women in her life. A mother who finds comfort in the company of women. Who sets aside time to replenish her woman-spirit. Imagine yourself as this mother.”

Patricia Lynn Reilly



"We have two alternatives: either we question our beliefs - or we don't. Either we accept our fixed versions of reality- or we begin to challenge them. In Buddha's opinion, to train in staying open and curious - to train in dissolving our assumptions and beliefs - is the best use of our human lives."

— Pema Chödrön

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boundariesarebeautiful.com

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THIS BLOG HAS BEEN LOVINGLY CURATED BY Tessa Ridley

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