

ROOTING YOUR TEMPLE BODY

- MODULE 2 -
INNATE WISDOM



INNATE WISDOM

INNATE WISDOM IS ABOUT LISTENING TO THE WISDOM LIVING IN THE BODY, Innate Wisdom focuses on the sacral chakra, connecting with the womb, and the heart chakra. When you turn your attention inside and listen to the wisdom of the womb, you come into a place of being, rather than of doing. You can drop into the divine feminine mysteries living within the body and connect with your capacity to be fluid and receptive.

Innate Wisdom invites you to slow down your mind and tune into your body, creating a bridge between mind and body, communicating information through physical sensations, feelings, and emotions. This communication could include discomfort, butterflies in the stomach, goosebumps, and more. Your sensations act as a feedback channel, discerning what lies in alignment with your highest self.

KINESTHETIC BLISS

ANOTHER ASPECT OF INNATE WISDOM IS CULTIVATING KINESTHETIC BLISS, LEARNING THROUGH THE EXPERIENCE OF MOVEMENT. Kinesthetic Bliss requires meeting yourself in each moment, exploring thoughts, feelings, sensations and following an impulse from within. By noticing all your feelings about yourself, your sexuality, and more, you are able to connect with your kinesthetic bliss, discern what feels right, and choose to move through the world in alignment with your natural rhythm.

KINESTHETIC BLISS ALLOWS YOUR EMOTIONS AND SEXUAL CREATIVE ENERGY TO FLOW THROUGH YOU, moving in a way that feels delicious and turns you on. Your body knows exactly how it needs to move, to heal, and to release. Find new ways to move that nurture and nourish all levels of your being as you follow kinesthetic bliss inside your body. It is your birthright to feel alive and well!

AS YOU LISTEN TO YOUR INNATE WISDOM AND DISCOVER KINESTHETIC BLISS, you uncover what feels good in your Temple Body and open up to receive more pleasure and delight. You connect with the abundant wellspring overflowing with divine love. You become full of yourself.

CELLULAR MEMORY: Beyond the memory and intelligence of your mind, lies your cellular memory. Your body is made up of over 35 trillion cells, and these cells hold memories from your time in the womb and even before. Each cell is composed of DNA. Your DNA stores libraries of knowledge and can also hold the memories and codes of your ancestors. Your cellular memory may even store traumas that your mind has blocked out. Your innate wisdom remembers through your cellular memory. As you uncover traumas or limiting beliefs, and release through conscious movement and sound, you have the power to rewrite any stories.

MUSCLE OF LISTENING: When you empty out and let go of the chatter of your mind, you are more able to listen to your inner voice guiding you from within. It takes practice to listen to your intuitive feelings. When we don't listen, our bodies will create dis-ease, dis-comfort, misalignments, or injury to get our attention. However, as you continue to listen to your inner voice, your innate wisdom will begin to create new pathways of thinking and behaving that is more in alignment with your highest YES.

WOMB WISDOM: The sacred womb, physical or energetic, creates and gives birth to all of life. You came from the sacred womb, where life creates and your menstrual cycle (your moon) governs. Your womb holds the power of creation and acts as the portal to the cosmos. You have the ability to sync up with the moon and her phases through the wisdom of your womb. As you listen to your womb, you will learn the subtle ways that she speaks to you through her divine feminine wisdom. In the Birthing Sexual Sovereignty Trimester, we will go deeper into the lunar phases and archetypes, as well as womb truth and blood mysteries.



CHAKRAS

INNATE WISDOM guides us in every moment. In this module, we will explore and activate the Sacral Chakra and Heart Chakra, bringing us deeper into our fluid, sensual feeling nature as well as a deep place of unconditional love.

SACRAL CHAKRA

CHAKRA: SECOND | **SANSKRIT:** SVADHISTHANA

COLOR: ORANGE | **ELEMENT:** WATER | **BIJA SOUND MANTRA:** VAM



LOCATION: LOWER ABDOMEN BELOW THE BELLY BUTTON, ENCOMPASSING THE SEXUAL ORGANS AND SACRED WOMB.

THEMES: FLUIDITY, PLEASURE, SENSUALITY, WOMB WISDOM, CREATIVITY, FEELINGS, PASSION, EMOTION, INTIMACY, RELATIONSHIPS, BOUNDARIES, SENSE OF SELF, INNER CHILD.

GIFTS: A CLEAR AND OPEN SACRAL CHAKRA MAKES YOU FEEL MORE CONNECTED TO YOUR DIVINE FEMININE, WOMB WISDOM, SENSUALITY, AND CREATIVE JUICES. PASSION FUELS YOUR CREATIVE ENERGY (SHAKTI). WHEN YOU ALLOW SHAKTI TO MOVE THROUGH YOU, IT OPENS YOUR CREATIVE POTENTIAL AND EXPRESSION.

AS YOU OPEN YOUR AWARENESS TO YOUR SACRAL CHAKRA, YOU ALSO BEGIN TO FEEL MORE CONNECTED TO YOUR INNER CHILD, AND TO A FEELING OF CURIOUS PLAY AND AUTHENTIC EXPRESSION WITHOUT INHIBITIONS.



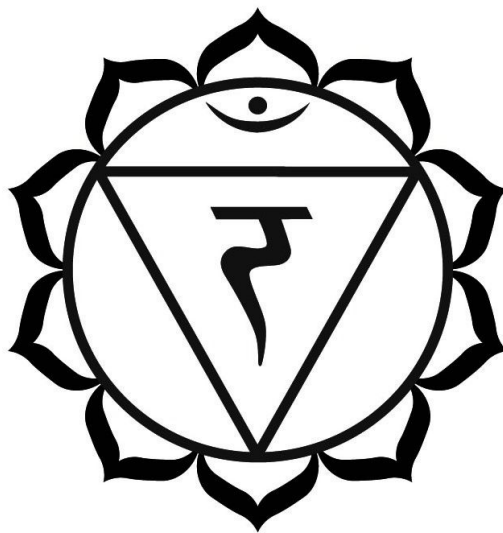
CHALLENGES: ADDICTIONS, CRAVING PHYSICAL PLEASURE, FEAR OF PLEASURE, SEXUAL ABUSE, SEXUALITY OR FERTILITY ISSUES, RESISTANCE TO CHANGE, OUT OF TOUCH WITH FEELINGS, LACK OF BOUNDARIES.

MANTRA: "I FEEL. I AM LOVED. MY FEELINGS ARE HEALTHY. I TRUST IN THE WISDOM OF MY WOMB."

HEART CHAKRA

CHAKRA: FOURTH | **SANSKRIT:** ANAHATA

COLOR: GREEN | **ELEMENT:** AIR | **BIJA SOUND MANTRA:** YAM



LOCATION: THE CENTER OF THE CHEST.

THEMES: UNCONDITIONAL LOVE, COMPASSION, BALANCE, ACCEPTANCE.

GIFTS: A CLEAR AND OPEN HEART CHAKRA CONNECTS YOU TO A WELLSPRING OF UNCONDITIONAL LOVE AND COMPASSION.

CHALLENGES: LACK OF SELF-LOVE, INABILITY TO RECEIVE OR GIVE LOVE, INABILITY TO FORGIVE.

MANTRA: "I AM PURE LOVE. I LOVINGLY LET GO OF THE PAST AND FORGIVE MYSELF AND OTHERS."



VISUAL ARTS AND WRITING PRACTICES



INNATE WISDOM SELF-PORTRAIT PRACTICE

This exercise is a visual art exploration which invites your innate wisdom and inner child to express through the medium of a self-portrait drawing. Open up your creative flow in a new medium! Each artistic medium conveys another layer of your subconscious and the wisdom within.

INVITE YOUR BODY TO COMMUNICATE WITH YOU THROUGH A SELF-PORTRAIT!

See which colors you are attracted to and allow your pastels to create shapes and patterns on the paper... it's fun so let your imagination run wild...you can't go wrong here!

After completing the innate wisdom video and movement practice, set aside time to explore through visual art: get a large piece of paper or newsprint, with pastels, crayons, colored pencils, or any colorful way to express yourself on paper. After drawing, see which words want to be communicated from the drawing, dialogue with the parts that really stand out to you...see what it wants to tell you through writing.

Write or add to your personal mantra using your visual representation of your innate wisdom.



MORNING PAGES WRITING PRACTICE

(Inspired from the book *The Artist's Way* by Julia Cameron)

This potent practice empties the chatter of the mind and connects to your empty presence within. It is best to do this upon waking, adding it to your morning ritual and before getting on the computer or into the 'Doing Mind.'

COMMIT TO WRITING THREE PAGES EACH MORNING on how you feel in your body, mind, emotions, and spirit. If you are feeling something particular, you can even use this as an opportunity to dialogue with this part of your body or belief. Dialogue between your innate wisdom and the thought, feeling or sensation that arises for you. Allow the pen to move across the paper as you empty your mind onto the paper without judgment.

Read the pages afterward and reflect on the patterns that show up in your mind and body reflected in your writing. You will begin to learn how to discern between your mind, your emotions and your innate wisdom.



REFLECTION QUESTIONS

1. Think of a time when you had a physical sensation or reaction to a situation because of a story or belief you were holding on to. What do you think your body was trying to tell you at that time? What story was your body holding and do you have a sense now of how it was initially formed?

2. What does a yes and no feel like in your body?

3. What is your womb or heart ready to let go of? And what do you desire to make space for?



4. How can you cultivate more awareness of your body's innate wisdom?

5. Write three ways you can practice to train your muscle of listening.

6. Take some time to reflect and write on what you discovered in your innate wisdom portrait.

