

## BIRTHING SEXUAL SOVEREIGNTY

- MODULE 5: THE WILD WOMAN -  
TURNING WITHIN WITH THE WANING MOON



*Photo by Rebecca Burns*

IN THE LUNAR CYCLE, WILD WOMAN REFLECTS THE WANING MOON. Hormonally, the luteal phase is the time of pre-bleeding where our progesterone levels increase and decrease significantly and the womb lining prepares to release and shed if there is no fertilization. Our natural rhythm descends and we become raw, emotional and prepare to release and allow parts of ourselves to die.

THE WANING MOON PHASE IS CONSIDERED THE AUTUMN IN THE SEASONS, THE ELEMENT OF AIR, inviting the energy of the Crone, Enchantress or Shaman and exploration of our mystical powers. Wild Woman connects us to our deep instinctual selves, as well as the shadow parts that we may keep hidden. She invites us to shed any layers of domestication and release what is not intrinsically ours as we explore and express our wild sexuality.

THIS ARCHETYPAL PHASE CARRIES A SIMILAR FREQUENCY OF THE HINDU GODDESS KALI. Kali is the Goddess of liberation and the dark mother, she represents raw unrefined power and the primal aspect of ourselves.



*Art by Penny Slinger*

AS A SEXUALLY SOVEREIGN BEING, WILD WOMAN BRINGS YOU INTO A PLACE OF LISTENING DEEPLY WITHIN TO KNOW YOURSELF MORE, INCLUDING WHAT HAS YET TO BE EXPRESSED. She invites you to explore your edges and express your raw and unfiltered side. She asks you to be vulnerable and real in what you are feeling and desiring in relationship with yourself and others.

PHOENIX SHARES: “[Wild Woman] she doesn’t care, she’s wild fucking woman, she wants to die and rip everything to shreds, whether that’s sexually or an unwillingness to not be herself. She can see through everything. Intuitive guidance is so powerful here, since the new moon and full moon are so external, we now come into the death phase. We can hear everything. We can hear our inner guidance. “

ULTIMATELY, WILD WOMAN CALLS US TO LISTEN DEEPLY AS WELL AS EXPRESS OUR TRUTH IN WHAT WE STAND FOR THROUGH OUR BODIES, VOICES, ART AND SEXUALITY.

F Yhi fb 'hc 'mci f 'j]bgh]bWj Y'bUri fYž`]ghYb 'hc 'h\Y'UbWYbhik ]gXca 'cZ'  
mci f'VcbYgžfYa Ya VYf'k \c'mci 'UfY''



**WILD WOMAN MANTRA:** I STAND IN MY TRUTH. I LISTEN TO MY PRIMAL ESSENCE.  
I AM POWERFUL IN MY VULNERABILITY. I AM FREE TO BE ME.

**BIJA SOUND:** KLIM

THE SHADOW ASPECT OF THE WILD WOMAN ARCHETYPE IS MADNESS WHICH MANIFESTS IN MANY FORMS. Within this phase, you may experience the shadow aspects of the lunar archetypes resurfacing through Wild Woman. For example, Graceful Warrior's overdoing or Mother / Lover's overgiving may come up if they haven't been integrated in each phase. If we ignore the shadow aspects of the archetypes, these unintegrated feelings can manifest as an experience of madness in the Wild Woman. Similar to Kali's energy, when unacknowledged feelings and desires are not honored, they can be misdirected and create havoc and chaos in our lives.

THE SYMPTOMS OF PREMENSTRUAL SYNDROME (PMS) CAN BE INTERPRETED AS OUR INNATE WISDOM AND HIGHER SELF, trying to get our attention to inform us of pain and unexpressed emotion that needs to move through our Temple Bodies. If we ignore and push away these symptoms they will tend to get louder and stop us in our tracks until we listen.

IN ORDER FOR THE UNEXPRESSED EMOTION OF THE WILD WOMAN TO BE HEALING AND TRANSFORMATIVE, it is important to give voice, space and a container for what wants to come through. By consciously creating space for ritual to meet and express the shadow, we tap into and direct our raw Wild Woman power. We need to own all parts of ourselves so that we are consciously co-creating rather than allowing the shadow energies to take power over us. Through this process, our shadow can become a potent Navigation Tool to move us into a place of balance and alignment.

## THE COLLECTIVE SHADOW OF WILD WOMAN / THE WITCH

FOR CENTURIES THE WILD WOMAN HAS ALSO BEEN OSTRACIZED, DOMESTICATED AND MUZZLED. There hasn't been space for the Wild Woman to be expressed in her full power. On a collective level, our bodies also hold cellular memory of persecution, of being burned at the stake and oppressed for bringing our powers into the public eye. However, we are in a new time with the Rise of the Divine Feminine, and as Phoenix says, "kiss the witch," don't be afraid of your shadow.

REMEMBER, IN THE DARKNESS OF OUR SHADOW LIES UNTAPPED POWER WAITING TO BE DISCOVERED ONCE AGAIN. As we go into our own shadow and greet our inner witch, we reclaim the feminine powers of the dark goddess that have been hidden for life times and suppressed.

H\Y'a cgh'VYUf h]Zi `Yggcbg'UbX'[ Ya g]b'ci f`j] Yg'UfY'Zci bX'XYYd ]b'h\Y'  
XUf\_Ygh'WUj Y'k ]h\]b'ci f'HYa d`Y'6cX]Yg'UbX'dgn'W'Yg'

## HEALING & THE SACRED MARRIAGE



AS THE MOON WANES AND GETS DARKER, YOU ARE ASKED TO SURRENDER INTO THIS DYING PROCESS, where parts of yourself are being released and your womb is preparing to shed. You are being guided within and need to create space to listen to your wisdom, to remember the ancient codes in your bones, to integrate the shadow with the light and remember who you are.

THE ARCHETYPAL PHASE OF THE WILD WOMAN IS ALSO THE TIME OF THE CRONE, SHAMAN, ENCHANTRESS; THE ONE WHO KNOWS. This is the inner reflective time of reclaiming and integrating our mystical powers and sexual sovereignty. We possess the power to create, to die, to transmute and alchemize any pain and experiences into gold and gifts for all.

*Photo by Rebecca Burns*

WITHIN THE SACRED MARRIAGE, THERE IS AN INNER DANCE between retreating into the dark cave to find stillness and opening up to express your raw and authentic self without any inhibitions.

=h]g]a dcfUbhic ZY' VcbbWYX'k ]h' nci f' ]bbYf'a UgW' ]bY'Ug'h'Y'  
d]`Uf'UbX'VcbU]bYf'h'Uh\c`Xg'mci'hc'gi ddcfh]bhY[ fU]cb'UbX'\YU]b[ ""

BY CONNECTING WITH THE PURE CONSCIOUSNESS OF YOUR MASCULINE PRINCIPLE, you have the ability to witness chaos without getting pulled off center, destabilized or projecting outwards. Your wild woman can remain centered and rooted, even while you experience a process of dying or release.

BAMBOO SPIRIT FROM THE TRIMESTER ROOTING YOUR TEMPLE BODY GUIDES YOU to a place of rootedness, strength, flexibility and, most importantly, openness; to being fully present in the body. Like bamboo, you are deeply rooted in the earth, connecting with the ground and nature during this phase is one of your greatest healing resources.

## TBA GUIDING COMPASS

### EXPRESSIVE ARTS

AUTHENTIC EXPRESSION IS KEY IN THE WILD WOMAN PHASE. Give space for the Expressive Arts, a TBA guiding compass point. The Expressive Arts help us to get out of the head into the body, to be moved and governed from within as a sexually sovereign being.

YOU ARE INVITED TO EXPLORE movement, nature, visual art, drawing, writing, voice, music, dance and other creative processes to unlock and express the unconscious and conscious aspects that are held in the body, including stories, emotions, traumas and memories. To be in your authentic expression, you need to feel safe and give yourself permission to be a channel. As you express your essence through different art mediums, you can uncover deeper layers of the stories held in your Temple Body. As you connect with your self-expression, you have more choices in how you consciously co-create your life.

I`h]a UHY`nžh\]g'dfcWggicZYI dfYgg]b[ `næi f`K ]`X`K ca Ub`]g`UVci hi  
ZY`]b[ `Ya dck YfYXž`]bhY[ fUHYX`UbX`k \c`Y`

### MYSTICISM

ANOTHER ASPECT OF THE GUIDING COMPASS SUPPORTING WILD WOMAN IS MYSTICISM. You are not alone. At any moment, you hold the power to call on your allies and guides to be with you and support your journey. Temple Body Arts is the path of remembrance.

AS YOU REMEMBER YOUR SOUL'S ESSENCE AND WHO YOU ARE BEYOND FORM, SPACE AND TIME, you are connected to deeper realms of your self and inner landscape. This path calls upon surrender, devotion and believing in the benevolent presence of Divine Creative Spirit.

## REFLECTION QUESTIONS

1. How is your current relationship with the Wild Woman archetype? Which face of this lunar archetype do you resonate with and why: the Wild Woman, Crone, Shaman, Enchantress or Priestess?
2. What hidden aspects of your shadow are you ready to embrace and express?
3. What did the Wild Woman Ritual invoke? Were you able to create a container for your Wild Woman's expression?

