



The Badass Butterfly Spiritual  
Life Coach Mindset Training Program

Unit 3 Week 3.

# *Divine Connection*

# Embodying the Divine Feminine



Have you ever said something to yourself like, “I knew I should’ve taken that other route to work today,” or “something told me to grab my umbrella on my way out,” or “why didn’t I speak up when I had the chance?” For many of us, intuition only comes into our awareness when we DON’T listen to it. For Badass Butterfly Spiritual Life Coaches, intuition is how we navigate the world on a daily basis. As Badass Butterflies, we are able to observe the innate wisdom of our “gut feelings” and receive directions from Spirit because we embody the Divine Feminine.

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# Embodying the Divine Feminine

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### *What Is The Divine Feminine?*

We all have the Divine Masculine and the Divine Feminine available to us, regardless of our own sex or gender. The Divine Masculine is characterized by taking action for the Highest Good of ourselves and our communities. The Divine Feminine is how we KNOW what the best course of action is. Ancient rulers would almost always consult their spiritual Higher Power for guidance before making major political or military decisions. They would often do so by seeking out a member of the community who had an intimate relationship with the Divine, such as a shaman, medium, oracle, or High Priestess. Rulers had too many secular responsibilities to spend all day in prayer and meditation! Best to call in an expert to pass on those Divine messages.

Once an integral role played by real women in societies all around the world, the High Priestess lives on today as a useful archetype for understanding how to embody the Divine Feminine. In Tarot, the High Priestess is a woman seated confidently in front of the veil between material and spiritual realms. She holds a book of Divine Law in her lap (by her gut) and the crescent Moon rests at her feet. Like the Moon, the High Priestess is associated with water, dreams, the subconscious, and being guided by emotions. She is the #2 card in the Major Arcana and flanked by black-and-white pillars on either side, implying that she holds space for left-brained, logical thinking, even as she favors her right-brained, creative, emotional nature.

Okay, but who cares?

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# Embodying the Divine Feminine

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### *WHY is it so important to embody the Divine Feminine?*

Well, the Divine Feminine is your own personal High Priestess. She is always with you, you just have to learn how to listen to her. She is your intuition, your inner guidance system, and your ability to receive messages from Spirit, God, the Universe, or whatever you choose to call your Highest Self. Without a direct, intimate connection to the Divine, Its messages can easily become muddled by egoic motivations and past traumas (like when your gut says “take this exit, not the next one” but you don’t because you’re afraid you’ll get lost). When you embody the Divine Feminine, you are deeply connected with the untamed, creative, and unfettered parts of yourself. Like a wild animal, you trust your instincts to inform where to go, when to work, when to rest, what and how much to eat, and you LISTEN to and obey those urges.

### *HOW to Embody The Divine Feminine:*

The best way I’ve found to embody the Divine Feminine is through a daily (yes, daily!) practice of mindful movement such as yoga or tai chi, meditation, and journaling. Be kind to yourself as you learn how to listen to your body, quiet your mind, and pay attention to your feelings. Building new habits is tough, especially if you’re unlearning a lifetime of overvaluing thoughts and actions and undervaluing feelings. Most institutions don’t hand out a “Most In Touch With Your Emotions Award,” after all. Start small and don’t be discouraged if these practices don’t come naturally to you.

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# Embodying the Divine Feminine

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There are more fun ways to build an intimate relationship with the Divine Feminine, too:

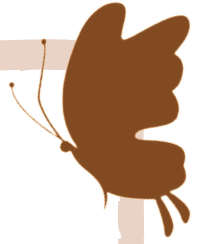


- *Exercise your creativity* with visual art or sacred dance, if writing isn't your thing.
- *Track the cycles of the Moon*, or your own Moon cycle if you have one. Honor its fullness and darkness with monthly rituals and reflection.
- *Create a Dream Journal*. Write down what you remember as soon as you wake up and contemplate what your subconscious has revealed to you.
- *Connect with water* and treat yourself to a luxurious bath. Invoke the energy of a specific Goddess by adding essential oils or other items that She can enjoy with you: red roses for the Greek Goddess Aphrodite or honey for the African Orisha Oshun, for example.
- *Worship at the temple of your own body* with elaborate, sensual grooming routines and loving touch.

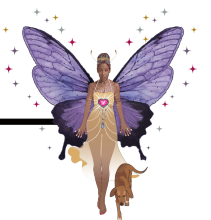
Remember that you ARE the High Priestess AND the Goddess she serves. You were born with direct access to Divine Guidance, you only need to open yourself up to receive. Receptivity IS the Divine Feminine. The next time you hear a voice that feels like it's coming from your body and not your mind, be still and listen to what it has to say. Whether it's a grumble from deep in your gut, an echo in the chambers of your heart, or a chill up your spine, it could be Divine Guidance reaching out to you. Are you willing to reach back?



# *Embodying the Divine Feminine Homefun Pages*



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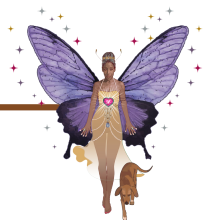
# Pursuing Your Divine Life Purpose



Imagine being God, before creation. Just you and the void, endless and empty and infinite. There is no one to talk to and nothing to do. There is no time or space, no experiences to learn or grow from.... Boring, right? So, you decide to create matter and antimatter, light and dark, earth and water, etcetera. Ok, now we're cooking. Eventually, you manifest bodies and discover struggle and satisfaction, sorrow and joy, tension and release, and so on. Now THAT'S interesting! Who likes a song that's just one long note? Your life is God's way of experiencing your unique melody from the perspective of composer, musician, and listener. What kind of song are you called to be?

Your Soul's Divine Life Purpose is whatever part your Highest Self chose to play in expanding Universal Consciousness. Essentially, everyone and everything is a piece of God trying on different costumes and playing different roles. Every character is important, even ones without lines. For every hero, there is a villain and a victim, but everyone is contributing to the same story. Remembering that all of us are working towards a mutual goal, even when it doesn't seem like it, is a useful tool for cultivating compassion and contentment. But that's another blog post for another time. For now, let's focus on how to discover your Divine Life Purpose.

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# Pursuing Your Divine Life Purpose

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### *The Human Experience*

When I think about God being so disenchanted with perfection that It chooses to be human over 8 trillion times every day, it reminds me of people who decide to take up surfing. What compels people to hop onto a waxed board and risk extreme bodily harm, in the name of enjoyment for enjoyment's sake?

Is it the pleasure that comes from mastery?

Is it the thrill of alchemizing fear into excitement and joy?

The process of learning to love the pain of gravity's cruel dependability and the vertiginous waves of the ups and downs? Whatever their reasons, it looks so crazy and beautiful and fun, all at the same time; a perfect analogy for the human experience!

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# Pursuing Your Divine Life Purpose

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## *Your Soul's Divine Life Purpose & How To Find It*

Due to the state of the world as we know it, most of us forget or suppress what we came here to do by age 10, if not sooner. Maybe our caretakers pushed us onto a different path, or we convinced ourselves that our true desires were impractical or shameful. Fortunately, it's never too late to remember. If you're a Badass Butterfly Spiritual Life Coach, your Divine Life Purpose in this lifetime is to be a spiritual healer, teacher, and leader. But how would you know? The answer is in the oldest, wisest part of yourself: your Higher Self.

Your Soul IS your Higher Self, and it still remembers your Divine Life Purpose. In order to remember what that is, you must cultivate a committed relationship with your Soul. As with any healthy relationship, this involves building trust through patience and empathetic listening. Here are some tips to get your started:

- Vipassana meditation, or sitting with how different experiences make you feel. Your Soul speaks through your body. Listen closely to learn what brings you fulfillment and joy.
- Practice non-judgment of yourself and of others. One MAJOR reason we forget our Soul's Purpose is because we frequently judge what brings us joy. Remember that the less you judge yourself, the less you'll judge other people, and the less you habitually judge others, the less you'll care when others judge you.
- Shadow Work is a great way to validate and release the parts of yourself that are resistant to aligning with your Divine Life Purpose. Those parts of you need love, too!

Express yourself through free-writing, drawing, dancing, singing, running, acting, or all of the above. Starting with activities you enjoyed doing the MOST as a child will point you in the right direction. Keep trying new things until you (re)discover what makes your heart shine.

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# Pursuing Your Divine Life Purpose

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### *Pursue Your Divine Life Purpose*

The poet e. e. cummings said, “it takes courage to grow up and turn out to be who you really are.” For many, acting on intuition can be terrifying. If this is the case for you, consider the Fool. In Tarot, the Fool is the 0 card of the Major Arcana; he is at the start of a journey with nothing (0) to lose and is about to gleefully step off of a cliff. He shows us that in order for our Divine journey to begin, we must surrender to our heart’s guidance and take a leap of faith.

That trusting, committed relationship with our Higher Self is integral to feeling safe as we walk off the proverbial cliff. Like being in love, pursuing your Divine Life Purpose is something you will want to do, even if onlookers think you’re crazy for wanting it. I imagine it’s how surfers feel when they “hang ten” on a “clean wave” (at least, [according to this surf slang glossary](#)). Cowabunga!



# *Pursuing Your Divine Life Purpose Homefun Pages*



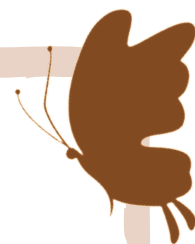
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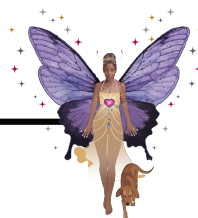
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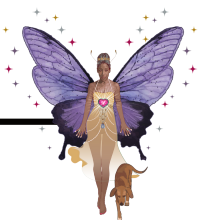
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# Manifesting Like a Master

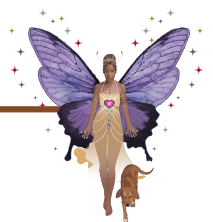


*“Tell me what you want. What you really, REALLY want.”*

~ The Universe (also, The Spice Girls)

Is Manifestation really as simple as the opening lines of a catchy 90s pop song? Well, yes and no. It is true that the Universe is constantly conspiring to bring us whatever we desire. It is not true that manifestation works with the instant, precise gratification of waving a magic wand. I am manifesting as I write these words. You are manifesting as you read them. Most people manifest unconsciously, unaware of how and why they attract and repel certain experiences in their lives. Badass Butterflies know how to manifest whatever their Hearts desire with intention and skillfulness, like a Master Magician.

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# Manifesting Like a Master

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### *A Master Magician*

In Tarot, the Magician is the first person the Fool encounters on his journey through the Major Arcana. The Magician shows the Fool what is required to manifest any desire. His tools are spiritual (a wand), emotional (a cup), physical (a pentacle), and intellectual (a sword). His countenance is quiet and confident; the Magician knows exactly how these tools work to bring whatever he can imagine down to earth: as above, so below.

For simplicity's sake, let's imagine that you are the Magician and you desire a sandwich.  
Manifestation in Four Parts

Manifestation is NOT a linear, step-by-step process. I have merely organized it into four parts: Desire, Committed Action, Emotional Management, and Shadow Work. You will revisit each part many times to manifest one desire, which is good news. As with any skill, practice yields proficiency. Remember to be gentle with yourself and Don't Give Up!

### *Desire*

As a Magician, you do not think you want a sandwich, you listen to your Heart and KNOW you want a sandwich. Your Heart's Desire is an expression of your Soul, and your Soul speaks through your body, not your mind. Your mind is a powerful manifestation tool, but your Soul is the one calling the shots.

Once you acknowledge your body's desire for a sandwich, get specific about your desire; ask your Heart (and gut) "what kind of sandwich?" and listen without judgment. Then, employ your intellect to FOCUS on that specific desire and, more importantly, how you'll feel when the desire is met. Keep the end result in mind and find or create those feelings, NOW.



# Manifesting Like a Master

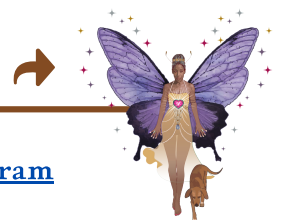
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### *Committed Action*

To manifest your Heart's desires, you must demonstrate your commitment to your desire. Desire alone won't make (or eat) the sandwich for you. The concept of SMART (Specific, Measurable, Achievable, Realistic, Timely) Goals is useful here. Perhaps you could eat the whole sandwich all at once, but it's much wiser and more pleasurable to take it one bite at a time. Deconstruct your Desire into digestible, bite-sized components as an effective way to work through ANY goal... or sandwich!

Sometimes your Heart's desire feels like it's at the top of a distant mountain. This feeling, more than any fact, may tempt you to quit or keep you from trying. When this feeling arises, realize that even a journey to a distant mountain top is also a series of steps. Write down your SMART Goals so you won't embellish or forget them, and celebrate your achievements. Celebrating the completion of parts of your desire aligns you with success, reignites your motivation, and attracts more victories!



# Manifesting Like a Master

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### *Emotional Maintenance*

Managing your emotions is an INTEGRAL component of manifestation. Your emotional state is a metaphysical magnet, pulling experiences towards you. This process happens constantly, whether you are conscious of it or not. Master Manifestors know that the Universe is made up of energy, and that emotion is “energy in motion,” so they pay attention to their current emotional state and do the work to move that energy into alignment with their desire.

Ok, but what if your “hunger” has evolved into “hanger?” Will frustration inhibit your ability to attract that sandwich? Maybe. At the very least, the time between you and the sandwich will feel much longer. The Buddha actually said that “thirst is the root of all suffering,” not desire. Thirst combines desire and despair, and leads to desperation. SO unattractive!

When a Magician notices desire morphing into despair, her strategy is to embody the vibrational alignment of achievement. Some target emotions include:

- Patience
- Appreciation
- Contentment
- Curiosity
- Excitement
- Joy

Alternatively, you can complete interim goals (e.g., call the delivery place) or do something else that engenders similar feelings. These feelings attract a future where your desire is already met.



# Manifesting Like a Master

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## *Shadow Work*

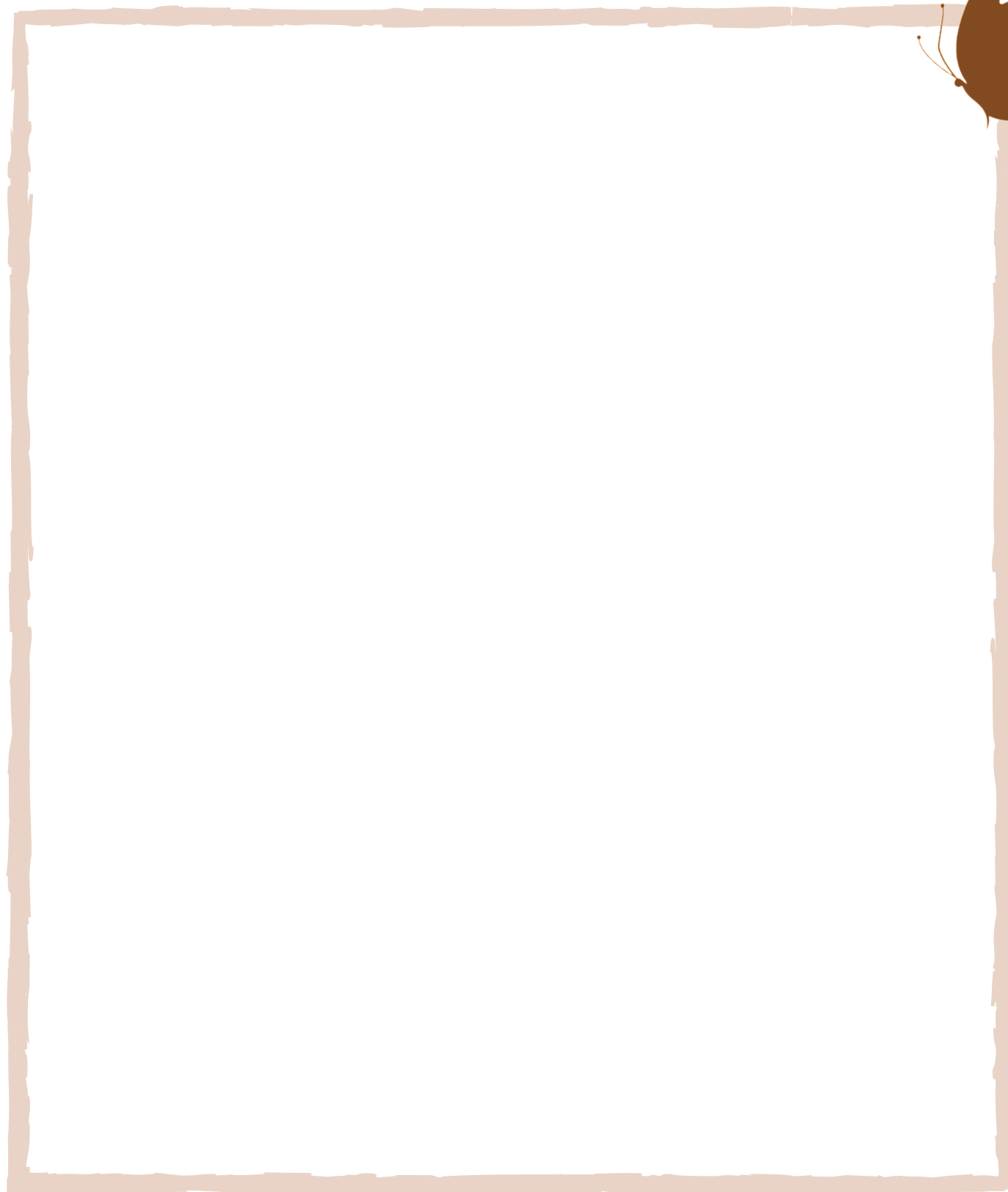
Warning: ignoring your obstacles only hides them so you can't resolve them. This is true for external obstacles AND internal resistance. Both are overcome with creative thinking and determination; resistance also requires deep, introspective healing work. In either case, the first step is awareness.

Shadow work refers to any process of moving towards painful emotions, as they arise, to heal them at their roots. Find a practice that works for you. I have many courses and videos available for guidance, but only you can do the work.

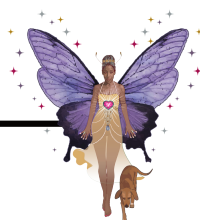
Happy Manifesting!



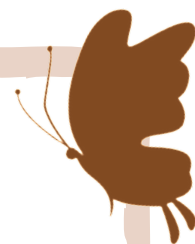
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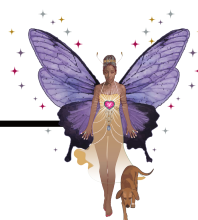
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*Thank you so much*

**for using the workbook!**

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Badass Butterfly Spiritual Life Coach,  
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