



ROADMAP TO DIVINE FEMININE AYURVEDA



SHAKTI SCHOOL



What is Divine Feminine Ayurveda?

The human *Ātman*, the soul, desperately wants to be seen. Not necessarily fixed or saved, but simply witnessed and loved unconditionally. Feminine medicine comes through the oral tradition, through community, and through relationships. It's not entirely taught and learned through a textbook, it's learned through direct experience and relationships. It's learned through seeing and listening.

We learn Divine Feminine Ayurveda not through the pre-frontal cortex alone, but through the back of the brain and body as well. This is foundational because it means that we first heal ourselves and learn the healing arts through our own practice of self-love and self-healing. It means digesting the material IN and WITH the body, not just the intellect. The guru is within and without.

There exists a culturally imposed need to be very masculine about our approach to health: What pills, what herbs, what's wrong with me? With a feminine approach to health, we're not adding anything. Instead, we are subtracting what isn't real anymore, what's not serving us. Divine Feminine Ayurveda asks us to find the place within our being that is already balanced, that needs nothing else, and begin the process of healing from there.

Divine Feminine Ayurveda understands that there is no ideal health. That the mind/body complex is never in perfect balance, but always in flux. When we study Shakti, Life Force, we see that she is always shifting and changing. For that reason, she is not reaching for a standard of perfection, but instead concentrating on her own resources of adaptability. Feminine form medicine understands health as your ability to adapt to the changing environment and circumstances of your life. Divine Feminine Ayurveda is subtle.

Write out the definition of AYUR-VEDA, and then define it personally. What is Ayurveda for you? Let your heart's intuition speak!



Part 1

What is meant by the “Herstory” of Ayurveda?

During the Body Yantra practice, what word did you invite in? What medicine is strengthening and nourishing you?

During this practice, what did you release? What is weakening you?

What is Svastha? How does it relate to your sense of self/Self? To healing?



How have the ashes of your past experiences (grief) transformed you and positively affected your life (rasayana)?

Part 2

What are the elements of the Healing Climate?

How can you create this Healing Climate in your relationships and within yourself?

How is your relationship with your body, nature, and your mother related?

What is your relationship with your body right now?

How have European allopathic medicine and Ayurvedic traditions influenced each other? How is this still playing out today in our culture today?



Sankalpa

A sankalpa is an intention that comes from somewhere ancient in your heart. It is the deepest desire. The one that whispers, not yells. The one that is connected to the Divine Heart. The one that will come true. Must come true. Because it is linked to the Most High.

Meditation for Preparing to Receive the Heart's Call

Light and power cannot flow through tension.

Breathe in and out and find forgiveness in the tension. Stay close to yourself. Release constriction in the mind and body. Forgive everything that is. Bless everything that is occurring as your grand teacher.

As you breathe in, sense awareness and light move from the crown down into the heart.

As you breathe out, fill the heart with presence and light.

Repeat this as the tension melts and forgiveness increases. Forgive yourself. Remember you are the Daughter of the Pearls of Certainty.

Our prayer: Within me, there is a light. It is the same light in you. It is the same light in all creatures. Divine light.

It radiates pure wisdom, truth, bliss, and an endless power of will and action. Repeat this until you feel it.

Now ask: What is my deepest heart's intention? Wait for the answer to be revealed as insight (in-sight). Trust your feelings over your thinking. Write your Sankalpa here:



What are some obstacles that you predict may arise during this journey, inner and outer?

How can you embolden your sankalpa and reduce the obstacles?



Your concrete goals: What are the worldly and material factors that will support the manifestation of your sankalpa? Be specific. What are your goals?

Now imagine that you are already achieving what you long for. Sit with this. Write out your core feelings and values (bhavana, rasa):

Now choose ONE WORD – How will you feel when the goal is attained?

See yourself merging now with the older, successful, happy version of yourself that has fully expanded in herself and the life of her dreams.



No other person has the unique blend of talents that you have. The world needs healers like you, asking questions and bringing forth the tides of progress. Have courage.

With love,

Katie



“Existence is made up of stuff, and that stuff is called Love.” - Dr. Vasant Lad