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Re-connecting with your Sacred Journey

How to Hack the Unconscious Programing that Keeps You from Reclaiming Your

Feminine Power

There are two parts to this offering: Assessment to help you locate which unconscious programing related to the wounded feminine is most alive in you today – and – practices to use to begin clearing them.

Instruction: Check off the statements that have been true in the past or are currently true for you.

- Despite therapy and books and workshops up your ying-yang, you still feel not good enough, and at times feel guilty and ashamed for no good reason.
- Despite all you know and have accomplished, you still feel something is missing.
- You struggle with body image and a sense of being worthy and deserving of good things in life.
- Your relationship with your mother is difficult or strained.
- You choose your female friends carefully, and tend to have only a few close ones.
- Accepting praise, nurturing and support from others is hard.
- Putting your own needs before the needs of others is a challenge.
- You feel responsible for things that are not really yours to take care of

- You feel anxious when speaking from your heart, or even when thinking of speaking your unbridled truth.
- You find it hard to stand up for yourself, to defend yourself, or to ask for what you really want.
- You know things without knowing how you know, and question if that knowing is true.
- You see things in people and situations that others do not and so you doubt yourself.
- You have a sixth sense about things and dismiss it as fanciful imagining.
- You hold back from saying what you really feel or know.
- You dislike drawing attention to yourself and whenever you can, stay away from situations where you have to be the center of attention.
- Whenever possible, you avoid conflict.
- In your work, you do not want to be in positions of leadership or supervisory roles.
- You distrust the intentions of people in positions of authority or leadership.
- You accept the decisions of people in authority but secretly resent them, or yourself, for it.
- You worry about others' decisions and freedom, and are aware of your influence on others.
- You care too much, giving everything you have until you are burnt out.

Each check mark you made indicates how the wounded feminine is most alive in you today. Don't panic. All of us, every living thing on this planet, are being affected by the wounded feminine energy, to some degree or another. We have inherited them from our ancestors, from other lifetimes and from our culture.

Imprints are like software programs running in the background of our consciousness sending us instructions for living. They are caused by unresolved traumas and their associated beliefs that live in the luminous energy field. This field is also called the subtle energy body, or chakra system. It is pure consciousness and contains all the information that informs your physical, emotional and mental body system.

There is plenty of evidence nowadays of the unresolved traumas of the wounded feminine. They have become part of our personal and collective psyche. They may show up in your life as negative patterns and intense emotional reactions that are out of place in the current context. Something in your everyday experience triggers a deeper, unconscious trauma or false belief. It comes on-line and hijacks the mind-body system, activating the body's survival mechanisms. This is how energetic imprints operate, and can keep you from stepping into your feminine power and potential.

Here's an example from my coaching practice. A client became aware of a pattern. Every time a relationship ended, which seemed to happen a lot, she reacted with inconsolable grief and fear, blaming herself. Each experience of loss only confirmed her irrational belief that she was not worthy of love. When we looked deeper into her unconscious, we uncovered and cleared a past life memory of being abandoned as a child which was the source of the energetic imprint.

We've been unknowingly carrying these wounded feminine imprints from one soul incarnation into the next. But in this lifetime, **your soul knew** it would be your opportunity to heal and resolve them. And I know that's true for you, because your **soul guided you here, to** read this worksheet.

So what now?

It's time to clear these wounded feminine imprints. Your soul's mission requires your deep and intimate connection to the wisdom and power of the divine feminine; not the wounded feminine; and our blue-green planet is calling out for it. Each of us has a role to play, first in clearing these wounded imprints within ourselves, and in so doing, aiding their release on our planet-because we are all connected and evolving together.

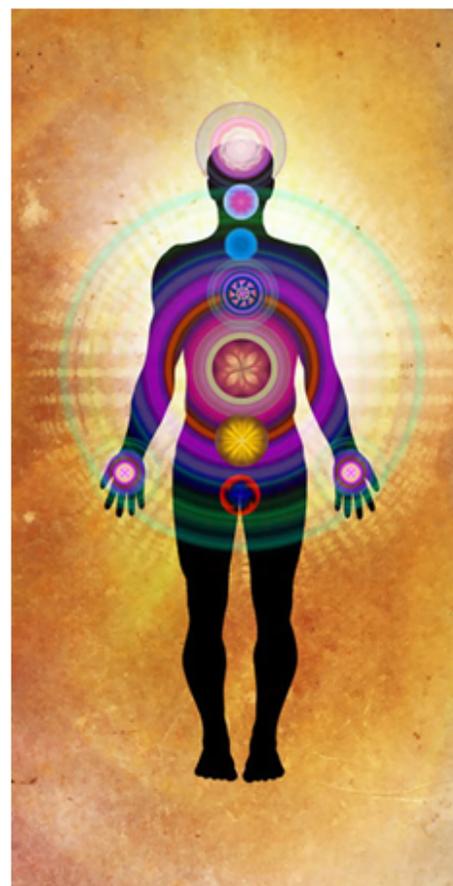
Powerful Energy Clearing Practices

The following are the most powerful **techniques** I have gleaned from my study of ancient wisdom traditions. They will help you reclaim the creative feminine power of your consciousness and clear old wounded programming, allowing your body system to re-boot, and to come back into balance.

1. **Earthing:** Spending time outdoors in nature is one of the most important things you can do to heal and reconnect with feminine wisdom and power. The elementals are natural healers and teachers. **Technique:** It is best to have your bare skin touching the earth; like your hands in the earth or walking or standing barefoot; or touching a tree; but when that is not possible, wearing leather soled footwear or natural fiber

that conducts electricity while sitting or lying on the ground. **Application(s):** Practice this every day! Go ahead, be whimsical and throw off those shoes! The earthing research, for example, indicates that many chronic illnesses can be reversed by spending 20 minutes a day with bare skin in contact with the living soil of the earth.

2. **The Clearing Breath:** Breathwork is used to release emotional energy from the body and to aid in staying present and fully in our body during a trauma response like when an old imprint has been activated. **Technique:** Take a deep breath in through your nose and let it out slowly through your mouth. Repeat til your body is relaxed. **Application(s):** Use this practice whenever you become conscious of one of your wounded feminine imprints being triggered, and for stress release at any time.
3. **Honopono Prayer:** Based on ancient Hawaiian practice, this prayer works within one's consciousness to bring healing and reconciliation to any situation. It's an effective way to interrupt ruminating thoughts (old programming). **Technique:** Simply recite in your mind, like a mantra, "I'm so sorry. Please forgive me. Thank you. I love you." Repeat the mantra until you feel your body and mind relaxing and softening. You are speaking to yourself. Allow whatever needs to arise-feelings, thoughts, memories-and allow the power of the prayer to do its work. It will. Even if you don't know what it's doing. **Application(s):** Use anytime you become aware of negative self-talk or judgement or when an energetic imprint has been triggered.
4. **Chakra clearing (also called backwashing):** Used for clearing heavy energy from the energy centers of the luminous energy field. **Technique:** Use your hand and spin counter-clockwise a few centimeters off your body; then flick the heavy energy to the ground. Repeat til the chakra spins freely and you feel clear. **Application(s):** Use this practice wherever you sense tension or heaviness in your body. Or, as a daily energy hygiene practice, you start from the root chakra and move up your body one chakra at a time. This is a perfect practice for the shower.
5. **Fire Ritual:** Fire has long been used for release and transformation of the old and to initiate the new. Of all the elements, and when coupled with conscious intention, fire is the fastest and most transformative element to work with. **Technique:** If you can make an outside fire, that is best, otherwise an inside fire, even a candle will do. Call on all your Divine helpers, (in all the ways you understand it) to support your intention of healing. On paper or other preferably



natural burnable material, write or create a symbol of the issue you wish healing for, infuse it with your intention for healing by blowing your breath into the paper, and then place it in the fire. Thank Fire and all the benevolent helpers. **Applications:** You can do this as often as you like, however, full moons are the most powerful time for this practice. You can learn more about full moon and fire rituals here: <http://www.alisonnormore.com/ceremony>

6. **Stone Clearing:** This works on the same principle as worry stones, or crystal healing. Minerals have healing properties and the power to hold and transmit energy. **Technique:** Look for a new stone or use one you have that feels like a healing stone. Whenever you feel stuck energy or toxic emotions in your body, slide the stone in a counter-clockwise direction over that area. Use your breath and intention to send the energy you want to release into the stone. When it feels complete, you can clear the stone under running water, or place it on the earth overnight. **Application(s):** You can also send heavy energy into the stone with your breath, or you can carry a stone or crystal in your pocket throughout the day with a specific intention, i.e. for strength, protection or healing.

7. **Call back lost parts of self (soul retrieval):** There are different types of energy loss we can experience which results in a feeling of not being whole and fully present to our lives. The concept of soul loss comes from indigenous cultures who saw that when a person experienced trauma, a part of their soul left in order to protect them from its full impact. Psychology calls this phenomena dissociation. Everyone has experienced soul loss, and you can start to reclaim your whole self by becoming aware of how you lose energy in everyday situations. **Self-Led Technique:** Simply ask that any parts of yourself that you left somewhere else during the day, or any day in any dimension of space and time return to you. **Self-Led Application(s):** This is a great practice to do lying in bed, before falling asleep at night. You can also begin to notice the situations and people that drain your energy, and take steps to limit your time with those people and situations as an intentional self-care practice. *Note: Some types of soul loss require the assistance of an experienced practitioner. If this is something that calls to you take deeper than the Self-Led practice offered here, please contact me.*

Note that each of these practices are a powerful act of intention, and the Universe will respond. I suggest you ask that healing happen gently and easily, for your highest and best good. If you need help navigating through an issue, be sure to seek the support of a healing practitioner who has been there, and can be a guide on the path. Remember that thinking you have to do everything yourself, and difficulty asking for help is part of the wounded feminine. Above all, be kind and patient with yourself. True healing is the journey of a lifetime.



If you are called to deepen your exploration of these practices, and would benefit from a warm, safe community in which to continue to learn about and experience these and other divine feminine reclamation practices, I invite you to become part of my community at www.facebook.com/sacredjourney.ca; meet me at our virtual fire on one on one of my [monthly Moon Circle gatherings](#); or register for a Course or Retreat.

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