



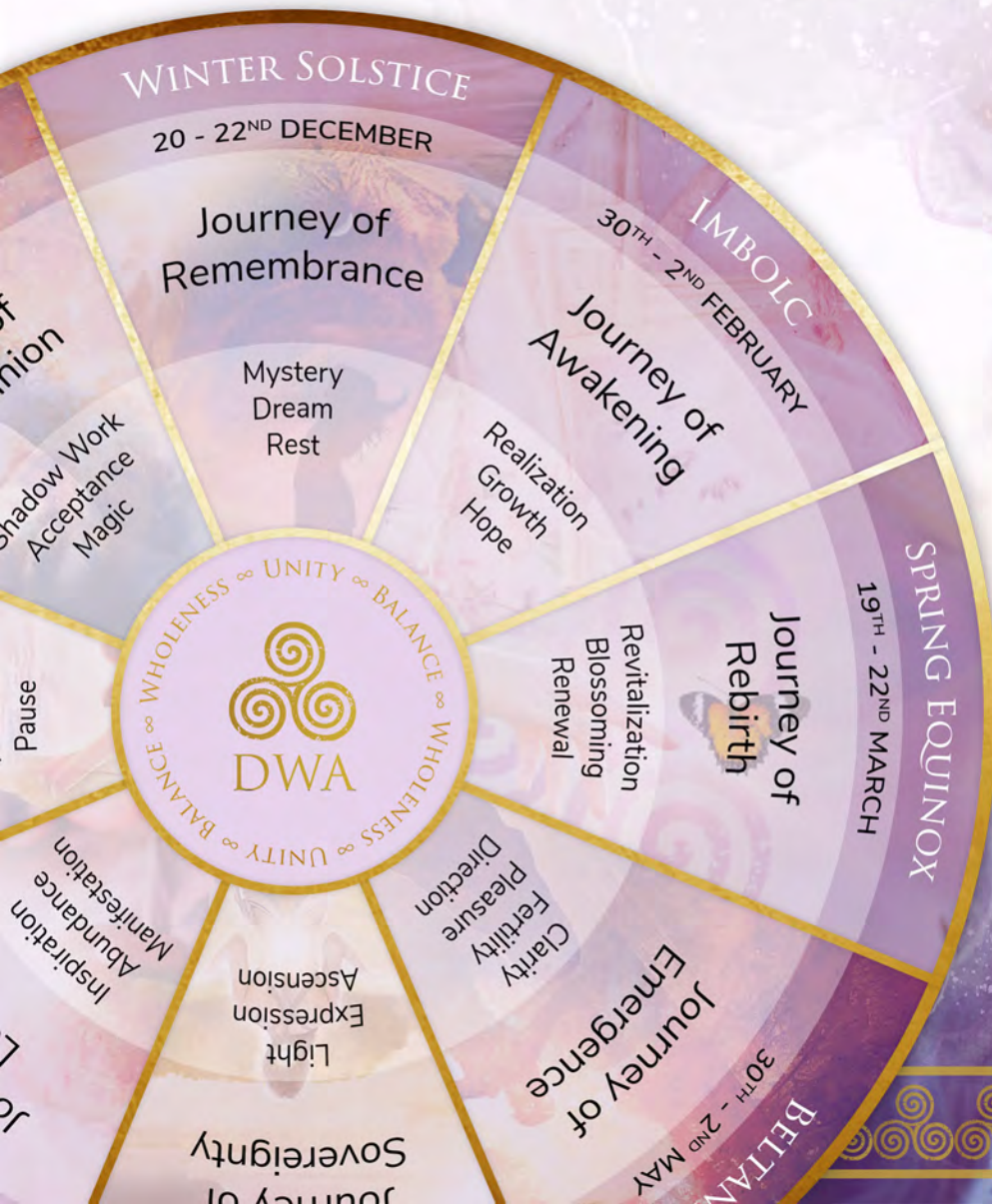
DIVINE WOMAN AWAKENING

with Amanda Sophia

Course Outline

Spiral 3: Winter Solstice/ Yule

with Amanda Sophia





DIVINE WOMAN AWAKENING

Welcome, Beloved

An enriching year-long journey inviting women into wholeness, power, and joy. Empowering training on the Celtic wheel with ancient Celtic wisdom, mythology, and goddesses leads women into their Divine Woman Awakening.

In each spiral, you are encouraged to participate in the exercises provided. These exercises are designed to deepen the connection with your higher self, Source, and further activate your inner healing.

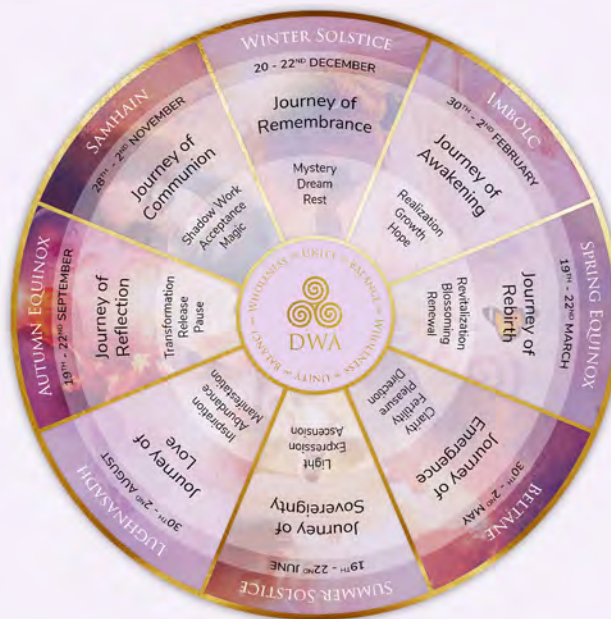
These exercises directly correlate to each topic and allow you to submerge yourself in the inner work we're doing. We use all five senses to complete these exercises, from vocal exercises to physically writing, from making wands and crowns to creating your very own Oracle Divination set; it all allows you to be fully present in the topic, in each spiral and to engrave these transformational rituals in memory and spirit.

During our live gatherings, we also do exercises built on ancient practices as a group, which connects us and allows for vulnerability and exploration. These can vary from ceremonies and rituals to dancing, drumming, chanting, creating Brigid's crosses and ceremonial reeds, and building seasonal altars with beautiful intentions.



DIVINE WOMAN AWAKENING

The Celtic Wheel



Everything is connected to everything, everything is made up of energy and we can see the interlinkage once we start observing the seasons, looking towards Mother Nature to guide us.

Flowing with Mother Nature can allow you to improve your menstrual cycles, heal your womb, regulate your emotions, cultivate your inner magic, find your soul's tribe, improve the energetic frequency in body and life, open your chakras, and allow your spiritual eye to be open to the beauty in everyday rituals.

It is such a powerful tool once you've connected deeply with the Mother, that every day you find guidance through the seasons and the voices of the mountains, trees, and rivers.

You'll learn to listen to Her, and by listening to Her you will inadvertently listen to your own heart calling for you.



DIVINE WOMAN AWAKENING

Spiral 3: WINTER SOLSTICE: Awakening the Inner visionary through healing the Inner child

Focusing on trauma, lack of self-confidence, and family ties, we'll heal the inner child and explore our shadow selves through ceremonies of remembrance and practices of self-compassion.

- Invitation for this ceremonial journey of remembrance and Inner Wisdom in the Winter Solstice
- Winter Solstice and how to work with these sacred energies
- Winter Solstice Meditation Tuatha Dé Danann Fairy Meditation
- Winter Solstice Deepening and Centering Breath
- Self-inquiry for deepening into this time of Winter Solstice
- The Cailleach Goddess; the Mother Goddess of Ireland, Mystery, and Wisdom
- Winter Solstice Nature Altar and Ritual
- The Healing Spiral
- Healing the Inner Child
- Healing and Retrieving the Inner Child Meditation
- Exploring your Shadow Self
- Integrating all aspects of Self through our Relationships, The Mirror Relationship
- Inner Child Mantra Affirmation: I Am
- Inner Child Mantra Affirmation: Speaking to your Inner Child
- Dream Working
- Listening to your Body
- The 4 F's: Fight, Flight, Fawning, Freeze
- Self-compassion and Cultivating Empty Presence
- Water Healing at the Sacred Well Tobernalt
- Sacred waters Well Journey Meditation
- Winter Solstice Gaeilge Mantra
- Womb and Voice Healing
- Divine Energetic Sovereign Womb Healing
- Infinity Waves Womb Healing
- Awakening Womb Healing within yourself, the land, and spirit
- Divine Seed Meditation
- Energetic Womb Healing Dance
- Deep Peace Ancient Gaelic Blessing
- Invocation to the Holy Gaeilge Poem
- Self-Love, Self-Care Commitment Daily Practice
- Trusting from within Meditation
- The Chakra System in your Energetic Body and Home



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- Chakra Energy body Meditation
- Sacred site Loughcrew: The Home of the Cailleach
- Winter Solstice at Stone Circle Drombeg in Cork
- Intentional Weaving of a Winter Solstice Divine Woman Wreath Ceremony
- Winter Solstice Chant Mother of the Water
- Winter Solstice Meditation at Drombeg with the White Horse in Sovereignty and Freedom
- Nourishing Winter Solstice Herbal Tea
- The Winter Solstice Birch tree



DIVINE WOMAN AWAKENING

Embark on a Journey to Freedom

It's time to reawaken, reconnect, reignite
the Goddess within you.

Honor your inner wild woman

Speak your truth and own your voice

Awaken your femininity and power

Become a conduit of love

Allow your sensuality to run through you.

It is your birthright as a woman to be connected,
vibrant, free and empowered.

Now is the time to reclaim your Power



DIVINE WOMAN AWAKENING

Thank you



Join us at:

joinamandasophia.com

divinewomanawakening.com

internationalfengshui.com

Free Gatherings:

Divine Woman Gathering

Feng Shui Gathering

Geomancy & Land Healing Gathering