



YOUR KINDLE NOTES FOR:

## Feminine Genius: The Provocative Path to Waking Up and Turning On the Wisdom of Being a Woman

by LiYana Silver

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### 118 Highlights

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Highlight (Yellow) | Location 170

And yet, as one of my mentors, Carl Buchheit, asks, “When you are at war with yourself and you win, who loses?” Oh, right. That war inside you. There’s that.

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Highlight (Yellow) | Location 211

Even if you have to reach way, way, way back into your past, you might find a time when pleasure was everywhere for you, as natural as drawing breath. When you were luminescent. When you felt what you felt, knew what you knew, and you felt completely at home in yourself. And then maybe at some point either very early on or in young womanhood, your light began to dim, or the world dimmed it for you. It became no longer safe to feel what you felt and to know what you knew. Your body might have even stopped feeling like your own and became a commodity to trade for love, acceptance, and belonging — if only you could become “perfect.” You learned to hold your tongue, be a good girl, close your legs, and do as you were told. Your girlhood was cut short. You stopped trusting yourself. You stopped hearing your soul.

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Highlight (Yellow) | Location 238

While the script may differ from family to family, culture to culture, and nation to nation, it always requires you to second-guess what you innately know, and to trade what you innately want for what your family, culture, or nation wants (read: demands) of you. As your inner compass becomes no longer consultable or trustable, you do what every woman does when swimming in crazy soup for far too long: you go to war, usually against yourself. While the requirements listed in the script vary, the damage you inflict upon yourself while trying to live by the script’s rules is all too

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Highlight (Yellow) | Location 334

This path requires you, as it has required me, to use a radical and new lens with which to see yourself. To see that your face is the face of the Goddess. That your ups and downs are not a sickness and that your sexuality is not dangerous. That there is a kernel of wisdom inside every one of your demons. That your impulses, intuitions, and longings are how the Holy One has a word with you.

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Highlight (Yellow) | Location 340

That inner peace doesn't just come through calming your mind, but also through shakin' what your mama gave you. That you can — and must — loosen any energy blocks you may have developed from years of holding back your truth, and seal up any energy leaks you might have developed from years of fearing other women as the enemy.

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Highlight (Yellow) | Location 355

A book must be the axe for the frozen sea inside us.                      FRANZ KAFKA A deep bow to you for picking up the axe. You are extraordinary and brave and radical and my heroine for being here. For the sliver of geography in every woman that is frozen, let me offer some mouth-to-mouth resuscitation for your light and heat — that magnificence that gushes free when you ruthlessly swing the axe and gently turn yourself back on. In a world that will tell you ten thousand times a day you are wrong, I will unflinchingly remind you, in a thousand different ways, of your rightness.

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Highlight (Yellow) | Location 361

As I see it, women are like candle flames: dazzling sources of light and fire. But most of us are dimmed way down. Barely a flicker. When I try to count the collective woman-hours we spend self-bashing and attempting to become superwomen — or men — I realize I can't count that high.

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Highlight (Yellow) | Location 365

As I see it, the root cause of the world's suffering is that women are dimmed down, stressed-out, and burned-out. The woman who will help to light, lead, and heal our world does the radical act of turning her own inner flame back on.

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Highlight (Yellow) | Location 370

As mother — playful and present. Modeling for the next generation what you now know to be true about a woman's body, feelings, longings, and divinity. As lover — sensually alive and communing. A living, breathing temple to ecstasy, to discovering facets of yourself you never knew existed, wielding your unvarnished, untarnished, divine, healing power. As leader — deeply in love with those you serve. Whether one-on-one or to multitudes, contributing meaningfully to the world, without burning out. As friend — vulnerable, brave, and bold. Speaking up, getting lit off another's brilliance, and then passing along the favor the next chance you get. Can you picture a world filled with this kind of woman? I can. (Hint: she looks like you.)

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Highlight (Yellow) | Location 406

You probably don't yet know that your shadow is simply parts of yourself you haven't met yet. Waiting in your dark is a shaft of light pointing you toward your next move. The dark is not punishment for being weak; it holds the keys to your strength. The dark is not a step off your path; it is an integral part of your journey.

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Highlight (Yellow) | Location 456

This path asks that you intermingle the sacred and mundane so that the ordinary becomes the extraordinary. As author Mirabai Starr says, “Our greatest sages do not bail out of this world; they embrace it. Enlightened beings become more human, not less. They too crave chocolate, they wake up in bad moods, they flirt at parties. They are us.”<sup>1</sup> Wake up, sage.

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Highlight (Yellow) | Location 486

The wild and wise girl child that you may have thought was lost can rise again. Helping you rewrite act 1, with yourself as the heroine of a captivating play, is one thing that the Sacred Feminine is — honestly — genius at. The rest of this chapter — and this book — is about rewriting those beliefs so you can let your light shine.

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Highlight (Yellow) | Location 517

It is stressful to be on a crusade against your body, your psyche, and your fellow humans.

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Highlight (Yellow) | Location 526

In order to “make it” in a world more suited to masculine models of success, sexuality, spirituality, and professionalism, you overuse your masculine strengths, becoming gravely out of alignment with your feminine cycles. You “make it” by medicating your moods, caffeinating your productivity, stifling your voice, dumbing down your sensuality, and trying to beat out the competition. When you falter or flag, perpetually one accessory shy of perfection, you pull yourself up by your bootstraps and re-enter the battle with renewed determination.

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Highlight (Yellow) | Location 530

In trying to be superwoman, supermom, or superworker, you fry your adrenals, choke your thyroid gland, become utterly depleted, get into painful competition with other women, question your purpose (and worth) on the planet, and dry up below the waist.

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Highlight (Yellow) | Location 535

You learn to use your sexuality as a weapon or a currency, or you ignore it completely and pretend to be chaste and professional.

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Highlight (Yellow) | Location 556

That was the moment I started to become a conflict-fixing, people-pleasing perfectionist. Perfectionism, a form of people pleasing, is a compulsion to paper over a deep mistrust in yourself and in life, like slapping a Band-Aid over the warning light of a car dashboard. That was the moment I began to believe that harmony is more valuable than expressing a need or yelping honestly in pain. That saying the “right” thing is more important than saying what I feel is true. That others can’t handle what they feel; I must do it for them. That emotional upset equals abandonment and must be “fixed” immediately before it can irreparably snap human connection like a twig.

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Highlight (Yellow) | Location 581

Restrictive Beliefs Group #1 is formed and goes something like this: Needs make you weak. Get rid of all needs. Ask for nothing; take nothing. Get busy giving and doing — but make sure you do it all by yourself. I can't need much because I don't deserve much. I am a mistake. I am not wanted. I don't deserve to be here. I have to earn my existence.

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Highlight (Yellow) | Location 596

Her mother told Callie to stop making things up, that the neighbor boy would never do anything like that, and that “good girls don't get into situations like that.” Callie's inner mouth clamped shut. Her ability to speak up disappeared. There in the pantry of her childhood home, holding on to her mother's apron strings, she began to believe, Sexual energy is dangerous. My body is dirty and wrong. I don't have a voice. I can't trust anyone to really keep me safe and care for me.

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Highlight (Yellow) | Location 607

Callie trusted almost no one to have her best interests at heart. She was plagued by ambivalence, wondering if she should keep working on herself and her “issues” or whether she was with the wrong guy and should do them both a favor, call a spade a spade, and move on.

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Highlight (Yellow) | Location 610

Restrictive Beliefs Group #2: I can't trust my body. I can't trust other people. My body will betray me. I am weak; I am broken; I am damaged goods. I can't trust sexual energy. Desire and pleasure will get me into trouble.

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Highlight (Yellow) | Location 633

Restrictive Beliefs Group #3 comes from an act 1 sort of like Riya's: I'm not enough. I'm too much. I feel too much. I am too loud, too big, too bold. I am not lovable as I am. I can't do what I want and still be accepted. I always make the wrong choice. I must be perfect. I can't speak up, or I will lose love. What I have to say doesn't matter. I don't have a voice.

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Highlight (Yellow) | Location 638

Restrictive Beliefs Group #4: It is not safe to see what I see. It is not safe to know what I know. I don't know enough. Others know better than me. The only way to be free is to not be me.

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Highlight (Yellow) | Location 656

we have all tasked our families and life journeys to repeatedly gift us with yet another chance to learn and to grow. (Or, to put it less politely as my acronym-loving, spaghetti-tossing dad would: AFGO — Another Fucking Growth Opportunity.) As intense, random, and rude as your growth opportunities can be, I know it can be hard to see them as intentional — and even loving — parts of the grand design of your life. I know that your growth

opportunities generally feel nearly impossible to make it through. And yet, making it through to a truer and freer version of yourself allows you to raise your face to the sky in relief and ecstasy, learned, wise, and re-united with your power. Even so, you can't rest there for long. Soon, the cycle of learning and growing begins again. (Don't blame me; take it up with Feminine Genius herself, the grand designer of your life.)

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Highlight (Yellow) | Location 664

Learning to see your own act 1 as a valid and valuable first step on your divine path is key to rewriting your future.

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Highlight (Yellow) | Location 670

I now know that the true measure of success is threefold: how vibrantly and sensually alive I am, how clearly I can hear my inner voice, and how much courage I have to follow my inner voice.

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Highlight (Yellow) | Location 682

Where did your power go? Your power went running for its life after your childhood cracked, after your act 1 was interrupted. Your power went underground into your shadows as you galloped off to find a script to follow. Your power went dark as you waged a war on yourself, became deaf to your voice, and numb to your desires. Your power shape-shifted into a block of lead, waiting for you to place it in your crucible and transmute it into gold. Your power stole away into the dark night, waiting for you to welcome yourself home. But really, prodigal daughter, your power didn't go anywhere. It has been here all along. Your power is waiting for you, in the most unlikely of places in your life and in the most unlikely of places in your body.

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Highlight (Yellow) | Location 700

As I am fond of saying, a woman is like a light bulb: bright, strong, and luminous when she is turned on. So if a woman is the light bulb, then Feminine Genius is the energy that surges through the power lines, electric sockets, wires, and filaments, allowing that light bulb — or woman — to illuminate the room. Feminine Genius is the light, and is also the woman who is lit. Feminine Genius is the power, and is also the woman who is empowered. Feminine Genius made you, and in turn, it also lets you make life. Feminine Genius is the energy of the Divine, and it is also the woman embodying the Divine. When you dim yourself down, or the world does it for you, you likely feel cut off from your power source because you are — cut off from your Source. Feminine Genius is Source energy — the source of light and the source of life — and is distinctly feminine and distinctly genius. Let me say more about why.

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Highlight (Yellow) | Location 714

The feminine flavor of the Divine allows us to feel, not just think; to intuit, not just reason; to be inspired, not just be productive; to want it, not just will it; to enjoy the journey, not just get to the goal; to create life, not just contain it; and to make life meaningful, not just manageable.

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Highlight (Yellow) | Location 735

Although often hard to understand, wily to work with, and easy to disregard altogether, your intuitive intelligence is no less genius than your intellectual genius. In fact, without it, your life will never be your own.

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Highlight (Yellow) | Location 746

Genius, then, can be re-understood as an unseen but very felt force that enters and operates through us. Genius can be re-understood to be an energy that can animate us and speak through us, and that we can be in deep partnership with. Uncorked, genius helps us,

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Highlight (Yellow) | Location 766

it is good to cultivate a strong, playful, curious, and open mind (and body, soul, and heart), so Feminine Genius can have its way with you, excite you, and fully ignite you.

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Highlight (Yellow) | Location 772

Feminine Genius is a path, not a destination. You are never done. You walk, then you stroll, then you sprint, and then you hold your head up and run the marathon. Feminine Genius needs a lot of enunciation and practice, refinement and repetition, watering and misting and plumping — kind of like a woman does.

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Highlight (Yellow) | Location 801

To distinguish Masculine Genius from Feminine Genius, I like this metaphor: Your Masculine Genius is like a locomotive, as in a speedy train. Your Feminine Genius, on the other hand, is more like a cauldron — as in a vessel used by witches and alchemists — in which to combine, heat up, and completely transform potent ingredients. A train travels rapidly from point A to point B, in one direction, toward a goal, steaming ahead. A cauldron stays in one place, more or less, and attracts into it the ingredients it needs, and then gets a nice fire lit under its ass. A train delivers; a cauldron receives. A train transports; a cauldron transforms. Both trains and cauldrons are useful, but they are not interchangeable. You wouldn't mix them up in your toolbox. Superman, the man of steel, more powerful than a cauldron, able to leap buildings in a single bound? I think not. When you need to make a healing salve, intuit your next step, or turn lead into gold, even the most organized, pumped-up, time-managed, and steely locomotive just can't do it.

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Highlight (Yellow) | Location 809

The ancient symbol of the Divine Masculine is a blade or sword, while the time-honored symbol of the Divine Feminine is the chalice, a sacred vessel and Holy Grail used to hold the elixir of life. Extend the symbology into biology, and you get the sword as penis and the chalice as womb and vagina.

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Highlight (Yellow) | Location 818

The predominant culture prizes penises, swords, and trains over vaginas, chalices, and cauldrons. I have yet to meet a woman who didn't hold the subconscious fear of fully expressing herself — or of fully being herself —

whether at the dinner table, at work meetings, or even with friends; a fear of being, figuratively or rather literally, “burned at the stake” for having a cauldron.

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Highlight (Yellow) | Location 902

Where Feminine Genius parts the veil between this world and the other world, Masculine Genius is busy working to efficiently describe, manufacture, and mass market the veil. Where Masculine Genius is linear, Feminine Genius is cyclical. Where Masculine Genius is constancy, Feminine Genius is change. Where Masculine Genius contains the storm, Feminine Genius is the storm. Where the cauldron of Feminine Genius creates possibility, the train of Masculine Genius makes it manifest. Where Feminine Genius provides the why, Masculine Genius provides the how. Where Feminine Genius hungers for more, Masculine Genius fulfills the order. When you have an inspired desire to create something, that is your Feminine Genius at play. When you are ass kicking, name taking, and making it happen, that’s your Masculine Genius. When your Masculine Genius sets goals, gets productive, and handles deadlines — and when it does so in faithful service to your deepest desires — I like to say that it is a faithful servant to your Feminine Genius, which turns out to be a truly aligned and balanced way to be, work, and walk through life.

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Highlight (Yellow) | Location 995

It took time to understand that not getting what I wanted or had prepared for so diligently was actually a blessing. I reviewed the facts and let them shed light on the fog of my shame. Slowly, slowly, I realized that if the birth had gone according to my plan, I would have assumed that any outcome I wanted was always in my control. I would have assumed that my plan was the best plan. I would have assumed, a bit smugly, that any pain can be transmuted into pleasure. But the truth is, some kinds of pain can be transmuted and other kinds simply fucking hurt.

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Highlight (Yellow) | Location 1003

I would have continued to believe, as I learned from the worlds of dance, media, and culture, that mothering, parenting, creating, working, or simply being alive and a woman, is a competition. Which is life stealing. I would have continued to attach my worth as a human being to any outcome I planned for and worked toward. Which is toxic. I would have continued to dismiss the voice inside me that knew exactly what the hell it was talking about, and I would have missed learning the markings of intuition that distinguish the voice of inner knowing from the voice of fear. Which is tragic. Don’t get me wrong, I like getting what I want.

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Highlight (Yellow) | Location 1011

As it turns out, all great journeys begin in the dark. In our shadow — that dark underworld of our psyche that holds all we have disowned, aren’t ready to see, cannot yet feel, or refuse to look at — nestles a seed germinating a new part of ourselves. The day I birthed my baby, I also birthed a new part of myself.

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Highlight (Yellow) | Location 1023

The dark reminds you that you are not being punished; you are being invited.

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Highlight (Yellow) | Location 1039

Mine isn't better or worse than yours. Trying to measure is madness. Trying to explain is beside the point. Plus, you can't hear your inner truth if you are too high up on your high horse.

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Highlight (Yellow) | Location 1123

Where the hero learns to triumph over his obstacles, the heroine learns to open to her obstacles — so they may break her heart open. While the hero may have to burn down his challenges, the heroine invites her challenges to alchemically burn away any untruth within her. Where the hero fights to keep his doubts at a safe distance, the heroine invites her doubts to penetrate her very soul. A hero declares, “I must ignore all painful feelings so that I can do this thing I don't feel like doing.” A heroine declares, “I must feel every painful feeling fully while I do this thing I don't feel like doing.”

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Highlight (Yellow) | Location 1131

the heroine takes her journey and finds that she herself is home.

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Highlight (Yellow) | Location 1155

Yet, you suffer less from the pain, and more because you view death in any form as a period in your sentence, rather than a comma.

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Highlight (Yellow) | Location 1169

Metaphysically, the death part of the death/rebirth cycle is the unknown.

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Highlight (Yellow) | Location 1220

The shame about fertility runs rampant, whether it's around menstruating “too early” in your life, or “too late,” or — as in Katya's case — not menstruating at all. For so many women, there is shame around being unable to become pregnant when you want to, as well as around leaving the childbearing years behind and entering perimenopause and menopause.

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Highlight (Yellow) | Location 1242

The same is true of sexual desire: it cycles. Yearning and waiting can feel wintry; arousal and anticipation can feel spring-like; climax and fulfillment can feel summer-hot; and satisfaction and afterglow can feel autumnal. In French, the expression for orgasm is *la petite mort*, “the little death.” It is likely that the types of erotic fantasies you have, the quality of touch you crave, and the speed of lovemaking that feels right to you will shift dramatically as you cycle.

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Highlight (Yellow) | Location 1264

She told me that the greatest lesson she learned from aligning with her cycles was how to balance out her natural drive toward productivity and perfection, achievement and success. As she puts it, “Overscheduling, overworking, and overbooking was a pattern I had for what seems like thirty years. All those years, I learned how not to feel — how to numb, how to retract, how to hide, how to not need help, even from my husband. I now know how powerful it is to have abundance of space in my day and my week so that I can meditate and connect with my wisdom, lean into pleasure, lean into my senses — you know, stop and smell the roses. There is a richness here, a magic.” Syncing with your cycles takes courage. And vulnerability. While Marina believes it’s the real way to love and connection, it can also bring up the things that were being covered up in the first place.

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Highlight (Yellow) | Location 1283

As a culture, we pathologize and medicate the death part of the death/rebirth cycle, partly because we think it means we will really die.

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Highlight (Yellow) | Location 1284

As a culture, we fear slowing down because we think it means we will stop. We forget, collectively, that there is a time to plant things and let them germinate, just like there is a time to harvest them and enjoy their bloom. You might, like most of us do, want to be on all the time, feel confident all the time, and be outward bound all the time, but that prejudice is killing you.

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Highlight (Yellow) | Location 1315

Ideally, you will be able to schedule more meetings, presentations, hot dates, vigorous exercise, and productivity spurts for your spring/summer stages. Add more acts of self-care, sleep, languid lovemaking, gentle forms of exercise, and extra time to dream for the fall/winter stages.

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Highlight (Yellow) | Location 1371

it, “I got my childhood back.”

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Highlight (Yellow) | Location 1402

Tantrums can and must be redefined as intense emotional storms that, while they admittedly do overtake your body, soul, and mind in intense ways, hold important information for you. As Karla McLaren writes in *The Language of Emotions*, “Emotions are messages from our instinctive selves. . . . If we ignore and repress an emotion, we won’t erase its message — we’ll just shoot the messenger and interfere with an important natural process.”<sup>1</sup> As you learn to surf your emotions and not drown in them — or at least when you do drown in them, to breathe underwater — you can then receive the truth that they are trying to deliver.

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Highlight (Yellow) | Location 1414

As I see it, most of our suffering, as women, as humans, stems from our inability to fully feel our feelings without attempting to escape them, numb them, drink them, shop them, eat them, caffeinate them, or smoke them away. When a storm gathers on the horizon, we have two very simple choices: number one, to put on our inner galoshes and feel it, all of it. Or number two, to self-destruct. More on transfiguring number two in the next chapter. More on number one now.

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Highlight (Yellow) | Location 1546

Emotions are gems of wisdom encased in wild and wooly packaging. It takes something to stay lucid long enough to get under their tough skin to their rich interiors. In order not to spontaneously combust from the heat of your emotions, you must develop the unwavering belief that each is wise, not flawed.

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Highlight (Yellow) | Location 1619

was inspired to do my work in the world, but my body wasn't strong enough to hold my calling. My cauldron was cold, lacking fire to transfigure these dark

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Highlight (Yellow) | Location 1707

"Oh, sweetie. You don't look good. You are really going through it, aren't you?" She had simply named what was happening. I relaxed a tiny bit.

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Highlight (Yellow) | Location 1713

Kate has a rare gift: the capacity to be with someone who is in the dark, and to listen. To meet them there, naked and innocent. To feel what they are feeling along with them, then burn with them in the full agony of it, but somehow not lose herself in the burning. To inquire gently into their experience, to ask questions powered only by curiosity, not judgment. To be so at ease with her own emotional range that she is okay to be with someone else who is at the bottom register of their own. Never did she try to fix it, fade it, lighten it up, attack it, reason with it, or turn and run for her life.

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Highlight (Yellow) | Location 1722

That just because something was wrong in my life, didn't mean that I was wrong. That even though there were certainly things out of alignment inside me and in my life, I was still whole.

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Highlight (Yellow) | Location 1731

As a culture, we have huge resistance to going down. We avoid it, caffeinate it, and medicate it. Because down is where our shadow is, our shame is, our pain and wrath and greed and gluttony. Down is where we tossed our true selves when we learned they weren't welcome, perhaps as far back as act

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Highlight (Yellow) | Location 1881

Reach out and ask. But give them guidelines such as, “Don’t ask how I am; just silence.” “Let’s watch a movie.” “No advice, please; just listen.” “Bring take-out Thai food.” “Massage my feet.” “Don’t say, ‘Let me know what I can do.’ I don’t know what I need, so ask me questions and we’ll find it together.” “Hug me and let me be the one to pull away first.” “Remind me it is going to be okay.”

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Highlight (Yellow) | Location 1887

String Your Pearls As you complete your alchemical journey through the underworld, you will have composted crap into gold. You will have learned the art of bearing the Queen of the Dark’s pressure, and you will have a diamond heart to show for it. Pearls, gold, diamonds; these gems are yours. You unearthed them, you polished them, you hand-cut every facet. Decorate your crown and string yourself a beautiful strand.

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Highlight (Yellow) | Location 1934

She is remembering what it feels like to have all her own once-fragmented parts reassembled as one glorious whole. She is remembering that the body of the beloved always wears the face of the Beloved. She is remembering that the Beloved also wears the face of the Goddess. In this myth, Isis reminds: Remember, you yourself are the Beloved.

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Highlight (Yellow) | Location 1948

sound, the connection between Isis and Osiris is not incestuous. Rather, it’s symbolic, a representation of the mystical union of opposites, of the masculine and feminine aspects of divine life-force energy uniting in one body. I see Isis’s re-assembling of her beloved’s body parts as her re-assembling her own self, the parts of her that sank into her own swampy shadow. In order to feel fully herself, and to honor the power of her body, she must re-member all parts — self and other, lover and beloved, sister and brother — inside herself. She can then see herself as the Beloved, the feminine flavor of God.

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Highlight (Yellow) | Location 1986

Kenyon and Sion offer the provocative idea that Mary Magdalene and Jesus Christ united in sacred marriage in part to fortify Christ’s soul so that his body would be strong enough to embody his message and follow through with his work in the world.

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Highlight (Yellow) | Location 1994

Mary Magdalene asks us to remember that inner knowing — an intimate conversation with the Sacred — is possible on one’s own without the middleman of established religion or convention.

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Highlight (Yellow) | Location 2024

In June 2016, the Catholic Church officially recognized July 22 as the feast day of Mary Magdalene and gave her the official title of Apostle of Apostles.

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Highlight (Yellow) | Location 2054

Although they were experts in the erotic arts, the temple priestesses were considered to be virgins. The original meaning of the word virgin is “whole,” as in, complete unto to one’s self. As Marilyn Frye writes in her book, *Willful Virgin*, “The word ‘virgin’ did not originally mean a woman whose vagina was untouched by any penis, but a free woman, one not betrothed, not bound to, not possessed by any man. It meant a female who is sexually and hence socially her own person.”<sup>2</sup> In contrast to how too many of us girls and women even today regard our bodies and our sexuality — as commodities to trade for love, acceptance, security, and belonging — the concept of the virgin temple priestess is quite striking.

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Highlight (Yellow) | Location 2062

the root cause of our present-day misunderstanding, confusion, and great suffering around sex is because we have lost the temple priestess and the virgin from our individual and collective psyche — the actual women themselves as well as the archetype of the erotically empowered, complete, and free woman that they represent. We must remember that sexual energy can be a vehicle for spiritual ecstasy, and that a woman’s body, especially when held as sovereign and sacred, is particularly designed for this.

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Highlight (Yellow) | Location 2364

You’ve got your very own Oracle, factory-installed in your sexy, wise woman’s body. You won’t find her in the depths of a cave, on the highest mountaintop, or in the Bahamas. She is in you. In your body. In your female reproductive organs, in fact, all nestled nicely in the cauldron of your pelvis.

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Highlight (Yellow) | Location 2391

Your lady parts have a pulse, which a scientific instrument can detect and gauge, that fluctuates when you feel deeply connected, intensely alive, and divinely motivated. Your vagina knows. And so does your clitoris. The singular biological function of your lovely, pearly clitoris is to create sensual pleasure — for you!

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Highlight (Yellow) | Location 2395

The average penis has half that number, only 4,000. Your clitoris is somewhere between the size of a pea and a grape, yet has twice the capacity for pleasure than the considerably larger, banana-sized male member. When it comes to nerve endings and pleasure potential, peas beat bananas two-to-one, every time.

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Highlight (Yellow) | Location 2426

Your Oracle not only channels your erotic energy, it also channels your soul. Your Oracle not only creates life, it also brings meaning to your life. Your Oracle is not only an organ of pleasure, but also an organ of truth. Your Oracle, it turns out, is not an appendage that you tow around like a dinghy on a ship, but an engine, steering wheel, compass, and headquarters, all in one.

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Highlight (Yellow) | Location 2452

As Riya got “back in her body,” she was able to get back on speaking terms with the same wants, passions, and desires she had buried as a young child. Riya practiced letting her passion direct her in her daily life, in her work in the world, and — slowly, but surely — into a more fun and rich connection with her husband.

Highlight (Yellow) | Location 2461

Your kundalini — or Shakti — energy is considered to be spiraled like a potent snake or sleeping goddess at the base of your spine, in your sacrum, at the “root” of your body, waiting to be awakened.

Highlight (Yellow) | Location 2477

Metaphysically, your Oracle is where the sacred and the sexual meet. Your Oracle is where the other world and this world meet. Your Oracle is where your soul and your soma meet. Your Oracle is a great determinant of whether you, like a source of light and fire, are turned on or off. It is through your Oracle that your deepest wisdom bubbles up, like a celebratory bottle of champagne. Your Oracle knows what brings you joy, fulfillment, confidence, clarity, meaning, and pleasure, and what does not.

Highlight (Yellow) | Location 2485

**ORACLE PRACTICE #1 ORACLE MEDITATION** This Oracle meditation is designed to wake up a slumbering Oracle. It is a wake-up call, but not like that obnoxious, police siren type of alarm clock that shocks you out of slumber; more like a gentle Zen kind of clock that slowly fills the room with light and seduces you awake. The Oracle meditation is a sassy twist on the traditional Buddhist Vipassana contemplative mindfulness meditation practice, which is designed to help you focus your awareness on a specific part of your body and keenly observe the sensations present there. Like any meditation, it is designed to help you choose deliberately what to focus on. In this case, for example, rather than focusing your awareness on your endless to-do list, you will direct your awareness to the source of your power instead.

- 1 Sit or stand comfortably and place your hands on your low belly, your Oracle.
- 2 While you would usually be aware of drawing your breath in and out of your nose or mouth, imagine instead drawing your breath in through the base of your spine and out the top of your head.
- 3 As you draw your breath in, imagine it waking up, turning on, nourishing, soothing, or enlivening your Oracle — the lovely and lively spot on your body that rests below your belly button and above your tailbone.
- 4 As you breathe out, imagine your breath shooting out the top of your head and cascading in front of you like a waterfall.
- 5 Continue this “circular waterfall breathing,” as I call it, imagining each in-breath as a cool breeze or a warm caress, continuing to wake up, turn on, nourish, soothe, or enliven your Oracle.
- 6 Notice what sensations and emotions come up as you place your awareness on your Oracle in this way. If thoughts, beliefs, judgments, pulsations, or preferences also come up, simply observe them, thank them for sharing, and let them pass on just as they came.

Highlight (Yellow) | Location 2532

**ORACLE PRACTICE #2 FINDING YOUR ORACLE’S YES AND NO**

- 1 Take a moment to get quiet and perhaps close your eyes. I suggest putting your hands on your low belly, your Oracle.
- 2 Begin by

taking a few breaths that are slower and more deliberate than usual. Direct your awareness to your breath on the inside of your body, waking up and nourishing the inside of your body, almost like a massage or a caress.

3 Now, please ask yourself a series of four questions to which you know your answer is yes.

- “Is my name (your name)?”
- “Do I love (someone you love)?”
- “Do I enjoy (something you enjoy, perhaps a scent, taste, or touch)?”
- “Do I feel vibrantly alive when I (something that brings you alive)?”

4 After answering each of the questions, bring your awareness to your Oracle (specifically to your low belly, the area under your hands) and notice what sensations and emotions you feel, and where you feel them.

5 Notice the common thread between the sensations and emotions you noticed in all four yes answers. This is how your Oracle says yes.

6 Now, please ask yourself a series of four questions to which you know your answer is no.

Highlight (Yellow) | Location 2557

- “Is my name (someone else’s name)?”
- “Do I love (someone you abhor or find, well, extremely challenging)?”
- “Do I enjoy (something you detest, perhaps a scent, taste, or touch)?”
- “Do I feel vibrantly alive when I (something that saps your will to live)?”

7 After answering each question, bring your awareness to your Oracle (specifically to your low belly, the area under your hands) and notice what sensations and emotions you feel, and where you feel them.

8 Notice the common thread between the sensations and emotions you noticed in all four no answers. This is how your Oracle says no.

Highlight (Yellow) | Location 2677

As you know, you’ve got all kinds of voices within you that are happy to chime in given even the tiniest invitation: your five senses, your intuition, your emotions, impulses, instincts, urgings, warnings, fears, judgments, and reasons. How’s a girl to hear her Oracle in that kind of cacophony, let alone trust it?

Highlight (Yellow) | Location 2693

Your Oracle’s job is tending your light and fire, period.

Highlight (Yellow) | Location 2708

Your lizard brain doesn’t always distinguish between real or imagined danger. It doesn’t concern itself with the concept of time, and in many ways, it hasn’t yet learned that you grew up. That you made it out alive. That you are actually quite lithe, discerning, smart, and strong. That you are no longer dependent on pleasing someone so they will feed you, love you, keep a roof over your head, or wipe your butt.

Highlight (Yellow) | Location 2719

“Your mind is trying to be your master when its real job is your beloved servant.” Your rational brain hasn’t yet had time to appreciate the power and accuracy of your Oracle. In time, it will stop trying to drive and will instead upgrade to beloved devotee of Feminine Genius.

Highlight (Yellow) | Location 2752

I have noticed, too, that intuition couples nicely with self-esteem. Meaning, the more you hold yourself in a healthy regard, the more intuitive guidance you are likely to receive, the more you are able to trust what you hear, and the more you are able to trust yourself to follow what you hear. Listening to your intuitive Oracle inherently allows you to become more comfortable with who you are.

Highlight (Yellow) | Location 2760

The voices of reason or the freaked-out commands of the six Fs — fight, flight, freeze, feed, flock, and fornicate — can easily override your intuitive perceptions. We live in a world that is so loud, overbearing, demanding, and full of reasons that it can be particularly hard for us to hear our quiet truth. And because we are culturally groomed as girls and women to follow someone else’s script, it can be particularly hard for us to hear and trust our desires, impulses, and intuition in the first place.

Highlight (Yellow) | Location 2774

The voice of your Oracle usually feels calm but enlivening, steady and direct. • The voice of your Oracle is often felt in your low belly, pelvis, and sometimes in your solar plexus, with feelings of expansion, opening, breath, clarity, solidity, and self-esteem. • (As an aside, I have a hunch that oftentimes a “gut feeling” is often actually an “Oracle feeling,” as your Oracle is geographically right next to your intestinal tract.)

- The voice of fear often feels wavering, vacillating, and shaky.
- The voices of compulsion and addiction are often felt in your head, neck, shoulders, chest, or upper belly, with feelings of anxiety, worry, desperation, mania, lack of control, and self-loathing.
- Your Oracle’s no can come with feelings of clarity, solidity, and self-affirmation; while a fear-based, addiction-based, or analytical-based no can come with feelings of confusion, compulsion, vitriol, and self-doubt.
- Your Oracle’s yes can come with feelings of clarity, solidity, and self-affirmation; while a fear-based, addiction-based, or analytical-based yes can come with feelings of confusion, compulsion, mania, and self-doubt.

Highlight (Yellow) | Location 2851

Nevertheless, desires need to be honed. Without opening the lid on your Pandora’s box and examining the contents, you just don’t really know what kinds of jewels — and what kinds of challenges — lie inside. And that’s part of the point. Sorting through your desire’s contradictions to find the jewels of truth inside is as much the point as is fulfilling any desire. Getting what you want is not nearly as important as what you must learn — and who you must become — as you try to get it.

Highlight (Yellow) | Location 2862

“My desires were all messed up. I just didn’t have good inner wisdom at that time in my life,” I told Regena. “Oh no, darling,” she told me. “Your desires were working just fine. You were developing your inner wisdom.” Oh, I realized. I’m not deficient in inner wisdom. It can be developed. I felt a little less troubled and a little more wise. Too stunned to say much else, I said, “Huh. Wow. Well, thank you!” “You’re welcome. But next time, try, ‘thank you, it’s true.’” Regena winked at me. “Might as well admit you’re pretty great, mess and all.”

Highlight (Yellow) | Location 2895

DESIRE PRACTICE SORTING SURFACE FROM DEEP DESIRES Don't be scared by the length of this practice. The more you do it, the more natural and effortless it will become, so what used to be a series of in-depth contemplations will eventually be just a few moments of self-inquiry.

1 Pick one of your desires. A desire is an experience, understanding, or thing that you want, that you long for, that enlivens you, that calls to you. If you are having trouble accessing what you want, you can check in with the yes feelings in your body. Or, you can ask your Oracle, "What do I desire?" If it is helpful, you can remind yourself it is safe to know your desires, and you can thank yourself for the courage to share your desires.

2 With curiosity rather than judgment, ask yourself (or your Oracle) some or all of the following questions and write (or record) the answers you receive:

- When this desire is met, what will I feel (emotions, impulses, and sensations)?
- When this desire is met, what will I know about myself (beliefs, abilities, capabilities, sense of self, frames of mind)?
- What feels most important about meeting this desire?
- Assuming there is a rebellious, disgruntled teenager in me, what might that part of me be acting out against, moving away from, proving or disproving, reclaiming or avoiding by having this desire?
- Assuming there is a vulnerable, unsafe-feeling, small child in me, what might that part of me be defending, protecting, numbing to, attempting to fix, trying to save, or simply hoping for by having this desire?
- How might this desire positively impact me/my partner/my family/my community (in ways perhaps not easily seen at first glance)?
- How might this desire negatively impact me/my partner/my family/my community (in ways perhaps not easily seen at first glance)?

3 Find a "baby step" — a small chunk of this desire — to experiment with. Ask yourself (or your Oracle) the following questions as a guide. You can also enlist help from a friend or partner, if you want.

- Are there easier, simpler, more effective ways that will have less impact on me/my partner/my family/my community to get some or all of this desire met?
- What is the smallest chunk of this desire that I could experiment with and use as research to get more information?

4 After you experiment with your "baby step," make sure to self-reflect on these questions:

- What worked?
- What didn't work?
- What would I like to repeat, and what would I like to not repeat?
- What about the experiment am I most grateful for?
- What do I want my next step to be?

Highlight (Yellow) | Location 2962

Steering your life by your desires is not about guaranteeing one particular outcome or another. It's about the quiet fulfillment that comes from a path well walked and the radical sovereignty that comes from coming home to yourself.

Highlight (Yellow) | Location 3041

"What we don't say we don't see, acknowledge, or remember. What we don't say becomes a secret, and secrets often create shame and fear and myths." Naming is needed. Re-naming is needed. A re-naming that takes your divinity and unique soul's path into account is needed. You don't have to listen in, ask, and name your Oracle something unique and special. There is no one right way to do this. Your Oracle, by whatever name you call her, is crucial to feeling turned on, rather than switched off.

Highlight (Yellow) | Location 3071

ORACLE PRACTICE #3 CALLING YOUR ORACLE 1 Sit or stand comfortably and place your hands on your low belly, your Oracle. 2 Take a few circular waterfall breaths, imagining each in-breath as a cool breeze or a warm caress, waking up, turning on, nourishing, soothing, or enlivening your Oracle. Imagine each out-breath shooting out the top of your head and cascading out in front of you like a waterfall.

3 Direct your awareness to your body, under your hands, and ask your Oracle the following questions and listen for her answers.

- Ask, “What do you desire?” Listen for her answer.
- Ask, “What is important for me to know?” Listen for her answer.
- Ask, “What do you want to be called?” Listen for her answer.

4 As you are listening for her answers, use your “soul ears” to listen/feel/sense/observe internally, the way you would if a doctor asked you to explain the feeling and location of a particular pain in your abdomen without pointing to it.

- Her answers might come in the form of sensations, impulses, and emotions (like your yes and no).
- Her answers might come in the form of words and straightforward, straight-talking sentences.
- Her answers might come in the form of poetry fragments, images, grunts, symbols, metaphors, and nudges, perhaps requiring your interpretation, like dreams.

5 When you get her answer to the question, “What do you want to be called?” go do a little research. Even a quick online search will do. Even if you already know what the word or name means, you may be astounded by what else you find and its significance for you.

Highlight (Yellow) | Location 3161

ORACLE PRACTICE #4 CONVERSATIONS WITH YOUR ORACLE This practice is helpful for loosening up cryptic and quiet Oracles. When you’re writing, I suggest you use one color to indicate your questions and another color for your Oracle’s answers.

1 Connect with your Oracle (perhaps by doing the Oracle Meditation practice you learned in chapter 12). Then ask her, “Why can’t I hear you? What put you on mute?”

2 Listen until you hear an answer, even if the answer is silence, or it’s confusing to you. Write/speak whatever you hear.

3 In call-and-response fashion, continue to ask questions that come up in response to her answers. Write/speak whatever you hear.

Highlight (Yellow) | Location 3186

Your Oracle steers by the light of the moon. Your Oracle has night vision and can see in the dark. Your Oracle always has your back. Your Oracle is on “team you.” Your Oracle’s guidance will at times be great news, sweet as honey. At other times, it will burn away all that no longer serves you, and all that is no longer you. Tirelessly, she will make sure you are walking your Feminine Genius path, no matter what you need to learn or how you need to grow as you go.

Highlight (Yellow) | Location 3217

Sweet The reasons, opinions, rules, and judgments of your brain are great sources of guidance. As are the compassionate, empathic urgings of your heart. As are the powerful, compelling instincts of your gut. Friends, all. But to get to the intuitive murmurings of the soul in your belly, you must have the discipline to bring your awareness further down, into your Oracle, to hear the voices that are quieter and subtler, but connected directly to cosmic intelligence. And it turns out, instead of a silent and shameful down there, you’ve got a sacred vessel. Thanks to your lady parts.

Highlight (Yellow) | Location 3227

When Feminine Genius knocks you up, it is your sacred responsibility to grow those desire-babies into sturdy powerhouses, and then send them galloping off into the world.

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Highlight (Yellow) | Location 3233

Cultivating your light and tending to your fire will let you hear the quiet, wise voice of your truth, and will give you the courage and confidence to follow what you hear. Nothing like a whole fourth and final section to explore this one. Will you come along with me now?

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Highlight (Yellow) | Location 3250

Like a light bulb, you function best when you are turned on.

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Highlight (Yellow) | Location 3253

Cultivating your light means that you wake up, again and again, to the awe of being alive and at home in your body.

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Highlight (Yellow) | Location 3273

As I see it, the only two things in life you truly have any control over are the quality of your awareness, and to what you direct your awareness.

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Highlight (Yellow) | Location 3307

signal. I believe, like quantum research is demonstrating, that divine life-force energy is a field that can transmit to you, through your Oracle, and can directly affect how you speak, think, act, and feel. I likewise believe that there is a field of energy that extends out from you, to another person, and can directly and powerfully affect how they speak, think, act, and feel. And of course, your own field of energy can directly and powerfully affect how you speak, think, act, and feel. So the questions become: Will your field of energy broadcast appreciation or displeasure?

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Highlight (Yellow) | Location 3320

But it turns out that whatever you direct your awareness to will increase and expand. When you direct your awareness to what is beautiful, interesting, or wise about someone (including you), they become even more beautiful, interesting, or wise.

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Highlight (Yellow) | Location 3326

no worry will change until you first deliberately direct your awareness to what you can appreciate about it — what is already good, right, and going well.

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Highlight (Yellow) | Location 3332

Any gesture of honest and dear seeing toward yourself will affect how you experience your world. In fact, it will transform how you experience the world. PEMA CHÖDRÖN, *Comfortable with Uncertainty*

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Highlight (Yellow) | Location 3335

So it turns out that the only things we truly have control over in life are the quality of our fields and to what or whom we are broadcasting them.

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Highlight (Yellow) | Location 3350

Whatever you direct your awareness to will increase and expand.

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Highlight (Yellow) | Location 3362

APPRECIATION PRACTICE #1 WHEN IN DOUBT, APPRECIATE You create a field of appreciation simply by changing the channel from bitter and bitchy to caring and curious, so that you can regard what is and what is good about what is in front of you. Practice this on yourself and on others. I have found that there are two main ways to practice creating an appreciative field. Try them both.

- 1 See what is, without a tinge of judgment — no right or wrong, good or bad. Just see things as they are, in their is-ness. This is incredibly liberating and is often enough. For example, instead of harshly proclaiming how you think your friend’s dimples make her face look fat and insipid, neutrally notice things as they are: she has dimples.
- 2 See what is, with a positive tinge. Imagine that the lens through which you regard the world is appreciation-tinted. Practice seeing people and situations (including yourself) as astonishing, pleasing, true, and wise. In the dimple example, you could notice, positively, the ways your friend’s dimples catch and reflect the light, her cheeks lustrous as pearls. You could notice each dimple’s curvaceous slope, designed to direct your eye to the mysterious center of each divot.

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Highlight (Yellow) | Location 3387

Your ability to switch channels — to turn your attention from what is bad and wrong to what simply is, to what you can appreciate, and to what you can enjoy — is an awesome superpower. Your appreciation, of yourself and others, is the special sauce that can take a mundane or miserable moment and make it magical.

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Highlight (Yellow) | Location 3391

APPRECIATION PRACTICE #2 SHAKE IT Another great way to get the hang of appreciation is to practice on your own moving body — as a meditation, a celebration, or a prayer. Again, power up that ever-handly appreciative field, broadcast it onto your body as well as out into the world, and — shake it.

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Highlight (Yellow) | Location 3404

Yet for the Divine Feminine, the ever-changing, wildly feeling, spiraling, shining everything-of-life is bliss. Life-force moves. The feminine flavor of God cycles. Feminine Genius spirals, undulates, and fluctuates. Masculine-

based spiritual traditions are time honored and have their place. But when a pew or a meditation cushion can't contain the size of your soul, get moving. Shake your booty and turn the other cheek. Let your moving body be an appreciation and a supplication, all in one.

Highlight (Yellow) | Location 3418

Appreciation will not only change how you look at yourself and how others listen to you, but it can also become your new default setting. Appreciation is the best antidote to light-dimming conditions like doubts, delusions, people pleasing, and perfectionism.

Highlight (Yellow) | Location 3438

as a woman cultivating your light, is flirting.

Highlight (Yellow) | Location 3441

Either way, for those flirtatious moments (and possibly for quite a while afterward), you — and they — are reminded who you truly are. Light and joy return.

Highlight (Yellow) | Location 3451

“What were you doing back there?” Stacey asked me as we walked toward our gate. “You were doing something, but I wasn't sure what it was.” I explained how I used appreciation fields, and I explained my definition of flirting — my way to enjoy airport food, our waiter, my friend, and myself.

Highlight (Yellow) | Location 3460

I suggest you flirt to feel full of light, to raise you both in value and worth, and to make you both feel better for the moment you share. Instead

Highlight (Yellow) | Location 3472

but I gave him a glance to thank him; and internally, I said to myself, ‘That’s right. This is what a goddess looks like. Enjoy the view.’” So, go, goddess, go flirt! Enjoyment, squared, is your next practice.

Highlight (Yellow) | Location 3476

**ENJOYMENT PRACTICE OPENING UP WITH FLIRTATION** Whether it is done with platonic or erotic intentions, the kind of flirtation I suggest cannot be mistaken for manipulation, misrepresentation, or deceit. It organically brings out your own authenticity and brilliance while bringing them out in another. So, give it a go:

- 1 Power up your appreciative field and enjoy yourself while enjoying someone or something else.
- 2 To help get in the right frame of mind, ask yourself internally (or ask your Oracle), “If I direct my awareness to what is right and good about me, and right and good about them, what do I see?” or “What could help this be more enjoyable for me or for them?”
- 3 With the answers you receive, simply do them, think them, feel them, or say them in the presence of this other person.