



CURIOUS
SOULS

10
DAILY
RITUALS
to light your
DIVINE
FEMININE
POWER

WELCOME

If you've downloaded this guide, there's a good chance you feel disconnected from your natural source of power.

Perhaps you're feeling low in energy, libido and creativity.

Let's change that.

As women, we've grown up in a society that tells us there is only one, very narrow, definition of femininity. If you don't fit into it, tough.

The truth is that learning how to express your Divine nature fully is a beautiful act of remembrance and reclamation.

That nature is made up of two polarities: Divine Feminine & Divine Masculine; Shakti & Shiva; moon & sun; ida & pingala; yin & yang.

When these energies are in balance, we shine.

So how to ignite your power?



DAILY RITUAL

You'll know from your own experience, doing something once in a while doesn't make a whole lot of difference. But make it a habit, and your whole life can shift.

So here are 10 daily rituals to deeply connect to your Divine Feminine so you can feel...

CREATIVE, INTUITIVE, SENSUAL, POWERFUL

I hope this guide serves you and you're able to incorporate these rituals into your day - you don't have to do ALL of them, EVERY day - just experiment and see what lights you up.

I celebrate you for taking this step to ignite your Shakti power.

In love and sisterhood,
Tamsin x

Writer, Yogini, Feminine Empowerment Guide and Curious Soul

RITUAL #1

CLEANSE

If you want to ignite your power, or Shakti and create new opportunities, new relationships, new joy and new desires in your life, you must create space for them to grow and thrive.

Cleansing rituals are my favourite way to do this.

CURIOUS SOULS RECOMMENDATION:

- A daily ritual bath with rose petals, salts and, the magic ingredient: INTENTION. Wash away the energetic grime and open yourself to a free, clear spirit.
- Smudge your home or bedroom using Palo Santo or sage.
- Cleanse your energy by recounting affirmations to yourself in the mirror such as "I allow, I surrender, I am so grateful to receive".

"If there is to be a future, it will wear a crown of feminine design."

- Aurobindo Ghose

RITUAL #2

EMBODIED MOVEMENT

Women who light up the room are in full possession of their physical self. Too many of us are disconnected from our bodies. This can be the result of many things, including as repressed emotions and trauma which is stored in the body and manifests in dis-ease.

Lit up women are in LOVE with their body.

They understand that the body is a gateway to pleasure and they know that they DESERVE pleasure. And you can too - by connecting with your physicality daily.

My favourite way to do this is by practising yoga.

I notice something really interesting with my students on the mat. At first, when they're just beginning their practice and unsure of the poses, they are tentative and just follow instructions, hoping to get it "right". Then, once they get deeper into the practice, they can really start to EMBODY the poses, such as:

- Warriors to feel strong and brave
- Extended child's pose to surrender to that which we can't control
- Standing forward fold to allow problems to fall off our backs

If yoga isn't your jam, I recommend free DANCE to come deeply into your body and be fully present to whatever needs to move through you.

CURIOUS SOULS RECOMMENDATION:

Yoga with Adriene on YouTube or attending a 5 Rhythms dance experience. My personal ritual involves minimum 20 minutes of movement on my mat and a good dance in the kitchen, letting myself move in whatever way feels right.

RITUAL #3

ACCESS SILENCE

Whether you have a meditation practice or not, taking time out daily to disconnect from the noise of modern life is vital if you want to forge a deeper connection to yourself, your own inner wisdom, and your deep well of Shakti.

Setting a timer for 15 minutes to do absolutely nothing - not even trying to meditate, will open up the space for you to hear your own inner guidance. If 15 minutes sounds too ambitious, start with 5 and work up.

CURIOUS SOULS RECOMMENDATION:

If you're curious about starting a meditation practice but find sitting in silence impossible, the Insight timer app is great for guided meditations to get you started.

RITUAL #4

NATURE BATHE

We are all made up of Divine Masculine and Divine Feminine.

Unfortunately these energies have not been honoured and respected under Patriarchy (to be clear - Patriarchy is not Divine Masculine but based on a system of fear).

The result? A deeply wounded Mother Earth, desperately in need of nurturing.

A connection to nature is vital reconnecting with the Truth that we are all One, that we all come from the earth and will return to it.

CURIOUS SOULS RECOMMENDATION:

Ritualise your interactions with nature by imbuing them with intention and pure presence. Send gratitude for the abundance of nature all around you.

Your nature ritual could be cooking with locally grown vegetables, walking by a river or in a park, or tending to your home plants.

Whatever it is, do it consciously and with thanks. Healing Mother Earth is THE central concern of the collective Divine Feminine at this time.

RITUAL #5

TUNE INTO CYCLES

Knowing when the new moon occurs and how to respond (intention setting, quieting, going inward), when the full moon is coming (amplified energy, manifestation of intentions, highly vibrational) and also paying mind to the solstices, equinoxes, eclipses and astrological influences on the moon, can deepen your connection to the Divine Feminine.

This is particularly important when it comes to tracking your own menstrual cycle (if you are still menstruating) as there is HUGE power in this monthly ebb and flow.

CURIOUS SOULS RECOMMENDATION:

Charting your cycle using an app (I use Clue) or paper planner, and looking up into night sky to notice the phases of the moon, will deepen your connection to your cycle and empower you to make choices that serve you.

RITUAL #6

BEAUTIFY

Part of owning your Divine Feminine energy is accepting that it is ok to appreciate beauty - in yourself, others and all that surrounds you.

See the opportunity for beauty everywhere.

Create a sacred sanctuary in your home, whether it's a corner or an entire room, and devote that space to beauty and the practice of presence. Give it texture, color and fragrance. Opt for hues of red, pink and purple to imbue femininity and sensuality. Turquoise and blue calls forth wisdom. White and gold draw the essence of Divine Light into your sphere.

Decorate yourself as you see fit. Embrace and honor the ancient tradition of adornment as means of celebration, rather than ego.

Let beauty feed your senses.

CURIOUS SOULS RECOMMENDATION:

While taking a bath, massaging your body with oils, or applying makeup (if that's what makes YOU feel beautiful), imagine that you are connected with the energies of Aphrodite, the Greek goddess of love and beauty.



RITUAL #7

CREATE

Shakti is the innate creativity at the heart of all living things; it is the creative force that brings all things into existence.

For women, our creative centres are in our womb - the place from which we are most closely attuned to our intuition and deep knowing (this is the case whether you still have a physical womb or not).

Daily acts of creation stoke your feminine fires and allow free expression so your Divine Feminine energy doesn't get stuck.

Draw, paint, invent, bake, decorate, doodle, write, arrange flowers - follow your curiosity wherever it takes you and release any worries or judgements about what you create being "good enough". Focus on the act of creation, rather than the result.

CURIOUS SOULS RECOMMENDATION:

The Artist's Way by Julia Cameron will change your life. It dives into the spirituality behind creativity and is deeply healing for anyone seeking to regain awareness of their Divine Feminine creativity.

"You can't use up creativity. The more you use the more you have." -

Maya Angelou

RITUAL #8

SING IT OUT

So many women are walking around with sore throats, thyroid problems and just straight-up FEAR of speaking up. It could be difficulty sharing ideas in meetings, having challenging conversations with a loved one, or even writing that book you've always wanted to.

Whether you're into chakras or not, having a clear energetic channel at the throat so you can express your truth is a VITAL part of owning your feminine power.

RITUAL #9

SENSUAL PLEASURE

Sensual energy is the ultimate vehicle of Shakti power.

Tuning into your senses - sight, smell, hearing, touch and taste - via sacred ritual is a delicious way to tune into your Divine Feminine power.

RITUAL #10

REFLECTION

Being on autopilot is the fastest way to miss out on the joy of being alive, of experiencing the energetic embrace of the Universe.

Far from a mindless routine, rituals connect us more deeply to ourselves.

Women who are lit up from the inside-out take time to check in with themselves daily so they can see to their ever-changing needs.

How are you feeling in your body, in your energy?

How are your thoughts?

What stories are you telling yourself?

What do you need now?

You know how kids will just happily and contentedly sing away to themselves without a care for what they sound like? Regain your freedom with your voice.

CURIOUS SOULS RECOMMENDATION:

Sing in the shower, join a choir, find a kirtan (devotional singing) session in your local area or practise chanting to activate your full-expression.

CURIOUS SOULS RECOMMENDATION:

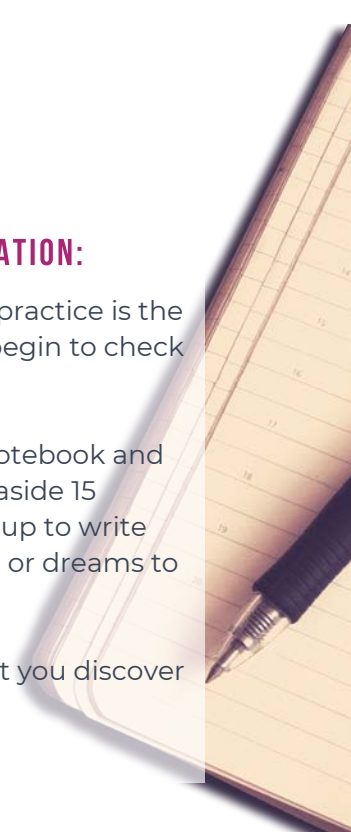
Your ritual could be as simple as dropping your favourite essential oils in your nightly bath and inhaling the aroma, or sitting down to eat a meal without any distractions so you can truly taste and smell the food you are nourishing yourself with. Or ritualize your self-pleasure by lighting candles and using oils for a breast massage.

CURIOUS SOULS RECOMMENDATION:

Cultivating a daily journaling practice is the fastest and cheapest way to begin to check in with yourself every day.

I suggest getting yourself a notebook and pen that you adore. Then set aside 15 minutes as soon as you wake up to write freely and allow any thoughts or dreams to come out on the page.

Prepare to be amazed at what you discover about yourself.



ABOUT TAM SIN

I'm a writer, yoga teacher and feminine empowerment guide. I help women who are stepping into a new phase of their evolution to connect with who they really are so they can feel content in their body, peaceful in their mind, and connected with their soul's purpose.

I've been a student of yoga for six years and previously I wrote about Millennials' search for spirit for magazines like ELLE and Grazia. I trained in Hatha yoga at the Nirvana Yoga Institute in Kerala, India and in yoga for menstrual health with author of *Yoni Shakti*, Uma Dinsmore Tulli. Every month I host sacred moon circles for women and womb healing workshops so that women can express their truth and move forward.

As a former journalist turned yoga teacher and feminine empowerment guide, I'm unique in my approach in that I combine esoteric wisdom with a no-BS attitude. I might be talking about God and moon cups, but I'm doing it with chuckle instead of a holier-than-thou eye-brow raise.

When I'm not practising yoga, writing or dreaming up new ways to serve my community, I can usually be found in a bath filled with rose petals and lavender oil, or at the beach. I'm a traveller and seeker who is always learning and attending trainings, workshops and retreats with the intention of strengthening the sisterhood so we can create more peace on earth for future generations.

When you're ready to own your story, cycle and body so you can do what you are called to do, send me an email tamsin@wearecurioussouls.co.uk and we'll discuss the ways I can help you do that.



Connect with other Curious Souls and find more inspiration, rituals and spiritual support in our private Facebook group @WeAreCuriousSouls



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