

# POWERFUL *and* FEMININE

## Guidebook

How to Increase Your Magnetic Presence  
and Attract the Attention You Want

Rachael Jayne Groover



# POWERFUL *and* FEMININE Guidebook

*How to Increase Your Magnetic Presence  
and Attract the Attention You Want*

by Rachael Jayne Groover

© 2011 Rachael Jayne Groover. All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from author or publisher (except by a reviewer, who may quote brief passages and/or show brief video clips in a review).

ISBN 978-0-98326-890-1 (paperback)  
Library of Congress Control Number: 2011926850

**Published by**  
Deep Pacific Press  
305 W. Magnolia #165  
Fort Collins, Colorado 80521  
(970) 377-2562

**Edited by**  
Clare Mallory: [www.ClareMallory.com](http://www.ClareMallory.com)  
and  
Datta Groover: [www.HigherSpeech.com](http://www.HigherSpeech.com)

# ~ Contents ~

To My Readers .....	5
Chapter 1: The Most Attractive Force Within You .....	6
Chapter 2: What is the Feminine Essence? .....	7
Chapter 3: “Nice Girls Don’t” and Other Cultural Taboos .....	10
Chapter 4: The Quickest Way to Turn It On! .....	13
Chapter 5: Womb Wisdom .....	18
Chapter 6: Hot <u>and</u> Spiritual .....	21
Chapter 7: Stimulate Your Longing to be Seen .....	27
Chapter 8: Increase Your Radiance .....	33
Chapter 9: Warmth and Mystery .....	37
Chapter 10: Her Blind Spot .....	40
Chapter 11: Arouse Your Longing to Be Loved .....	49
Chapter 12: “Vulnerability” is Not a Dirty Word .....	54
Chapter 13: 5 Mistakes Strong, Independent Women Make in Relationships with Men .....	61
Chapter 14: The “C” Word: Gaining Control by Giving It Up ....	70
Chapter 15: The Power of Surrender .....	77
Chapter 16: Making Love with Everything .....	81
How to lead a <i>Powerful and Feminine</i> Women’s Circle (or book group) .....	84
Recommended Resources .....	92

Final Words .....	94
Notes .....	96

# ~ To My Readers ~

Dear Sweet Sister,

Welcome to the *Powerful and Feminine* Guidebook, a supportive companion to my book *Powerful and Feminine*. This guidebook is designed to help you get the most value from the 35 exercises in the book, so you can walk into any room and attract the attention you want. I've also included extra journal questions and a section at the end that shows you how to lead other women through these exercises in the form of a women's circle or book study group. I passionately believe that every woman on this planet needs to understand what message her energy is sending, and how to consistently be seen and be heard in a way that commands respect and attention. This guidebook gives you the opportunity to share this life-changing information with other women who might benefit.

Throughout *Powerful and Feminine*, you'll find the 35 exercises marked clearly. Feel free to read the book cover to cover first and then go back to the exercises using this guidebook, or to practice them as you go—your choice. As you make your way through the book, or the guidebook, make sure you have the other in close reach.

Once you're finished, be sure to stay in touch. I'd love to know what you received from the practices and how your life is shifting. Also, let me know if you need more coaching help, or want to meet in person at a live event. I'd love to support you.

Much love,

Rachael Jayne Groover  
Founder of The YIN Project



~ CHAPTER ONE ~

# The Most Attractive Force Within You

The feminine essence lives inside every woman. It is not only the most attractive force within you, but it feeds you, feels so good, and is a gift that no-one can ever take away from you.

The Feminine Essence is the E-Spot:

*E for Energetic*, because the feminine essence cannot be seen or physically felt like the G-Spot. It does, however, affect how you attract or repel others.

*E for Ecstatic*, because the feminine essence feels relaxed, open, and sensual.

*E For Empowering*, because when you are connected to your feminine essence, the power of attraction is “on” and truly working for you.

*E for Effortless*, because when my feminine essence is alive in me, I feel like I don’t need to force anything but instead rely on my magnetic pull.

Notes:

---

---

---

---

---

# What is the Feminine Essence?

The feminine essence is a dynamic quality that moves inside every woman.  
We all have constant access to this essence.

A “feminine essence woman” is:

- ❖ Attuned to her intuition and internal guidance
- ❖ Comfortable in the flow of life and moving slower than the fast pace around her
- ❖ Expressive of her feelings and heart’s desires
- ❖ Aware of who she is being when she walks into a room
- ❖ Receptive and attractive
- ❖ Connected to her longing for relationships
- ❖ Not afraid of her dark side (her shadow)
- ❖ Mysterious
- ❖ In touch with the earth and her impact on the natural environment

**Exercise #1**

*Think of some women who embody a strong feminine essence (whether you know them personally or not).*

*What qualities do you notice about these women that are different from other women?*

---

---

---

---

---

---

---

*Journal Question: How do you feel about your own feminine essence? (Feel free to share any emotions that arise for you. Also, write down, how you feel expressing your own feminine essence.)*

---

---

---

---

---

---

---



[illegible]

~ CHAPTER THREE ~

# “Nice Girls Don’t” and Other Cultural Taboos

Many of us have no idea of the pleasure and power that are unlocked when we find our feminine essence because our culture has repeatedly sent such negative messages as, “It’s not needed,” “It will bring you negative attention,” and “If you use it too much, it will hold you back.”

**Negative message #1:** “The masculine is more productive and gets the job done!”

**Negative message #2:** “Feminine is weaker than masculine.”

**Negative message #3:** “It’s not safe to be feminine.”

**Negative message #4:** “It’s politically incorrect to be too feminine.”

Continue to look at your beliefs about femininity and what it means to be womanly. Question and challenge those beliefs. Make sure they empower you.

## **Exercise #2**

*Take an inventory of the beliefs you hold about what being feminine and womanly means. Do you believe a woman's destiny is to have a child and that if she doesn't she's missing out on a woman's greatest role? Do you believe a woman is a failure if she never marries? Do you believe that women are the world's greatest hope and that men have messed up our society? Keep asking yourself this question, "What do I believe being feminine and womanly means?" Don't judge your answers, just notice what you think and believe.*

*Belief:* \_\_\_\_\_

\_\_\_\_\_

*Belief:* \_\_\_\_\_

\_\_\_\_\_

*Belief:* \_\_\_\_\_

\_\_\_\_\_

*Belief:* \_\_\_\_\_

\_\_\_\_\_

*Belief:* \_\_\_\_\_

\_\_\_\_\_

*Belief:* \_\_\_\_\_

\_\_\_\_\_

*Belief:* \_\_\_\_\_

\_\_\_\_\_

*Belief:* \_\_\_\_\_

*Belief:* \_\_\_\_\_

Instead of continuing to follow all the outside messages, take 5-10 minutes of silent, alone time to ask, and then answer, this fundamental question:

*Does my current definition of a powerful woman serve me?*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## ~ CHAPTER FOUR ~

# The Quickest Way to Turn It On!

Focus on your physical movement when you want to turn on your feminine essence. There are both feminine and masculine ways to move. The feminine energy primarily moves in the hips and pelvis and down the legs. It feels watery and fluid.

### **The three Feminine Activation Points are:**

- 1) Send attention to the center point of your “womb space” and down your legs;
- 2) Activate the energy in your hips with movement; and
- 3) Soften your heart and send love.

**Breathe** down into the lower belly as you soften your shoulders, heart, and throat.

**Walk** with your attention in the lower half of your body. Feel your legs connect to the earth, and move at your own pace as you enjoy the sensations in your body. Take up a practice that supports you in staying connected to the flow in your body.

---

### **Exercise #3**

*Stand up and become “present” to your body. Bring to mind a color that represents a neutral state—not connected to any sexual essence. Then, bring to mind a garment that feels very neutral to you—not at all masculine or feminine. If you were to put this garment on, you would feel very asexual. Now imagine this garment infused with the neutral color you thought of previously, and once you have it clear, start to put it on in your mind. As you do, imagine all masculine and feminine energy draining out through your toes. When you feel like you are in a neutral state (not connected to any sexual essence), start to walk around the room. Notice what you feel—physically, emotionally and energetically.*

*Now you will walk with a masculine essence. To do this, bring to mind a color that represents the masculine state for you. Then, bring to mind a garment that feels very masculine to you. If you were to put this garment on, you would feel very masculine. Now imagine this garment infused with the color you thought of previously, and, once you have it clear, start to “put it on.” As you do, imagine all neutral and feminine energy draining out through your toes and being filled with 100% masculine energy. Now, walk with a masculine essence, with your attention in your upper chest and shoulders. Notice what you feel—physically, emotionally, and energetically.*

*Finally, bring to mind a color that represents the feminine state. Next, think of a garment that feels very feminine to you. If you were to put this garment on, you would feel very feminine. Imagine this garment infused with the color you thought of previously, and, once you are ready, start to “put it on.” As you do, imagine all neutral and masculine energy draining out through your toes and being filled with 100% feminine energy. Now, walk with your feminine essence, with attention to your hips and your lower belly, and with a grace that comes with not needing to be anywhere or do anything. Notice what you feel—physically, emotionally, and energetically.*



*Which mode felt more enjoyable and natural? What are the differences in where your attention went in the room with each mode? This week, pay attention to the way you walk most of the time. Does your walk feel more masculine, more feminine, or neutral to you?*

Take note of anything you want to remember from this exercise:

---

---

---

---

---

---

---

---

---

---

---

---

---

#### **Exercise #4**

(This exercise is included in the Feminine Presence Meditations CD  
[www.FeminineMeditations.com](http://www.FeminineMeditations.com))

*Put on some music that you don't usually listen to that has a sensual, uplifting beat. For at least five minutes, move to this music in a way you have never moved before. Isolate areas of your body that you may not normally move much. As you move, ask yourself these questions. "How can I move my arms in a way I have never moved them before?" "How can I move my torso in a way I have never moved it before?" "How can I move my head in a way I have never moved it before?" Have fun with this.*

Take note of anything you want to remember from this exercise:

---

---

---



[illegible]

~ CHAPTER FIVE ~

# Womb Wisdom

The womb space holds the power of our creativity, our strength, and our stamina. It is the “house” of physical communication, sensory awareness, and feelings. We pick up a great deal of information about others and our surroundings when we connect to this place in our bodies. Remember to:

- ❖ Breathe
- ❖ Listen
- ❖ Speak

from your womb space. Notice how your conversations and relationships deepen when you do this.

---

## **Exercise #5**

(This exercise is included as a guided meditation on the Feminine Presence Meditation CD. [www.FeminineMeditations.com](http://www.FeminineMeditations.com))

*Sit with your back straight—on the floor, on a cushion, or on a chair. Close your eyes, bow your head slightly, and bring all of your attention to the center point of your womb space. Imagine that at the center point of your pelvis is a small globe of light. Hold your attention on this globe for one minute. Now,*

*imagine this globe is breathing. Imagine that the globe expands with every breath in, and the globe contracts back to its original size with every breath out. Take soft, subtle, easy breaths from this center point of your pelvis for a few minutes. Notice how you feel and what sensations you are aware of.*

*What did you notice?*

---

---

---

---

---

---

---

---

---

---

**Your Listening Practice:** Imagine you have a set of ears attached to your womb space. Start "listening" to people and places from there. When you walk into a room of people, listen to what is going on from your womb space. What does it tell you about the energy in the room? Notice that all people send vibes, some positive and harmonious, others negative and dissonant. Your womb space naturally picks up on these signals from people.

**Your Speaking Practice:** Imagine you have a voice box attached to your womb space. Talk to people from there. When you have a one-on-one conversation or speak to a larger audience, put attention on your womb space.

What do you notice that is different from when you are talking from the space around your head? Notice if people's reactions to you change. Do you feel more of an intimate connection with the person you are talking to?

~ CHAPTER SIX ~

# Hot *and* Spiritual

At the highest level, we are spiritual beings. At the same time, we experience ourselves as unique individuals. Both our uniqueness and our spiritual connection to all need to be nurtured if we are to experience freedom and joy.

The masculine essence wants to experience itself as pure consciousness and emptiness, whereas a woman who is in touch with her feminine essence wants to experience herself as love, Light, and fullness. These represent the two seemingly opposing aspects of the divine.

Practice bringing together the two forces of sexuality and spirituality within you. Ways to do this include:

- ❖ Bring your loving attention to your heart and your sexual organs at the same time. Feel how they are connected. Where your attention goes, energy flows.
- ❖ Embrace your sexual shadow, i.e., your inner sex kitten.

A woman wanting to live as love, Light, and fullness must ask herself these three questions:

- 1) What rituals and practices fill me up and make me glow?
- 2) Can I feel myself as the embodiment of love, even when life gets messy?
- 3) In what ways can I bring the divine through my body and express that?

Do any answers arise for you in this moment?

Question 1)

---

---

---

---

---

---

Question 2)

---

---

---

---

---

---

Question 3)

---

---

---

---

---

---

**Exercise #6**

*Not every personal or spiritual growth practice works for everyone. Which practices have taken you, as a woman, into deeper awareness of your infinitely capable self, and which ones bring you to the present moment more easily and quickly? Consider that the practices that ask you to transcend everything and experience a void-like state may not be best suited to you as a feminine essence woman.*

*Which feminine practice do you want to explore this week that will help you connect to your unlimited spiritual essence?*

---

---

---

---

---

---

---

---

---

---

## **Exercise #7**

**(This exercise is included in the Feminine Presence Meditations CD  
[www.FeminineMeditations.com](http://www.FeminineMeditations.com))**

*Sit upright so your back is straight. Place all of your attention on the center point of your vagina. Feel the internal muscles and the energy you feel there. It doesn't matter if you can't feel much sensation there at first. Gently squeeze and release your vaginal muscles to activate the energy there, and keep your attention flowing to that point in your body. Now, imagine that your vagina is breathing clear and subtle breaths. Continue for two minutes.*

*Now, place all of your attention above your waist, on the center point of your heart space. Notice that the energy here has a different quality to it. Flow your attention to this point in your body. Imagine your heart breathing clear and subtle breaths. Continue for two minutes.*

*Next, place your attention on your vagina and your heart at the same time. Notice what it feels like to connect to both of these points simultaneously. Now, imagine your vagina and heart breathing clear and subtle breaths together. Both points expand and release together. Continue for two minutes.*

*Practice this meditation as often as you can to encourage these two points in your body to communicate with each other.*

Take note of anything you want to remember from this exercise:

---

---

---

---

---



[illegible]

## Exercise #8



*It can be very difficult to admit that we have a sexy and erotic side to us when we are unable to own and feel comfortable with our sexuality. One way to determine how comfortable you are with your sexuality is to find out how easy is it for you to say aloud, “I am sexy and erotic.” First, try saying this statement to yourself. Then “up” the challenge by saying this to someone you feel safe with. Be aware of any laughing or gesture that diminishes the power of what you are sharing. If you say it and then “cover it up” with laughing, that’s a*

*sign that you are not comfortable admitting it. As you continue practicing the exercises in this book your sexual and erotic power will become easier and easier to own. Your ease in saying this statement aloud will be a good indicator of how far you've come.*

Take note of anything you want to remember from this exercise:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

~ CHAPTER SEVEN ~

## Stimulate Your Longing to Be Seen

Wanting to be noticed isn't a shallow desire. A woman with a feminine essence needs to be seen for her radiance, her inner beauty, and her grace if she is to bloom into an open, beautiful flower. You can tell a woman who is seen by the people in her life by her vibrancy, her health, her skin, and her smile.

Much of the attention you expect to come from men may not easily come from them. Make sure you schedule plenty of time with your women friends, and when you meet, make a deliberate decision to share what you see in each other.

Notice how you might “shrink to fit.” Does your voice get quieter? Do you hide your Light? Do you not share your talents with others?

There are five main practices to developing your personal presence. They are:

- 1) Be present inside your physical body
- 2) Feel your energetic presence
- 3) Move your physical and energetic bodies together
- 4) Turn on your primary sexual essence
- 5) Enjoy your movement

### **Exercise #9**

*Take a moment now to put the book down, and place your attention on your Dantien (2½ -3 inches below the navel, inside, in the approximate center of your body). Feel what it's like to have all of your attention inside your body. Next, stand up, and imagine that you are speaking to a group of people about something you are passionate about. Move your body and gesture in an energized way. Make small movements, but with a lot of energy and purpose, and feel the intensity in your body, particularly in your hands and arms.*

What did you notice?

---

---

---

---

---

---

---

---

---

---

---

### **Exercise #10**

*Outstretch your arms to the side, with your palms facing up. Feel your energetic presence as much as you can, first in your hands and arms, then through your torso and the rest of your body. Imagine your energetic presence extending out from your body, a little over an arm's length away, as if it were a big, bright "light globe." Once you have a sense of this inner and outer energetic presence, experiment with the following instructions.*

*1) Stand or sit, enjoying the connection with your energetic presence both inside and outside your physical body. Imagine that the outer layer of your energetic presence is still expanded a little over an arm's length away. The globe of light around you feels big and spacious. Notice what that feels like for a minute or two.*

*2) I invite you now to contract your energetic presence as small as you can—almost as if it were not there. Imagine that the outer layer is now just 1 inch out from your skin. Bring your hands in so that they almost touch your body, as if they signified the outer layer of your energetic presence. Keep your energetic presence contracted. Notice what that feels like for a minute or two.*

*3) Expand your energetic presence once again as you imagine the outer layer of your energetic presence a little past an arm's length away. Your hands comfortably outstretch as far as they can go in all directions to signify this expansion. Take a minute to feel what that feels like.*

*4) Again, contract your energetic presence as if the outer layer were again just 1 inch out from your skin. Bring your hands in as if they signified the outer layer of your energetic presence. Feel what that feels like for a couple of minutes.*

*5) Finally, expand your energetic presence out past your arms so it feels big and spacious, but this time also keep your attention on the center point of your womb space, the center point of your energetic presence. Notice what this feels like and how this state differs from just expanding your big, bright, "light globe."*

What did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### **Exercise #11**

*Walk the length of a room and back three times in these three different modes:*

*First, walk with only your physical body. Feel the denseness of your muscles, joints, and bones as you walk.*

*Second, walk with only your energetic body. Feel the lightness of the energy inside your body as well as the energy surrounding your body.*

*Third, walk with both your physical and energetic bodies moving together with a 50/50 balance.*

*Notice particularly what changes for you when you walk with both physical and energetic bodies together. Which mode of walking is more habitual for you? This week, if you tend to walk in a more physical way, bring more attention to your energetic presence. Extend your bright, spacious, radiant “light globe” around you. Get lighter. If you tend to walk more energetically, then add more attention to your physical body this week. Keep checking in with whether you are inside your body or not.*

Which do you lean towards? More Energetic? More Physical?

---

What else did you notice in this exercise?

---

---

---

---

---

---

---

---

---

---

## **Exercise #12**

*First, isolate one of your hands and move it through the air without any attention on enjoyment. Then, experiment by moving your hand while asking yourself, “How much can I enjoy moving my hand?”*

*Next, isolate your hips and move them around in small circles as you feel the pleasure of this movement. If you can, walk a few steps around the room you are in, swinging your hips, while asking yourself, “How much can I enjoy moving my hips?”*

*You can do this exercise with any movement. Next time you want to turn your magnetic presence on, ask yourself, “How can I enjoy my movement right now?”*

What did you notice in this exercise?

---

---

---

---

---

---

---

---

---

---



# Increase Your Radiance

Your radiance is about much more than the redness of your lips, the shimmer in your eye shadow, or the shade of your fake tan. Nevertheless, it does have something to do with what you look like—there's no escaping this.

**To increase your outer radiance, you can:**

- ❖ Accentuate your physical assets. Know what parts of your body are most attractive, and wear clothes that bring attention to these parts.
- ❖ Wear colors that highlight your hair, eyes, and skin tone, as well as your personality.
- ❖ Eat an alkaline diet full of fresh fruit and vegetables. Drink lots of water.

**To increase your inner radiance, you can:**

- ❖ Feel more pleasure and happiness in your body and contain it so it feeds you.
- ❖ Flow attention to the center point of your womb space.
- ❖ Feel your energetic presence extend out from your body as if there were a beautiful big, bright light around you. Don't try to project your radiance.

---

**Exercise #13**

*Determine what colors make you look the most radiant by looking at your hair, eye, and skin color in the daylight. If you need to, ask a friend who is good with color for advice. Look through your wardrobe and throw out some of the clothes that don't highlight your appearance. It's time to breathe some life and Light into your wardrobe!*

*What colors do you **know** look good on you?*

---

---

---

---

---

---

*What colors do you **think** look good on you? (Can you check these out with a trusted friend who has a great eye for color or design?)*

---

---

---

---

---

---

### Exercise #14

*Choose one dietary change you will make from this day on, a change that will make a difference in how healthy and radiant you look. Write this change on a note card, and stick it on your fridge—right next to the handle—so you will remember.*

*Record that commitment to change here:* \_\_\_\_\_

### Exercise #15

*Don't be afraid to show how much pleasure you feel inside you this week. Smile more. Let your radiance shine through your face.*

Does any resistance surface with this exercise?

---

---

---

---

---

---



[illegible]

# Warmth and Mystery

There are two seemingly opposing energies that both men and women are especially attracted to in women—warmth and mystery. Be aware of which energy you feel more comfortable expressing, and practice the one you don’t embody as much.

Warmth feels inviting and welcoming and can be cultivated by smiling more, using a friendlier tone in your voice, and standing with an open body posture.

Mystery feels fascinating and enigmatic and can be cultivated by being quiet, using a softer lilting tone in your voice, and standing with an asymmetrical posture.

Be aware of the level of “light-hearted seriousness” you bring to your interactions. People trust and respect you more if they feel you have an “edge” to you and are not always sweet and nice.

---

## **Exercise #16**

*Which one of these seemingly opposing energies— warmth or mystery—do you express more easily? If you are not sure, ask a couple of trusted friends for some feedback.*

---

*Then ask yourself, How can I express the opposite state more in my interactions?  
Here are some suggestions.*

### ***Express More Warmth***

*Ask yourself, In what ways can I move my body and use my eyes and voice to express more warmth? For example, you could smile more, use appropriate touch, or open your body posture so you are not covering your heart area when you talk. Or you might smile through your voice to make it more friendly and welcoming, soften your eyes, or not be afraid to share personal stories.*

### ***Ignite More Mystery***

*Ask yourself, In what ways can I move my body and use my eyes and voice to express more mystery? For example, you might look at someone out of the corner of your eye, try silence, or slow down your walk. Or you might lower your voice. Or perhaps you could try not being afraid to listen more with an inquisitive eye and not share everything about yourself. When you create asymmetry in the body, this creates more mystery. Turn your shoulders or hips sideways from the person you are speaking to, which naturally creates curves in your body. This way, you will not be directly facing the person when you talk to them. Many women naturally do this when they are flirting with someone they are attracted to or dancing in a sensual way.*

---

---

---

---

---

---

---

---

---

**Exercise #17**

*What are some ways you deflect your seriousness in interacting with others? For example, do you giggle a lot in conversation to lighten the mood, use a higher or softer voice than your authentic tone, or avert conflict with a funny comment?*

---

---

---

---

---

---

*Practice adding more seriousness to your interactions, especially when you want to gain the respect of the room.*

~ CHAPTER TEN ~

# Her Blind Spot

In order to create the life you want, you must be aware of your true heart's-desires versus what you think you *should* want. After all, if you cannot feel and acknowledge your desires consciously, you will not manifest them in reality.

A woman's blind spot is often caused by her fear of separation. This can be the reason we cut ourselves off from feeling many of our heartfelt wants.

There are five key practices that will help you discern the difference between your heart's desires and what you think you *should* be, do, or have:

Key #1: Pause before you habitually respond

Key #2: Feel your authentic feelings

Key #3: Follow the joy

Key #4: Expand your thinking

Key #5: Seek supportive peer feedback

If your heart's not in it, you're not going to get to your destination very fast.

## **Key #1**

### **Pause Before You Habitually Respond**



To practice key #1, I invite you to pause before you answer questions like “How are you?” or “Is this ok with you?” or “What do you want to do now?” Think of it as a 10- to 20-second delay before responding. When making a decision about what to eat, what to wear, or what to do on a Saturday night, take the time to “check in” before you respond.

When is it most difficult to wait before you respond?

---

---

Who is it the most difficult to do this with?

---

---

## **Key #2**

### **Feel Your Authentic Feelings**

Your invitation with key #2 is to limit the behavior that most guards you from feeling your feelings.

What is that behavior? (over-working, tv, food, alcohol, etc)

---

When this behavior or defense wants to take over, stop! Without opening the fridge, pouring the usual evening’s glass of wine, spending more time on the computer, or blaming others, just sit and ask your heart, “How am I feeling?”

Allow yourself to be still and feel whatever is present under the surface.  
Take time to journal about your experiences when you avoid the habitual  
behavior and feel your authentic feelings.

## Journal Space

[illegible]

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

### Key #3

## Follow the Joy

Your invitation to practice key #5 is to become more aware of what feels joyful to you. Notice where you are on the “Joy Meter” when you bring to mind the things you *think* you want. When you become aware of yourself getting excited or inspired, follow that joy!

Take a moment now, wherever you are to check with the two Heart Circle questions:

(1) How am I feeling? and

(2) Given how I am feeling, what do I *really* want that will move me up the emotional scale to a more joyful state?

Take at least 2-3 minutes to tune in to both questions. If you are rushing them, you are in your head.

Notes:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### Key #4

## Expand Your Thinking

Ask these “Power Questions” to help open up to possibility; give yourself permission to dream and think big!

- 1) What would you do with the rest of your life if you always had 10 million dollars in the bank and knew you could not fail?

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Seek Supportive Peer Feedback

A man and a woman are sitting together, looking at a small white object held by the woman. The man is on the left, looking towards the woman on the right. The woman has blonde hair and is wearing a dark jacket. They appear to be in a casual setting, possibly a cafe or a shop.

A man and a woman are sitting close together, looking down at a small white object the woman is holding in her hands. The woman has blonde hair and is wearing a dark jacket. The man has dark hair and is also wearing a dark jacket. They appear to be in a casual setting, possibly outdoors or in a relaxed indoor space.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



~ CHAPTER ELEVEN ~

## Arouse Your Longing to Be Loved

The feminine deeply desires to love and be loved unconditionally. Be careful not to close yourself off from your desire for a deep, passionate relationship.

### **My Three Attempts at Love**

First: I need to get the love from someone else.

Second: I don't need anyone else because I can give myself the love I need—so if we get together, let's have a completely equal relationship.

Third: I don't need to keep giving love to myself. I am the embodiment of love.

Stay aware of which attempt you are making in your relationships. There is no easy ticket through the first two phases—it takes practice and a willingness to keep your heart open, no matter what.

Continue to feel your deepest longing for a relationship that can open you more than you can on your own. When fear, worry, and doubt arise, stay connected to your physical and energetic bodies. Keep your body open. If you are not present, you'll probably dive right into the old emotional drama and get lost in it.

Trust that the universe is right now hand picking the perfect partner for you, more suited to you than you have ever dreamed of before today.

Remember to stay home in your body, and don't merge with another in relationship. The stronger your core is, and the stronger their core is, the stronger the relationship will be.

---

### **Exercise #18**

*For a few minutes today, imagine that you are a "fountain of love." You have an unlimited supply of love rising up in you and overflowing all around you. Extend this love to everyone you see. It doesn't matter who it is—a little girl skipping along the street, a homeless man begging for money at the entrance to the highway, or your best friend—whoever it is, extend your love and appreciation to them.*

*What sensations in your body do you notice when you extend love?*

---

---

---

---

---

---

---

---

---

---

### Exercise #19

*The next time you feel angry or frustrated, feel it rather than shutting your heart down. Stay open-hearted instead of contracting in fear. Keep your body open and your arms out to the sides, and breathe into all the corners of your lungs. If you have tears, let them flow, and feel your throat opening as sensations from the emotions rise up. Stay with the physical sensations and not your “story” of the event that occurred to cause this feeling. Don’t analyze why this is happening. When we stay open—when we do not physically contract—we can feel more deeply and let love run through our body. The more we stay present to our energetic and physical body when a negative emotion tries to engulf us, the easier that emotion will transform into authentic power and love.*

What date did you follow through on this exercise? \_\_\_\_\_

What do you want to remember from the experience?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### **Exercise #20**

*When connecting with someone else, it is important to stay focused in the center vertical core of your body. Practice this exercise in person with the next person you interact with.*

*Step One: Bring your attention to the center point of your womb space. As you talk to this person, stay focused on this point in your lower belly; don't try to energetically jump over to where they are. Rest back in this place in your body, and notice how the communication shifts. When you feel you've been able to stay in the center point of your womb space while talking, move on to step two.*

*Step Two: Bring your attention to the center point of your heart area. As you talk to this person, stay focused on this point in your body. Rest back in your heart, and notice what it is like to communicate with someone from this place. When you feel you've been able to stay in the center point of your heart while talking, move to step three.*

*Step Three: Finally, with your imagination and attention, find the center point of your head (the center point of your skull). As you talk to this person, stay focused on this point in your head. Don't try to energetically jump over to where they are. We jump out of our own head space when we want someone to react to us in a certain way, when we are concerned about what they are thinking. Keep your attention on your own head.*

*The center points of your head, heart, and womb space are the three easiest portals through which to come into the center vertical core of your body. Together, they form your “energetic telephone pole.” When you are strong in your “energetic telephone pole” and your partner is strong in theirs, the relationship between the two of you is naturally strengthened.*

What do you want to remember from doing this exercise?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

~ CHAPTER TWELVE ~

## “Vulnerability” is Not a Dirty Word

The personal growth path of “the feminine” asks you to drop the invisible armor that shields your heart so that love can penetrate and open it even wider. It invites you not to fear the sweetness of your vulnerability but to see the power in it.

Your invisible armor will drop away, and more love, passion, and ease will be attracted to you when you:

- ❖ Become aware of when your body is energetically closed, and deliberately choose to open it.
- ❖ Allow yourself to receive more from others around you.
- ❖ Understand the difference between when you witness and feel the power of your emotions rather than getting stuck in emotional drama.

---

### **Exercise #21**

(From my More Than Dating program—[www.MoreThanDating.com](http://www.MoreThanDating.com))

*Part 1 – Below are a series of spectrums representing different ways you could be perceived by others. With the intention of gaining more awareness of how you are perceived, mark where you think you fall on each spectrum. We all move up and down on each spectrum, so don’t judge where you are presently—just notice and pay attention.*

**Friendly/Warm with the opposite gender who are NOT potential partners**

Extremely                      Average                      Not at all

I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

**Friendly/Warm with the opposite gender who could be potential partners**

Extremely                      Average                      Not at all  
I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

## Guarded

Extremely                      Average                      Not at all  
I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

**Sexually available/easy**

Extremely                      Average                      Not at all  
I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

## Ready for a relationship

Extremely                      Average                      Not at all  
I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

## Not open for a relationship

Extremely                      Average                      Not at all  
I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

## Needy of approval

Extremely                      Average                      Not at all  
I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

## Intimidating to others

Extremely                      Average                      Not at all  
I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

## Controlling

Extremely                      Average                      Not at all  
I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

## Easy to be around

I.

I.

# I

---



**Friendly/Warm with the opposite gender who are NOT potential partners**

Extremely                      Average                      Not at all  
I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

**Friendly/Warm with the opposite gender who could be potential partners**

**Extremely**                      **Average**                      **Not at all**

I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

**Guarded**

Extremely                                  Average                                  Not at all  
I    I    I

---

**Sexually available/easy**

Extremely                                  Average                                  Not at all

I    I    I

## Ready for a relationship

Extremely                                  Average                                  Not at all  
I    I    I

---

## Not open for a relationship

[illegible]

## Needy of approval

Extremely                                  Average                                  Not at all  
I    I    I

---

### Intimidating to others

Extremely                      Average                      Not at all  
I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

## Controlling

Extremely                                  Average                                  Not at all

I    I    I

## Easy to be around

Extremely	Average	Not at all
I	I	I

## Exercise #22

### Journal Questions (*Consider these questions deeply*)

*Do your behaviors demonstrate that it is more important to give than receive?*

*If so, where/from whom did you learn that?*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*In what ways do you find it easy to receive from others?*

[illegible]

*In what ways do you find it difficult to receive from others?*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

~ CHAPTER THIRTEEN ~

## 5 Mistakes Strong, Independent Women Make in Relationships with Men

The five mistakes strong, independent women make in relationships with men—and practices to change them—are:

**Mistake #1:** She does not appreciate his masculinity.

*Practice:* Be a “vessel of praise” for men, especially when they are in their masculine essence.

**Mistake #2:** She takes on the masculine role when he doesn’t.

*Practice:* Inspire him to take on the masculine role—resist the need to jump in and take it for him.

**Mistake #3:** She does not realize that a man wants a woman who inspires him “out of his head.”

*Practice:* Turn your Light on in all ways and remember, the masculine is attracted by your feminine gifts.

**Mistake #4:** She thinks, “I don’t need a man.”

*Practice:* Find small ways that you can create “needs” for men to fill.

**Mistake #5:** She does not deliberately create sexual polarity.

*Practice:* Remember, there are important times of the day where your feminine essence is called for.

---

### **Exercise #23**

Journal Questions:

*1. What are some negative or limiting comments or thoughts you've had about men—or the masculine—within the last few years?*

---

---

---

---

---

---

---

---

---

---

---

---

2. *What do you most love about men?*

---

---

---

---

---

---

---

---

---

---

---

---

The following are some tips on inspiring your man “out of his head.”

*Soften your body.*

How can I do this around my man?

---

---

---

---

---

---

---

---

---

---

---

*Speak emotionally rather than intellectually.*

How can I do this around my man?

---

---

---

---

---

---

---

---

---

---

---

---



*The power of touch, both sexual and non-sexual.*

How can I do this around my man?

---

---

---

---

---

---

---

---

---

---

---

---



*Flirtatious looks.* How can I do this around my man?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Wear something beautiful.*

How can I do this around my man?

---

---

---

---

---

---

---

---

---

---

---

---

### **Exercise #24**

*Make a list of all the ways you “need” a man in your life. “Need” has a different energy than “want.” I am using the word “need” intentionally. If you cannot come up with 5 needs easily, this chapter will be a good one for you to keep referring back to. Keep asking this question throughout the day until you come up with 5 ways you “need” a man.*

Need #1

---

---

---

Need #2

---

---

---

Need #3

---

---

---

Need #4

---

---

---

Need #5

---

---

---

### Exercise #25

---

*Look at the continuum below, and plot on it where you think you are most of the day. Remember, we move back and forth on the continuum, depending on what we are doing, so just have a guess as to where you are on average.*

#### **Your Rating**

Very masculine

Neutral

Very feminine

I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

*Then, ask a trusted friend (one who sees you in person often) where they see you on the continuum—without telling them where you consider yourself to be.*

*Then, figure out one thing you can do that will move you one step closer to the feminine end of the continuum. Don't expect to make a huge leap, just practice consciously moving towards your feminine essence.*

### **Friend's Rating**

Very masculine

Neutral

Very feminine

I \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_

# The “C” Word: Gain Control by Giving it Up



If you don't “let go” and trust both yourself and life, you are likely to become controlling, lose power and relationships, and be perceived as overly masculine.

Trust in the perfect timing of events. You do not always know what is in your highest good or in the highest good of others.

One of the biggest complaints men have about women is that they can be too smothering and clingy. Let your man fly away, and see if he comes back.

Letting go of control increases your magnetic presence. When you let go, you create more flow and movement in your body. This, in turn, allows for more authentic self expression and spontaneity. Stay aware of where there is flow in your body and where there is constriction.

Be a vessel for the divine wisdom and power that wants to move through you. Follow the subtle impulses to move in a certain direction, to contact a certain person, or to share a piece of wisdom.

## Exercise #26

*What is a challenge or decision point that you are facing right now that you would like some guidance on?*

---

---

---

---

---

*Be still for 3-5 minutes and deliberately make yourself feel as peaceful and as emotionally uplifted as you possibly can. You may picture in your mind someone you love and the things you are most grateful for, in order to reach a joyful state.*

*Feel grounded in your womb space, and affirm that you are unattached to receiving the answer you want, or any answer, for that matter. Being unattached to getting an answer helps to stay in a peaceful and joyful state. When you feel you have let go of control, ask about the challenge you want some guidance on.*

*Be open to an answer coming in any form—a word, a visual picture, or a feeling, etc. Give it time, and stay unattached. Have your journal ready to write down anything that comes. Do not judge the way the guidance comes to you, be grateful for it. Do not judge the information you receive while you are receiving it, just write it down.*

---

---

[illegible]



*It is important to stay grateful for this partnership with the divine power, and say, “Thank you for this guidance.” If you do not believe you can access this guidance, you will create a self-fulfilling prophecy; be patient, and stay grateful for the guidance that you do get.*

(There is a guided meditation on my Feminine Presence Meditations CD that will help you create the optimal state to ask these questions. To find out more, visit, [www.FeminineMeditations.com](http://www.FeminineMeditations.com))

### **Exercise #27**

*Look at your behaviors with partners, lovers, customers, and possible clients, and ask yourself this journal question: What are the ways that you overtly or subtly try to control others?*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### **Exercise #28**

*Take some deep, easy breaths and bring your attention inside your body. Notice where there is flow and where there may be constriction or a block. Start with your feet and lower legs. Then, move your attention up to your upper legs, hips and pelvis. Notice where there is spaciousness and flow and where there is not. Slowly move your attention to your torso. Feel your belly, your heart, and your back. Where is there flow, and where is there constriction? Finally, check in with your neck, arms, and face. Is there spaciousness and flow there, or not?*

*Bring your attention now to the part of your body that feels the least amount of flow and the least amount of easy movement. Breathe into that place in your body as you feel it softening. Send loving attention to it as you move it gently, imagining more flow in this area of your body. Remember, movement and flow increase your magnetic presence.*

What did you notice?

---

---

---

---

## Exercise #29

*Put on some of your favorite instrumental music and give up the need to move to it in a certain way. Keep your eyes closed. Breathe deeply into your belly for a minute or so, and wait until you feel “moved” to move. When you feel an impulse to move—in your hand or arm or hip—let it move you. Take it slowly to begin with, and stay aware of any habitual moves that you would ordinarily do on the dance floor. Resist these habits. This practice is about being moved physically by something greater than you, rather than by the way your mind thinks you should move. Oh yeah, and you are allowed to enjoy it ☺.*

Was this easy? Enjoyable?

---

---

---

What could your life be like if you followed the flow more?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# The Power of Surrender

What you resist persists. Personal power and spiritual liberation come when you surrender to what is happening in the moment.

Surrendering is not about giving in or claiming to be a victim of something outside yourself. In spiritual and psychological terms, surrendering means giving up your individual will, thoughts, ideas, and deeds to the will of a divine, or higher power.

There are four primary steps to letting go of resistance:

1. Become aware of what you are resisting.
2. Feel the resistance. Breathe into it, meet it with compassion and forgiveness, but don't wallow in it.
3. Use the power of prayer and contemplation to ask the question: "Would I be ok if nothing ever changed?"
4. When the resistance and worry come again, which they will, meet them with the words, "It's okay, I hear you, but I am not scared of you anymore."

### **Exercise #30**

*What are you most scared of or in judgment about these days? What is it that keeps you up at night or activates negative feelings within you? Is it the state of your health, your financial situation, your being single? You may be resisting how someone else is being or not being. Note some of your thoughts about this resistance here.*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Set some time aside in the next few days to really feel your resistance. Acknowledge it. Let it be present.*

### Exercise #31

*As you write about and really feel your resistance, notice that, instead of wallowing in whatever emotion you are feeling, you can meet it with compassion and forgiveness. Forgiveness neutralizes resistance. The moment we forgive anything, it stops holding us back. Practice forgiving the emotions that arise for you. When you feel sadness, say to yourself, “I forgive the sadness that is arising in this moment.”*

Notes:

[illegible]

**Power Question:**

**“How can I come back into alignment with the power of who I really am, right now, and surrender any resistance to what is happening?”**

**Exercise #32**

*Write and say an affirmation or incantation every day that will remind you to surrender and partner with your higher power. For example, my affirmation is, “Guide me, protect me, I will follow through. Thank you for the guidance you give, I’m open to receiving more and more.” I say this in the morning as I exercise or meditate.*

My affirmation or incantation is:

---

---

---

---



# Making Love with Everything

Your ability to live in harmony with the rest of the planet—and to affect it with your positive mark of feminine power—all boils down to how present you are. There are three main areas you need to be present with in order to be the powerful *and* feminine woman you want to be:

- 1) Be present with your mission in the world.
- 2) Be present with your decisions.
- 3) Be present in conversation and conflict.

---

## Exercise #33

*What are the five to seven Qualities of Being that you want to express as part of your mission for the world? Write them down, and put them somewhere you'll see them often.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



*What is one small change that you can make in your purchasing decisions that will feel more in alignment with the ethical decisions you want to make?*

*Are you willing to make this change today?*

---

---

---

### **Exercise #35**

*Which of the 10 most common “needs” do you notice are ones you fall into the most?*

---

*What other “needs” sometimes arise in your conversations that stop you from being present?*

---

---

---

---

---

---

# How to lead a *Powerful and Feminine*

## Women's Circle

~ or book group ~

*A Powerful and Feminine* Women's Circle holds so much possibility. It offers the chance for women to have a much needed discussion about how we have disowned parts of our feminine nature, and to acknowledge the consequences of that. It can teach women specific physical, energetic, psychological, and spiritual tools to enhance their relationships and the level of joy they feel on a day-to-day basis. I have seen it time and time again that it can heal the rifts and competition women have between each other, along with many other benefits.



Feel free to use my suggestions in this section as a guide, at the same time, allow your creativity and inspiration to take an active role in creating and sustaining the group.

**\*\*IMPORTANT: All of the exercises in *Powerful and Feminine* are proprietary.** When presenting any of these exercises anywhere the

statement, “Based on the book *Powerful and Feminine* by Rachael Jayne Groover” must be included in all printed, displayed, and/or publicized materials, and shared verbally at your groups or events, even if the event includes other exercises from other sources. Thank you for respecting my work, and for passing it on to those who need it.

### **Possible Structure for your Circle**

#### **The 6 components:**

- 1) Tune In
- 2) Check In
- 3) A *Powerful and Feminine* Exercise
- 4) Heart’s Desire Discussion
- 5) Check Out
- 6) Tune Out

#### **Tune In (2-3 minutes)**

Take some time in silence for each woman to close their eyes and tune in to how they are authentically feeling in the moment. You may choose to light a candle to signify the official start of the circle time.

The facilitator of the circle can use the Heart Circle questions from the book to remind the women what they are tuning into:

- 1) How am I feeling underneath the surface?
- 2) Given how I am feeling what do I want for this time together?

A Tune In is a great demonstration of feminine energy. It makes us look inside of ourselves. It asks us to be vulnerable, real, and receptive. It allows more awareness and connection to our body, our emotions, and our energetic field.

#### **Tips to remember from Chapter 10**

- ❖ It takes time to really tune in to how you are feeling.
- ❖ Practice the art of creating space between your habitual response and your heart’s response.

- ❖ The practice of feeling your feelings authentically and deeply is important in the process of discerning what it is you truly want.

**Check In** (2-5 minutes per person, depending on the size of group)

This is every circle member's opportunity to share what arose for them when they asked the two Tune In questions. This includes a few words on how they are authentically *feeling* (sad, happy, frustrated, excited, neutral, etc) and any information that will help the group understand what space the person is in. For example: "I have a very bad headache," or "I just found out some bad news," or "I just got engaged and am so excited." Then they can share any desires they have for the time together.

Tips to remember

- ❖ Don't allow too much time to be spent on drama or story—a little back-story is fine.
- ❖ Make sure they include feeling words in their share.
- ❖ Support people in coming back to how they FEEL about what is going on for them, rather than analyzing why they think they are feeling this way.

**A Powerful and Feminine Exercise** (15-30 minutes, depending on how long your time together is)

Choose one of the 35 exercises to guide the women through. Check in with your womb space and heart and ask from an intuitive place, "Which of the practices will most support the women that will be present at this circle?" Occasionally you might decide to do 2 or 3 similar practices together, as some of the exercises don't take very long.

Tips to remember

- ❖ Don't be preachy. Don't set yourself up as the one with all the answers. Take part in the exercises, and practice with them as much as you can.
- ❖ After most of the exercises it is best to have at least 5 - 10 minutes to debrief what the women noticed and what to remember. You can do this in pairs, or small groups, or in the full circle.

**Heart's Desire Discussion** (30-60 minutes, depending on how long your circle is)

We prematurely set our intentions, formulate goals, and repeat daily affirmations before we have actually explored what it is that our heart truly desires. No matter how hard we try to keep our minds open and follow our own dreams, it is very difficult to discern whether something we are doing is what we really want or whether it is a desire that has been ingrained in us from the outside world. This Heart's Desire Discussion will give each woman an opportunity to have some focused time feeling on what she wants in relationship to her feminine expression in a particular area of her life.

In this part of the circle the Heart Circle Questions will sound like this:

- 3) How am I feeling about this area of my life?
- 4) Given how I am feeling about this area what do I *really* want?

### **Possible Heart's Desire Questions**

- ❖ How do you feel, and what do you want in the area of connection with other women?
- ❖ How do you feel, and what do you want in the area of feeling your emotions and intuition?
- ❖ How do you feel, and what do you want in the area of your clothes expressing your unique feminine essence?
- ❖ How do you feel, and what do you want in the area of receiving more, without having to push to make it happen?
- ❖ How do you feel, and what do you want in the area of intimate relationships?
- ❖ How do you feel, and what do you want in the area of health, physical fitness and/or body image?
- ❖ How do you feel, and what do you want in the area of your leisure and relaxation this coming season?
- ❖ How do you feel, and what do you want in the area of your connection to the earth and nature?

- ❖ How do you feel, and what do you want in the area of feeling your sensuality and sexuality?
- ❖ What support do you want to receive from this group on an ongoing basis?
- ❖ What is one of your biggest dreams or visions you have for your life?

#### Tips to remember

- ❖ Encourage people to be specific with what they want. The more specific they make it the more they will feel the “juice” of that desire.
- ❖ Don’t allow people to talk about how they feel they need to loose weight, or need to change their wardrobe, or need to relax more. Instead, encourage them to feel the desire for what they are *wanting* that feels good!
- ❖ This discussion is not about how they will then accomplish what they want. The power comes by simply talking about the possibilities as they feel their desire in every cell of their body.
- ❖ When someone is connected to what they truly want their individual energy will rise and the group energy will rise. You will feel it! When they are speaking about something they think they ‘*should*’ want the energy will be flat. Knowing this, the rest of the group can give some feedback as to whether they are feeling their energy rise as someone shares their desire. If no one is feeling any rise, gently ask the woman to check in again with what she is wanting, as their may be something even more deeper and ‘real’ than that.

#### **Check Out** (1-2 minutes per person, depending on size of the group)

After a minute of silence for everyone to check in with how they are feeling one last time, each member of the circle will share a few words on how they are feeling at the end of the circle. Then they will say if they are complete or incomplete with this time. If someone feels they are incomplete, simply sharing that gives them a sense of completion for that moment. They have been able to express their truth. Have someone from the group follow up with that person later to make sure that they are okay before they go home, if you are unable to.



### **Tune Out (1 min)**

Similar to the tune-in, take a moment to close your eyes, breathe together and tune into the gratitude for this time together. If you lit a candle at the beginning of the circle, you can all blow this out together.

### **Shared Agreements**

The following are shared agreements that I recommend everyone in the circle honor:

- 1. Confidentiality and Privacy.** I will not share anything from the circle of a personal nature with anyone else.
- 2. Express your authentic feelings.** A safe environment for sharing occurs only when every emotion is ok to share. Happy is no “better” than sad, clear is not “better” than confused. It is just what is. I will attempt to always share how I am **authentically** feeling and try not to judge it “bad” or “good.”
- 3. Use “I” statements.** I will share from my own experience and not assume others feel or think the same way I do.
- 4. To be present to every other women in the circle as much as possible.** I understand my presence supports their growth and healing.
- 5. To be present at every circle possible, and on time.** I understand resistance will arise from doing this practice and I will turn up to class even when I don’t want to.
- 6. To commit to participate fully even when I feel self-conscious.**
- 7. To only share positive and supportive comments to the other women.** I will not engage in trying to fix someone else or give advice.

These shared agreements can be emphasized by putting them in writing and giving them to everyone in the group before the first circle.

### **Tips on how to stay focused**

Keep the focus on what the women are feeling and wanting, rather than intellectual discussion about the feminine. To hide vulnerability people will start talking a lot and filling up space. Ask people gently to stop their story. Remind the women to come back to their own inner guidance and authentic longing.

If you supply food and drinks at your event, have these served before or after the circle format starts. It can be a distraction, and after all, we are practicing how to be more present with ourselves and each other.

### **3 Effective Ways to Find the Perfect Women for your Circle**

#### **1. Personally Invite your Perfect Women**

Create a list of women you know that fit into the “perfect woman” category. Invite each of them personally. Don’t send a group email. Send a personal one. Better yet, call them and share why you would love for them to consider being in your circle. Send a flyer or invite in the mail with a personal note. Don’t rely on posting flyers around town. That usually is a waste of time in larger towns or city areas.

#### **2. Referrals**

Ask those who have committed to your circle to invite high quality women they know. Spread the word! Periodically ask them to go through their phone or email address book to see who would be a great fit for the circle. The people that come to mind may not be your best friend but someone you haven’t seen for a while.

#### **3. Meetup.com**

Meetup.com is exploding right now as a social networking site for groups that get together in person in a local area. Check it out at [www.MeetUp.com](http://www.MeetUp.com) Set up your own group for a small fee. People who are searching such terms as women’s social groups, women’s empowerment, women’s networking, spiritual groups, etc will find you and your listing. It’s a great way for people to find you.

You will build an email database through this service, and then you can remind them about upcoming circles. You may want to use this site to join other groups that would be a good source of meeting women.

**Do you charge for people to attend the circle or book group?**

It's completely up to you. You can offer it for free, or for a small fee, or for a sliding-scale donation.

# ~ Recommended Resources ~

## **Feminine Presence Meditations (CD)**

Rachael Jayne Groover leads you through a series of meditative practices that will increase your feminine energy and personal presence immediately. Many women find it difficult to meditate sitting on a cushion and quieting the mind. These meditations will reassure you that you can reach profound energetic, ecstatic, and empowering states through these feminine modes of meditation.

[www.FeminineMeditations.com](http://www.FeminineMeditations.com)

## **The Art of Feminine Presence**

(Weekly Classes, Weekend Intensives, and Teacher Trainings)

These in-person events will help you develop a magnetic presence that attracts the attention you want, both personally and professionally. You will feel more comfortable expressing your femininity, sensuality, and receiving positive attention. You will practice how to follow your body's wisdom and "higher guidance" rather than always pushing to make things happen.

[www.TheArtofFemininePresence.com](http://www.TheArtofFemininePresence.com)

## **Feminine Spirituality and Leadership Program**

(Six-month Home Study Program)

This program can be taken from anywhere in the world and covers the following six primary topics of feminine power: Clarity, Beliefs, and Intentions; Your Internal and Intuitive Guidance System; The Feminine Essence; Personal Presence and Vocal Power; The Feminine Shadow; and Opening the Floodgates to Abundance.

[www.FeminineSpiritualityandLeadership.com](http://www.FeminineSpiritualityandLeadership.com)

## **More Than Dating: How to Attract the Rare Breed of a Conscious and Sexy Mate**

(Self-paced Home Study Program)

Rachael Jayne Groover teams up with her husband, Datta, to help you spot an unavailable partner before getting "hooked" by them, and to understand "The Rules" of conscious dating. Learn what gains women and men the most "healthy" attention, and discover what needs to be developed in you in order to be ready for an extraordinary relationship. This includes over 12 hours of audio lectures and a 50-page workbook.

[www.MoreThanDating.com](http://www.MoreThanDating.com)

## **Speaking Engagements**

Rachael Jayne is a dynamic and entertaining speaker and singer. In her presentations, she weaves in tunes people know and love, as well as her own original songs on feminine empowerment. She will customize the perfect presentation for your group. To have Rachael Jayne Groover appear live at your next event, email [speaker@TheYinProject.com](mailto:speaker@TheYinProject.com), or call 970-377-2562.

## **Videos on Femininity and Personal Presence**

When you need some inspiration or a quick reminder of how to be *Powerful and Feminine*, visit Rachael Jayne's video page.

[www.FeminineVideos.com](http://www.FeminineVideos.com)

# ~ Final Words ~

Remember, when you walk into a room with a sensually alive body, a compassionate and loving heart, and a peaceful mind, you can affect people in the most profound ways. You give others permission to share their Light. With your presence, you encourage them to be big, bold, and beautiful in a way that makes them feel comfortable rather than intimidated. Are you ready to be this woman?

If you are, I would like you to write down the five things that you will commit to integrating into your everyday life right now.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

*Where will you put this list so you can see it every day, at least for the next 66 days?*

---

Please keep me posted on your success. I'd love to hear how people react to you differently. I'd love to hear how your relationships change, and how your vision for your life comes into reality. Putting what you learned here into practice is the key.

Thank you so much for your attention and presence as you journeyed through this guidebook, and for honestly considering how *you* can be a radiant example of a powerful *and* feminine woman, not just to attract the attention you want but to bless the lives you touch.

I hope to meet you in person one day.

Much love,

Rachael Jayne Groover  
Founder *of* The YIN Project



# ~ Notes ~