



PRIESTESS MASTERMIND

MODULE 5

CALLING IN
SACRED
SPACE





CHECK-IN

HOW HAS THE DIVINE FEMININE BEEN MOVING THROUGH YOU?



YOUR VISION

- HAVE YOU PONDERED WHAT YOU WANT TO WORK ON?
- IS THERE ANYONE WHO IS READY TODAY?



AREAS YOU MIGHT NEED SUPPORT IN...

Setting up structures so you are moving forward on

- Regular Personal Ceremony
- Starting your own Priestess Circle
- Any kind of business endeavor
- Supporting your health, eating habits, exercise, etc.
- Relationships and Home Life
- Fiscal/Financial Responsibility and Growth
- Your choice





“ KNOW, FIRST, WHO YOU
ARE, AND THEN SUPPORT
YOURSELF ACCORDINGLY. ”



BALANCING THE LEDGER- PART 2...

Many of us struggle to feel sovereign and in control of our lives. Many of us have been working on ourselves for years and life may still feel difficult in some areas.

The reason this is difficult is that our body keeps score. It knows when we are overriding our own authority, when there is dissonance in the field.

But we have been taught to ignore its signals.



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YOUR BODY IS THE INFRASTRUCTURE OF YOUR SOVEREIGNTY



You cannot be sovereign if you don't bring your body with you. If your body is constantly in fight or flight, you can't be sovereign. You may have an intellectual awareness of sovereignty, but if you don't feel safe in your body, then anything coming at you that the system is throwing at you, takes you off your pivot and keeps you at a low frequency. (Even and especially constant HEALING of TRAUMA)

You have been trained not to trust your body wisdom, to no longer recognize it. It is the Sophia Frequency that you were taught to ignore. But your body still runs on it. It is an underground economy that lives inside of you. Your intuition still speaks through it.

Your energetic body is the only part of you that the system cannot fully colonize, but it is trying to! We are in a spiritual war for your consciousness. This is why embodiment work is so important now. It can run interference for your consciousness and intuition. It is now time to protect your consciousness and your embodiment at all costs. How?

By having protocols & practices in place that are non-negotiable! Daily habits that make your energetic field impenetrable to the fuckery!



ARE YOU...

- ALWAYS IN YOUR HEAD: THINKING, ANALYZING, JUDGING YOURSELF, OR SCANNING FOR DANGER?
 - CHRONICALLY TENSE AND EXHAUSTED: IGNORING YOUR BODY'S SIGNALS TO REST?
 - HABITUALLY OVER-FUNCTIONING: IF YOU'RE NOT PRODUCING YOU FEEL WORTHLESS; STILLNESS EQUALS DANGER AND REST FEELS WRONG?
 - FEELING NUMB, DISCONNECTED FROM YOURSELF AND LIFE – LIKE YOU ARE GOING THROUGH THE MOTIONS BUT NOT FULLY LIVING?
 - PEOPLE-PLEASING AND DIFFICULTY SAYING NO OR HOLDING YOUR BOUNDARIES?
 - FREQUENTLY TRIGGERED OR OVERWHELMED: REACTING, SNAPPING, COLLAPSING – AND THEN FEELING SHAME?
 - YOU DON'T KNOW WHAT YOU WANT; YOU ONLY KNOW WHAT EVERYONE ELSE NEEDS? PLEASURE FEELS DISTANT OR UNSAFE.
 - PERFECTIONISM, CONTROL AND RIGIDITY– UNABLE TO SURRENDER OR TRULY RECEIVE?
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★ HERE'S WHAT WE NEED ★ TO REMEMBER...

DISEMBODIMENT IS NOT A CHARACTER FLAW. IT'S A SURVIVAL RESPONSE. WE LEAVE THE BODY WHEN FEELING BECOMES TOO MUCH. WHEN YOUR NERVOUS SYSTEM IS OVERLOADED. WHEN STABILITY WAS NOT MODELED. WHEN YOUR VOICE WAS SHUT DOWN. WHEN YOU'VE BEEN REWARDED YOUR WHOLE LIFE FOR OVERRIDING YOURSELF.

THIS IS WHAT I MEAN WHEN I SAY WE HAVE BEEN PROGRAMED! THIS WAS DELIBERATE...TO KEEP US MANAGEABLE.

NONE OF THIS IS ABOUT SHAME. IF YOU'RE READING THIS AND THINKING, "SHIT... I LIVE THIS WAY A LOT OF THE TIME..."

WELCOME, SISTER. YOU'RE NOT ALONE.

THESE PATTERNS RUN DEEP IN OUR NERVOUS SYSTEMS, OUR ANCESTRAL LINES, OUR CULTURE.

THIS IS WHERE WE CAN BREAK THE PATTERNS!



THIS CAN SHOW US
WHERE WE NEED TO
FOCUS...

QUESTIONS...



NEXT TIME

We will meet again in 2 weeks on January 30.

Do I have volunteers for the hotseats?

Be prepared to share your offerings.

Share with each other in the What's App group!





DANCE AND INTEGRATE





WE LOOK FORWARD
TO SEEING YOU

JANUARY 30, 2026