

Nine Principles of Sacred Feminine Spirituality

This collection of meditations and wisdom came to me during my prayer and meditation practice over the last several years. Part 4 outlines the step by step process that I used in my prayer and meditation practice. This process deepened my spiritual process and taught me how to connect with my Spirit Guides and Soul Partners. It is available to assist you in developing your own unique meditative practice and communion with your guides.

During this meditation practice in which I received inspiration from Mary Magdalene and my other guides, several themes and principles of Feminine Spiritual Maturity became apparent. I will sometimes refer to these as “Feminine Spiritual Principles”, “Sacred Feminine Spirituality”, “Divine Feminine Spirituality”, “Principles of Feminine Maturity” or any combination of those words. When I do, I am referring to the nine principles here and I believe these themes unite us in the embracing and honoring of the Sacred Feminine. I have come to believe that these necessary components must be integrated to discover and embrace one’s Divine Purpose and Destiny. Over the last several years, I have refrained from reading any literature, fiction or non-fiction (other than reading “The Da Vinci Code”) related to Mary Magdalene. It was my intention to have the purest and most organic relationship with her that came out of my own prayer and meditation practice. Below are the principles, beliefs and themes that have emerged which describe how to embrace our Divine Purpose and Destiny and live more fully integrated with Sacred Feminine energy.

- 1. Each individual has a unique Divine purpose to fulfill, which is revealed through prayer, meditation and communing with one’s own Soul Partners and Spirit Guides.**
- 2. The preparatory work to living out our Divine Purpose and Destiny comes from healing addictive behaviors, doing our family-of-origin grief work, and seeking restoration to mental, physical and emotional wholeness.**
- 3. There are unique Soul Partners and Spirit Guides available to each individual who seeks their own spiritual and emotional maturity. As you answer this call to discovering and living Divine Purpose and Destiny, these guides will be made clear to you. Your unique set of Spirit Guides and Soul Partners is ready and waiting to provide support, inspiration, wisdom and guidance on your journey to spiritual maturity.**
- 4. Wisdom and guidance come from within and in communion with Soul**

Partners and Spirit Guides. There is a consistent requirement to surrender ego wants for others' approval and acknowledgment from the outside world. As seekers on this path, we are called repeatedly to go within to seek guidance, comfort and support.

5. The voices of our Soul Partners and Spirit Guides come only when openness and surrender of unhealthy ego, mind and emotional wounds occur. We must be willing to embrace and own our resistance to letting go. We must be willing to release our self-will as well. We must also embrace and open ourselves to receive the inspiration and healing that comes from our Spirit Guides and Soul Partners on a regular basis.

6. The Sacred Divine Feminine Spirit/Soul Energy is a necessity for balancing, restoring and bringing transformational healing to one another and the planet as a whole. We must begin to integrate mature Feminine principles with mature Masculine principles to restore balance, bring healing and invoke transformation.

7. Our woundedness and hurts become the greatest gifts of service to others and a primary foundation for manifesting our Divine Purpose and Destiny, if and *only if* we fully embrace our pain and authentically grieve and seek healing. Our gifts of service and contribution will then come from the transformation of our woundedness and pain.

8. The journey of Feminine Spiritual Maturity and Soul Expression is filled with great mystery. Surrendering to this mystery becomes a necessary component of living the spiritual life and expressing our Divine purpose.

9. Whenever we act according to the nudging and whispering of self-care and self-love from within, all are blessed. Our passions, purpose and deepest desire will emerge as *we honor ourselves first*.

