

## *Reclaim YOUR Freedom* Online Workshop Transcript

### Lesson 7 – Introducing Power

Some of the large issues around this are Piscean versus Aquarian era, and I talk about this in the book, though globally I believe we are going through a transition we've moved out of that Piscean era but we are inside the age of Aquarius. In 1960s Hair came up with a song Age of Aquarius.

I think we are firmly in that. The Aquarian era is the feminine era. Piscean is the masculine. Piscean is dominance, control, manipulation, patriarchal. That is dying. And the whole *Me Too* movement is kicking in. The age of Aquarius. Interesting, the age of Aquarius that's defined by technology, which is interesting. Technology is part of that feminine energy.

And so we're seen people starting to embrace it, women coming to their own power. Power is a female affair, strength is a male affair. Let me repeat again. Power is a female energy, strength as a male energy. And what do men crave more than anything else? Power.

And how do they get it if they don't do their inner work, because there's abundance of power of course.

Where does that abundance of power come from? God, Source, absolutely. And if men don't do their work to actually bring that in, they will manipulate and bully women to get it from them.

And we are seeing that women are saying enough - because men are being forced to do their work now and they are kicking and fighting. We're seen that.





Women are coming up, and of course what happens fear feeds and fuels anger. Women have been living in the space of fear for quite a long time. They've had enough of it now. The *Me Too (movement)*, they are now angry. But again, this is in Chinese medicine, but anger controls the ability to show empathy and sympathy.

“I don't want to be around you just right now until you deal with us as well”, so the pendulum is swinging. So, we are coming into that matriarchal era. We are coming into the collaborative decision-making process, not the hierarchical. That's happening. And so I really urge women to claim that power, but also be aware of what power is, the extraordinary energy behind power and not to try and meet men on their terms which is strength.

If you remove power from a man he just becomes weak. What does a man hate most in a relationship? The silent treatment. They can't stand it because you are not giving me power I want. How do I do this? How do I respond? I feel like a little boy. I feel scolded. Oh my God, how do I do this?

Remember I was saying in this thing - path of awareness, awareness, awareness. It's all part of awareness; that power's a female affair. Men crave it.

Again, in each and every one of us there's the yin and the yang. There's the feminine energy and the masculine energy in each one of us;, divine feminine, sacred masculine.

The archetypal female has obviously more feminine energy and the archetypal man has more of the masculine energy. We are seeing that crossing over more and more where people are incarnated with a lot of either crossover or blended (energies). That to me is part of the universal evolution, not just human evolution but universal evolution.

From the big bang separation, we are coming together again now to create a new star where the two come together and the humans are reflecting that. We'll see





what blocks us in freedom and belief systems how we become so, stressed around that. These are big issues happening around this, and how do we become, find that inner peace so we can just allow that to happen and not get knocked out of our center while these things are happening.

It's important that you find your way to speak your power in a way that works for you. Each person will be unique in where they are and what that works for them. The way I speak my power is through this path of awareness stuff. That's how I speak it.

We'll talk about the ambassador versus the activist as well this afternoon. So I take on the role of ambassador. I don't take on the role of activist, and hence the teacher role. We'll discuss it this afternoon and what roles can we take on. But the important thing is don't shrink from your power.

There's a client... she's got the phrase, she says (and I use in my book) Stand in Your Power, without apology. I love that. Stand in Your Power, without apology. Never apologize for your power even if it threatens other people. Say, dude, I'm sorry if you're threatened by my power. I will back off, but I'll never apologize for it. That's who you are. How can you apologize for who you are?

