

A GUIDE

WISE BODY, WILD DREAMING

RECLAIM YOUR SENSUAL,
FEMININE POWER



Wise Body
Counselling

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WELCOME

Have you ever heard someone say words so painful that you felt the floor dissolve beneath you?

I did.

When my marriage ended, my ground dropped out from under me. As my husband said that he thought we should move in new directions, the words buzzed around my head, but all I could sense were the blazing arrows firing through me.

He didn't want to hurt me. He didn't even seem sure if he really wanted it to be over. But that just made things more complicated. It was his arms I collapsed into in sad moments in the following months as I searched for safety and comfort in the world.

The pain was knowing that even when we were together, we were apart.

The pain was of separation.

I felt alone. I felt confused. And I felt embarrassed that even while I guided couples towards more intimacy and connection in their relationships, it felt like I was being told that as a partner ~ I wasn't enough.

I was shaken. Food didn't taste as good. Rom-coms pissed me off. And, after 15 years away, I was living in my hometown during a worldwide pandemic.





My usual ways of maintaining my steady sense of self no longer helped. When I wasn't at work, I felt like my head was in a washing machine set to rinse and repeat.

I no longer had the energy for the never-ending cycle of self-improvement.

Everything I knew about myself crashed down.

I had no choice but to enter a space between realms—a deep, mysterious, tender place within myself—where time seemed to speed up and slow down at the same time.

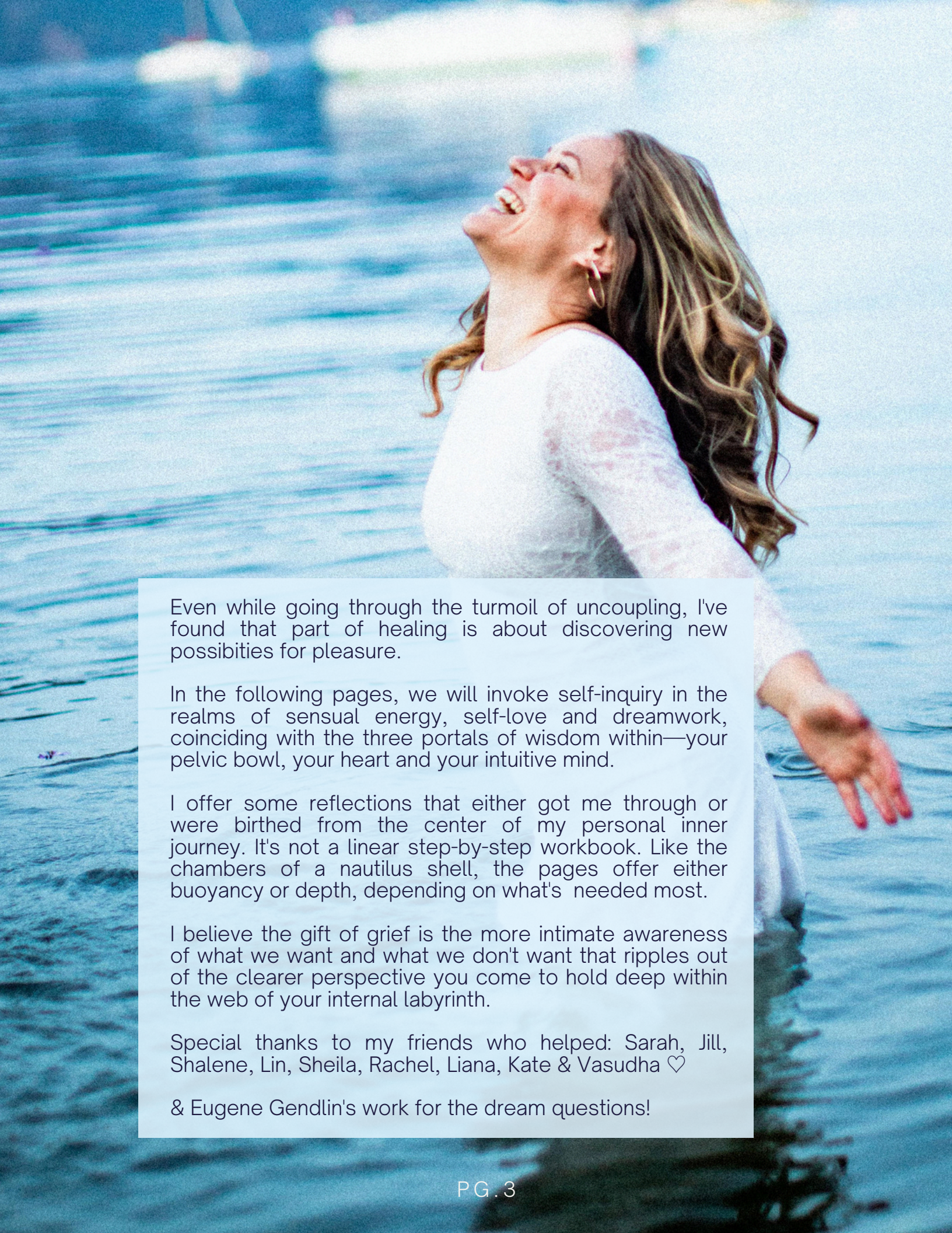
And it was here, between my dreams and among the usual things that I piled on top of my not-enoughness, that I met my deep self.

After years of searching outside of myself for answers to spiritual questions, I finally let go of the self-doubt and fully inhabited my authentic truth.

I married my own heart and fell in love.

My intention for this e-book is to provide you with a direct path straight to the heart of your true beauty.





Even while going through the turmoil of uncoupling, I've found that part of healing is about discovering new possibilities for pleasure.

In the following pages, we will invoke self-inquiry in the realms of sensual energy, self-love and dreamwork, coinciding with the three portals of wisdom within—your pelvic bowl, your heart and your intuitive mind.

I offer some reflections that either got me through or were birthed from the center of my personal inner journey. It's not a linear step-by-step workbook. Like the chambers of a nautilus shell, the pages offer either buoyancy or depth, depending on what's needed most.

I believe the gift of grief is the more intimate awareness of what we want and what we don't want that ripples out of the clearer perspective you come to hold deep within the web of your internal labyrinth.

Special thanks to my friends who helped: Sarah, Jill, Shalene, Lin, Sheila, Rachel, Liana, Kate & Vasudha ♥

& Eugene Gendlin's work for the dream questions!



SENSUAL ENERGY

Sexual energy is a sacred life-force energy that nourishes us and awakens us to the beauty of the world soul.

For centuries, the repression of the sacred aspect of sexual energy has led to an immense misuse of power, hurting and limiting every single one of us. Our relationship to our own life-force is a template for every other relationship in our lives, including our relationship to our earth. It's a journey for each one of us to remember the essence of our true nature and to practice working with the healing potential of sensuous energy.

JOURNAL PROMPT

*How do you relate to your sensual inner current?
Do you delight in the sensuality of life?*



SELF LOVE

If love is a state of care and celebration, then love is not only something that we find in relation to others, but something we can also find in the relationship we have with ourselves. *Do you love yourself today? How do you know? Where in your body do you feel it?*

For centuries, women's sexuality has been oppressed and distorted in deeply disturbing ways because of the fear of the powerful energy that an embodied woman holds.

Can you appreciate yourself fully? What is your juiciest desire? What is your deepest wish for yourself?

*Sway into the widening spiral of yourself.
Let go of trying to figure it out.
Breathe into the stories of beauty and pain.
Nothing is under control.*



DREAMWORK

Dreamwork can help you meet your deeper self. Do you have a dream that feels alive in your body today?

As you recall it, sense the feel-quality, let the details come back as fully as possible.

EXERCISE

Try asking some questions to see what comes:

- *Pick one part of the dream you are most curious about—What in your life feels like that?*
- *Is there something new in the dream?*
- *If the dream was about sexual energy, what might it be saying?*
- *Sense back into the dream. Let it fully come back once again, then enter it at any place and ask: "What would happen next?"*

What might you do in your waking hours to honour this dream?





*It seems I've given birth to fear,
and I hold it now with soft hands.
We must hold it all with soft hands you see
as nothing is ever really ours
to own in the first place.
But this is important ...
Hold not so soft that the bundle will fall.
Forget being good.
Your anger is precious.
Honour equally the landscapes
of ferocity and care.
I promise you will remember why you're here.*

~Angela
CARA





THANK YOU!

BOOK HERE:

- For a personal embodiment or psychotherapy session with myself or one of my associates [book here.](#)

Turning towards feminine bliss grounds me and gives me hope and direction in challenging times. I hope you gained something from this little journey toward reclaiming your sensual, feminine power.

WITH LOVE,

Angela
CARA

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