



Awakening Your Fierce Feminine Fire

— Come Home to Your True Self —

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Energetic, intuitive and spiritually-based programs to:

Ignite Your Creative Spirit ~ Come Home to Your True Self

Your **“Fierce Feminine Fire”** is the unique fingerprint of your soul, including a range of expression:

- compassion and love
- cooperation and community
- standing your ground and standing up for yourself in adversity.

This type of empowerment for women requires a passionate, energetic force, a “fire” ignited from within, a propulsion of intention supported by a community of other women who nurture one another’s development from seed, to emergence, to ripening, to harvest.

On the grounds of the **beautiful and tranquil Ridgeway Place**, a 200 acre horse farm in Waverly Hall, GA, you will experience your **Awakening to your True Self, anchored in your Passion, Creativity and Spirit**. We’ll guide you through **creative, energetic rituals held in sacred space**, both outside in nature and inside the comfortable Farmhouse or barn.

You’ll be **refreshed, invigorated, and enlivened!**

As we journey, we place special emphasis on helping you **“embody” your experiences**. This means you become **highly attuned to how your body and mind are affected** through the emotions evoked in the activities.

We help you **state clear intentions** of what you want to experience or what questions you want answered. We encourage **vivid, mindful awareness** of your experiences so they will be firmly grounded and remembered. And, these Journeys are **so much FUN!**

The all day, half-day, 1 hour to 2 hour journeys help you connect with your true Self through high vibrational activities that are meditative, imaginative, inspiring and creative.

Research has shown that high vibrational experiences such as these help us access right brain activity which increases creativity, problem solving, opens the heart to more loving connections and reduces the harmful effects of stress and anxiety.

Some examples of these Individual and Group activities are:

- ***Discover Your True Nature Through Nature*** ~ Intuitive Nature Walk A walking, awakened journey of mindful awareness
 - ***Journaling in Search of Soul***
A creative storytelling process of journaling engaging your imagination
 - ***Sound Clearing and Healing***
An “energetic” sound bath through drums and other percussion instruments
 - ***Visualization and Meditation***
A guided journey into the unseen realms of our imagination
 - ***Movement, Mindfulness and Meditation***
Developing keen present awareness through movement of energy
 - ***Art as Symbol of Self***
Self-Emergence through Creativity
 - ***The Equine Encounter***
Horses Leading Us Home to Our True Selves
 - ***Creative Mindfulness***
Wake up to your Present Moments
- Your Spirit and Animal Guides***
Understanding Your Guides and their Messages
- ***Poetry for Healing and Spiritual Direction***
Bring your favorites, your own or others. More inspirations provided
 - ***Drumming for Health, Healing and Wellness*** Basic Drumming Exploration, Play and Instruction
 - ***Soulful Nature Photography***
How to capture the moments of pure beauty - cell phone camera is fine!

We offer Classes and Discussion Groups in:

- Ceremonial Drum Making
- Drumming and Percussion Circle
- Journaling in Search of Soul
- Claiming and Committing to Sacred Personal Space
- Staying Fierce Against Outer and Inner Resistance
- Feeding our Bodies to Nourish Our Souls
- The Fierce Feminine Fire in Harmony with the Mighty Masculine Mantle

Learn new skills and develop resources to:

- help you center yourself in "mindful" present moment awareness
- reduce stress and anxiety
- calm and focus the mind, body and spirit
- Learn to trust your inner guidance and intuition
- Discover your inner compass to direct your life with focus and intention
- Deepen your spiritual connection with yourself, the Creator of all that is, and other women in sacred community
- Learn to connect with your body's natural rhythms and flow in movement and harmony to the music of life
- Learn to sing your own song and dance to your own rhythm "out loud" into the world • Discover your creative, passionate spirit and manifest this into art objects you can cherish
- Connect in a deeper way to nature.
- Encounter the power of horses to ground your strength, overcome fear and doubt, and cross the threshold into new possibilities.
- Find Joy in solitude and in deepening relationship with one's Self.
- Strengthen the ability to affirm and soothe yourself and anchor your self-worth.

Go to www.fiercefemininefire.com for more information and inspiration!

Please call me at 706-565-6062 or email at connettandassoc@aol.com for additional information and to discuss completely personalizing Your Fierce Feminine Fire Journey. We can create a personalized "Retreat" or "Spiritual Spa Experience" just for you, for you and your spouse or partner, you and a friend, or you and a group of friends. We specialize in Mother-Daughter Journeys!

Come Home to Your True Self ~ ~ ~ ~ ~ Share your Journey with others you care about