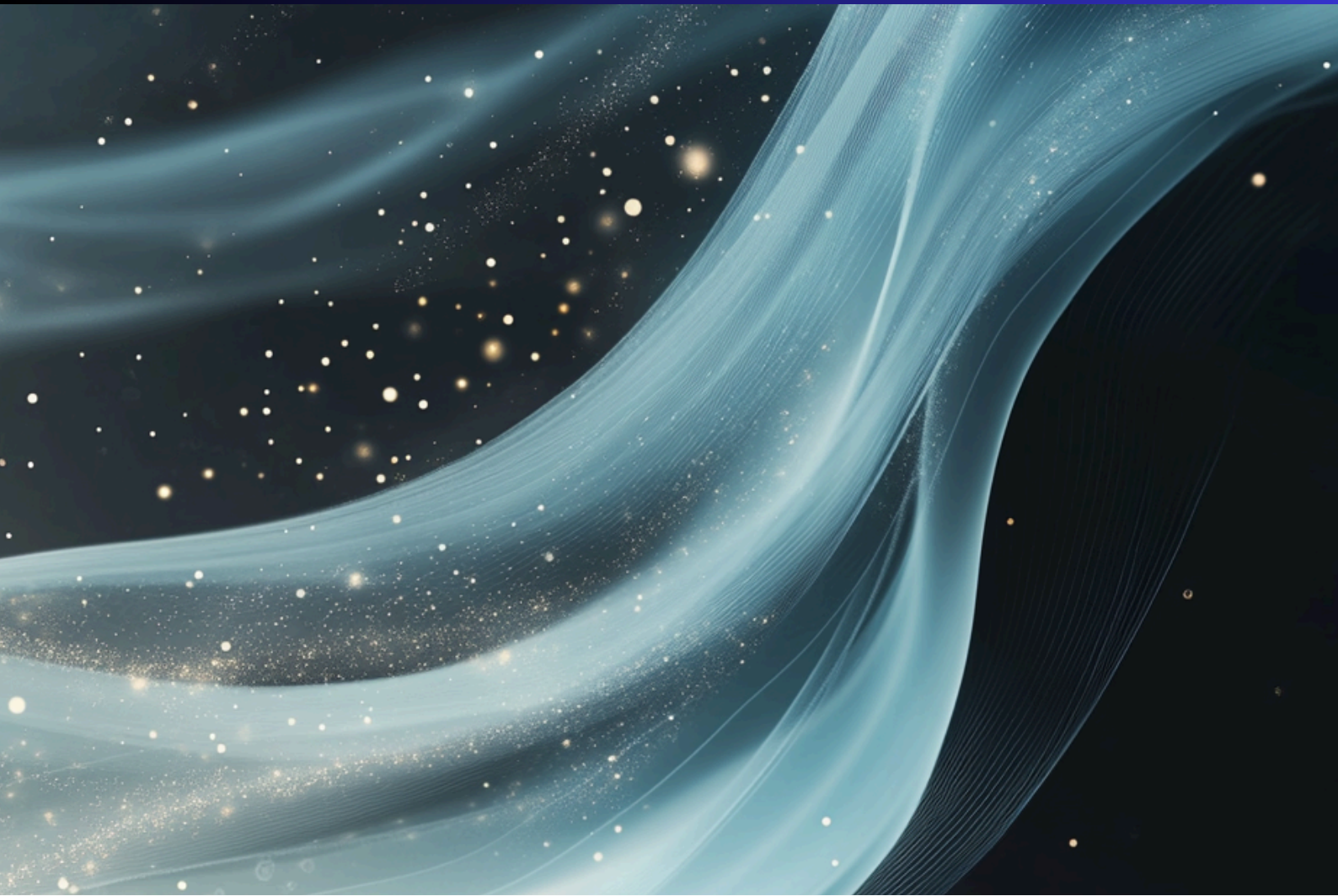


# FEMININE ENERGY IN ACTION

*by*



**Tautahi**



A GUIDE TO AWAKENING YOUR FEMININE ENERGY AND RECLAIMING INNER BALANCE

Unlock powerful secrets  
to balance burnout,  
and embrace your  
intuition.

Discover yoga,  
breathwork, and sound  
healing practices for  
everyday life

Learn how to integrate your  
inner masculine and  
feminine energies for  
harmony and flow

A stack of smooth, light-colored stones is positioned on the right side of the image. The foreground is filled with a variety of seashells, including scallops and nautilus shells, scattered across a sandy beach. The background shows a calm sea meeting a light sky at the horizon. The entire scene is overlaid with a semi-transparent grey filter.

# EBOOK

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FEMININE ENERGY IN ACTION

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STACEY ORMOND-STIRLING



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Unlock powerful secrets to balance burnout, and embrace your intuition.

Discover yoga, breathwork, and sound healing practices for everyday life

Learn how to integrate your inner masculine and feminine energies for harmony and flow



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# NOTE FROM THE AUTHOR

KIA ORA, MY FRIEND.

Have you ever felt like you're carrying the weight of the world on your shoulders, constantly pushing, striving, and achieving —yet something deep inside feels incomplete?

Perhaps you've mastered the art of being strong, independent, and capable, but you struggle to trust, let go, or simply be. If this resonates, you're not alone.

I know this journey intimately because it's my own. Growing up in a world that demanded strength and vigilance, I leaned into my masculine energy as a shield—a defense mechanism to survive. While it served me in many ways, it also came at a cost.

My feminine energy, the part of me that connects with intuition, creativity, and flow, was left neglected for far too long. The imbalance led me down a path of disconnection, turmoil, and mistrust that I wouldn't wish on anyone.



**STACEY ORMOND-STIRLING**  
CEO and Founder of Tautahi Ascension Pty Ltd





But here's the truth: there's a way to reclaim harmony.

I've dedicated my life to helping women like you—women who are strong in their masculine energy—to embrace the power of their feminine energy. Why? Because I believe every woman deserves to trust herself, connect with her intuition, and feel whole. When you build trust in yourself, in Divine Creator, and in your spiritual team, you unlock the ability to face the wounds and fears that have held you back for too long.

This eBook is your first step on this journey. Inside, I'll share insights into balancing masculine and feminine energies, practical tools to nurture your intuition, and a roadmap to finding harmony within. You'll explore yoga, breathwork, sound healing, and spiritual practices tailored to support strong, capable women like you in rediscovering your softer, more intuitive side.

You are not broken—you are beautifully complex, and this inner relationship is yours to nurture. Let's walk this path together.

Welcome to the beginning of your transformation.

*Stacey*  
STACEY ORMOND-STIRLING  
CEO and Founder of Tautahi Ascension Pty Ltd

# CHAPTER ONE

*burnout*

and the over-  
active masculine





# BURN OUT

THE OVERACTIVE MASCULINE

## INTRODUCTION

Burnout is a word we hear often, but what lies beneath it? For many women, burnout isn't just about being busy or overwhelmed—it's the result of an over-reliance on masculine energy.

Masculine energy is powerful. It drives us to achieve, stay disciplined, and take action. But when it dominates our lives, it can become exhausting, leaving us disconnected from the softer, intuitive side of ourselves that craves balance and restoration.

Masculine energy thrives on doing: completing tasks, meeting goals, and taking charge. These traits are often celebrated in modern society, especially for women who've had to push their way through a world that rewards productivity and independence. But when this energy takes over, it can lead to physical, emotional, and spiritual depletion.

For women, this over-reliance on masculine energy often begins as a survival mechanism, shaped by personal history or societal expectations. Many of us learn early on that strength, independence, and relentless perseverance are the keys to success—or even just to being taken seriously.

While these qualities can be empowering, they can also become a shield we use to protect ourselves from vulnerability, softness, or connection. Over time, this shield doesn't just keep others out; it also blocks us from accessing our own intuition, creativity, and inner peace, leaving us running on empty while wondering why we feel so unfulfilled.

# THE IMPACT

Women with dominant masculine energy often describe feeling “stuck in overdrive.” They fill every moment with obligations, avoid rest for fear of being seen as lazy, and struggle to let others step in and help. The constant need to “do” leaves little space to just “be.”

Signs of burnout fuelled by overactive masculine energy include:

- A perpetual feeling of fatigue, no matter how much sleep you get.
- Irritability or frustration when things don't go as planned.
- Difficulty trusting others or delegating tasks.
- Feeling emotionally disconnected from yourself and others.
- An inability to relax without feeling guilty.

Over time, this pattern of behavior not only drains your physical energy but also disconnects you from your feminine energy—the intuitive, nurturing, creative essence within.

This disconnection from your feminine energy doesn't just affect your emotional well-being—it also limits your ability to heal and grow. Feminine energy is the source of intuition, creativity, and flow; it's what allows you to trust the process of life and feel aligned with your inner self.

When this energy is suppressed, you may find yourself stuck in cycles of self-doubt, perfectionism, or the constant need for control. These patterns keep you from accessing the deeper parts of yourself that crave balance, rest, and connection, perpetuating the very burnout you're trying to escape.





## RELATABLE STORIES: THE CONSEQUENCES OF IMBALANCE

One of my clients, let's call her Emma\*, came to me exhausted and overwhelmed. She was the epitome of strength—juggling a high-pressure career, managing a family, and handling every crisis with precision. But beneath the surface, she was falling apart.

Emma admitted that she hadn't cried in years because she didn't "have time for emotions." She couldn't remember the last time she felt joy or creativity, and she was constantly snapping at her partner and kids. Her body was sending her clear signs—chronic headaches, difficulty sleeping, and constant tension in her shoulders—but she ignored them, pushing through with sheer willpower.

When we explored the root of her burnout, it became clear that Emma had spent her life in her masculine energy. Her upbringing had conditioned her to believe that being "soft" or "vulnerable" was a weakness, so she armoured herself with a relentless drive to succeed.

Over time, this imbalance robbed her of the ability to trust herself and others, leaving her emotionally and physically drained.

*\*Emma is not my clients real name*



## WHY THIS MATTERS TO YOU

Perhaps you see a bit of yourself in Emma's story. Maybe you've been running on autopilot, prioritising doing over feeling, and striving over being. The truth is, we need our masculine energy—it's a vital part of who we are.

But when it overshadows our feminine energy, the cost is high.

Burnout is your body and soul's way of asking you to stop and reassess. It's a signal that something is out of alignment and that it's time to create space for balance.

In the chapters ahead, we'll explore how to reconnect with your feminine energy, nurture your intuition, and integrate practical tools to bring harmony to your life.

You'll learn how to honor the strengths of your masculine energy while inviting in the flow, creativity, and receptivity of your feminine energy.

Burnout isn't the end—it's an invitation to transform. Let's begin.



# CHAPTER TWO

*understanding*

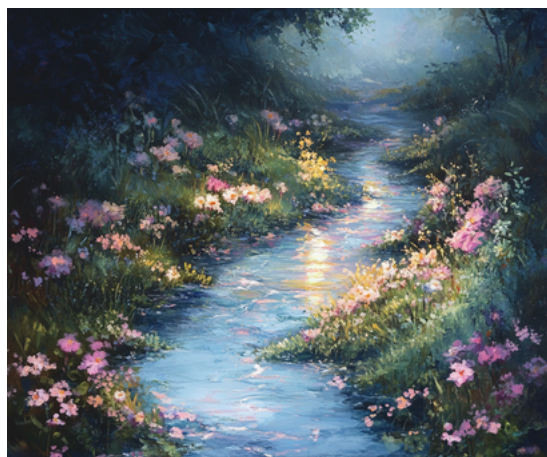
feminine energy

# FEMININE ENERGY

Feminine energy is the heartbeat of your intuition, creativity, and emotional connection. It's the flow that encourages you to trust the unseen, embrace your inner wisdom, and feel deeply in tune with yourself and the world around you. Yet, in a society that often rewards action over reflection, many of us have lost touch with this vital part of our being.

While masculine energy focuses on doing, feminine energy thrives on being. It's not about passivity or weakness, but about receptivity, creativity, and trust. Feminine energy invites you to listen to your inner voice, rest when you're tired, and create from a place of inspiration rather than obligation. It's about aligning with the natural rhythms of life instead of forcing outcomes.

Reconnecting with feminine energy requires unlearning much of what society has taught us about success and value. It asks us to step away from the constant striving and instead embrace the beauty of slowing down and tuning in. Feminine energy is not about giving up ambition or drive—it's about integrating softness with strength, flow with structure, and intuition with action. It's the quiet power of trusting yourself, of knowing that you don't have to push so hard to achieve; instead, you can allow things to unfold in alignment with your deeper truth.



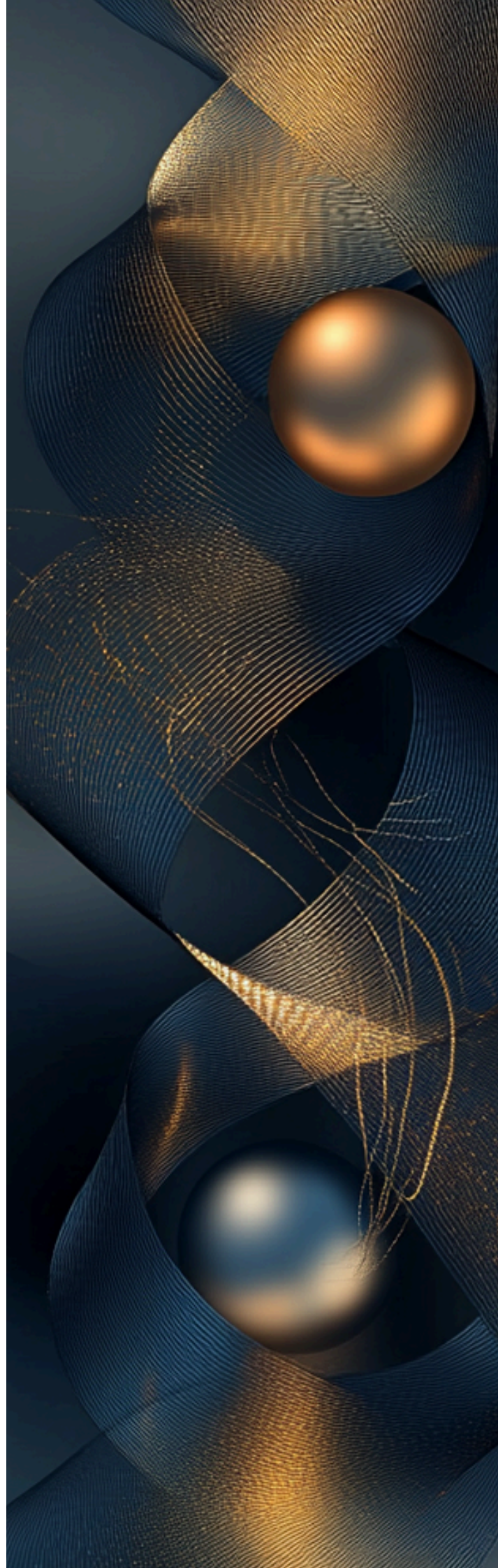
# THE HARMONY OF MASCULINE AND FEMININE ENERGY

To thrive, we need both masculine and feminine energies in balance. Masculine energy provides structure and direction, while feminine energy allows for flow and intuition.

When these energies work together, they create harmony within you and in your relationships. But when one dominates—especially the masculine—you may find yourself disconnected from your inner truth, struggling with burnout, and unable to access the joy and ease that feminine energy offers.

For many women, reclaiming their feminine energy feels unfamiliar, even uncomfortable. Years of conditioning have taught us to equate productivity with worth and control with safety.

However, learning to embrace your feminine side isn't about abandoning your strength or independence—it's about complimenting them with softness, trust, and creativity.





# SELF-REFLECTION

## AM I IN MY MASCULINE ENERGY?

To help you identify where you might be leaning too far into your masculine energy, take a moment to reflect on the following questions. Answer “yes” or “no” to each:

- 1 Do I feel guilty when I'm not being productive?
- 2 Do I over-schedule my day and rarely leave space for rest or being spontaneous?
- 3 Do I struggle to trust others to help or delegate tasks?
- 4 Do I rely on logic more than intuition when making decisions?
- 5 Do I find it hard to relax without feeling like I'm wasting time?
- 6 Do I often feel the need to control outcomes or situations?
- 7 Do I prioritise external achievements over inner peace or creativity?

### Results:

- **Mostly Yes:** You may be leaning heavily into your masculine energy, and this could be contributing to feelings of burnout, disconnection, or imbalance.
- **Mostly No:** You're likely creating space for your feminine energy to flow, but there may still be areas to explore and nurture.

This exercise is not about judgment but awareness. Recognising where your energy feels imbalanced is the first step toward creating harmony.

# RECONNECTING WITH FEMININE ENERGY

Reconnecting with your feminine energy starts with simple yet profound shifts in how you approach your daily life. Here are a few ways to begin:

- **Practice Trust:** Allow yourself to let go of control in small ways, whether by asking for help or surrendering to outcomes.
- **Nurture Creativity:** Set aside time to create without an agenda—paint, write, dance, or simply daydream.
- **Slow Down:** Incorporate moments of stillness into your day, whether through meditation, mindful breathing, or just sitting quietly with a cup of tea.

Each of these practices is a step toward reclaiming your intuition, flow, and inner peace. In the next chapter, we'll dive into specific practices like yoga, breathwork, and sound healing to help you awaken your feminine energy and integrate it into your daily life.

Remember, the goal isn't to diminish your masculine energy but to embrace your feminine energy as its equal partner. Together, they ebb and flow as required in each moment which creates the balance and harmony your soul craves. Let's explore how to bring this balance into action.

# CHAPTER THREE

*awaken*

your feminine  
energy

[WWW.TAUTAHI.ORG](http://WWW.TAUTAHI.ORG)



# QUICK PRACTICES TO AWAKEN YOUR FEMININE ENERGY

Embracing your feminine energy doesn't mean doing more—it's about finding ways to simply be.

These small, intentional practices are designed to reconnect you with your intuition, creativity, and inner calm. They help you move away from constant pushing and striving, and instead, bring you into a state of flow where everything feels a little lighter and more aligned.

When you carve out time to honour your feminine energy, you're not just nurturing yourself—you're building trust in your ability to slow down and still thrive. It's not about abandoning your strength but complementing it with softness and presence.

These practices will remind you that balance isn't about perfection; it's about learning to listen to what you need in each moment. By the end, you'll feel more connected, more at ease, and more in tune with the woman you truly are.



# PRACTICE I

## Yin Yoga for Opening the Heart



Yin yoga is a gentle, restorative practice that invites stillness and deep relaxation. Unlike fast-paced flows, yin yoga allows you to hold poses for several minutes, helping you release tension and connect with your breath.

### How to Begin:

- Find a quiet space and set up a comfortable area.
- Start with Anahatasana (Puppy Pose):
  - Come onto all fours and walk your hands forward, allowing your chest to lower toward the floor while keeping your hips above your knees.
  - Fold a blanket under your knees for additional support and place a pillow under your chest if it doesn't naturally come down to the mat.
  - Rest your forehead or chin on the mat and hold for 1 minute to start, gradually increasing the time as you feel more comfortable.

### Important Tips:

- Always listen to your body and avoid pushing into pain or forcing your body into a shape that doesn't feel right. This pose is about opening the heart gently, not straining to achieve a specific look.
- If Puppy Pose is uncomfortable, lie on your back in Savasana with both hands resting on your heart. This position can provide a similar sense of grounding and emotional connection.

### Focus on the Breath:

With each exhale, allow your chest and shoulders to soften, imagining any tension melting away. This pose helps open the heart chakra, fostering emotional connection and releasing stress stored in the upper body.

ONE

TWO

THREE

FOUR

FIVE



# PRACTICE 2



## 9D Breathwork for Rest and Recovery

In the whirlwind of everyday life, it's easy to feel pulled in every direction—your mind racing, your energy scattered, and your sense of calm out of reach. That's where a quick breathwork session can make all the difference. Breathwork is a simple yet powerful practice that helps you ground yourself, reset your energy, and restore balance, even on the busiest of days.

The 5-Minute Rest and Recover Breathwork Track offers an oasis of relaxation designed for those moments when you need to step back and reconnect with yourself. This practice is effortless yet deeply transformative, providing instant calm and a renewed sense of vitality. Whether you're in the middle of a busy day or looking for a mindful way to start or end it, this session is your go-to for relaxation and alignment.

### How to Begin:

- Find a quiet space where you can sit or lie down comfortably.
- Play the Rest and Recover Breathwork Track [here] and follow its gentle guidance.
- As you breathe deeply, allow the rhythm of your breath to quiet your mind and soothe your body.

### Benefits:

- Quickly calms the mind and reduces stress.
- Replenishes your energy and supports emotional balance.
- Creates a moment of stillness, helping you reconnect with your intuition.

Free Resource: Access the Relax and Recover 9D breathwork track [CLICK HERE](#)

ONE

TWO

THREE

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B R E A T H E



# PRACTICE 3

## Sound Healing for Inner Harmony



Sound healing is a beautiful way to connect with your feminine energy by using vibrational frequencies to bring balance and alignment to your body, mind, and spirit. The tones of singing bowls resonate with specific energy centers in the body, helping to calm your mind, release tension, and promote an effortless state of flow and receptivity.

### How to Begin:

- Set aside 5 minutes to sit or lie down in a quiet space where you won't be disturbed.
- Play my 5-Minute Chakra Sound Healing Track [CLICK HERE](#) which gently guides you through all nine chakras, from the grounding Earth Star to the elevating Soul Star.
- Close your eyes and focus on the tones as they flow through each chakra, imagining the vibrations dissolving any tension and restoring balance.

### Benefits:

- Aligns and balances your energy centers, promoting harmony within.
- Reduces stress and creates a sense of calm and clarity.
- Invites stillness and receptivity, essential qualities of feminine energy.

This quick yet powerful practice serves as a reset button for your energy, making it perfect for a busy day or as part of your evening wind-down routine. By dedicating just a few moments to sound healing, you nurture your inner calm and allow your feminine energy to flow freely.

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# PRACTICE 4

## *Journalling for Emotional Connection*



Journalling is a simple yet profound way to connect with your intuition and process your emotions. It allows you to tap into your inner wisdom and uncover what your heart truly needs. Writing down your thoughts and feelings creates space to explore your inner world and can be deeply healing, especially when you feel disconnected or overwhelmed.

Start by dedicating 5–10 minutes each morning or evening to sit with your journal and a question that invites self-reflection. Questions like, *What am I feeling right now?* or *What does my intuition want me to know today?* can spark awareness and help you tune in to what's beneath the surface. Journalling isn't about perfection—it's about letting your thoughts flow freely, without judgment or expectation.

### Pro Tips for Journaling:

1. **Set the Mood:** Create a calm, inviting space for journaling. Light a candle, play soft music, or sit by a window with natural light to enhance the experience.
2. **Use Prompts:** When you're unsure what to write, use prompts like:
  - What emotions are present for me today?
  - Where in my body am I holding tension, and what might it be telling me?
  - What am I grateful for in this moment?
3. **Write Freely:** Let your thoughts flow without worrying about grammar, spelling, or structure. This is a safe space for your truth.
4. **Keep It Close:** Keep your journal nearby so you can jot down insights as they arise throughout the day.
5. **Reflect Often:** Revisit past entries to notice patterns, growth, or recurring themes. Reflection can deepen your understanding and show how far you've come.

ONE

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# PRACTICE 5

## *Spiritual Visualisation of Feminine Flow*



Visualisation is a powerful tool for reconnecting with your feminine energy. By focusing your mind on symbolic imagery, you align yourself with the qualities of softness, flow, and creativity that define this energy. This practice allows you to step out of the mental busyness and into a state of presence, where intuition and inspiration naturally emerge.

### How to Begin:

- 1. Prepare Your Space:** Sit in a quiet, comfortable spot where you won't be disturbed. You may want to dim the lights or light a candle to set a calming atmosphere.
- 2. Set Your Intention:** Take a moment to ground yourself and set an intention, such as "I allow my feminine energy to flow freely" or "I invite balance and harmony into my being."
- 3. Visualise the Flow:**
  - Close your eyes and take a few deep breaths.
  - Picture a gently flowing river. Imagine the water represents your feminine energy—fluid, nurturing, and free.
  - See the river winding through your body, cleansing away tension and opening space for creativity, intuition, and peace.
- 4. Anchor the Energy:** As you visualize, place one hand on your heart and one on your lower abdomen. Feel the flow of energy within, allowing it to ground you in your body while connecting you to your inner wisdom.

ONE

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### Why This Works:

Visualisation works on both a mental and energetic level. It provides your mind with a clear focus, which calms racing thoughts, while energetically aligning your intentions with the qualities you want to embody.

### Optional Enhancements:

- Add a sound healing track or soft instrumental music to deepen your experience.
- Use a crystal like moonstone or rose quartz, holding it as you visualise, to amplify the sense of connection to your feminine energy.
- Pair this practice with journaling afterward to reflect on any insights or emotions that arise during the visualisation.





## BRINGING IT ALL TOGETHER

Each of these practices is a step toward awakening your feminine energy and creating space for balance in your life. You don't have to do them all at once—this is not about adding more to your to-do list. Instead, choose one or two practices that resonate with you the most and let them naturally weave into your daily rhythm. Over time, as you feel the subtle shifts in your energy, you can explore incorporating others.

What's most important is consistency. Even small moments of intentional practice can create profound change when done regularly. Whether it's spending five minutes with a breathwork track, journaling to explore your emotions, or visualising your feminine energy flowing freely, these moments are gifts you give to yourself. They are invitations to pause, listen, and reconnect with the parts of you that often get overlooked when life is busy.

As you begin to integrate these practices, remember that it's a journey, not a destination. Some days, the flow will come easily; other days, it may feel harder to connect. That's ok. The key is to show up for yourself without judgement, trusting that every step you take deepens your relationship with your inner self. Something to think about: If we can only give 60% to self today, and we do that, is this not giving 100% of what you have available to yourself?

In the next chapter, we'll delve into how to protect and nurture this newfound balance by setting boundaries, prioritising rest, and making space for your intuition to guide you. Together, these shifts in mindset, habits, and energy will create a foundation for lasting peace between your masculine and feminine energies.

Your journey is yours alone, and these tools are here to offer support and guidance as you reconnect with the most intuitive, creative, and nurturing parts of yourself. You already have everything you need within you—these practices simply help you remember how to access it.

Let's move forward together.

# CHAPTER FOUR

*balancing*

masculine and  
feminine energies



## EMBODYING BALANCE

Finding balance between your masculine and feminine energies is the key to living with greater harmony, ease, and flow. As within, so without. When these energies are in alignment within us, they complement each other beautifully: the masculine provides structure and direction, while the feminine brings intuition, creativity, and connection. Together, they form a dynamic partnership that supports your growth and well-being. A sacred dance of ebb and flow.

However, many women struggle to maintain this balance, often leaning too heavily into masculine energy due to societal expectations, personal conditioning, or life circumstances. While masculine energy is essential for achieving goals and taking action, it can become overwhelming without the softness, flow, and restfulness of feminine energy. This chapter is about creating space for both energies to coexist, ensuring that neither dominates but instead works in harmony to support your journey.

When you learn to balance these energies, life begins to feel less like a constant push and more like a natural rhythm. You stop feeling the need to control every outcome and instead trust in the flow of your efforts, guided by intuition and supported by structure. This balance doesn't just transform how you show up for yourself—it enhances your relationships, your work, and your ability to create a life that feels aligned and fulfilling.

# SETTING BOUNDARIES: PROTECTING YOUR ENERGY

The first step to balancing your energies is learning how to set clear, loving boundaries. Boundaries aren't about shutting others out—they're about protecting your time, energy, and emotional well-being so you can show up for yourself and others in the most aligned way.

## Practical Tips for Setting Boundaries:

1. **Define Your Priorities:** Take time to reflect on what truly matters to you. When you know your priorities, it becomes easier to say no to anything misaligned with them.
2. **Practice Saying No Gracefully:** Use phrases like, "Thank you for thinking of me, but I'm unable to commit right now," to honor your needs without guilt.
3. **Create Time for Stillness:** Block out non-negotiable time in your calendar for rest, meditation, or any practice that nourishes you.
4. **Listen to Your Intuition:** If something feels off or draining, trust that feeling and adjust accordingly.
5. **Communicate Clearly:** Share your boundaries with others in a kind and direct way, ensuring they understand and respect your needs.

Balancing your masculine and feminine energies isn't just about managing tasks or making space for rest—it's about reclaiming your power to live authentically. When you set boundaries, you're not just saying "no" to others—you're saying "yes" to yourself, to your energy, and to the life you want to create. This is where true alignment begins: in the quiet, confident decisions to honor what feels right for you.

By protecting your energy, you're building a foundation where your intuition can thrive, your creativity can flourish, and your actions can feel inspired rather than forced. This isn't just balance; it's freedom—freedom to step into a version of yourself that feels whole, energized, and undeniably powerful. This is the gift you give yourself when you choose harmony over hustle.



# PRIORITISING REST: EMBRACING FEMININE STILLNESS

Prioritising rest isn't just about physical recovery—it's about creating space for emotional and spiritual rejuvenation. Rest allows your nervous system to reset, your thoughts to settle, and your energy to recalibrate. It's in moments of stillness that your intuition becomes clearest and your creativity has room to bloom. For women strong in their masculine energy, prioritising rest is also a radical act of trust—trusting that slowing down doesn't mean falling behind but instead aligns you more deeply with your purpose and desires.

## Additional Ways to Embrace Restful Stillness:

1. **Sacred Morning Starts:** Dedicate the first few minutes of your day to quiet reflection, breathwork, or simply savoring your coffee or tea without distractions.
2. **Nature Breaks:** Step outside for a walk or sit under a tree. Connecting with nature is a powerful way to ground yourself and reset your energy.
3. **Guided Rest:** Use short guided meditations or breathwork tracks, like my Relax and Recover track, to support deeper rest when your mind feels too busy to settle.
4. **Intentional Time Alone:** Schedule time for solitude, even if it's just 15 minutes. Use this time to do absolutely nothing or to engage in a calming activity like doodling, reading, or gentle stretching.

Rest isn't a passive state; it's an active choice to prioritise your well-being and realign with the natural rhythms of your energy. By embracing stillness, you empower yourself to move through life with greater clarity, intention, and ease. It's not about stepping away from your responsibilities—it's about stepping into the fullness of who you are, recharged and ready to give from a place of abundance.

*“Love yourself first, because that’s who  
you’ll be spending the rest of your life with.”*



## CREATING SPACE FOR INTUITION

Your intuition is the compass of your feminine energy, guiding you toward alignment and authenticity. It's that quiet inner voice that knows what's right for you before logic or reasoning catch up.

However, in the busyness of life, it's easy for this voice to become drowned out by distractions, expectations, or overthinking. To truly hear and trust your intuition, you need to create intentional space for it to surface.

Your intuition thrives in stillness and speaks in subtle ways—a calm knowing, a gentle nudge, or a sense of ease about a decision. It's not about grand, life-changing revelations; often, it's the quieter moments that hold the deepest truths. The more you listen to and trust these signals, the stronger your connection to your inner compass becomes.

Think of intuition as your personal guide, steering you toward what feels aligned and true. It's not always loud, but it's always present, waiting for you to make space to hear it. Trusting your intuition isn't just about listening—it's about honoring what you hear and allowing it to shape your actions, even in small ways.



# SIMPLE WAYS

TO CONNECT WITH YOUR INTUITION

## PRACTICES TO AWAKEN INNER WISDOM

- **Morning Quiet Time:** Start your day in stillness. Before reaching for your phone or diving into responsibilities, spend a few moments in silence, asking yourself, What do I feel drawn to today? This practice helps set an intuitive tone for the rest of your day.
- **Journalling:** Use prompts like, What does my intuition want me to know right now? or Where in my life do I feel out of alignment? Journalling creates a dialogue with your inner self, helping you uncover insights that may not come through in busy moments.
- **Body Awareness:** Pay attention to the signals your body sends. Tightness, lightness, warmth, or even discomfort are intuitive cues. For example, a knot in your stomach might indicate resistance, while an open, relaxed chest might signal alignment.
- **Meditation:** Dedicate time to guided or silent meditation. This creates space for your thoughts to settle and allows intuitive insights to arise naturally. You don't need to "force" intuition—it will reveal itself when your mind is quiet.

### Why This Matters:

Creating space for intuition isn't just about finding answers—it's about building trust in yourself and your ability to navigate life authentically. The more you listen to and act on your intuition, the stronger it becomes, guiding you toward choices and opportunities that align with your highest good.

# HARMONISING MASCULINE AND FEMININE ENERGIES

Balancing masculine and feminine energies isn't about choosing one over the other—it's about finding a dynamic flow where both energies support each other. When these energies are in harmony, you can take aligned action (masculine) while staying connected to your intuition and creativity (feminine).

## Simple Ways to Harmonise Your Energies:

1. **Set Intentional Priorities:** Use your masculine energy to create structure, like planning your day or setting boundaries, but leave room for the flexibility and flow of your feminine energy.
2. **Check in with Yourself:** Throughout the day, pause and ask, Am I leaning too heavily into doing, or do I need more time to be? Adjust as needed to restore balance.
3. **Combine Action and Intuition:** Before making decisions or taking action, tune into your intuition. Does this feel right? If so, use your masculine energy to bring it to life.
4. **Honour Cycles of Energy:** Recognise that your energy naturally ebbs and flows. Allow yourself to rest and reflect when needed, and act decisively when the time feels right.

This balance allows you to lead a life that feels aligned and fulfilling, not just in the big moments but in the quiet, everyday decisions. When your masculine and feminine energies work together, you create structure and take action with clarity while leaving room for intuition and creativity to guide you.

This harmony lets you move through life with a sense of ease and purpose, knowing your actions are intentional and aligned with who you truly are. It's not just about balance—it's about creating a life that feels authentic, vibrant, and uniquely yours.



# CHAPTER FIVE

*embracing*

feminine energy  
in action

# CONGRATULATIONS!

You've taken the first steps toward reconnecting with your feminine energy and creating balance in your life. This eBook has guided you through understanding the essence of feminine energy, setting boundaries, prioritising rest, and tapping into your intuition.

Now, it's time to put these lessons into action with a simple 7-day plan designed to help you integrate these practices into your daily rhythm. Remember, this isn't about perfection—it's about progress and creating space for meaningful shifts over time.

As you move forward, know that every small action you take is a powerful step toward deeper alignment. These practices aren't just tools—they're an invitation to prioritise yourself, trust your inner wisdom, and create a life that reflects the balance and harmony you deserve. Take this plan one day at a time, and trust that the changes you're cultivating will ripple into every aspect of your life.

Your feminine energy is your guiding light—it's always been there, waiting for you to nurture and honour it. By showing up for yourself, you're choosing a new way of living—one rooted in flow, intuition, and ease. Every moment you spend honouring your needs is a step toward building a life that feels deeply aligned.

There will be moments when old patterns resurface, when masculine energy tries to take over again. When it happens, gently return to the practices you've learned here. Each breath, pause, or boundary is an act of self-love. Trust that balance isn't about perfection—it's about choosing to come back to yourself.

You've already begun this journey, and with each day, you're strengthening the connection to your inner wisdom. Trust yourself—you're more aligned, capable, and whole than you realise.



# 7 DAY PLAN FOR FEMININE ENERGY

## Day 1: Morning Intentions

- Dedicate 5 minutes in the morning to sit in stillness and set an intention for the week.
- Journaling Prompt: What do I want to feel and embody this week? What steps can I take to invite more balance into my life?

## Day 2: Heart-Opening Practice

- Spend 5–10 minutes in Savasana (Resting Pose) with your hands on your heart.
- Focus on your breath, allowing tension in your chest and shoulders to release as you connect with your heart space.

## Day 3: Rest and Recovery Breathwork

- Use the Relax and Recover 5-minute breathwork track to release stress and ground your energy.
- As you breathe, visualise the tension melting away and your body filling with calm and ease.

## Day 4: Boundary Setting

- Identify one area where you feel overcommitted and set a loving boundary.
- Example: Say no to a task, event, or obligation that doesn't align with your priorities. Reflect on how honouring your needs feels.

## Day 5: Intuition Activation

- Spend time in meditation or visualisation, focusing on your inner guidance.
- Journaling Prompt: What is my intuition trying to tell me today? How can I honor it in my actions?

## Day 6: Grounding in Nature

- Take a walk in nature or sit outside for 10 minutes. Focus on your senses: the feel of the earth, the sound of the wind, or the warmth of the sun.
- Allow the elements to ground and centre your energy.

## Day 7: Reflect and Celebrate

- Take 10 minutes to reflect on your week using these prompts:
  - What shifts have I noticed in my energy?
  - Where do I feel more balanced or aligned?
  - What practices resonated with me most, and how can I carry them forward?

Celebrate the progress you've made, no matter how small it feels. Every step matters.



## REFLECTION AND ENCOURAGEMENT

As you complete this 7-day plan, remember that balancing your masculine and feminine energies is a lifelong journey. There will be days when the balance feels natural and others when it takes more intention—and that's ok. The key is to continue showing up for yourself, honouring your needs, and trusting the process. This week is just the beginning. Each time you set a boundary, take a moment to breathe, or tune into your intuition, you're strengthening your connection to yourself and creating a life that feels authentic, fulfilling, and uniquely yours.

As you continue this journey, celebrate the small wins along the way—moments when you chose rest over hustle, trusted your intuition, or honoured a boundary that felt right for you. These seemingly small choices are profound acts of self-respect and self-care, laying the foundation for a life that feels aligned and purposeful. Over time, these practices will become second nature, and you'll find yourself navigating life with greater ease, confidence, and connection to who you truly are. Trust that every step you take is bringing you closer to the harmony and balance you deserve.





## CONCLUSION

### AND NEXT STEPS

Your journey doesn't end here—it's just getting started. Feminine energy is a lifelong practice, and every small step you take deepens your connection to yourself and the balance you're creating. To support you further, I invite you to explore these next steps:

- Book a 1:1 Session for personalised chakra sound healing, 9D breathwork, or yoga sessions,
- Explore my Meditation Library,
- Stay Inspired by signing up for my monthly newsletter and following me on Instagram!

*Thank you for letting me guide you. Your power and intuition will lead you to extraordinary growth and alignment.*

### HAVE A QUESTION?

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*If everything around seems  
dark, look again, you may  
be the light*

RUMI

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