

Your Delicious Feminine.. Enlivening the Goddess Within

By Julie Michaels

There isn't a better time than now in the Northwest, is there, to revive yourself? Particularly your beauty-full self. Your feminine self... you know, the one you've been putting last on the list all winter and spring? The one that is needing you, calling to you as the warm breezes of summer beckon a walk by the water, your hair flowing, (ahem, no cell phone and preferably no watch) at your own pace for as long as you want... sounds fantastic, doesn't it?

That you. Remember her?

I live, as do many of us, in a fast pace in a big city. I live in the heart of the "City of Angels", Los Angeles (I always mistype that as "Lost Angeles"... sometimes it feels very much that way). It is a fervent city, teeming with busy-ness, appointments, police sirens and car horns. I love the possibilities (my favorite word) that it provides. Endless... as are the demands.

I find my days fly by as my own business woman involved in about four projects at once with freelance advertising consulting, my life coaching business and workshops. Then somewhere in there, I do my best to not avoid writing/selling my writing. Okay, maybe 14 projects, truth be told. It's a lot. Then, there's working out and schedules/deadlines to meet, last minute unexpected details from my clients needing something yesterday-urgent.

I know many of us, the feminine gender, are mothers with less time than that, businesswomen in charge of lots of responsibility, homeowners, lovers, parents, friends, wives.

Where is time for us in there?

I went to my much beloved spot on the Lewis River last month near the marvelous cabin I used to live in. It was about 10 a.m., an absolutely perfect shining morning in Washington; those mornings that make me go, "ahhhh, heaven!" Usually I am glued to the edge of the falls, all ion spray and rushing waters that so inspire me. This day, the quieter side of the river beckoned me. I decided, like George Costanza from Seinfeld, some time ago to begin to do things differently than I usually would. So I sat by the calm side of the river.

I sat in the streaming sunlight on the warming enormous grey boulders and watched the sun glisten off the water. It was just the right angle that it looked like flashbulbs going off at a red carpet premiere. Those flashes flickered right into my heart. I took an enormous breath. My body softened. My shoulders, relaxed. My heartbeat



The Goddess self - this wondrous energy which women embody - is full of light, of magic, of enormous and miraculous love. And it needs feeding, says Julie Michaels. Regardless of their lives, women need to make appointments to care for this delicious Divine energy.

(Original artwork by Vicki Fairbanks)

slowed to a sweetened pace. Tears welled... I thought, "I have forgotten who I am..."

I was so filled in that moment, of the earth energy, that nurturing divine feminine that nothing seemed in lack. I so became who I truly am, which is the goddess energy that I teach in my workshops. I just breathed and cried and breathed and cried some more. This is what I teach! How can I not be doing it myself? I rather astonishingly let in.

It is easy, in our world, to stop caring for our beauty-full selves in the manner we so deserve. The truth is, if we are not nurturing and feeding this magnificent essence, the delicious feminine as I like to call it, then our whole world becomes a warm remnant like yesterday's leftover of a masculine world; all burden, all overwhelm, all dry and as if one more step seems like too much. (That, another whole topic: why we are so important to them).

In my busy-ness of having to do tasks and make schedules in my LA world, I realized in that moment, my delicious feminine was starving to death. (No accident I am dealing with fibroids 'oyds' as I call them). Even though I do have my afternoons of going slow here and there, certainly not enough to balance all I have to do in the world.

By the river that day, it was a fantastic reminder, that this goddess self, this wondrous energy I truly am that is full of light, of magic, of enormous and miraculous love, needs feeding. We need to, regardless of our lives - something will always get in the way if we let it - make appointments to care for ourselves.

For, if we aren't taken care of, then our children aren't taken care of. If we are not fueled and nourished and juicy, then our partners in love certainly are not, either. We have to put the oxygen mask on ourselves first, do we not in an airplane? Then, why in life do we leave us till last?

So, whether it is a simple walk alone on a garden path, or digging in your garden and planting blossoming flowers, or driving an afternoon out to the beach or taking an evening to go out with girlfriends (goddesses feed each other through talk and laughter, doncha know), okay, and eating great food together... including chocolate). Make time for you.

There is nothing more important than that; for your whole like stems from how you are cared for. Your life reflects the vibration you are living in and when I left the river that afternoon I walked a bit slower, I smiled from my heart, people watched me in Albertsons like "what did she just do?" and I gave my light, as love, once again. And, miraculous things began to happen.

Renew your beauty-full self, in this summer time. Find the ways that bring you joy, make a list of 10 things you can always reference and make a date with yourself to

feed your delicious feminine within. Then, watch what happens!

Julie Michaels is a master results coach, master of neuro-linguistics, author and CEO of Sacred Space Enterprises. With 13+ years bringing others to their own dreams with inspiration and laughter, Julie has created the Set Free Your Delicious Feminine Workshop to empower women to take care of themselves. sacredeleven@aol.com

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