

CREATE YOUR OWN WOMEN'S TEMPLE

GUIDELINES AND PRACTICES



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Introduction

Welcome to the Temple of Divine Feminine Flow. Lie down on some soft pillows with a bowl of small fruit pieces, and make sure you are comfortable. Allow a few soft sighs and let one hand rest on your belly. Relax into whatever is here for you in this moment. Imagine a warm, red field of energy surrounding your body, as if you were wrapped in a silk sarong. Let your hand float up from your belly and gently make its way up your chest, face and hair. Make a few soft sounds. Relax deeply and have a juicy piece of fruit.

Now, imagine a women's gathering that is a mix of an Indian Temple ceremony with ecstatically dancing women fully surrendered in devotion, a Bedouin oasis in the desert with fresh figs, cooing doves and huge marble tubs where the women bath and scrub each other clean, a contemporary meditation/inquiry group with practices guiding into the vastness of our true nature and an African grieving ritual where the painful parts of our lives are honored, danced and celebrated. Now, you are starting to get a taste of the kind of women's work we will present in this small manual.

We, Chameli and Helena, will share what has worked for us in the Temple group we founded in February 2005 that is now a network with over 40 women initiated in Nevada City and other Temple groups started in Texas (Texas Temple Time) and several places in Germany. Our voices weave into one tapestry, we have each written different parts of the guidelines and the evening menus.

As all feminine flow is vulnerable, and, well, always flowing and shifting, it needs the protection of the masculine, our own inner masculine. In this work the masculine is used to set the guidelines and the outer frame in which the feminine intuitive, chaotic, wonderful metamorphosis can occur.

If you would like to create a Temple group, using the practices we share here, we passionately invite you to follow the guidelines. They have been tested and carefully molded and we know that they support the Temple to be a sanctuary that grows and thrives. And remember they are guidelines not rules.

We wanted to make the manual simple and clear; therefore we have planned a "menu" of evenings in detail. Every evening is 2 hours, without brakes, since that interrupts the flow. There can be tea before or after Temple practice. We have also included spoken guidance to help you set the tone and open the space for the different energies you will be working with. The spoken guidance is marked with...in the texts.

You can follow an evening outline exactly, you can modify it to suit your group or you can pick different sections from different evenings to create your own evening. You will find a section with a list of feminine inquiries, which can be “thrown in” whenever you feel they fit.

This is a work in progress. We would love to hear from you, please e-mail feedback to us. Let us know what works and what doesn't. Share your experience of how your group works and develops. We will add and mold the manual as we keep exploring and gaining new insights.



Basic Beginners Evening

Opening Circle, 10 min. Welcome the women to gather in a circle and guide them to take some deep breaths, close their eyes and fall into silence.

...allow your breath to flow to your belly and womb...feeling this moment as it is...allowing everything that is present...feel your feet on the floor and the connection to the earth...sinking down towards your belly and the earth...becoming soft...opening the deep corners of your heart...

Opening the Body, 10 min. Spread out into the room and with their eyes closed guide the women further...

...stretch your arms towards the sky and receive the sky energy...gently let your hands stroke your whole body, beginning with your head...let the hands flow all the way down to your feet...feeling every part of your body as divine...let your hands rest on the floor...receiving the earth energies...stroking your body upwards...repeat a few times in your own pace...then let your hands rest on your belly...breathing...opening...feeling the love in your belly...now gently holding your breasts...feeling the love and divine feminine energy in them...

Letting the Divine Feminine Move the Body, 10 min. Play some dance music. Guide the women to move, open and expand their bodies.

...now let your hips begin to move...making circles in all directions with your hips...allowing your whole body to move...if the divine feminine essence would express itself through your body right now, what would that feel and look like...

allowing whatever is present...allowing sounds...breathing deeply...melting...relaxing...letting go into this feminine oasis of love...

Connecting With Other Divine Feminine Incarnations, 10 min.

...open your eyes and begin connecting with the other women in the room...greet and connect without words...allowing your face to be open and without masks...no need to be nice or polite...meet in ancient and new feminine ways...gaze deeply into each other's eyes...touch each other's bodies...

Opening Each Other's Bodies, 30 min. Divide into groups of 3, 10 min. for each woman. Two women are giving one woman their loving attention, stroking, massaging,

touching her body. ...touch her body as the divine incarnation it is...feeling into places that need extra attention and love...the woman receiving is just relaxing...

Seeing Deeper Gifts & Giving Temple Names, 30 min. Stay in your groups of 3, 10 min. for each woman. Take turns looking deeper into each other and speaking what gifts you see. Share the gifts that this woman already carries by simply being alive. Speak of the beauty, strength and amazing inner qualities you see. Speak the outer beauty you appreciate. Love and adore her fully. Trust your inner feminine knowing.

Based on what you see give this woman a Temple name that reminds her of the gift she already is, without changing or improving anything. She can use the name as an inner reminder.

The name is a gift from the other women, just receive it and feel into it. You do not need to discuss or analyze the name, whether you think it fits or not etc. Obviously you don't need to receive a name you strongly dislike, but other than that, gracefully receive your name and trust the other women's intuition.

Some examples of gift names from the Nevada City Temple Group:

Goddess of Glittering Love

Radiant Juicy Lioness

Belly Bliss

Red Hot Lava

Illuminate Awakener

Soul Queen

Lotus Dragon

Magical Song Goddess

Truthful Willow

Closing Circle, 20 min. Gather in a circle.

...look around the circle at all these amazing women...all these incarnations of the divine feminine essence...see all these mirrors of beauty...allowing your face to be raw and soft...showing yourself, being fully seen and seeing deeply...now we can take turns to go into the middle and express our gratitude through our movements, energy and sounds...

Deep Nourishment

Opening Circle, 15 min. Place a large bowl with warm water, a washcloth and rose oil (and rose petals) in the middle of the floor. Play soft music, welcome the women to gather in a circle and guide them into silence and some deep breaths.

Take the washcloth and gently wipe the hands of the women next to you, while you have deep eye contact. Let the bowl go around the circle so everyone receives a hand blessing.

Nourishing Self, 10 min. Guide the women, with their eyes closed, to gently touch themselves, starting with their face.

...allowing the hands to slowly flow over every part of the body, as if you were touching a sacred statue in a temple...breath deep and let your hands explore every little part of this Goddess statue...the ear lobes, the inside of the elbows, the nipples, the inside of the thighs...as if you are smearing a healing green balm all over...give love and tenderness to this divine feminine body...

Sensual Hips Circle, 15 min. Play some sensual dance music. Gather close in the circle so that everyone's hips are touching and with the eyes closed begin to move the hips together, becoming one moving feminine body. After a while guide the women to break up into pairs and continue connecting through the hips.

...allowing the divine feminine essence to guide your hips and your whole body...becoming one flow, one body together...giving your body as an altar to the other woman...dancing a sacred prayer dance as a gift to the universe...relaxing your belly, hips and bottom, letting them expand and be round and soft...

Royal Goddess Treatment, 60 min. 15 min. for each woman. Divide into groups of 4 and let one woman lay in the middle, on soft blankets and with pillows wherever she needs it. The three other women massage, strokes and loves her body. Feel into what her body longs for, make sure you nourish both sides of her body, helping her to turn around at halftime and helping her up to sitting.

Deep Nourishing Relaxation, 10 min. End the massage circles with cuddling up together and relaxing in the small groups of 4.

Closing Circle, 10 min. Breathing and gazing into each other's eyes.