

It's Time to Bloom

Week 1

Awakening the memory of our true origin.

February 13 to 20

- **Introduction.**
- **Presentation to the group.**
- **Beginning ritual.**
- **Remember that we are Cosmic-Spiritual beings.**
- **Universal laws.**
- **We are Love.**
- **God-Goddess : Integrating Duality.**
- **Connecting to the spirit of Mother Earth and Father Sun.**

Week 2: The human seed we are

February 20 to 27

- **Medicine wheel and the 4 elements**
- **Returning to the circle of life.**
- **We are human seeds growing on Mother Earth.**
- **Awakening our inner child: our magician who takes us to our essence.**
- **Connect to the pleasure and joy of living on this Earth**
- **Remember our essence, our gifts and talents that were in our childhood**
- **Strengthen confidence in Life and in the magic that guides us.**
- **Connect to our invisible guides.**

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Week 3

Strengthen our roots, activating our voice. February 27 to March 5

- **Strengthen our roots: honor our parents and break family loyalties.**
- **Overcoming the dramatic triangle.**
- **Weeding our history and fertilizing our being with the learnings of our life.**
- **Activate our voice and strengthen our light body.**
- **Take the strength of our own history: Remember the fruits that we have already borne in our lives.**
- **Increase our vital and creative energy.**
- **Altar to the Goddess Artemis, fire, our adolescent woman.**

Week 4: Awakening our Medicine Woman.

March 5 to March 12

- **Awakening our feminine energy and our heart.**
- **Moon woman – Earth woman – Sun Woman.**
- **Remembering the power of our connection with the moon, its 4 phases and cycles.**
- **Learning to use the power of being cyclical.**
- **Remembering the power of our menstrual blood.**
- **Learning to sow our blood for the Peace of the Earth.**
- **Remember our nature and strengthen our purpose as women on Earth in the Age of Aquarius.**
- **Awakening and giving voice to our psychic gifts: intuition, clairvoyance, ubiquity.**

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Week 5 Awakening our creative Goddess.

March 12 to March 19

- **The connection with Mother Earth and the creative power of our womb to create a new Earth.**
- **The importance of caring for and cleaning our uterus.**
- **Connect with Sacred Sexuality.**
- **Remember that we are Goddesses on Earth.**
- **Awakening dreams of the new Earth.**
- **Open our flowers to be pollinated by the Mystery of love.**

March 19 : Closing session

March 19

- **Workshop Summary.**
- **Artistic Sharing .**
- **Celebration.**