

THE SEVEN PORTALS

This 9-month journey is divided into seven portals*. The seven portals follow an *initiatory arc* based upon embodied elemental wisdom and patterns of feminine intelligence that pervade both our body and all of life.

Each portal weaves together words, video teachings, music (themed playlists), video and audio practices, poetry and live interactive sessions. Processes, journal prompts, and at-home rituals will be provided.

In each portal we will journey alongside a guiding Goddess; a distinct energy signature that we bring to life through our body (to be revealed inside the training!).

*Note: Portals 6 & 7 are exclusively for women undergoing the complete initiatory pathway as facilitators of this work.

Portal One - ROOTS: THE PRIMORDIAL FEMININE *Element: Earth | Archetype: The Mother*

We begin where all life begins, and returns to - the holy ground. You will come home to your body, your land, your lineage. Here we grow roots deep enough to hold everything that is coming. We awaken the *animal body* & our primal feminine instincts through embodied somatic presence and practice- the foundations on this path!

Portal Two - DEPTHS: WOMB WISDOM *Element: Water | Archetype: The Wild Woman*

We continue our descent, with a mythic map of feminine wisdom that invites us to enter our own depths through the pelvic bowl and the womb space, including the places we have not dared to look. Here we recognise that darkness is rich fertile ground, not to be feared. We discover that what is hidden or suppressed contains our greatest power. We come into relationship with the wisdom of our womb, and uncover our depths through embodied shadow work, emotional alchemy & womb-centered yoga.

Portal Three - EROS & SACRED SENSUALITY *Element: Water/Fire alchemy | Archetype: The Lover*

The body is a temple and pleasure is a prayer. Here we reclaim the innocence of our sensuality, the unique landscape of our female anatomy and the holy ground of our desire. We learn to orient toward natural pleasure currents and flow with eros as a source of nourishment, fertility and creative inspiration.

Portal Four - FIRE OF THE GODDESS *Element: Fire | Archetype: The Warrior Queen*

Here we stoke our inner fire of passion, power and purpose. We welcome and embody the dynamic & fierce energy of the Feminine, and enter the fires of transformation as we ritually burn and transform that which is holding us back from our fullest experience and expression of our true nature. This portal is about activation, expression, and beginning to feel the ascending current of shakti come alive in the body. This is a potent moment in the training to make a commitment and consider: How am I being called to tend the sacred fire of the Goddess?

Portal Five - DEVOTION: FLOWERING THE HEART *Element: Air | Archetype: The Devotee*

Here the path becomes devotion, the breath becomes prayer, and the longing you have carried your whole life reveals itself as the doorway home. Our inner Tantric yoga practice deepens here as we grow in fluency with the more subtle energetic practices on this path. We allow ourselves to be romanced by the Beloved, enjoying the nectar of devotion and its sweetness, and this sacred eternal pulsation that beats in all of life. Our path is infused with beauty, grace and immense love as we enter our heart as a gateway to the Great Love.

Portals 6 & 7 are for the facilitator stream only

Portal Six — VOICE: THE TEACHER AWAKENS *Element: Sound | Archetype: The Teacher*

Shakti wants to speak through you. Here we clear, activate and reclaim the sacred power of your word, and begin to sense how this transmission wants to move through your

unique voice through this work (and beyond). The portal serves to initiate you as an embodied feminine wisdom keeper on the Shakti Path - one who is able to powerfully articulate and invite women into deep experience through embodiment with your guidance.

Portal Seven — DAKINI: BECOMING THE VESSEL *Element: Ether | Archetype: The Priestess*

We arrive at the vast embrace of the Great Mother/the Cosmic womb - and discover she was holding us all along. Here we learn the art of presence, of holding space, of becoming a clear vessel for the Mystery to move through. Through deep devotion we anchor our trust in the wisdom and energy that reveals itself to us and through us, in relationship with *Shakti*. We prepare to birth ourselves as initiated guides for women on this path, and to be guided by our creative inspiration as we take the next step on this path.
