



## Full of the joys of being woman – our feminine treasure chest

“A treasure chest is defined by its treasure, not the chest that contains it.” Author unknown.

As women we have this nagging preoccupation with only looking at the outside package – measuring and placing huge value on our dimensions – hip, bust and thigh measurements, not to mention how big our butt is or how perky our breasts are, numbers on the scale, whether a dress fits or not, how our make-up and hair looks and whether we measure up to what society feels is “beautiful, successful, confident or sexy.”

What if we were to focus on the storehouse of treasures within? Here are a few gems in what I call our “feminine treasure chest”.

- **We are gifted with intuition.** The feminine gift of intuition allows us to know, beyond knowing. We “get that feeling” that things are OK or not, to do something or not and what the best answer might be, and this gut instinct is often far more accurate and helpful than knowledge by itself to get us through whatever life throws at us.
- **We are born connectors.** While men might disappear to the isolation of their cave, we women will typically go out gathering what we need to resources ourselves and the family. We also have this beautiful inbuilt desire for sisterhood – hanging out with women who we can connect, share experiences and laugh out loud (and cry!) with. There is always help (and fun!) at hand, and she is often a woman, so we never need to feel alone!
- **We have a desire for depth in our lives.** This comes from living soulfully, connected to something that is even greater than us – our Spirit, our God, our angels, our soul-friends and our own “inner marvelousness”. Women tend to find ways to incorporate their experiences into the bigger picture of their life – finding ways to heal, share their new-found wisdom and to use the experience to further their service in the world.
- **We are gorgeously emotional.** Cyclical in nature, we tend to be consistently inconsistent and we cry a lot! Our emotional rollercoaster allows us to get rid of the old and therefore have more room to deal with the task at hand better and bring in the new on a regular basis. We therefore have a fantastic ability to heal and move forward, onward and upward.
- **We are born creators. Creativity comes from a deep well within us.** When we switch our brains off and really connect with our creative juices at a very sacral level, all sorts of magic occurs. Also wired to multi-task, versus our more single-minded counterparts, we are often very good at coping with multiple things going on in our lives and finding creative solutions to our hard stuff, and for some of us, we actually thrive on that!

- **Our compassion, not competition, helps us create change in the world.** It is often in our gentleness, humility and sometimes unseen, and quiet acts of compassion, that we truly create change in our own lives and that of others. Women's success is often a collective effort with a collective impact.
- **Our inner sexy is not just about sex.** It is about our Self EXpression and passion. When we express our talents, skills, creativity and passions (and not just settle for same-old, same-old, make-ends-meet stuff) and truly be who we are, we are on fire! If you love to create, create. If you love to bake, bake. If you love to search for truth, do it. If you love to sing, sing. It's simple!
- **Our inner beauty is infectious when it is allowed to shine.** There is beauty in every woman, which radiates when she practices self-love and embraces her feminine gifts.

**“There is nothing more gorgeous than a woman full to overflowing with the gifts  
of being a feminine woman.”**

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