



The Sacred Feminine Reset

AWAKENING THE POWER WITHIN:
A COMPREHENSIVE GUIDE TO EMBRACING
AND NURTURING YOUR FEMININE ENERGY

WWW.LAURIEOAKESMEDIUMSHIP.COM

Reclaiming the Sacred Feminine

Dear Reader,

Welcome to the Sacred Feminine Reset—a space to heal, reconnect, and rediscover the profound wisdom and power of the feminine within you. This workbook is an invitation to explore the deep wounds that many women carry, often unconsciously, and to begin the transformative work of healing and renewal.

For centuries, the feminine has been suppressed, devalued, and misunderstood. Patriarchy has left its mark on our collective psyche, creating wounds that ripple through generations. These wounds—often referred to as the **Witch Wound**, the **Mother Wound**, and the **Sisterhood Wound**—shape how we see ourselves, relate to others, and navigate the world.

- **The Witch Wound** speaks to the fear of being too powerful, too intuitive, or too different. It's the shadow of centuries of persecution against women who dared to step outside societal norms.
- **The Mother Wound** reflects the pain of unrealistic expectations, self-sacrifice, and the devaluation of feminine labor. It's the weight of generations of silenced voices and unacknowledged strength.
- **The Sisterhood Wound** reveals the divisions and competition among women, perpetuated by systems that thrive on keeping us apart rather than united.

These wounds are not just personal—they are collective. They live in our stories, our relationships, and the way we move through the world. But they are not the end of our story. They are the beginning of a journey back to ourselves.

Embracing Your Feminine Energy

This workbook is designed to guide you through that journey.

Together, we will:

- Reclaim the power of the Witch—your intuition, creativity, and independence.
- Heal the Mother Wound—breaking cycles of guilt, shame, and self-sacrifice.
- Restore the Sisterhood—building trust, empathy, and solidarity with other women.

This is not just about healing wounds; it's about rediscovering the sacredness of the feminine—the parts of you that are wild, wise, and deeply connected to the cycles of life. It's about creating a new narrative, one where you are free to be fully yourself, in all your complexity and beauty.

As you move through these pages, remember: this is your journey. There is no right or wrong way to do this work. Be gentle with yourself, honour your pace, and trust the wisdom that already lives within you. The sacred feminine is not lost—she is waiting to be remembered. Let this workbook be your guide as you reset, reconnect, and reclaim her.

With love,

Laurie Oakes xx



Understanding Feminine Energy

WHAT IS FEMININE ENERGY?

Feminine energy is the essence of intuition, creativity, empathy, nurturing, and receptivity. It is often described as a yin energy, in contrast to the yang energy of the masculine. While everyone possesses both feminine and masculine energies, this workbook focuses on enhancing and celebrating your feminine qualities.

What does feminine energy mean to you?
How do you currently experience it in your life?

Use this prompt to explore your personal definition of feminine energy. Consider moments in your life where you felt deeply connected to your intuition, creativity, or empathy. How did these experiences shape your understanding of feminine energy?



BALANCING FEMININE AND MASCULINE ENERGIES

Just as day needs night and summer needs winter, both feminine and masculine energies are essential for a balanced life. While masculine energy drives us to take action and achieve, feminine energy allows us to flow, reflect, and nurture ourselves and others.

Activity: List ways in which you can recognize and honor both energies in your daily life.

Consider daily routines, habits, or practices where you tend to lean more heavily on one energy. How can you bring more balance? For example, if you find yourself always pushing through work with a masculine, goal-oriented approach, could you integrate more breaks or creative thinking time to balance it with feminine energy?

**Where in your life do you feel a need for more balance
between feminine and masculine energies?**



Reflect on areas of your life where you may feel off-balance. This could be in your work, relationships, or self-care. How might embracing more feminine energy help you restore balance?



Cultivating Feminine Energy

DAILY PRACTICES TO ENHANCE FEMININE ENERGY

Integrating small, intentional practices into your daily routine can significantly enhance your connection with feminine energy. These practices don't need to be time-consuming; even a few minutes a day can make a difference.

Exercise: Choose one or two practices to integrate into your routine this week. Track your experiences and reflections.

Some ideas for daily practices include:

- **Mindfulness Meditation:** Spend 5-10 minutes each morning or evening focusing on your breath, observing your thoughts, and grounding yourself in the present moment.
- **Journaling:** Use journaling as a way to connect with your inner thoughts and emotions. Write freely without judgment, allowing your intuition to guide you.
- **Nature Walks:** Spend time in nature, observing the cycles of the seasons, and connect with the earth's energy. This can help you tap into the natural flow of life.
- **Creative Expression:** Engage in creative activities such as painting, dancing, writing, or crafting. The act of creation itself is a powerful expression of feminine energy.

How do these practices make you feel?
What changes do you notice in your energy?

Reflect on the emotional and physical shifts you notice after consistently practicing these activities. Are you feeling more centered, creative, or at peace? How has this impacted your daily life?



CONNECTING WITH YOUR INTUITION

Intuition is a key aspect of feminine energy, often referred to as your inner voice or gut feeling. It's a deep knowing that comes from within, without the need for logical reasoning. Cultivating your intuition allows you to make decisions aligned with your true self.

Exercise: Practice a daily meditation focused on listening to your inner voice. Write down any insights or intuitive messages you receive.

Begin with a simple meditation where you sit quietly, focus on your breath, and ask your inner self a question. Wait patiently for an answer to arise, and trust whatever comes up, even if it's just a feeling or image. Journaling after the meditation can help capture these insights and integrate them into your conscious awareness.

How does listening to your intuition change the way you approach decisions or challenges?



Consider how your life changes when you trust your intuition. Do you feel more confident and aligned with your true self? How has this impacted your decision-making process and the outcomes of your choices?



NURTURING YOURSELF AND OTHERS

Nurturing is a powerful expression of feminine energy, both in caring for others and in practicing self-care. Nurturing yourself involves honoring your body, mind, and spirit, while nurturing others means offering love, support, and compassion.

Activity: Create a self-care plan that honors your feminine energy. Include activities that nourish your body, mind, and soul.

Your self-care plan could include a mix of physical activities like yoga or gentle exercise, mental activities like reading or meditation, and emotional activities like spending time with loved ones or engaging in creative hobbies. Consider scheduling specific times for these activities and treating them as essential parts of your day.

How does nurturing yourself and others impact your overall well-being and relationships?



Reflect on how your relationships improve when you prioritize self-care and nurturing others. Are you more patient, compassionate, and present? How does this shift in energy influence your interactions and the quality of your relationships?



Expressing Feminine Creativity

UNLEASHING YOUR CREATIVE POTENTIAL

Creativity is a core aspect of feminine energy, allowing you to express your innermost thoughts, emotions, and ideas. Whether through art, writing, music, or other forms of expression, creativity is a way to connect with your deeper self and the world around you.

Exercise: Engage in a creative activity (such as painting, writing, dancing...) without worrying about the outcome. Focus on the process and enjoyment.

Choose a creative activity that excites you, and allow yourself to dive into it fully. Let go of the need for perfection or productivity, and simply enjoy the act of creating.

How does creative expression make you feel?
What does it reveal about your inner world?

After your creative session, take some time to reflect on the experience. Did it bring up any emotions, memories, or ideas? How does expressing yourself creatively help you connect with your feminine energy?



SACRED FEMININE RITUALS

Rituals are a way to honour and connect with your feminine energy on a deeper, spiritual level. They can be simple or elaborate, but the key is intention.

Sacred rituals allow you to pause, reflect, and celebrate your connection to the feminine.

Activity: Design your own sacred ritual to connect with your feminine energy. Include elements like candles, crystals, or essential oils.

Think about what elements resonate with you most. For example, you might create a morning ritual that includes lighting a candle, meditating with a crystal, and setting an intention for the day. Or, you might design a moon ritual that aligns with the lunar cycle, using specific scents, colors, or objects that hold meaning for you.

**What did this ritual awaken within you?
How can you make ritual a regular part of your life?**



Reflect on how the ritual made you feel, both during and after. Did it bring a sense of peace, empowerment, or connection? Consider how you can incorporate rituals into your daily or weekly routine to maintain this connection with your feminine energy.



Relationships & Feminine Energy

EMBRACING FEMININE ENERGY IN RELATIONSHIPS

Feminine energy plays a vital role in relationships, fostering empathy, communication, and emotional connection. By bringing more feminine energy into your relationships, you can create deeper, more meaningful connections with others.

Activity: Reflect on your current relationships. How can you bring more empathy, nurturing, and open communication into them?

Consider each of your key relationships and how you interact within them. Are there opportunities to listen more deeply, offer support, or express your feelings more openly? Write down specific actions you can take to enhance these connections.

How does embracing feminine energy affect the way you connect with others?



Reflect on any changes you notice in your relationships as you embrace more feminine energy. Are you experiencing deeper conversations, greater understanding, or more emotional closeness? How does this shift impact your overall well-being?



SETTING HEALTHY BOUNDARIES

Setting boundaries is an essential aspect of self-care and is a way of honoring your feminine energy. Boundaries protect your energy and well-being, ensuring that you can give to others without depleting yourself.

Exercise: Identify areas where you need stronger boundaries. Practice saying “no” or expressing your needs in a compassionate yet firm way.

Reflect on situations where you feel drained, overextended, or uncomfortable. These are likely areas where boundaries need to be set or strengthened. Practice articulating your needs clearly and kindly, whether in personal or professional settings.

How do healthy boundaries enhance your relationships and self-respect?



Reflect on how setting boundaries affects your relationships and your sense of self. Do you feel more respected, empowered, and balanced? How has this impacted your interactions with others and your overall energy levels?



Healing and Empowerment

HEALING THE FEMININE WOUND

The "feminine wound" refers to past experiences, societal conditioning, or internalized beliefs that may have suppressed or diminished your feminine energy. Healing this wound involves acknowledging these influences, forgiving yourself and others, and reclaiming your feminine power.

Activity: Write a letter of forgiveness to yourself or others to release any pain or limitations related to your feminine energy.

This letter can be as long or short as you need it to be. Write from the heart, expressing any feelings of hurt, anger, or sadness. Then, focus on forgiveness and release, allowing yourself to let go of these burdens and move forward with a renewed sense of self.



EMPOWERING YOUR FEMININE VOICE

Empowerment is about confidently expressing your feminine voice in all areas of life, from personal relationships to professional settings. It involves speaking your truth, standing up for your beliefs, and embracing your unique perspective.

Exercise: Practice speaking your truth in a situation where you might normally hold back. Reflect on the experience.

Identify a situation where you tend to stay silent or avoid expressing your true feelings. Challenge yourself to speak up, even if it's uncomfortable. Afterwards, reflect on how it felt to express your truth and the impact it had on the situation.



SETTING MONTHLY INTENTIONS

Setting intentions at the start of each month helps you stay focused on nurturing your feminine energy. These intentions should be specific, actionable, and aligned with your overall goals for personal growth.

Exercise: Write down 2-3 intentions focused on enhancing your feminine energy. Reflect on them weekly.

Your intentions could include practices like increasing self-care, spending more time in creative activities, or improving relationships by being more present and empathetic. Review these intentions weekly to track your progress and make adjustments as needed.



Reflection and Growth

REFLECTING ON YOUR JOURNEY

At the end of the workbook, take time to reflect on the growth and changes you've experienced. This section is about acknowledging your achievements, understanding the lessons learned, and celebrating your journey.

Activity: Write about the most significant lessons you've learned about your feminine energy.

Consider the key moments, insights, and practices that have had the most impact on your connection with your feminine energy. How have these lessons transformed the way you see yourself and the world?

**How has this journey impacted your relationship with yourself and others?
What practices will you carry forward?**



Reflect on the broader impact of this journey on your life. How has your relationship with yourself deepened? How have your relationships with others evolved? What practices have become essential to maintaining your feminine energy?



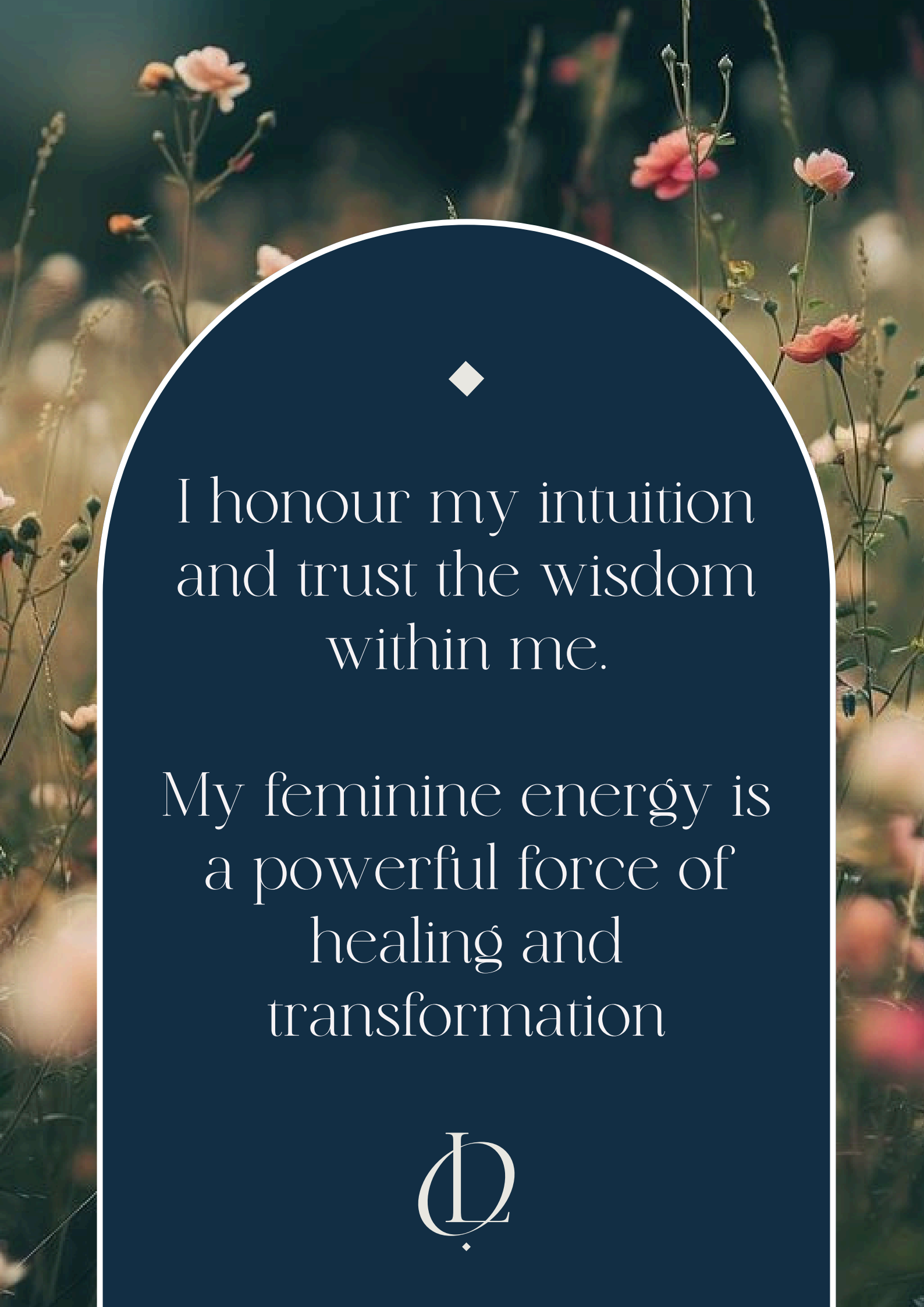
FUTURE VISION

Looking forward, envision how you will continue to cultivate and embrace your feminine energy. This section is about setting long-term goals and creating a vision for your future that is aligned with your feminine power.

Exercise: Create a vision board or write a letter to your future self, describing how you will live in alignment with your feminine energy.

Use images, words, and symbols that resonate with your vision of living in full alignment with your feminine energy. If writing a letter, describe your ideal life, the qualities you embody, and the impact you have on the world around you.

This vision will serve as a guiding light for your ongoing journey.

A background image of pink roses in a field, with a dark blue semi-circular overlay containing text and symbols.

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I honour my intuition
and trust the wisdom
within me.

My feminine energy is
a powerful force of
healing and
transformation



Congratulations

You've embarked on a powerful journey, exploring what feminine energy truly means, understanding how to balance it with masculine energy, and discovering ways to embrace your intuitive, nurturing, and creative self. Now, take a moment to reflect on all that you've accomplished:



- You've deepened your connection with yourself, learning how to tap into your feminine energy and use it to heal, grow, and flourish. You've explored daily practices, rituals, and exercises that help you feel more aligned and empowered.
- With these new tools, you're now better equipped to enhance your intuition, nurture your relationships, and set healthy boundaries. You've learned how to confidently express your feminine voice and embrace your authentic self in every part of your life.

As you continue this journey, remember that your feminine energy is always with you, flowing, growing, and guiding you. Don't be afraid to nurture yourself and reach out for support when needed. Surround yourself with people who uplift you, and continue practicing the rituals and habits that allow your feminine energy to shine.

Here's to a future of alignment, grace, and the powerful embodiment of your feminine energy. Keep growing, creating, and being true to the radiant person you are.

With love,
Laurie Oakes



Hi, I'm
Laurie



@laurieoakedmediumship



@thenakedsoulpodcast

LET'S CONNECT

I believe that our souls intentionally choose to experience life in the physical world, to overcome negativity and reconnect with love, higher wisdom, and God.

While it can be challenging to hear our intuition because of the soul's journey here, I believe that through healing, personal growth, and unlearning external conditioning, we can reconnect with our soul's truth and purpose.

For me, intuition is a deep spiritual connection that helps us navigate life in alignment with love and wisdom. I teach that shifting our perspective from "things happening to us" to "things happening for us" is essential for spiritual growth and healing.

My mission is to help others reclaim their inner wisdom, trust their intuition, and align with their soul's truth through spiritual mentorship and mediumship. I guide people in overcoming trauma, reconnecting with their divine essence, and reclaiming their power, especially to the Sacred Feminine.

Laurie Oakes

What's Next?

Investing in an intuitive coach is about creating space to connect deeply with your desires, align with the universe, and live with intention. As your guide, I'll help you identify your blocks, and give you tangible, actionable guidance to help you reach your highest potential--happiness and freedom.



THE NAKED SOUL COLLECTIVE

Join The Naked Soul Collective and dive into transformative healing with weekly teachings, guided meditations, and live channelled guidance.

Starting April 29th, 2025 I will be running a 6-week program called *"SACRED FEMININE CODES"*, bi-weekly Tuesdays from 6:30-8:00 pm EST.

Access this and so much more inside NSC for only \$49USD /month

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