

3 WAYS TO STAY GROUNDED IN YOUR FEMININE THAT WORK EVERY TIME

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MOVE YOUR BODY

Movement Is Beautiful

One of the most important things that I find to be useful when I need to get grounded is moving my body. When you are feeling too far in your masculine, moving your body literally moves energy around inside you and can wake you up.

Here are a couple of ways to move your body to wake up the Divine Feminine.

Dancing, you know this one is my favorite! Put on any kind of music that makes you feel sensual and fluid. I have a playlist you can download on the website of some of the songs I love to move my body to. I will spend time alone in my room and just dance like I am performing for my man for a half hour, it's intense and it's amazing!

Yoga. This is an obvious choice in moving the body. It creates a lot of openness inside and even on the outside. Put a mat down and do some gentle poses to get things flowing again.

Go for a **walk in nature** if you are able. Take in the smells and sounds of all that is around you. I love walking in the spring and summer, winter is a bit of a challenge for me, but even a 10 minute walk to clear your heart is perfect.

Earthing. This one is super straightforward. Take your shoes off and get outside in barefoot and just connect with Mother Earth

JOURNALING

Writing for me is a daily practice. There are no off days with this one because it's so darn powerful. I will plug in to my phone or laptop and listening Chill Step and write about the life I am creating as if I have already created it. It is one the most important things you can do to get grounded in your feminine energy.

COOKING

I LOVE to cook. I am normally on a special eating plan to help me with Hashimoto's disease and cooking is a really important part of staying nice and healthy.

Cooking for me is a massive way to nurture my body and my family's bodies as well. When you are in the kitchen you are free to be creative and fluid. This will ground you in your feminine energy really well. Disclaimer: Don't treat cooking like a chore, treat it like a beautiful opportunity to feed your body or your loved ones body. Play your favorite music, grab a glass of wine if that's your thing and let the energy flow.

Here's to staying grounded in that gorgeous energy mama!

*Big love,
Cara*