

The 5 Feminine

Portals To Wealth

By Tina Eloise



Hey Witch,

Tina Eloise here, your potty mouthed, cockney Inner Wealth Witch.

I am so overjoyed that you have found your way here.

You are about to embark on an epic journey of self-discovery and actualisation.

This workbook is designed for you to reclaim, activate and unleash those parts of you that are kept captive by fear shame and guilt so you can elevate your feminine frequency & activate your high king energy which in turn helps you become an energetic match for more pleasure, play and prosperity.

Who doesn't want more of that!

These are what I call the 5 Feminine Portals to Wealth.

Now I am not going to beat around the bush with this and we are going to dive straight in.

You don't have to go through this book all at once, its here as a reference point and a guide for your ever evolving journey of becoming your true to soul self.

Grab your fave journal, light a candle put some music on (the feminine looooves rituals) and lets crack on.

See you on the inside.

Big Juicy Luv

Tina Eloise

In the coming pages I will break down the different portals plus how they show up in your life and business and then reveal their elevated counterparts.

These elevated parts come after integration and reclamation of the wealth of the 'wound'.

For instance, the Wealth Portal - The Witch Wound when reclaimed and integrated becomes the embodiment of the High Priestess.

Savvy?

Now I am not saying that this will be done in one swoop, no, it is an ever-evolving journey, with layers and layers and layers.

Each time you level up, step out of your comfort zone, call in more, scale or increase your frequency a new layer of the wounds may show themselves.

It has been my experience that certain wounds are more prevalent at different stages of your business journey, I will go into this a bit later on.

Now I use the term wound/portal interchangeably.

Not only does the word portal sound more expansive...

I believe that all our wounds are portals to reclaiming the parts of ourselves that we have hidden, shamed and feared for not only this lifetime but from lifetimes before and our ancestral bloodlines.

By doing this work we are clearing eons of energetic debris, distortions, untruths and conditioning on what it means to be a powerful, sensual, magnetic and magickal woman.

This is the work we came here for.

So lets start with the first portal.

The Witch Wound

& The High Priestess



Wound Theme – Fear of her own abilities and magick, scared of humiliation, persecution and ultimately execution if she expresses herself so keeps her craft quiet & too herself.

Traits and behaviours.

- Believes empathy is a blessing and a curse
- Obsessed with entities and negative energies
- All ways has to consult her guides, muscles test everything instead of following her own intuition
- Scared to speak her truth
- Can not express the depth of her work
- Finds it hard to communicate her work to others
- Squirms on sales calls
- Believes money is the root of all evil
- Doesn't except compliments about her work without a negative comeback
- Scared of what may come through if she fully taps into her intuitive abilities
- Doesn't like to ask for money owed to them
- No contracts, no boundaries prices all over the place
- Takes the weight of the world on her shoulders
- Gives away free stuff all the time
- Attracts the pick your brainers, non -payers and freebie takers.
- Always spiritually scapegoats that being more visible or consistent isn't aligned.
- When offered opportunities to be more visible or share their craft, they cancel cos of family or health drama (this feeds into the mother wound)
- Tired and drained all the time (this feeds into the mother wound)
- Feels intimidated by other woman who area success in her industry (this feeds to the sister wound)

The Witch Wound

& The High Priestess



The High Priestess

Elevated Theme- The Embodiment of her most magickal, all seeing, all listening, all knowing & all feeling self. Master of her expression. Strong connection to source and spirit. And allows intuition to lead the way.

Traits and behaviours

- Owns her abilities
- Owns her power
- Can powerfully express her craft to others
- Offers deep transformation to her clients
- Knows she is unique
- Has rock solid boundaries
- Knows by not sharing her message she is doing a disservice to her soul sisters
- Has all her pricing and contracts sorted
- Creates powerful containers that her clients fall over themselves to get in
- Has brilliant word of mouth
- Shows up like the force of nature she is
- Is a channel
- Totally obsessed with her craft
- Knows she is control of the energies she allows in her vortex
- Follows her intuition no matter what.
- Has rock solid boundaries with her clients and in her containers (also a trait of the Boss Queen & Embodied Goddess)
- Has a brilliant balance of purpose, pleasure and play.
- Loves
- to receive money for her craft as she knows it is an exchange and her magick is worth every penny!

Self Reflection

In what ways do you operate from the witch wound in your business?

How does this make you feel?

What can you do today to bring more of the elevated essence of the high priestess into your business?

Keep these reflections at hand until the end of the guide and check out the 'alchemy on the go'

The Sister Wound

& Legendary Leader



Wound Theme: See's other women as competition. Untrusting of the feminine, jealousy and comparison. Stops them from fully showing up and connecting with their audience.

Traits and behaviours

- Constantly paralysed by comparison, feels like an imposter (this feeds into the witch wound)
- Afraid that they will be accused of copying others (this feeds into the witch wound)
- Accuses others of copying them
- Finds it hard to take advice from their peers
- Feels she has to do it all alone (this feeds into the mother wound)
- Has the green-eyed monster over successful women
- Makes others wrong for doing things the way they do it
- Points the finger at others to deflect from their own abandonment of self
- Shames, bullies and belittles others craft (this feeds into the witch wound)
- Has been shamed, bullied and belittled because of their craft
- Runs the story of 'women don't like me' 'I don't get along with women'
- Has clients trying to overstep their boundaries all the time
- Uses the blame game when haven't gotten the results they desired in a container (this is subjective however on some level responsibility needs to be taken by all parties involved)
- Doesn't speak up when their boundaries have been crossed (this feeds into the mother & bitch wound)

The Sister Wound

& Legendary Leader



The Legendary Leader

Elevated Theme- Leadership & Sisterhood. Embodiment of big sister love energy. Solidarity and compassion .

Traits and behaviours

- Owns who she is
- Knows that what she brings to the table is one of kind
- Knows that she can never be replicated
- Has a team of other women around her supporting her and her business
- Is able to hold powerful space for her fellow sisters
- Thrives in women only communities
- Doesn't sweat the small stuff bitchiness and cattiness in the online space
- Gets inspired and motivated by other women's success
- Leads by example and an empathic heart
- Doesn't pay mind what others are doing in the industry as she is too busy creating her own empire
- Works with others that she is totally obsessed with.
- When a problem does arise with another women , she doesn't get even she gets lawyers and cuts the cords
- Women leave her containers feeling elevated and empowered.
- She has the know like trust factor down!

Self Reflection

In what ways do you operate from the sister wound in your business? (be brutally honest with yourself)

How does this make you feel?

What can you do today to bring more of the elevated essence of the legendary leader into your business?

Keep these reflections at hand until the end of the guide and check out the 'alchemy on the go tool'

The Bitch Wound

& The Boss Queen



Wound Theme: Scared of being seen as too much, too bossy or being that bitch if she speaks her truth, fears of abandonment and has generic marketing.

Traits and behaviours

- Doesn't speak their truth
- Let's others walk all over them (this feeds into the Mother & sister wound)
- Doesn't say no (this feeds into the mother wound)
- Let's clients chop and change session times willy nilly
- Produces generic marketing
- Scared to say what they truly feel or share their opinion
- Feels intimidated by others that are out there loud and proud
- Hides behind memes
- Prolific people pleaser (this feeds into the mother wound)
- Gets tongue tied and squirms when talking about pricing for her containers
- Often enters into toxic mentor relationships
- Feels a lot of resentment towards others
- Gets bored really easily with their containers
- Doesn't have contracts in place
- Doesn't follow her intuition
- Allows really shitty behaviour to occur
- Scared that if she did speak up, she would get no clients, be abandoned/not loved.
- Is creatively constipated

The Bitch Wound

& The Boss Queen



The Boss Queen

Elevated Theme- Sovereignty and boundaries. Embodiment of high standards, solid foundations & certainty

Traits and behaviours

- This queen knows who she is and what she is here to do
- Has her arse covered at every angle, contracts & systems
- She knows her craft inside out and can talk for hours on it.
- Isn't afraid to speak her truth. and speaks no matter the backlash
- Has a constant stream of creative ideas on how she can serve her clients
- Everything she puts out there lights her up.
- Is choosy about who she allows in to her energy
- Has high standards on what is acceptable in her field
- She owns the fact that some will love her and others will hate her and that's ok.
- What others think of her do not determine her worth
- She knows what she wants and knows how to get it
- She doesn't allow others to piss on her parade
- She is confident in her dealings and can communicate her desires and wishes without shame.
- Knows she is always looked after, loved and secure
- Has unshakable faith in her ability to create.
- Commands a room just by walking into it

Self Reflection

In what ways do you operate from the bitch wound in your business? (be brutally honest with yourself)

How does this make you feel?

What can you do today to bring more of the elevated essence of the boss queen into your business?

Keep these reflections at hand until the end of the guide and check out the 'alchemy on the go tool'

The Whore Wound

& The Sacred Siren



Wound Theme: Holds shame and guilt around her sexual and material desires, scared for wanting more which is keeping her small and stuck at inconsistent months.

Traits and behaviours

- Has a numb vagina, can't orgasm. (this feeds into the mother wound)
- Thinks sales are icky, sleazy, or non-spiritual
- Says she is not in business for the money
- Thinks having material things is superficial
- Doesn't know what turns her on
- Has shame around her magic number (sexual partners)
- Has shame around the loss of her virginity
- Inflates her clients results and her income
- Doesn't like to share her clients results or her own income (this feeds into the bitch wound)
- Thinks others sharing their results is tacky
- Thinks people pitching to her is tacky
- Doesn't know how to pleasure herself (this feeds into the mother wound)
- Doesn't like to share that she wants to earn big money
- Doesn't tell her partner what she likes in the bedroom
- Doesn't trust her partner to pleasure her
- Feel she has to control everything to get anything done (this feeds into the mother wound)
- Works endlessly and has little time for any pleasure
- Has sexual shame
- Has secret debts
- Can find it hard to fill her programmes and in constant doubts about her path
- Is triggered by the word pussy

The Whore Wound

& The Sacred Siren



The Sacred Siren

Elevated Theme- Embodiment of her sexual & monetary desires.
Radiates sensuous pleasure.

Traits and behaviours

- Is connected to her body
- Loves money, loves talking about it, loves spending it, loves receiving it.
- Invests wisely
- Knows how to allow and hold pleasure
- Oooozes magnetism that her clients (and partner) find irresistible
- Likes to try new things
- Works on herself to heal those parts that she deemed shameful
- See's work as play
- Likes to create rituals when co creating with universe
- Feels completely turned on by her work
- If it's a turn off it's a no
- Easily attracts money and clients
- Easily scales her business
- Knows what to say to connect with her clients
- Knows that her sexuality and orgasm is the most powerful force that she has

Self Reflection

In what ways do you operate from the whore wound in your business? (be brutally honest with yourself)

How does this make you feel?

What can you do today to bring more of the elevated essence of the sacred siren in your business?

Keep these reflections at hand until the end of the guide and check out the 'alchemy on the go tool'

The Mother Wound

& The Embodied Goddess



Wound Theme: Disconnect from her body leading to burnout and mother martyr syndrome which can lead to over working and/or inconsistency

Traits and behaviours

- Feels she is not feminine enough
- Feels she is ugly, to fat, to skinny
- Holds shame around certain parts of her body
- Often has eating disorders
- Often ill with autoimmune diseases -chronic fatigue
- Often over gives
- Weak boundaries
- Doesn't allow pleasure
- Puts everyone and everything before her own needs
- Lives in her head
- Fears the feminine
- Finds it hard to connect with her body
- Gets gratification from being a martyr
- Inconsistent income
- Cannot hold wealth
- Earn and burn, feast and feminine are the themes to her business
- Doesn't have systems and structure in place
- Finds it hard to scale
- Find it hard to connect with others
- Uses numbing techniques -smoking-alcohol-drugs
- Obsessed with mindset
- Feels, flat. frustrated, fed up & uninspired often
- Has a distrust of the feminine
- Finds it hard to receive without giving back.
- Doesn't like physical contact or to be touched in certain places.

The Mother Wound

& The Embodied Goddess



The Embodied Goddess

Elevated Theme- Embodiment of her pleasure, sensuality, and magnetism. Connected to all that is.

Traits and behaviours

- She knows she is the sacred feminine in human form
- She loves her body
- She see's beauty in every living thing
- Has a deeper connection with Mother earth and all her inhabitants
- Has deep and meaning full relationships
- Can hold profound space for others
- And connect with them deeply
- Can create hold, sustain, and replicate wealth/pleasure/love consistently
- Has complete faith in her craft and her power to create
- Is in deep service to her mission
- Has deep understanding of the masculine
- Can communicate powerfully
- Doesn't get triggered easily
- See's everything as an opportunity to expansion
- Has presence
- Own all parts of her being and loves the hell out of them.
- Deeply in love with her life and everyone and being in it.
- Allows more ease and flow
- Fills her cup first before being of service to others

Self Reflection

In what ways do you operate from the mother wound in your business?

How does this make you feel?

What can you do today to bring more of the elevated essence of the embodied goddess into your business?

Keep these reflections at hand until the end of the guide and check out the 'alchemy on the go tool'

Oooooooo Weeeee!

That was a lot to take in hey?

Did you get triggered? Have any realisations?

Well good if you did, that's the purpose of this work.

To highlight those parts that are hidden by shame, guilt and fear.

I haven't listed all the traits and behaviours, otherwise it would take me years to complete, it's very nuanced and intricate from person to person.

However, you get the gist and can probably relate to some of them.

As you can see some of the portals feed into others, this is because they are nuanced and have a slightly different energetic signature aka intention in each portal.

That being said the Mother Wound is always there, we are programmed to live in our heads, our lifestyles the way society is and then add any trauma you may have experienced, yup it's the last place your mind wants you to go.

The Mother Wound is literally the mother of all wounds and is in direct correlation to how we see our own sacred feminine energy, but we shall go into that another time.

The journey into the body, is a lifelong journey.

Just like this work.

By doing it and diving into the wounds you will get a deeper understanding of self, a deeper love for self and a deeper connection with self!

As I mentioned at the beginning of this guide, some of these wounds will be more prevalent at different stages of your journey.

For instance, The Witch Wound, is definitely when you are just starting out and getting your first clients. You will need to define your craft and start to be visible, and you can bet

your arse that the witch wound head hags will come out to play.

That being said, the witch wound does come up again but will not be the most 'urgent' one to alchemise. It will be for more of a personal spiritual expansion than for business.

And those bitch & sister wounds, are way more prevalent when you are getting more visible and hitting those 10-20k months.

You bet your arse that you will have to set boundaries & speak your truth, there will be cattiness towards you, people copying you and you will be starting to run a team which will bring up all those sister & bitch wound traits.

All though these wounds are still there at the beginning but just like the tide, they ebb and flow.

New level new devil as they say.

The Whore & mother wound? now these normally get addressed when women are burnt out from working so damn hard to make the 6 figure mark and they are tired and deflated & want more ease and flow in their lives.

However, you really need to be addressing these 2 wounds from the get-go. Once again, by not doing so, we are ignoring the body and our feminine purpose of pleasure & overflow to make the money there for perpetuating the masculinised way to do business.

We are women, lets pull on our strengths of being at our best when we are at ease and play.

The only way I make money now is when I am at ease and finding pleasure in what I do. As soon as I try to force ANYTHING my body shuts down, I get headaches and fatigue.

Again, this isn't set in stone but has been the theme in mine and my clients businesses.

Anyway, you are probably now wondering what the hell are you going to do with all this information right?

Never fear witch, this sister ain't gunna leave ya hanging. In the next couple of pages, I will be sharing with you ways in which you can start to recognise and alchemise these wounds to start embodying your power, pleasure and purpose as the feminine force of nature that you are!

Business *Alchemy*



So lets get down to business.

There are a number of ways for you to turn these wounds into gold.

There is a golden thread in them all....

The 3 pillars of Alchemy

Speak Your Truth

Follow Your intuition

Have Rock Solid Boundaries

They all need to be executed in different ways in different scenarios but believe me, it is always one of these three that are missing and need to be energetically and physically acted on.

I love somatic-shadow work, which encompasses all that I do , NLP- Womb Work, Poly Vagal, Energy Healing, Emotional Clearing Somatic Release & Breath Work where we connect with each archetype and activate and alchemise the wounds.

However, that can take a couple of 1:1 sessions and isn't really fit for purpose right now.

So, I am going to give you a few things that you can do for yourself at home,

Remember to create the scene with some candles, incense and music.

Sit Back and lets begin...

Let's use the Bitch Wound as an example

Scenario: Another Client has cancelled a client call for the third time, you are pissed, you go to say something cos you have just had enough, but stop yourself because you don't want to be too hard on her, or sound like a bitch...whilst also worrying that she will leave and you won't get paid!

So, you don't say a word. But you know deep down you should have, cos she has just ended working with you anyway.

This leaves you resentful, wanting to give up and now even more worried about money.

So what are the things you can do.

Visualisation

If you are a visual person and love to bring images to mind then this is for you.

Close your eyes, take a few deep breaths connect with your higher self and ask your body to allow you to connect with your inner Boss Queen.

When you get that visual of her , have a conversation, ask her what you need to do to stop this happening. Ask her where is this coming from, when did I decide I couldn't speak up.

A memory or something may come up from when you were young or whenever. Which will need some extra inner child/shadow work.

But use her to guide you through the process, that part of you knows exactly what needs to be done.

When you have done the healing part of the process, she will impart some actionable steps, like get client contracts in place, policies etc. Cover your arse.

And go do that! ...this is the crucial part! ...the actionable steps are the steps into embodiment and how you become the Boss Queen

Journaling

The same as above set the scene and journal your heart out. Connect with your Boss Queen. Let that stream of consciousness flow through you.

Alchemy On The Go

So, using the scenario above, you can instantly shift this in the moment that it happens. As soon as you recognise that old bitch wound mind chatter, you can shift it instantly by, sitting the feck up, taking a breath and connecting with your inner Boss Queen ask what she wants to do and respond from that energy.

Instant alchemisation in the moment. Its nerve wrecking and your fear will be going nuts but will speed up the process. (although I do highly recommend to check in to see if there is any trauma attached that needs to be released from the body)

You can also use these tools when going through the list of each wounds traits & behaviors in this guide.

If you find a trait you have, connect with the elevated part of you and ask her what she wants you to do to alchemise it.

It will be a form of speaking your truth, setting boundaries &/or listening to your intuition.

Another fun thing to do, is set up a vision board of all the elevated essences. You can put what they wear, clothes, perfume, what their favourite colours and key words are, what their fave tunes are...have fun with it.

Look at the board every day and connect with those parts of you, you could even go out and buy the outfits? ...any excuse for a shopping trip, right?

If you really want to dive into this work I invite to contact me about my 1:1 Elevate: 6 week journey where we work through each portal to reclaim activate and embody those hidden

Elevated parts of you so you can raise your feminine frequency and be fiercely expressed and in turn activate your high king energy = men money and manifestation. Single sessions are also available if you want to try it out!

And that's it, I hope you have enjoyed the journey into your most powerful parts. I bet you will be recognising the portals coming up not only in yourself but in others also.

I would really love to hear about your experience so please connect with me to let me know all about it

FB [Tina Eloise](#)

IG [tina_Eloise_London](#)

Email : connect@tinaeloise.com

Big Juicy Luv

Tina Eloise Xx

NOTES

NOTES