

Christine Page - Your Body, Yourself & Your Feminine Intuition 2022

In this empowering 7-module course, you'll discover:

- Two of the most essential elements of feminine intuition — a pure heart and clear sight
- How to awaken your innate sensitivity by embracing a **simple 3-step process**, encompassed in every creative enterprise, that **mirrors the 3 faces of the feminine**
- An **exercise to cleanse and refresh your womb**, ridding it of old energies, outdated relationships, and even vampires — so it can once again be filled with exquisite creative nectar
- The meaning of **dragon energy as the creative energy that flows within the Earth** — and how your feminine insight and power are strengthened when you embody it
- Practices and meditations to *clear your intuitive lens*, empty your womb, master dragon energy, root yourself into Mother Earth, and more
- How to **offer yourself as a healer and transformer**, uniting with your true potential
- A guided meditation to meet the **3 faces of your inner feminine** — virgin, mother, and crone — so you can embody their unique qualities in your daily life
- The chakras of change — the **sacral chakra** brings transformation in relationships, while the **throat chakra** brings about change by shifting your focus from your personality to your higher self
- Steps to become an empowered, clear-sighted and loving woman of the future
- How a **new world and future already exist** as an energetic blueprint that's awaiting your attention
- How to release old beliefs and connect with the new and exciting dreams vibrating within the imagination of Mother Earth
- And much more...

What You'll Discover in These 7 Modules

In this 7-part transformational intensive, Christine will guide you through the fundamental skills and competencies you'll need to embrace the courage, guidance, and support that will help you reclaim and embody your goddess-given gifts — so you can take your rightful place alongside your spiritual sisters to create a new and better world for the next seven generations.

This course will feature step-by-step teachings and experiential practices with Christine. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to embrace the courage, guidance, and support that will help you reclaim and embody your goddess-given gifts — so you can take your rightful place alongside your spiritual sisters to create a new and better world for the next seven generations.

Module 1: How Women's Intuition Connects to the Heartbeat of the Universe



As your journey with Christine begins, you'll explore two of the most essential elements of feminine intuition — a pure heart and clear sight. They're the synthesis of love and wisdom.

Love is often described in superficial terms. Yet for women, Christine explains, love is much more.

It represents a deep, heart-centered union with the heartbeat of the Universe, where all is known and nothing is hidden and where every action flows with Universal intention.

Christine will guide you to discover how to unburden your heart, clear your intuitive lens, and walk with confidence within the world, joyfully expressing your soul's potential.

When you increasingly connect to this Universal love, allowing your intuitive heart to lead you, you radiate an energy that encourages others to love themselves at the deepest levels, so they, too, can experience wholeness.

In this module, you'll:

- Participate in a meditation to **meet a wise and loving female guide to walk with you throughout the course** — perhaps a departed loved one, a spirit being, or an archetypal figure, such as Mother Mary or Qwan Yin
- Learn 3 ways to **clear your inner lens**
- Receive a **guided meditation, "Creating Healthy Boundaries,"** by using the alchemical colors of silver and gold to cleanse your aura of old energies and surrounding yourself in a golden bubble of protection
- Explore **how female love involves more than just caring** — it involves deep feelings of connection, whether with another person, Mother Nature, God, or the Universe
- Discover why **women often wish to change people** and are willing to be the vessel of transformation for those they love, so they can reach wholeness or unity with their highest selves

- Understand why, in times of stress, **men tend to choose fight or flight**, while women, due to the presence of estrogen, prefer to reach out to friends for comfort and support
- Learn why **women seek to create bonds of common interest** and unity, even with strangers, due to their magnetic desire to connect and unify
- Explore why **owning your psychic gifts is so important** — including allowing yourself to choose when it's appropriate to use them, and when to keep your insights to yourself

Module 2: Creating Resonance With Your Natural Rhythm



Discover why women are naturally attuned to evolving rhythms and cycles of the Universe — especially to the phases of the sister moon and the seasons of Mother Earth.

You'll learn why, in recent decades, women have increasingly repressed their own sensitivity to these female rhythms in an attempt to enhance their masculine psyche and find equity with men.

This suppression has caused increasing disharmony of mind and body, leading to an acceleration of conditions such as PMS, depression, and anxiety.

But rest assured, your sensitivity is merely sleeping...

It can be awakened by embracing **a simple 3-step process**, which is encompassed in every creative enterprise and mirrors the three faces of the feminine. Christine will share how the number 3 is magical for women — women often wake at 3:00am, there are three phases of the moon and menstrual cycle, and there are three faces of the feminine (Virgin, Mother, and Crone).

In this module, you'll:

- **Explore ritual, rhythm, and resonance**, creating healthy rhythms to attract people and events that resonate with your soul
- Learn how to **recognize signs of disharmony**, the trigger of this distress, and how to create new healthy behaviors that bring us back into rhythm

- Understand why **3 is the magical female number**
- Discover how **to maintain emotional and physical harmony** (at any age) as you cycle with the different moon phases
- Learn the **3-day transformative ritual**, carried out during the first three days of a period or during the three dark moon days around a new moon
- Imagine yourself as a tree that finds strength, security, and adaptability **as you participate in a guided meditation**

Module 3: Our Womb, Our Sacred Temple — Clearing the Womb to Feel Empowered & Cultivate Self-Respect



Everything about being a woman — curves, loving nature, rhythmic alignments, sensual juiciness, and especially your womb — mirrors the shape and purpose of Mother Earth.

Like Her, you're capable of transforming consciousness and birthing new worlds.

Your most precious and powerful site of alchemical transformation is the uterus or womb, your sacred temple. (An etheric womb is still present after a hysterectomy.)

The womb is where a few cells change into a beautiful baby, transforming old emotions into liquid to be shed during your period or dark moon time.

Sadly, most women never learn to appreciate the uterus beyond pregnancy, causing the inner sanctum to become full of old, unhealthy energies.

Christine will guide you to cleanse and refresh your temple, ridding it of old energies, outdated relationships, and even vampires — so it can once again be filled with exquisite creative nectar.

In this session, you'll:

- Explore **the womb's sacred purpose of transformation**, recognizing it as more than a container for a baby's growth — and acknowledging that every woman gives birth each month to new ideas

- Learn how **old energy and outdated relationships** can influence your health if you don't learn to release the energy on a regular basis
- Discover **three simple ways to prevent emotional overload** by closing an overactive solar plexus, emptying the womb, and loving yourself
- Participate in a **guided meditation to clean the sacred temple**, imagining the female organs as a sacred temple as you enter deep into the inner sanctum that is the uterus, and clean it of old emotions, energies, and relationships
- Learn how to **prevent vampiring**, an abusive practice of stealing energy via the throat chakra, base chakras, and solar plexus
- Understand why **respect is the basis of all healthy relationships**, without which there is abuse and shame

Module 4: Embodying Dragon Energy to Activate the Blueprint of Unlimited Creative Potential



Christine will explain that every manifestation originates from a planetary blueprint or matrix, deep within the Earth...

Women were previously revered as spiritual leaders because of their ability to clear energy and **connect to this grid through pure intention**.

Now, to bring this matrix to life, we also need to fill ourselves with the pure creative dragon energy that moves like a serpent throughout the Earth.

This is only possible through the root chakra, located beneath your feet.

3,500 years ago, the patriarchy, threatened by a woman's creative powers, destroyed women's connection to this dragon energy. This caused Kundalini (the serpent goddess) to fall asleep — as result, women began to rely on the base chakra for security.

Christine will guide you to be empowered by meeting and integrating your own dragon energy, which may change your life forever.

In this session, you'll:

- Explore the **3D energetic blueprint known as the matrix**, which was laid down in the Earth at the time of its creation
- Discover why the **patriarchy is fearful of dragon energy's** power to destroy and transform any structure at will
- Examine **why we were cut off from our sense of security through the root chakra**, located 9 feet under our feet and why we then came to rely on the base chakra for security
- Discover the meaning of **dragon energy as the creative energy that flows within the Earth** — and how women's insight and power are strengthened when they embody it
- Learn **why Kundalini, the serpent goddess, fell asleep** when she lost her connection to her mother — the dragon energy that flows through the root chakra
- Experience an interactive exercise to help you feel the difference when **you speak from the throat** versus the sacral chakra and womb
- **Root into Mother Earth and reconnect to the root chakra** and your dragon energy during a guided meditation

Module 5: Healing From the Heart — Becoming a Compassionate Witness



Christine will share the meaning of healing, and explain why feminine healing is different from the masculine style, where rescuing and fixing is more common.

At this point in the course, you can delight in how much healing and empowerment has already taken place as you've cleared your lens, emptied your womb, mastered dragon energy and rooted yourself into Mother Earth.

Now it's time to offer yourself as a healer and transformer, uniting with your true potential.

Healing from the heart does not judge or shame. It recognizes the uniqueness of each soul's journey and promises to be a compassionate witness, using the mantra, *see you, hear you, feel you, know you, and love you.*

With this in mind, Christine will guide you through powerful healing exercises — for your ancestors, other women, and yourself... because forgiveness, love, and healing begins at home.

In this module, you'll:

- Discover how **feminine healing is different from the masculine method** of *fixing the problem*, and offers a sacred compassion space for healing
- Understand why **Christine sees illness as a wake-up call for the soul**, offering an opportunity to change your life and experience wholeness
- Travel to a part of the body that has (or previously had) dis-ease to understand its loving message by **listening to your body's wisdom during a guided meditation**
- Explore the **psychospiritual meaning behind common female illnesses** — and learn why illness is not a failure or weakness, but a loving message from the soul telling you something has to change
- Participate in a guided meditation where you'll **travel to a well via the sacral chakra**, calling on the spirits of your ancestors to find healing — for yourself, the past 7 generations, and the 7 generations still to come
- Discover how **healing wounds of fear and distrust between women** leads to powerful and loving connections and communities

Module 6: Finding Courage to Change in the 3 Faces of the Great Mother



Humanity is going through one of the greatest paradigm shifts ever experienced on this planet. Yet, women are fully equipped for the challenge due to our alignment to the rhythms of the Universe, our regular performance of the 3-step ritual, and the knowledge that we are loved unconditionally.

During this module, we'll meet the three faces of the Great Mother and understand their unique roles in the process of change.

We'll look at why change is so challenging for many people and how our masculine throat chakra can sabotage our efforts by creating excuses or asking too many questions, rather than letting go of the known and entering mystery.

We'll also explore ways to make change more pleasurable than staying stagnant.

In this module, you'll:

- Meet the **3 faces of your inner feminine** — virgin, mother, and crone — during a guided meditation, so you can embody their unique qualities in your daily life
- Explore the chakras of change — the **sacral chakra** brings transformation in relationships, while the **throat chakra** brings about change by shifting your focus from your personality to your higher self
- Understand why you may resist change, which often asks you to **leave behind what feels safe and trust your intuitive heart to enter a mystery**
- Move through a written exercise to discern **the areas of your life where you might be blocking the idea of change**
- Visit what Christine calls the *house of change* via a guided meditation — to **receive intuitive guidance and make healthy decisions** for your future
- Learn 3 easy ways to **receive spiritual guidance**
- **Break into groups of 3** to receive intuitive guidance from your classmates

Module 7: Vibrating in the Imagination of Mother Earth to Build a New World



Christine will recap the many steps you've taken to become an empowered, clear-sighted, and loving woman of the future.

This new world and future already exists as an energetic blueprint awaiting your attention. It's asking everyone to **release old beliefs and connect with the new and exciting dreams** vibrating within the imagination of Mother Earth.

Christine will guide you to recap **why you're so powerful as a woman** — including your clear insight, compassionate heart, freedom from fear of death, deep connection to Universal will, embodiment of dragon energy, ability to cleanse energy, and talent for birthing new life every month.

The ancient women of the past are cheering you on, encouraging you to step into mystery and birth something extraordinary.

As Christine will remind you, **you already embody everything you need to resonate with the Universal heart.**

It's time to get inspired and birth only those things that bring sustainable prosperity, peace, and joy to all humanity for the next seven generations.

In this final module, you'll:

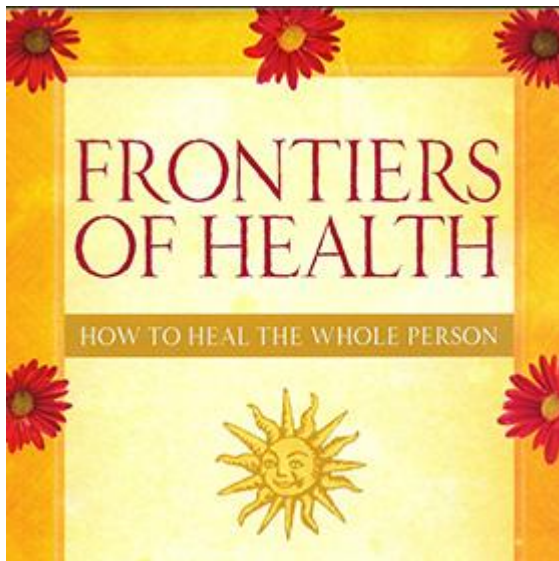
- Participate in a guided meditation to **meet a role model who inspires you to embody these innate gifts**
- Explore Mother Earth's imagination by understanding that **Gaia is a conscious being** that dreams — and we are living in one of her dreams
- Understand that **we live in a holographic Universe** where our reality is created by our thoughts, beliefs, or inner knowing — depending on which is the most powerful at a given time
- Examine **how your beliefs act as locks on the cell membrane**, awaiting specific keys to generate a certain reality — and how, by changing the locks, you change your reality
- Move through **a guided meditation to make your dreams come true** by changing your body's posture and by *being the change* you wish to bring to the world

The Feminine Intuition Bonus Collection

In addition to Christine's transformative 7-module virtual course, you'll receive these special bonuses with leading visionaries and teachers to complement the course and take your understanding and practice to an even deeper level.

Frontiers of Health

Audiobook by Dr. Christine Page



This abridged version of Christine's audiobook presents insights into subtle anatomy, especially the chakras, deepening the listener's appreciation of how these energy centers influence our journey towards true health, embracing mind, body, and spirit. Drawing on her 45 years of experience in healthcare, Christine describes the connection between chakras, personalities, potential illnesses, and unique soul attributes, offering specific ways to create enduring harmony.

Optimizing of Our Energy

Audio Meditation From Dr. Christine Page



Do you find yourself running around like a headless chicken in need of an energy fix in the middle of the day? Practice **Christine's simple, re-energizing 5-minute meditation** any time you feel unbalanced and exhausted. By simply rooting yourself into Mother Earth and drawing up her unlimited flow of creative energy into your body, you'll soon be firing on all cylinders again.

What Does It Mean to Be a Woman?

PDF Workbook From Dr. Christine Page



With so many women around the world feeling inspired to make a difference, we're asking: *Who am I?* In this workshop, Christine will share how the beliefs and perceptions you absorb in childhood about femininity from both male and female relatives greatly influence your relationships, maternal instincts, and perception of the female body.

Enhancing Our Intuition Exercises

PDF Workbook From Dr. Christine Page



Have you ever failed to speak or act on an intuitive hunch and now live with regret? If you answered yes to this question, you're not alone. Your soul is constantly sending intuitive messages to help you navigate your soul's journey. Because these insights often appear out of the blue, asking you to step into the unknown, it's common to ignore their entreaties. **The**

exercises in Christine's workbook can help you hear and follow through on your soul's loving messages.