


CONSCIOUS WOMEN'S EMPOWERMENT CLASSES

6 WEEK ZOOM CLASS SERIES
CLASS RECORDING 2 OF 6



A vertical strip on the left side of the image shows a close-up of several pink peonies with many layers of petals, set against a dark background.

The Divine Feminine is what allows us to just "be." It is "powerful, loving, and caring," and welcomes conscious discernment, trusting deep inner knowing and higher intuition. It allows us to take our time with observations. "She" discovers her way from the inside, by feeling wisdom, love, and freedom from within.





“The true feminine is the receptacle of love. The true masculine is the spirit that goes into the eternal unknown in search of meaning. The great container, the Self, is paradoxically both male and female and contains both. If these are projected onto the outside world, transcendence ceases to exist. The Self—the inner wholeness—is petrified. Without the true masculine spirit and the true feminine love within, no inner life exists... To be free is to break the stone images and allow life and love to flow.”

MARION WOODMAN



 [@ragan thomson](https://www.instagram.com/_ragan_thomson)

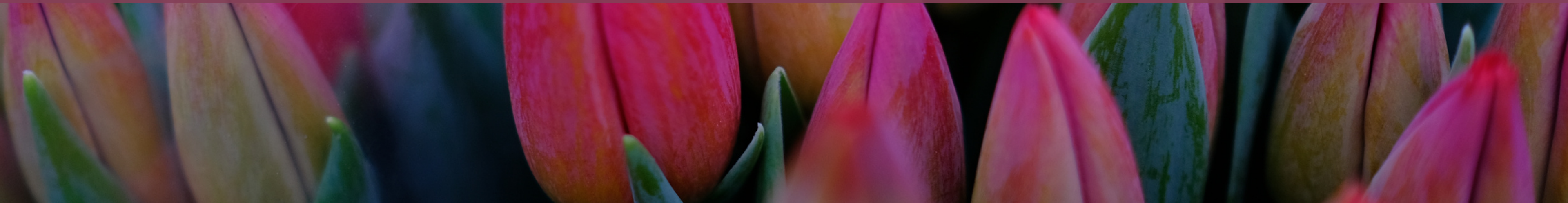
The Divine Masculine is what allows us to "do," to take decisive action, but not aggressive or angry action despite what we might assume. Instead, it is based in open, loving, and faith-based action. The masculine listens to the Divine Feminine's knowledge, receives her intuitive wisdom with openness, and then acts on that knowledge with confidence. This action is based in knowing that we are a part of something much larger than ourselves. It is masculine energy that unites the world in love.



VPR ILLUSION - DRAMA TRIANGLE



VICTIM
PERPETRATOR
RESCUER





Using the V/P/R labels and roles disempowers us. Using these labels and their associated roles ends up creating more fear, pain, and misunderstanding and limits our ability to constructively process our past pain and trauma. Using these roles requires us to hold onto our pain, rather than leaving it behind so that we can then heal and move forward with our lives and emotionally live in the present. When we interpret life from any of the three roles of the V/P/R model we are trying to empower ourselves, disempower others, and control life situations by applying the victim/perpetrator/rescuer process. Not realizing that it will in the end take us nowhere and that in effect it is a “skipping record dynamic” that goes on and on.

Using the V/P/R labels and roles disempowers us. Using these labels and their associated roles ends up creating more fear, pain and misunderstanding, and limits our ability to constructively process our past pain and trauma. Using these roles requires us to hold onto our pain, rather than leaving it behind, so that we can then heal and move forward with our lives and emotionally live in the present. When we interpret life from any of the three roles of the V/P/R model we are trying to empower ourselves, disempower others and control life situations by applying the victim/perpetrator/rescuer process. Not realizing that it will in the end take us nowhere, and that in effect it is a “skipping record dynamic” that goes on and on.





Through prayers, meditations, podcasts, and online/live events, Ragan invites you to join her on a transformational journey home to authenticity, truth, awakening, and alignment of the divine masculine and feminine both inside and out.

RAGANTHOMSON.COM

 [@ragan_thomson](https://www.instagram.com/ragan_thomson)