



Our intent is to inspire and integrate aspects of Yin - the feminine - into our lives through articles, inspirations, tips and tools.

Welcome to our July Theme - Feminine Radiance

Our theme this month is Feminine Radiance. One of the intentions of the Yin Project is to support women in uncovering their own natural beauty and wisdom, rather than focusing on the way they have been taught to look and act. Together we can find ways to gift ourselves, our family and friends, and our world with the power of Feminine Radiance.

Much love, Rachael Kennedy & Kim Keller

What is Feminine Radiance?

Feminine Radiance is not a physical thing, it is an experience - an experience that nearly every woman has had at least once in her life. It is the experience of a woman being in touch with her own essential nature, her own natural beauty and grace, and her own joy in being who she is - just the way she is. Because feminine radiance is an experience, it is difficult to quantify. However, when I see a woman on the street who does not fit the social norm of youth and radiance, emanating confidence and grace with graying hair, her soft body and wise smile, I know I have just come in contact with the most magnetic power a woman can possess.

I have carefully chosen this quote for the home page of The Yin Project website:

'Feminine Power isn't something we go out and acquire, it's already within us. It's something we become willing to experience. Something to admit we have - Marianne Williamson.'

This quote reminds me that radiance is something that we have access to all of the time, and is not contingent on looking a certain way, dressing a certain way, or acting a certain way.

I experience myself being in my feminine radiance when I can touch the enjoyment of simply being in my own body - living in my own skin. When I do that, I can taste the truth that I do not need to do anything to be a powerful, beautiful woman. Being simply present with myself in that moment of time is enough. I experience my own radiance when I feel the energy of love emitting from me and moving out to touch others. I do not always have to notice my own radiance to have others experience it. There have been many times when I was not feeling great when others commented on my radiance.

I feel other women embodying radiance when I perceive an inner confidence and security in their sexuality and

Calendar of Events

Aug 30 - Sept 2

Women's Retreat Ashland, Oregon

Find out more

Sept 14

The Yin Project In Concert

Ashland, Oregon

Find out more

Sept 22

1-day workshop for women

Ashland, Oregon

Find out more

Oct 20

Rachael Kennedy and Datta Groover perform at the 15th Annual Northwest Women's Show

Portland, Oregon

Find out more

Oct 30

Integration Program Begins.

Do you want to delve deeply into this work?

Find out more

Messages from the Men

My idea of feminine radiance is not about a woman drawing in

sensuality. There can be a fine line between a woman who is confidently secure in her sexuality and sensuality and inspires others with it, and a woman who flaunts her sexuality and sensuality in order to try to attract attention, because there is a hole that she is trying to fill.

In some cases the difference is as wide as the Grand Canyon, though in most cases the difference is far more subtle.

I'm not sure if I can fully describe what the difference is between authentic radiance and subtle manipulation by using sexuality, but I am enjoying pondering this.

It has something to do with a woman's craving for love and attention that she may not be consciously aware of, and it has something to do with her doubts over whether she is "enough" apart from her physical body.

Whatever it is that creates a woman using her sexuality to manipulate her environment, it is not all her own fault. We are all constantly bombarded with messages from the media showing us that feminine radiance is the most powerful quality a woman can have. However, we get misled by the messages that redder, puffer lips, the newest fragrance, cosmetics, and fake tan will help us finally acquire this mysterious power.

Given that we are now in a decade that accepts progressive ideas of female sexuality, there are cultural trends that encourage women to be as overtly sexual as they can get away with. TV, films and magazines trick women into thinking that non-apologetic expressions of sexuality are what a liberated woman is all about. I agree in part: Feminine Sexuality is one of the most beautiful things anyone can experience. At the same time, however, I see most women on this track without fulfilling relationships and with a shadow lurking close behind, whispering "I am not worthy."

Feminine Radiance has the power to attract strong friendships, fulfilling intimate relationships and business opportunities, but most of all, a deeper connection to ourselves and what brings us enjoyment and peace, no matter what is going on around us.

Written by Rachael Kennedy

## Yin and You: An Opportunity for Exploration

We invite you to think of a time when you felt most alive and exuberant - when you felt confident in who you were as a woman. Close your eyes and picture yourself back in that time and space.

How does your body feel?

What parts of you feel most open and alive?

How joyful can you feel in THIS moment, when you think of that moment in the past?

When you find yourself in touch with that feeling of aliveness and exuberance again, put your hand on the part of your body that feels the most open and joyous.

The next time that you do not feel connected to your own Feminine Radiance, put your hand on this part of your body and practice deliberately choosing to open this part of the body, as a gateway to feeling your radiance once again.

We become more powerful as a woman when we are aware that we can choose to feel our own Feminine Radiance no matter what is going on around us.

men with some inner glow she wears like perfume with a finely tuned and tanned body from some Vanity Fair ad. Nor is it about matching some image in my mind about what a woman should be or could be if she only knew what my image was.

I sense that for most women today, feminine radiance is the only thing a woman has to hold on to when the daily grind and the demands on her time, her body, and her energy system in this counter-feminine, fast-moving, anxiety-drenched culture join together to wring her out and expect the impossible while giving back so very little in return.

Feminine radiance must be that inner female voice that says, 'What's wrong with this entire screwed-up picture that makes being radiant and soft so damn hard for every woman but the rich and the airbrushed?'

In spite of all this (and much, much more that I don't understand because I'm a man), feminine radiance still glows within every woman as a sacred ember waiting for society to become sane enough to blow on it gently, to treat it with all the care it deserves - and to worship and protect it.

Without feminine radiance, life goes out of everything.

Written by Tej Steiner

Author: Heart Circles: How Sitting In Circle Can Transform Your World

[www.heartcircle.com](http://www.heartcircle.com)

## 13 Pathways to Feminine Power

A 60-day online workshop you can experience from your own home.

1st Pathway -  
Feelings and Desires

2nd Pathway -  
Sensuality

3rd Pathway -  
Intuition

4th Pathway -  
The Power of Attraction

5th Pathway -  
The Shadow

6th Pathway -  
Relationship with the Masculine

## YIN Inspiration

### Radiant Cup

Poem by - Susan Bandura Wrona

[www.radiantcup.com](http://www.radiantcup.com)

If we really understood

the mystery of love

we would not rush in

breathless and

unaware

rather

we would stand before the door

a supplicant;

a radiant cup.

head bowed

eyes open

hands outstretched

ready

to feel

in every heart beat

of our waiting open heart

the touch of God.

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7<sup>th</sup> Pathway -  
Relationship with the Feminine

8<sup>th</sup> Pathway -  
Expressing Emotions

9<sup>th</sup> Pathway -  
Opening to Receive

10<sup>th</sup> Pathway -  
Interdependence

11<sup>th</sup> Pathway -  
Living with Mother Earth

12<sup>th</sup> Pathway -  
Flexibility and Flow

13<sup>th</sup> Pathway -  
Surrender and Trust

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lessons free**

OR

**Register Now for all  
13Pathways  
(\$39.99)**

. . . and receive these 3 additional  
resources:

1) Access to the Conversations  
with Conscious Men Tele-class  
series. This month we interviewed  
5 insightful, compassionate men,  
using questions that the women in  
The YIN Project submitted. Listen  
to the eye-opening, entertaining  
discussions about love,  
relationships, beauty, the  
masculine/feminine dynamic and  
wider global issues.

2) Access to a presentation by  
Rachael Kennedy on creating  
financial prosperity by doing the  
work you love.

3) A body image coaching session  
with Niki Svara. Director  
of [LoveTheWayYouLook.com](http://LoveTheWayYouLook.com)

### **Do you want to join us for our Women's Retreat - held in one of the most beautiful towns in America?**

This retreat is designed for women who have arrived at the place in her life where she is open and willing to declare her own needs and desires and follow her passion, instead of what has been prescribed for her. It is for a woman who wants to embody her sensuality, her sexuality, and her feminine radiance, in order to bless the world with it.

It is for a woman who is ready to trust that relaxing into her intuitive and attractive nature will be more powerful in creating what she wants in her life, instead of always pushing to make things happen.

visit [TheYinProject.com](http://TheYinProject.com) to read more about this  
retreat.

**Share The Yin Project With a Friend**

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