

*Divine Feminine*

AWAKENING

# THE AWAKENED *Divine Feminine* HANDBOOK

**THE 3 DESTRUCTIVE**  
OBSTACLES THAT HINDER  
THE DIVINE FEMININE  
FROM WALKING IN  
POWER, PASSION AND  
PURPOSE



DENIKA CAROTHERS

# THE **AWAKENED** DIVINE FEMININE HANDBOOK

## The 3 Destructive Obstacles Hindering The Divine Feminine from Walking in PowHER, Passion and Purpose

**Congratulations!** By choosing to download this handbook, you are taking the first step toward getting your life back on track and conquering what has been sabotaging your passion and fulfillment in life.

It's time to release the shit once and for all, drop the baggage and burden you've been carrying, and liberate yourself.

**And you deserve it.**

For too long you have tolerated less than what you really desire for yourself.

Reading this handbook will be the catalyst you need to turn the corner towards saying "yes" to yourself again and feeling fulfilled. You have achieved a lot in your life and you have much to be proud of. But we both know that still, you feel empty and that something is missing.

**You are in the right place if you feel.....**

**Frustrated...** you're a hamster on the wheel going through the motions of your life and you want off.

**Disconnected...** you are out of touch with your purpose and there's no real meaning in your work.

**Passionless...** you've lost that drive and that spark in your career and your relationship.

**Resentful...** you have become agreeable and a pleaser and lost your voice.

**Guilt...** you have been hiding the truth and you're afraid... if people really knew what was going on with you on the inside, you might lose respect and love.

**Pressured...** to maintain this identity and be who people expect you to be... you're terrified to be vulnerable and let down your guard.

**Unfulfilled...** your life looks great on paper but you feel like its all a show and you're a phony... you wanted more for your life than this, what the hell happened?

By the time you are done reading this, it's my intent for you to see how some of the ways you think, and the habits you have, are working against you.

I'd like you to be able to recognize that even the things you thought you were doing right, aren't quite working.

I want you to feel that you are headed in the right direction and no longer feel you have to worry about whether you will ever feel freedom, because you will... if you connected to me it means you are destined not just for freedom, but for liberation.

In completing this handbook I desire that you feel relieved that you don't have to figure this out all on your own, and thankful to know the blind spots that have been sabotaging you, no longer own you.

As you finish these pages I want you to have hope that you have the power within you to make the necessary changes that you want for yourself.

And I want you to feel lighter, as you see the heavy weight finally being lifted from your shoulders, and you can relax and just be you.

I'm Denika. I am living a PowHERfully inspired, purpose and passion driven fulfilling life. I am the single mother of three beautifully amazing adult children. My relationship with them has inspired me to always be intentional in bringing out the best in others, as I learned, through them, to do that with, and for myself. Because of them I aspired to be Single, Sensational and Successful.

This aspiration of intention led me to create a brand called R.E.C.L.A.I.M. Your Divine Feminine PowHER where I host retreats, workshops and conferences to help PowHERful women reignite the passion and power in their life.

I love my job. To call it a job is actually funny because it is more accurately my passion and life's purpose, and brings joy and good-feelings to me daily.

I have learned to create amazing relationships with my family and friends - relationships that are built on a foundation of truth, integrity and growth.

I love my 'believes-I-gave-birth-to-him' Toy Chihuahua, Wesley. I love being able to travel as I wish, and that I have created the ability to decide, and determine, what I do with my own time daily. It all just adds to the freedom I feel everyday from living my life in an authentic and fully expressed, walking in my PowHER and aligned with my purpose kind-of-way.

**But, it wasn't always this way!**

**In fact, you and I probably have similar stories.**



Ten years ago I married a man that I thought would be my life partner and within two years I realized that I had repeated a cycle.

Three years later, the woman who had been the basis for what I knew as love and relationship, my mother, was tragically killed in a car accident.

My marriage was crumbling, my mother was gone, my father had passed a year before my mother, my life felt like it was crumbling in my soul.

The thing that I craved the most... connected relationships... seemed to be slipping away right in front of my eyes.

I was teaching women how to walk in PowHER and I felt like my PowHER was leaving me. I was borderline depressed.

I kept that happy face on for my children and my clients, but deep inside I was frustrated, resentful, scared, empty, pissed off and felt unfulfilled.

The vulnerability I was feeling was terrifying to me. The aloneness I felt was crippling. And yet I felt unable to let others who relied on my strength see this side of me.

This ultimately led me on my quest to redefine myself and discover who I was in this season of my life and what I REALLY wanted my life to look and *feel* like.

### **What was I not seeing?**

If I were to take full responsibility for where I found myself, and look truth eye-to-eye, what would I discover about myself?

And this is what led me to DISCOVER the hidden destructive obstacles that were running my life and robbing me of the freedom and fulfillment I so desired to experience.

I spent the next three years doing the work I needed to do and face the shit I didn't want to see or feel.

I faced the lies I had told to myself, took ownership of the parts of me I felt ashamed of, and fully aligned with my Divine Feminine, my PowHER and courage.

I discovered a whole new version of myself that felt authentically aligned to who I really was, and now today I am living that version.

I completely transformed my mindset and have been using what I learned to help other women do the same.

I've been in the business of helping people grow and make positive changes in their lives for over 20 years. I have helped thousands of people transform their lives and live with more power, passion, purpose and fulfillment.

I can humbly say that I am called the RelationshipTransformer because what I help people really transform is the relationship that they have with themselves, teaching them how to love and value themselves above all else. I help them to become more connected, inspired and on their game so that they show up 100% on the stage that is their life.

I now live a life of authenticity and power, and am fully expressed in all areas of my life, especially my relationships with others.

Ok, it's time to get to it. Let's identify those 3 destructive obstacles that are keeping you from walking in your PowHER and potential divinely, with more passion and clarity.

# OBSTACLE #1

## You Give Your PowHER Away

Giving away your PowHER is a growing epidemic in a woman's world. The number of women who give their PowHER away to others has become alarming.

Giving your PowHER away means you are likely stuck repeating the same old patterns over and over again. Signs of having given away your powHER include a lack of joy, peace, focus, drive, discernment, clarity, and direction. You struggle with making decisions. You start to see that perhaps you have become more conscious of pleasing people. Your giving is no longer authentic, but rather it is to keep things peaceful and avoid conflict.



The cost of giving your powHER away is that more and more you become disconnected from who you really are, and this leads to a sense of feeling you don't have control over your life.

Ultimately you find yourself feeling as if you are stuck, powerless or imprisoned in multiple areas of life because, truthfully you are.

Your relationships or marriage is sure to suffer because you dishonor yourself by compromising your wants over someone else's.

Slowly, you begin to harden and your radiance and energetic feminine essence gets hidden behind walls of your own making. You struggle to show up fully present in your life because you don't know who you are.

You have lost your drive and feel unmotivated. You lack direction and clarity about what choices you should make for your life. You waste countless hours on social media looking for motivation or distraction.

It's possible you are overweight. Your finances and health are likely suffering, or not at the standard that you know you are capable of.

**Once you stop giving away your PowHER your whole life will change.**

For starters, you will give yourself permission to choose you. You will become more decisive, focused and clear. You will feel more connected to who you are, more energetic, alive and creative. You will develop the courage to be more authentic and honest, and walk in power with conversations and problems that you used to run from or pretend didn't exist.

As a result of feeling more fulfilled on the inside, your external relationships will feel more fulfilling also. You will have the confidence to teach people how they can, and cannot, treat you.

You will feel safe to surrender and soften to your Divine femininity, rather than operating in your egoic masculine. You will give yourself permission to experience love and power on a deeper soul level.

When you walk in your Divine Feminine PowHER, you will feel the walls and stress shed from your body, and **you will begin to feel the freedom and liberation that results from owning more of yourself and taking your power back.**

In this state anything is possible, you can move mountains if need be, and you can take control of your health and explode your finances.

One of my clients, Vernetta, came to me struggling with her health and feeling stuck, disregarded and devalued in her business relationships. After learning a tool from me to help her walk in her Divine Feminine PowHER, in just two weeks after completing one of my courses, she landed an opportunity to work with Cirque Du Soleil and Gumroad.com. She is now enjoying creating peace, joy, connection and abundance in her business, and tells me that I am **"a Life Changer!"**





Now I want to give you some tips to start creating this for yourself. In my **Divine Feminine Awakening Program** I dedicate an entire module to this called Connecting to Your PowHER. One thing that I teach is a special breathing technique to help the women feel more connected to self, more energy, power, focus, and how to connect to the momentum to raise their standards and live with greater PowHER, strength and authenticity.

**PowHER Tip:** Pick someone you truly admire. Someone you feel emanates PowHER and passion who you look up to or respect immensely. It can be someone you know personally or someone that you admire from afar.

Observe how she handles conflicts and problems. How does she flow with others? How does she carry herself and interact in situations?

How do you flow with others and carry yourself in situations? Write down the differences that you notice. Then, ask yourself how can I model this person and try modelling them for one week. Doing so will help you to be aware of how you are showing up versus how you would like to show up. It will get you feeling, and behaving, differently and becoming more conscious of who you are and how you show up in the world.

# OBSTACLE #2

## You're Constantly Focusing on Shit

Many PowHERful women who are very bright, intelligent and level-headed also have a tendency of focusing on the negatives in their life. This can leave you feeling disconnected from your heart and from your emotions, and sometimes feeling like you should live your life without expectancy.

You are likely trying to maintain control of your life by a negative program running in your subconscious that you aren't even aware of.

According to Gina Carey "A strong woman looks a **challenge** in the eye and gives it a wink."

There is a solution to every challenge. When you are more focused on the problem rather than the solution, you create more of what you focus on.

**When you are stuck in negative beliefs you don't know which voice to listen to or trust,** which results in having extreme struggle in making crucial and important decisions. This can lead to stagnation in many important areas of your life, especially relationships and business.

You'll have a tendency to get confused, or feel overwhelmed or over-complicate things. Or you will make decisions that don't pan out for you and rather than trusting in the flow of life –you likely often feel defensive and guarded. You overreact and jump to a negative place when things don't go your way.

You likely struggle with vulnerability and you settle for connections in relationships which are more superficial - your way of being with someone without having to be vulnerable, and share who you really are. Or it's highly possible that you are getting your connection through Facebook, Twitter, YouTube, alcohol or food. You desire to be connected but you settle for having disconnected connections.

Your connections with others may still leave you feeling empty. You may feel isolated, alone or misunderstood at times, And you likely feel stressed and disconnected from your body and may suffer with a symptom or condition.





When you constantly focus on negative shit, it is the number one killer in your finances, relationships, emotions and health. There is nothing more frustrating than when you feel out of control in these areas of life. When you live in your head with fear, you can't walk in faith. You will never be able to feel safe to walk in your Divine Feminine essence and just be great when you are focused on negativity.

When you are stuck in your head you will struggle with which voice is trying to hurt you and which one is trying to help you. You end up worrying about "reality" and you tend to miss the deeper truths that come from a source beyond your mind.

**When you get out of your head: You give up your stories, traumas, hurts, excuses and problems and trade them in for living in truth joy, fun, abundance, creativity, playfulness, and CELEBRATION!**

When you learn how to let the shit go you are not stuck focusing on the mistakes from your past or anxious about your concerns of the future... you just become fully present to each moment.

**When you are able to release the negativity it will feel like total freedom.** You will have the ability to *consciously* choose your thoughts and know which ones to follow. You will feel more connected to your PowHER, more connected to people and more connected to your romantic partner. Your body offers just as much wisdom as does your mind, and getting out of your head opens you up to a whole new world.

When you learn how to observe your thoughts this allows you to see the game of the mind and you will be able to see how to play and win. It allows you to develop mastery of consciously choosing what you put your energy, attention and focus on. It allows you the gift of feeling and honoring your emotions, and developing a deeper connection to your truths and knowingness about things that live beyond the awareness of your mind. It allows you to drop from your head to your heart.



On September 8, 2018 I received this message from Sangeeta... "Hello, there is a huge conference happening in India on Nov 10-11 this year ... Do you have a free schedule that time so I can talk to them?"

Guess what?

I did have a free schedule at that time.

Guess what else? :)

I was invited as a featured speaker and guest panelist at the Connect Conference in Pune India on November 11th, 2018, where I was able to speak to a room filled with women who desired to be empowered!

And I was able to take my youngest daughter with me on this trip, with the intention of teaching her that she can have anything that she dreams and desires for her life.

There was a time in my life where I would never have fathomed being presented with this kind of opportunity... **A time when I was so focused on what was NOT possible, that I couldn't give myself the opportunity to see what IS possible.** I had so much negative shit that consumed my every day mind process that I made no space for the amazing abundance that I have since been able to access.

**And the great news that I have for you is that wonderful opportunities are available to ANYONE who believes that they are.**

Allow me to share a personal story with you. In January 2017 I had a very strong desire rise up within me to be invited to speak in India. I met Sangeeta, far right in the picture above, on Facebook after she purchased my newly released book, *Who In The Hell Do You THINK You Are* on Amazon. On January 2, 2017 I sent Sangeeta a message on Facebook that read...

*"Happy New Year Sangeeta! I am putting this out into the Universe through you... I am looking for an opportunity to be invited to Mumbai to speak at a women's empowerment event and believing for it to happen in 2017."*

She responded, "Amen! I pray and wish the same and I am glad you chose me. I really wud love to be the host for the wonderful lady to arrive in Mumbai with the beautiful purpose."

Let me be honest here... several years ago, because of my fear of rejection, I would NEVER have made this step to reach out with such a request to someone I barely knew!

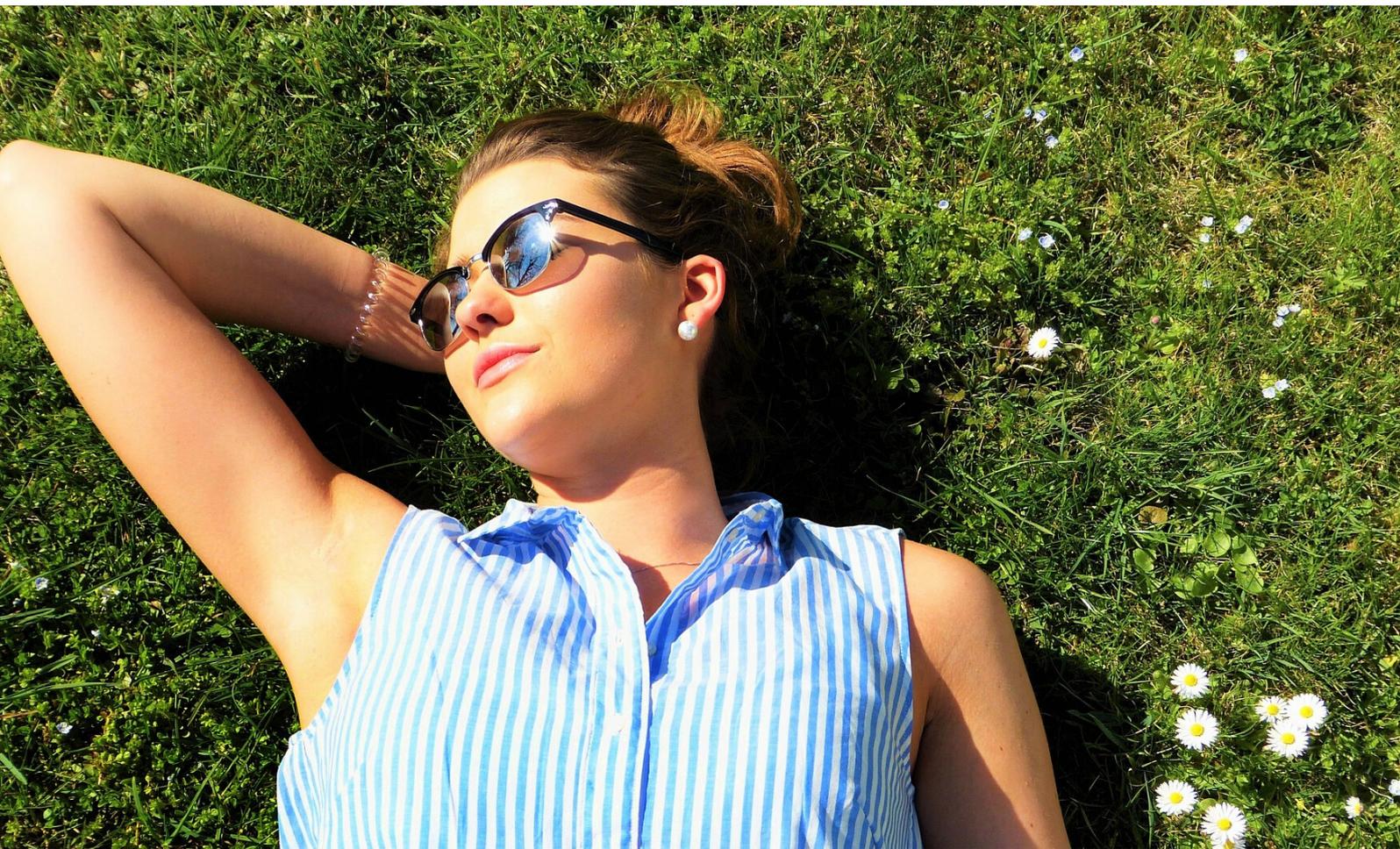
So I want to give you a tip to start to get you out of your head now. In my **Divine Feminine Awakening** Program I dedicate an entire module to teaching called **Raise Your Vibration**. The truth is I could actually devote my entire program just to this teaching! One of the things we talk about is how to easily use your breath to slow down your mind and get more connected in your body.

**PowHER Tip:**

When you are feeling stuck in your head, especially over a decision that needs to be made, here is something you can do: In a comfortable position, lying or seated, close your eyes and take yourself to a relaxing or calm place. Perhaps it is out in nature or at the beach watching a sunset. Begin to slowly breathe in through your nose, hold your breath for 5 - 10 seconds. As you breathe in, be sure

that your stomach is extending out and filling with air. As you exhale out slowly through your mouth your stomach should return to it's original position. You should have a feeling as if you are floating in the air. Repeat this 3 times.

Now imagine an image, or a sensation, or a feeling of your best self: that version of you that you see as perfect. Either invite that image to join you or go to the image and merge with it. Now ask the question that you were stuck in your head about and listen to the answer that you get immediately. Trust this answer. Follow this answer and watch the magic unfold.



# OBSTACLE #3

## Lying to Yourself & Others

Most people engage in self-deception and lying in one form or another.

Let's say you grabbed a chocolate bar knowing full well it's kinda not great for you. But seeing that YOLO, and it's the weekend, so you're going to spend it enjoying some guilty pleasure. Innocent enough, a white lie that's really kind of more a favor to yourself.

But there's the other, more dangerous side of the spectrum, when the lies you feed yourself become the truth to other people, causing them harm, possibly upending your own, making things way more complicated than if you'd been straightforward and honest in the first place.

So I am going to simplify this and break lying into 3 categories so you can start to become aware of which ones apply to you:

**#1 - The White Liar.** You lie but numb it down with justifications ranging from, "If I tell the truth it will hurt that person" to "I'm protecting myself" or "I will tell them later." All of these give you permission to be OK with the fact that you are lying.

**#2 - The Justified Liar.** You lie and are aware you lie, and have convinced yourself it's OK.

**#3 - The Oblivious Liar.** You lie and have no awareness that you lie. This one is tricky because you do not even know you are doing it, which suggests you have built up some intense walls to protect who you think you are and how you want to be perceived by others. And you won't be so quick to pause long enough to actually see how you are dishonest.

### THE COST OF LYING

Well for starters, your health. Non-truths are a heavy burden to constantly carry around and ultimately will weigh on your health and deplete you of your life force. Sadly, you likely will blame others and project your stuff onto them. You will struggle in life by focusing on the flaws and inadequacies in everyone and everything, including yourself.



This will almost guarantee that you are struggling in all of your relationships, especially the ones that require the greatest level of intimacy, because not telling the truth builds walls. Overtime, those walls become thicker, and harder to penetrate. Eventually your relationships become disconnected and superficial because the non-truths have become palpable and have destroyed trust.

**You likely are not really happy because you have lost respect for yourself and feel like a fake or a phony.**

You have this empty feeling that can't be filled no matter how hard you try with all of the external things you accumulate, from money to cars. Things will not make that feeling go away. The pressure continues to build in your shoulders and neck as if you are carrying the weight of the world... because you are... eventually you feel like a prisoner.

A prisoner in your own body, mind, emotions and in your life. And you eventually feel detached from everything and everyone and cannot seem to enjoy the simple pleasures that life has to offer. You feel isolated and alone and question what's the point of life.. ouch!

## **THE REWARD**

If you own it you will be able to disown it. If you face it you can erase it. If you see that you are simply lying to yourself first and foremost, and you stop and just start to tell the damn truth, your whole life will transform.

**You'll be able to look people in the eye and walk proudly with pride and integrity.** You'll go to bed at night feeling open and peaceful with no feelings of needing to hide. You will wake up looking forward to your day. You will enjoy the sensation of freedom and liberation. You will foster greater connection, intimacy and depth in all of your relationships. Truths build trust and allow you to soften and open more fully.

**Your health will flourish** as you no longer carry the burdens of the non-truths. You will have a genuine smile on your face, and even better in your heart, that can't be erased and you won't need to apologize for it. In fact, others will find it infectious and gravitate towards you.

One of my clients, Misti, shared with me that when she finally faced the lies that she told to herself, she was able to see her relationships for what they really were and was able to reconnect with the love of her life.

Another one of my clients Kelly, literally within one month of joining my **Divine Feminine Awakening** program, was able to free herself from the burden of the lies she told herself of not wanting to be around anyone. She discovered that the self-deception went way beyond what she thought she was doing. Her new perspective, coupled with some new strategies and tools she learned from working with me, resulted in a marriage reconciliation and reconnecting with her daughter, who she hadn't spoken to in 3 years. And I am happy to share that it has changed her entire life, personally and professionally.

Now I want to give you a tip to start transforming this pattern of lying for yourself. In my **Divine Feminine Awakening** program I dedicate an entire module to this called, *Own Your Truth!* One of the things we talk about is how to Own Your Shit, meaning how to take responsibility for the life you have created.

**PowHER Tip:** Carry a note pad with you daily. As soon as you catch yourself lying, even if it is the most trivial thing, write it down. What was the truth? How could you have communicated the truth rather than tell a lie, to yourself or someone else. Each day look to tell less lies until you can go a day or even a week without lying!

## YOUR NEXT STEP & MY GIFT TO YOU

You've now discovered 3 life-changing shifts in your thinking and habits that you can begin to implement on your own.

I trust you are feeling more clear and inspired, and less confused. My wish for you is that you will take this new knowledge, apply it in your life immediately, and start to see and feel the results.

I truly feel privileged and honored to have been able to share these insights with you and I thank you for taking the time to read it.

**My mission is to help high achieving women RECLAIM their Divine Feminine PowHER and courage so that they may live an inspired, PowHERful, passion-filled, purpose-driven life that is fully aligned with their potential.**



If you are ready to take it a step further: Truly ready to get out of your head, walk in your PowHER and start honoring yourself, then it would serve you to explore participating in my **Divine Feminine Awakening** program. Your next step is to apply for my...

## DIVINE FEMININE AWAKENING BREAKTHROUGH SESSION

**This is an hour long call where we will:**

- ✓ Discover what you truly want: What do you want to see happen in the next 90 days, 6 months or a year from now in your life?
- ✓ Identify your challenges that are keeping you stuck and unfulfilled
- ✓ Determine a clear action plan to get the outcomes you desire
- ✓ Explore whether we are a client-mentor fit (it is always very clear!)

There is no cost to you whatsoever for this call.

We will get clear on what you want and exactly what it will take to get it. If it makes sense, we will explore the possibility of working together to accomplish that. You leave that call with clarity, focus and a plan to get on track.

[CLICK HERE TO APPLY](#)

It is a joy, honor and privilege for me to support women in taking back their PowHER and their lives. Thank you for allowing me to serve you and I can't wait to have the opportunity to personally speak with you and potentially support you!



with Love and Light,

*Denika Carothers*

**DENIKA CAROTHERS**

INTUITIVE LIFE COACH/AUTHOR/INT'L SPEAKER

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