

Women's embodiment can change the world

BY REBECCA BROADHEAD

Embodiment is critical to living in alignment with one's life purpose and the natural world, as Honey Bachan from "seed of self" shares with her mentees.

A lack of embodiment not only affects the relationship you have with yourself, but also the relationship you have with others and the world. When it comes to women and their sense of embodiment, many obstacles impede their way, such as lack of

laws protecting women from abuse, lack of decision making power about sexual relations, contraceptive use and health care, lack of material ownership, compulsory marriage before the age of 18, FGM, legal prevention from working as a female and lack of inheritance rights (Source). While some of these predicaments are only relevant in particular cultures, women who live with the knowing that other women come under these severe conditions is enough to question women's true place in the world.

Honey believes female embodiment is central to creating stronger social and spiritual relationships. In other words, it would reunite all people with community and nature if women were embodied beings.

The particular lineage Honey comes from believes that the turmoil and disillusion that the physical earth is going through is actually caused by women's separation from themselves, and if women came back into their body, connected to their quality of shakti or their true feminine essence, then the natural world including the planet, ecosystems and humans would be more supported.

"I truly believe if every women were like 'yes definitely I'm living my purpose,' the world would run a lot more smoothly."

Self mastery and following ones life purpose or dharma is all well and good, but it really matters, according to Honey, because it changes women's roles in society, to go from passive and undirected supportive roles, to strong, driven and aware individuals. This form of woman has the capacity to fight for social harmony and the health of our planet.

To be embodied, women must learn "to sit comfortably in the seat of the self" or in Sanskrit this is known as "Swasta".

She describes this concept as "knowing oneself completely, knowing what one is supposed to do in the world and where one fits." She teaches her mentees to be able to clearly articulate ethics, beliefs, needs and desires - because if one cannot express them, one cannot embody them.

For women, hormonal contraceptives have been undoubtedly helpful to gain bodily autonomy, and birth control has a vital role medically, socially and culturally, but Honey shines the light on the implications of birth control which is basically that women disconnect from their cycle and relinquish the potentially beautiful relationship they could have with their body, mind and soul, contraceptive-free.

Honey teaches women that the different phases of the cycle that menstruating woman go through allows them to tap into different energies and access different parts of themselves. When a woman menstruates without being on hormonal contraceptives, women access with ease a meditative state because there aren't excesses of hormones in the brain.

Hormonal contraception also change what women perceive as attractive, because the medication introduces hormones that suppress ovulation and lead to temporary fertility loss. Consequently, heterosexual women's perception of men may serve a different function than that occurring around ovulation: they may pursue a cooperative partner who assists with child care rather than a genetically compatible partner (Source).

Honey reframes the hormonal influence of birth control: "Let's see how that impacts how you want to act in your life, maybe you're attracted to drinking alcohol because of your hormones, or maybe you are attracted to staying in a dead end job you hate because you don't have access to your ovulation phase which is your power and energy," Honey said.

Honey holds a "Menstrual Cycle Wisdom" 8 week course where women are lead to move in alignment with their natural menstrual cycles in a pain-free and loving way, using Ayurvedic techniques to assist and support the bodily and mental process.

Embodiment can be pursued by numerous avenues, and Honey approaches each of her mentees at exactly the phase they are in, meaning that if they need to focus on physical issues before honing in on their life purpose, that will happen.

At the end of Honey's "Temple Mentorship" she asks people "why is that your purpose?," and they bring up flowery reasons for doing what they do. Honey then reassures them, "the answer is because when we move with our purpose, we move in alignment with nature, there's no other possibility that could've unfolded."