

Medicine Woman

Dec

lysa black

ROOTED TO THE EARTH

*The chakra
connecting us to
Mother Earth*

CONSCIOUS GROUNDING

*Navigating ourselves
home to safety*

COMPASSIONATE PRESENCE

Our pain births our purpose

HEART
MAGIC



Issue 3

Our business is the chariot carrying
our medicine out into the world

Introducing: Emily Slaney
www.heartmagic.co.nz

Medicine Woman

Editor · Photographer · Stylist · Author
Feminine Business Mentor:
Lysa Black

Thank You for downloading MEDICINE WOMAN. This online magazine is dedicated to trail blazing medicine women on purpose in business. I believe our hearts are containers holding the sacred essence that is our medicine – our business is the chariot carrying this medicine out into the world. Trail blazers know the thrill of walking our own path - when we see others who are thriving in their truth - it spurs on our own commitment and devotion. This magazine is a vehicle for sharing the stories of those following a feminine path in business featuring one new medicine woman every month.

*Heart transmissions are the source
of true change in this world!*

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Lysa Black.
Advocate for
feminine
wisdom.

Editors Note

Women are naturally gifted listeners. What we choose to express is considered and deeply informed. Until the world learns to value and respect the voices of women - families, communities and countries will continue to suffer.

Women bring nurture, insight, empathy, compassion, caring and wisdom that is deeply needed into the world.

Here are 5 statements that can oppress a woman (without her even knowing):

Asking her: "Are you sure?"

Inquiring: "How do you know that?"

Checking her: "Are you due for your period?"

Invalidating her: "How would you know?"

Attacking her: "I didn't ask you!"

Both men and women use these phrases to undermine a woman's knowing and perspective. We need to remember:

- What a woman needs to express *matters!*
- Women intuitively sense and feel *more* than men. Our feeling based nature brings insight and clarity.
- Women are clearer and more connected to their knowing when they bleed (*not less!*)

Women **don't need to be told what to do**; they already *know!* What they need is to be **safe, held and heard enough** that they can *act* on their knowing.

Join me in celebrating the emergence of [Emily Slaney](#)

Rooted to the Earth

Our root chakra is the base point of connection from our body to Mother Earth. It's the primary arena concerned with safety and survival. It's located at the very base of our spine around our perineum; it's a sacred access portal to our sense of 'permission to live' and 'worthiness to take up space'.

Originally from Melbourne, Emily has a deep love for travel. She found herself on super yachts by the age of 22 traveling Spain, France and Italy indulging in the finest foods and wine with passion. New places inspired her with new teachings. She loves a new view. All of this culminates into a new insight within.

The more Emily traveled and learnt about the beauty and magnificence of the natural world, the more she could

perceive her own internal world. Recognizing the tendency to over-think, be outside of her body and distrustful of her own guidance came to her awareness. Her travels helped her to see the need for balance and healing to the root chakra. As she was courageous enough to be honest with herself about the impact of her life experience she found the need to find 'grounding practices'. Emily found healing in meditation, belly breathing, dance, honesty, daily ritual, eating nourishing home cooked whole foods and practicing earth honoring living!

Seeking this transformation actually forged a deep bond with the earth itself. Emily has become intimately aware of the impact of modern day living on the environment and ecosystems of earth itself. Consumerism, neglect and disregard for nature actually harms the earth. The



prevalence of 'buy today and discard tomorrow' harms our personal connection with the earth. Emily has recognised that bringing balance and healing to the root chakra gives us eyes to perceive how to honor the earth in our daily living choices! In turn - we are able to sense and feel the nurture, connection and safety that comes from the earth towards us.

Emily has found that becoming more fully connected to her body, her intuitive insight has opened up and she lives with a deeper sense of safety. Emily carries a deep sense of trust in her decision making skills and is able to flow with the changes of life with grace.

As we heal, our groundedness creates a compassionate presence that helps us to make an impact on those around us. In turn the ripples contribute to the safe-keeping and healing of our communities and we can move deeper into earth honoring living together.

Grounding Reflection Questions:

- Do I feel safe enough to be my most authentic self?
- Are my roots deep down into the earth?
- Have I eaten what my body truly needs?
- Do I drink enough water?
- Do I feel connected to this planet?
- Do I meet my own needs?

**Connect in with the earth, your root,.
It's stability of your world and
allow yourself to grow.**

Follow her journey here:

www.instagram.com/theaquariandiaries/

www.theaquariandiaries.com



Conscious Grounding

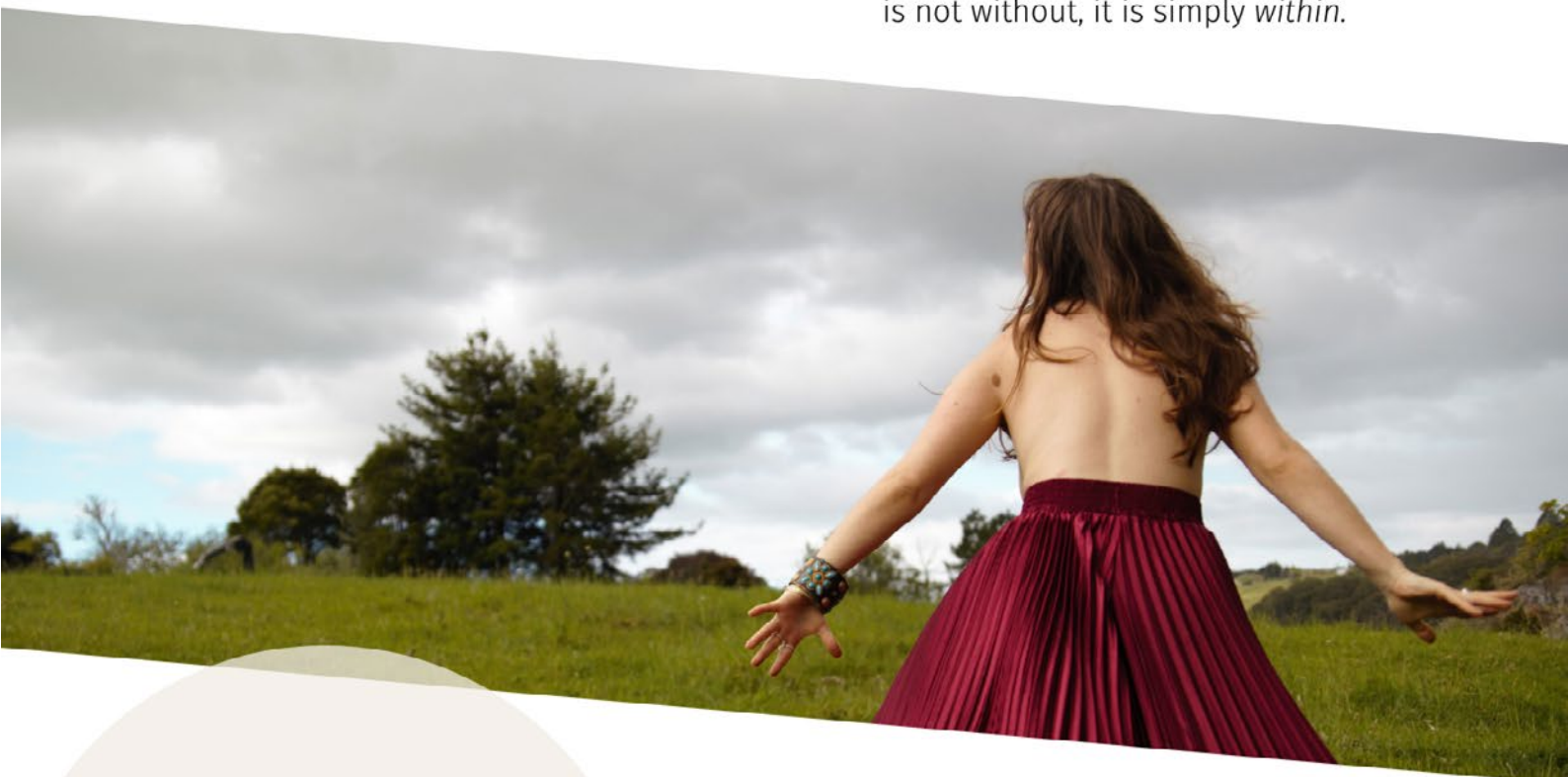
Grounding gives us a foundation. A depth to our very being, the roots in which we can dig deep to grow into all that we can be. Emily knows what safety feels like, she also knows what ungroundedness feels like. Navigating her way home to inner safety has been the journey that choose her.

Growing up in her family home Emily knew the joy of consistent routine, nurturing habits around eating, talking freely and being together as a family. Laughing together often, the atmosphere of ease was the foundation of her formative years. It was Emily's mum who devoted herself to creating that sense of 'belonging' in the family home. Everyone in the family felt supported to focus on being who they were.

When Emily was 19, her Mother left the home to pursue her own path. Emily's foundations and structures completely crumbled into rubble. Her safe space was no longer present and provided. She didn't feel security within the material world she lived in.

This was a harrowing time for Emily to recognise the infinite value of being held within a 'safe haven' of 'home'. It was a steep initiation that invited Emily to quickly uncover the skills, awareness and discipline to recognise and create her own sense of safety.

Feeling disconnected from her body, unsure and self-doubting - decisions became more and more difficult to make. But Emily soon discovered that stability is not without, it is simply *within*.





Emily knows that we create safety by clearing our base chakra. Helping our inner child to feel safe. By creating our environment wherever we go.

As we create our own consistency, routine and grounding, no matter where we are - we will feel nurtured.

Emily's journey has given her the medicine to know - It's about diving in and meeting our core needs first. The devotion to ourselves and the habits that support our inner world.

**“We’re all just walking
each other home.” -
Damian**

For those who yearn for a deeper connection to themselves, their truth and their body - Emily has devoted herself to the sacred work of Grounding professionally.

For those who long to be heard in compassionate care. Emily offers a 'Foundation Creation Call' so that together you can reach deeper into safety and security, and find the aligned solutions to your own sense of deep fulfilling groundedness.

For those seeking a supportive practice of Grounding - Root Development, Emily offers 90mins intuitive guidance sessions to stand by you as you learn to turn within and listen.



Unlock Destiny

Business is the place where we invest our whole hearts to create transformation in the lives of our kindred tribe.

Nevertheless, the leadership required for us to thrive in business is so deeply transformative that it invariably creates potent change in our lives too

Unlock: undo the lock of something.
Destiny: The hidden power believed to control future events

Devoting ourselves to our tribe becomes an unexpected pathway taking us away from the isolation, independence and pain of our past into **belonging, synergistic collaboration and joy** of a whole new reality. You see, many of us are so unexposed to joy, peace and fulfillment because of the harshness of our personal backgrounds that when it shows up it can feel *almost unbearable*.

I have discovered there are only **two** choices in life: to choose to return to our past pain where we greet a **familiar** soul discomfort that we know or we can choose the unexplored *potential* pain of the unknown that exists in new levels of joy, happiness and fulfillment.

The first one will keep us stuck and perpetually cycling in our most devastating past pain or we can become brave and courageous by surrendering and facing the new unknown. We will feel forced to push, try and effort our way forward until we can allow in the beauty, ease and full abundance of life

Affirm: My past identity is not my true identity!

For 2021 Feminine Business Mentoring, see details [here](#). For those interested in [Medicine Styling & Medicine Photography](#), see [here](#). You can book a 30min [Medicine Share Consultation](#) to meet with Lysa [here](#).

Medicine Woman

COMING
NEXT

Wholefood Nourishment

Clarabelle Kelly shares her story of self acceptance and the gift of wholefood home cooking cooking to nourish and nurture the body

