
The Initiation

By Cheri Bailey

I have crossed the bridge to my Feminine Soul.
I am grounded and standing strongly in my Feminine Power.
I feel my strong, straight, flexible backbone.
My soft-open heart expresses my compassionate nature.
I see a clear vision of my relationships marked by healthy boundaries.

The fear that had manifested in my low back;
the pain of moving forward... is gone.
Standing in my Feminine Power I fear not my future.
The fear that had manifested in my tight, closed chest;
Protection for my wounded, vulnerable heart...is gone.
Standing in my Feminine Power, I fear none.

Standing in my Feminine Power,
My heart is soft-open with complete trust and faith.
I hear my own ancient voice of wisdom.
I trust my authentic Self.

As I stand in my Feminine Power,
Compassion pours forth from my soft-open heart
and I embrace myself with forgiveness.
I forgive also all those I am in relationship with.

All Doubt is gone and my path lies clearly before me.
I know in each moment, in each breath,
Right thought,
Right word,
Right action.

I am following the wisdom of my soul.
I am naming my truth.
I embrace the Sacred Feminine
And through me she has voice, strength, and power.
I have crossed the bridge to my Feminine Soul.

Cheri R. Bailey, BS, NCTMB, CST, CYT, began teaching in the early 1970's. Raised in the Black Hills of South Dakota, Cheri is a Nationally Certified Massage Therapist and an Advanced CranioSacral Therapist on staff with the Upledger Institute. In January of 2005, in Godfrey, Illinois, she joined two partners to open Be Well Now, A Healthy Lifestyle Center, offering body/mind therapies, yoga, and nutritional counseling. With profound gratitude to all of her Wisdom Teachers, she gives special appreciation to Suzanne Scurlock-Durana and Sue Monk Kidd. Cheri may be contacted at bailcher40@hotmail.com.