

Feminine Genius

The Provocative Path to

Waking Up and Turning On

the Wisdom of Being a Woman

LIYANA SILVER

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There exists a particular sort of insanity running rampant on earth that compels most women to stuff straight down, ignore, or hide elements of ourselves in order to be acceptable, attractive, or taken seriously. Probably the most enduringly inspiring items in my existence,” Which doesn’t and genius in your body. It actually ensures we stay unfulfilled, miserable, and at war with ourselves— While this route does not have any script, map, or blueprint, you’ Therefore now comes the good thing: There is a path to help you become the woman you are aching to be. This path can be unruly, messy, a wee bit naughty, and audaciously asks you trust the very elements of you that you previously warred against. and that is a war zero woman can win. This is actually the route of Feminine Genius.s lifestyle trainer LiYana Silver. Are you set to open, and look inside? is to watch a female slip the Gordian knot of self-loathing, people-pleasing, and over-achieving and become simply and fully herself. “ says LiYana, “I’ll have the best of guides: women” I’ll learn to use your sensuous, desirous, wildly feeling female body mainly because a steadfast and trustworthy compass. Move deep and reconnect with the powerful elements of yourself you’ In these pages, LiYana invites you to: Partly an irreverently reverent feminist treatise and partly a nondenominational devotional hymnal to the Sacred Feminine, Feminine Genius just might change forever everything you know about the body, soul, sexuality, intuition, and power. t weak, but is among the strongest & most trustworthy elements of you Explore the annals, physics, and biology of a universe built for harmony between “dark” and work with painful, difficult encounters in healthy ways Learn the method that you overuse your “masculine” feminine” strengths to the point of personal, cultural, and global breakdown Discover why your “ isn’t ve hidden away Meet your innate genius: the wild, creative, and infallible wisdom of your body Brighten your everyday with hands-on practices Tap into your inner knowing so you can end second-guessing yourself and get clear about the next steps Learn how exactly to embrace your sexuality, feelings, desires, and cycles so you can achieve enormous efficiency and fulfillment in life Navigate your “masculine” and “feminine” Look in the mirror and see the encounter of the Goddess gazing back at you If you found a dusty bottle on a shelf of your cellar, there would be only one method to know if it contained an all-knowing genie with the energy to actualize your deepest desires: open, and look inside. Feminine Genius is a provocative wake-up contact, nudging you to uncork that fabulous flask and find out just how much magic you’ve been hiding. Because you do have a genie in your bottle—t work. To truly get you started, you’



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This book brings so much into focus, or maybe it simply helps us remember what we've always known somewhere inside. I specifically resonated with the practice of breathing from and through the genitals, and integrating the body recognition into our self principles. These are very positive and empowering procedures. I gave this reserve 4 stars instead of five for a few reasons. They are OUR truths, the world's truths, and it's about damn time somebody stood up for them. Granted, she uses good examples but nowhere near plenty of. Also, her use of hyperbole is constant and even overwhelming to the reader. presence through a new lens and prioritizing them at the top of my list each day; If the reader can you shouldn't be switched off by this, there is much of value found here. This is the lighthouse calling you to shore in a sea of self-help and women's empowerment books. Therefore glad to be scanning this and you will be, too.. In my journey, I've purchased my share of self-help books and attended workshops of several specialists. This book which author stand out above all the rest. LiYana is "Feminine Genius" embodied. In a world that loves to define many (conflicting) specifications for women, LiYana shows you how to cut during that noise and connect to your innate wisdom and embody a completely alive female. Truly, read this publication, asap! Do we even know what the world can be like if all ladies tapped their feminine genius and started living their lives from that genius?) to read This is the book I wish someone gave me upon receiving my first menstrual period!.. however, how she has formulated her tips and beautifully articulated them provides rocked me to my core. She is such a great, engaging, honest and powerful writer! Her book - Feminine Genius - is a robust companion and displays the deep wisdom her top quality mentorship taught. If you are a woman seeking a remedy to your inexplicable exhaustion, this reserve is for you. I'm about 1/2way through and just loving this read. No, this publication isn't about your period, but it's about everything woman, and how exactly to actually find your way as a woman. The voice is genuine, relatable, kind and permissive for feelings. I've been exploring another path which has lead me away from feeling depleted for a long time, and this writer actually helps me feel that's all right to do so! Our culture values this going-going-going mentality that measures physical incentive and defines us by what we do instead of who we are, and Silver explores a new way to live which may be judged by others but is so very much happier for me.. A great book for a publication club, for close friends, for new parents of young ladies (including dads! That world would be amazing beyond our dreams. I could just imagine what difference this publication could have made. I probably wouldn't possess spent years denying my emotions, intuition and all way feminine genius. It is so clearly aligned with my Buddhist practice and additional tantric practices I am exploring right now. From understanding your feelings (versus stuffing them down), to how to leverage your menstrual cycle rhythms to save you time (instead of letting it take you out every month), to focusing on how your specific feminine strengths work (instead of downplaying them or ignoring them or phoning them "messy"). What a great reserve for a book golf club, for best friends to learn together, for fresh parents (parents! honoring my feelings as cherished close friends/guests; appreciating like I do not have prior to the brilliance and magic to be Feminine! This is the one I've been looking forward to! From the 1st pages of this reserve, I felt known, understood, held and beheld, in total security and appreciation, with a tenderness and respect which could melt a glacier. LiYana is a true visionary, and yet is also the best friend who gets all your dark, scary secrets and adores you anyway. Let LiYana's magic rub off you. She is real, raw, funny, poetic and deliciously sexy. Her turns of phrase are masterful, her tales are wildly compelling and her truths are undeniable. Her concepts are occasionally abstract, and she needed to illustrate with an increase of examples to create them come alive.. Easily best (& most well-written) reserve I've read in quite a while! Found this publication at the perfect period! Liyana has such wit and wisdom. I know I'll be returning to it time and time again.. ! Would recommend to friends!! Written in an beautiful, engaging and poetic style LiYana showers you with the genius she's uncovered in cultivated through her lifestyle. Do yourself a favor and get this book immediately, for yourself and all of the women in your daily life! asking and listening to my oracle;

considering enjoyment & She repeats herself an excessive amount of, sometimes coming across just like a extremely articulate cheerleader, enraptured with her subject material, hitting her details over and over again. Your life will be better for it.) to read as they navigate the intricacies of parenting a lady, and so much more. I think it's an essential re-education in how one does womanhood.! And great rewards (including reassurance, deep self love, abiding rely upon life's wisdom, relaxation, better rest, deeper intimacy, even more courage, improved humor, relieve, delight.. I've enjoyed every moment of the book and I'm challenging to please.. Like this book! etc etc). I'm actually placing them into practice: pursuing my own spring/summertime and fall/winter season flows of my regular cycle; Written by a genuine Genius That Will DEMONSTRATE How to Rediscover Yours. This book is perfectly titled, Not only is it written by a true feminine genius, it certainly guides you on how to discover your own. The concepts have taken a whole new life for me and also have packed me with motivation. This author is an amazing teacher and I'm so pleased that she's distilled her brilliance into this book. Every woman needs to read this. Much of what she has written is not completely new to me; As a matter of fact, I just finished it yesterday and I'm starting once again today. The content and writing style is indeed engaging that I even voraciously read every type of her acknowledgements. I've already gifted this reserve to many women in my life because it's contents are therefore valuable. I anticipate sharing it with numerous others aswell. Definitely read this publication. You won't regret it. Beautifully written I believe any girl could relate. A must read even if you think you know everything.. The information here will validate everything you already know at your core, give you so much support and lift you up. I've done lots of spiritual teaching but this little publication began me on a new route. LiYana Silver writes intelligent, well researched and fun prose.. Be kind to yourself and buy this book. After that apply it to your life. Silver is burning!and it begins with picking right up this book for yourself and posting it with a friend. Deep wisdom with practical application and tools for day to day LiYana Silver's function changed my entire life - as a client of her 6-month feminine embodiment mentorship - We experienced deep shifts in my own relationship to my self, pleasure, and body through her teaching and coaching around feminine wisdom. You'll be happy you did. I recommend this book. LiYana deeply embodies what she teaches. Loves you BECAUSE of them, even. welcoming the dark/sluggish/difficult elements of life; As a client of LiYana Silver, I can attest she knows what she's talking about because she walks the chat. It will not disappoint. Her book will help you do the same. Feminine Genius, a full-body YES! I cannot say more than enough about the truths in this publication. As a psychotherapist, I sensed as if LiYana was listening in on the conversations I have had with women over many years. It seemed as though she was reading my mind and speaking my own thoughts, terms and suggestions. I felt a connection to her through this indisputable wisdom, and I believe you will as well.. LiYana inspires with her own Feminine Genius throughout this moving book. You'll get in touch with many lost parts of yourself and begin to feel that wholeness you've so longed for. I've experienced the honor and privilege of dealing with her for many years in person and she has helped me step completely into my very own feminine strength and power. Five Stars Amazing information so you can get touching your femininity and intuition.!! Please get your duplicate now!Useful reading for women The primary themes of the book were meaningful if you ask me and have changed the way I appear at myself as a female. We've so much power and power, we juat have to tap into it!



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