

ILLUMINATE
RETREAT

Divine Feminine Guide



I L L U M I N A T E
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Welcome *Queen*

In this divine feminine experience, you're going to learn;

How to tap into the light , and heal the shadow of the 7 divine Feminine Archetypes:

Explore the roles of The Maiden, The Mother, The Wild Woman, The Lover, The Wise Woman, The Huntress, and The Queen.

Learn how working with each of these can serve as a roadmap to achieving a balanced and integrated expression of your feminine self.

The two biggest wounds standing in your way and how to heal them

Learn how to liberate yourself from the power of others. Experience more self-acceptance, and find belonging in a supportive group of friends.

These are the exact steps you need to take for a full Maiden-to-Queen evolution!

Master the transition from the Maiden, who relies on others' validation and approval, to the sovereign Queen, who is the epitome of inner strength. Build trust in yourself, confidence in your abilities, and a deep knowing of your inherent worth.



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You Deserve All You

Desire

Your desire to explore the divine feminine archetypes has arrived, and where better to do it than in a group of powerful women on the gorgeous island of Ibiza!

You've felt the inner call, a deep-seated desire for a life filled with freedom, purpose, soul alignment, rich wisdom, true love, and boundless joy.

Your curiosity spans the depths of your inner and outer existence, prompting you to ponder life's profound questions through your head and heart.

You're aware that your essence is far more complex than your current self – a blend of personal experiences, ancestry, and the natural world intertwine to form the fabric of your being.

You've come to perceive your body as a sacred portal to unparalleled pleasure, sensuality, creativity, and more.

You're starting to cast spells, hold moonlit ceremonies, etc. all to forge a deeper connection with your inner mystic.

**You're actively designing your future,
crafting vision boards, and setting
intentions, all in preparation to bring
your most ambitious dreams to life...**



I L L U M I N A T E
R E T R E A T

The Maiden

The Maiden is a woman's connection to her inner child. She represents the beginning. Work with her to rediscover and celebrate your youthful energies, innocence, and the beginnings of new ventures.

In the light...

Tap into excitement, energy, passion. She embodies curiosity, excitement, and the thrill of exploration. This energy is associated with a sense of adventure, optimism, and an open heart. The Maiden is creative, imaginative, and full of hope, embodying a sense of wonder and potential for new possibilities.

She hasn't been tainted by the world yet. Everything is beautiful, new and ready to start a new project and try new things. "Live a little".



In the shadow...

In her shadow, the Maiden can become naive, overly dependent, and fearful of taking on responsibility. She might be indecisive or lack direction, relying too much on others to guide her. This can lead to vulnerability, as she may be easily manipulated or taken advantage of due to her innocence and trust.

She becomes rebellious and childlike when challenged.



The Mother

The divine feminine archetype of "The Mother" embodies the essence of nurturing, unconditional love, and creation. She represents the life-giver, the protector, and the healer, holding space for growth and transformation. The Mother archetype is not limited to physical motherhood; it's a universal force that can be found in anyone who provides care, comfort, and sustenance to others. She is the nurturer who balances strength with gentleness, teaching us to embrace our own creativity and compassion. Through her, we learn the importance of self-love, acceptance, and the sacredness of giving and receiving love in all its forms. In a world that often rushes forward, The Mother reminds us of the power of presence and the deep connections that bind us to one another.

In the Light:

- The Mother archetype is nurturing, caring, and compassionate. She represents unconditional love, support, and the ability to give and receive freely.

This energy is protective and creates a safe space for growth and healing. The Mother provides emotional stability and a strong foundation for others, fostering connection and community.



In the Shadow:

- In her shadow, the Mother can become overbearing, controlling, or self-sacrificing to the point of martyrdom. She overcommits and self-abandons. She may struggle with boundaries, giving too much of herself and becoming resentful or drained. This can manifest as smothering, enabling, or a need to control those she cares for, often to their detriment.



The Wild Woman

The "Wild Woman" archetype is a fierce and untamed embodiment of freedom, instinct, and raw power. She represents the primal force of nature within us all, breaking free from societal expectations and reconnecting with her true essence. The Wild Woman honours her intuition and embraces her emotions fully, understanding that they are a source of strength and wisdom. She is unapologetically authentic, living by her own rules and following her heart wherever it leads.

This archetype encourages us to reclaim our wildness, to remember the parts of ourselves that have been suppressed or forgotten in the face of conformity. The Wild Woman is a reminder to dance with abandon, to howl at the moon, and to trust our instincts. She teaches us that there is beauty in chaos, power in vulnerability, and magic in living authentically. In a world that often seeks to tame and control, the Wild Woman invites us to reconnect with our deepest desires, passions, and truths, celebrating the untamed spirit that resides within us all.

In the Light:

The Wild Woman embodies independence, freedom, and untamed energy. She is in touch with her instincts, confident, and fearless in pursuing her desires and passions. This archetype is adventurous, strong, and authentic, valuing personal freedom and autonomy. She is a force of nature, unafraid to speak her truth and live on her own terms.



In the Shadow:

- The shadow side of the Wild Woman can be rebellious, reckless, or destructive. She may become disconnected from others, valuing independence to the point of isolation. This can lead to impulsivity, anger, or acting out in ways that harm herself or those around her. She might resist vulnerability or push people away to avoid being controlled or tamed.



The Lover

The "Lover" archetype is the vibrant embodiment of passion, sensuality, and deep emotional connection. She represents the capacity to open one's heart fully, to experience pleasure, and to revel in the beauty of life. The Lover is a force of attraction and creativity, inviting us to engage with the world through all of our senses. She reminds us of the power of love—not just romantic love, but love in all its forms: self-love, friendship, and the love of life itself.

This archetype teaches us to embrace vulnerability and to express our emotions freely, without fear of judgment. The Lover thrives in intimacy, seeking to forge meaningful connections and to experience the richness of life in its fullest expression. She encourages us to find joy in the present moment, to indulge in our desires, and to appreciate the simple pleasures that bring us happiness. In a world that often prioritises the rational over the emotional, the Lover invites us to reconnect with our hearts, to celebrate our passions, and to live with an open, loving spirit.

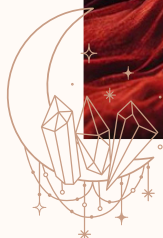
In the Light:

The Lover archetype is sensual, passionate, and deeply connected to emotions and pleasure. She embodies creativity, intimacy, and the power of love. This energy is magnetic, drawing others in through charisma, beauty, and allure. The Lover celebrates life through connection, art, and the joy of being fully present in the moment.



In the Shadow:

- In her shadow, the Lover can become overly focused on physical pleasure or validation from others. She may struggle with boundaries, using seduction or manipulation to get what she wants. This can lead to dependency, obsession, or an inability to form deep, meaningful relationships, as she may be more focused on the superficial aspects of connection.



The Wise Woman

The archetype of the "Wise Woman" (aka The Crone) is a powerful embodiment of intuition, wisdom, and deep inner knowing. She represents the keeper of ancient knowledge, drawing from her vast experience and understanding of the world to guide others on their journey. The Wise Woman sees beyond the surface, recognising the interconnectedness of all things and the cycles of life. She listens to the whispers of her soul and trusts her intuition, using her insight to offer guidance and support.

Often portrayed as the elder, the Wise Woman transcends age; her wisdom is timeless and available to anyone who seeks to embrace their inner truth and authenticity. She encourages us to look within, to trust our inner voice, and to honour our life's journey, with all its joys and challenges. In a society that often overlooks the value of introspection and inner growth, the Wise Woman invites us to slow down, reflect, and connect with the deeper wisdom that resides within each of us.

In the Light:

The Sage represents wisdom, knowledge, and clarity. She is introspective, thoughtful, and guided by a strong sense of purpose and intuition. This archetype values truth, insight, and the pursuit of understanding. The Sage is often seen as a teacher or advisor, offering guidance and clarity to others based on her life experiences and inner knowing.



In the Shadow:

- In her shadow, the Sage can become detached, overly analytical, or emotionally distant. She might prioritize logic over emotion, leading to coldness or a lack of empathy. This can manifest as judgmental attitudes, rigid thinking, or a tendency to isolate herself in pursuit of knowledge, becoming disconnected from her emotions and relationships.



The Huntress

The Huntress is typically associated with independence, strength, focus, and determination. She is a warrior archetype, representing a woman who is self-sufficient and capable of taking care of herself.

She is often depicted as being goal-oriented, with a clear sense of purpose and direction. Her energy is directed towards achieving her aims and protecting what she values.

The Huntress values freedom and autonomy. She is not afraid to go against the grain and is willing to stand up for what she believes in, often championing causes related to justice, fairness, and equality.

In the Light:

The Huntress embodies courage, determination, and independence. She is a leader and protector, often working to help others find their own strength and voice.



In the Shadow:

- She can become overly aggressive, competitive, or disconnected from her emotions. Her drive for independence can sometimes lead to isolation or a reluctance to rely on others.



I L L U M I N A T E
R E T R E A T

The Queen

The Queen embodies the very essence of sovereignty and regal grace. She stands tall, her presence commanding yet compassionate, her heart open yet discerning. Rooted firmly in her power, the Queen is a symbol of dignity, wisdom, and strength. She knows her worth and carries herself with confidence, radiating an aura of respect and authority that inspires those around her.

The Queen is not just a ruler of a kingdom, but a master of her inner domain. She is deeply connected to her own truth and values, and she leads with a vision that reflects her deepest convictions. Her decisions are not made lightly; they are a delicate balance of intellect and intuition, informed by both her mind and her heart.

The Queen feminine energy is an invitation to rise into your own power, to rule your life with integrity, love, and purpose. She calls you to remember your own worth, to take up space without apology, and to lead with the light of your own inner truth. In every woman lies the heart of a Queen, waiting to be awakened, waiting to reclaim her rightful place in the world.

In the Light:

The Queen archetype is powerful, regal, and confident. She embodies leadership, dignity, and grace, ruling with fairness and wisdom. This energy is about sovereignty, self-respect, and the ability to make balanced decisions. The Queen knows her worth and commands respect, often serving as a guide or mentor to others.



In the Shadow:

- The shadow side of the Queen can be domineering, controlling, or prideful. She might become overly authoritative, expecting others to serve her or placing her needs above all else. This can lead to arrogance, stubbornness, or a tendency to dismiss others' opinions or needs, resulting in isolation or conflict.



Journal Prompts

Use these prompts to lean into each of the archetypes and focus on the two who are most wounded at this time to really understand and embody what it is to be in the light of their energy.

The Maiden

In the Light:

- What are the new beginnings or opportunities in my life that I am excited about?
- How can I cultivate more curiosity and openness in my day-to-day experiences?
- In what areas of my life do I feel the most hopeful and enthusiastic? How can I bring more of this energy into other areas?

In the Shadow:

- Are there situations where I feel overly dependent on others for guidance or support? How can I start trusting my own intuition more?
- When have I felt naive or taken advantage of? What can I learn from these experiences?
- In what areas of my life do I avoid responsibility or shy away from making decisions? Why?

The Mother

In the Light:

- How do I currently nurture myself and those around me? What more could I do to enhance this?
- Reflect on a time when you offered unconditional love and support. How did it feel, and what did you learn from it?
- How can I create a safe, loving environment for myself and others?

In the Shadow:

- Where in my life am I over-giving or not maintaining healthy boundaries? How does this impact me?
- Do I ever feel resentful or drained by my caregiving roles? Why might this be, and how can I address it?
- In what ways might I be trying to control others under the guise of care and concern?



Journal Prompts

The Wild Woman

In the Light:

- What areas of my life allow me to express my independence and freedom? How do these make me feel?
- How can I embrace my authentic self more fully and live in alignment with my true desires?
- Write about a time when you felt truly alive and free. What were you doing, and what can you take from that experience into your daily life?

In the Shadow:

- Are there times when I act impulsively or recklessly? What drives these behaviours?
- How do I respond when I feel restricted or controlled? Are these responses always healthy?
- Reflect on any instances where my need for independence has caused me to distance myself from others. What could have been a healthier approach?

The Lover

In the Light:

- How do I express my passion and creativity in my life? What new ways could I explore?
- What brings me joy and pleasure? How can I incorporate more of these things into my daily routine?
- Reflect on a moment of deep connection with another person. What did that experience teach you about intimacy and love?

In the Shadow:

- Do I seek validation or approval through my relationships or physical appearance? Why might this be?
- Are there times when I have compromised my boundaries to keep a relationship or to avoid being alone? How can I honour myself more?
- Reflect on any patterns of dependency or obsession in your past relationships. What insights can you gain from these experiences?



Journal Prompts

The Wise Woman

In the Light:

- What wisdom have I gained from my life experiences, and how can I share it with others?
- How do I cultivate a sense of inner peace and calmness in my daily life?
- When have I trusted my intuition, and how did it lead me to make wise decisions?
- In what ways can I continue to deepen my knowledge and understanding of myself and the world around me?
- How can I use my insight to guide others in a compassionate and supportive way?

In the Shadow:

- Are there times when I become overly critical or judgmental of others because of my knowledge or experience?
- Do I sometimes isolate myself or withdraw emotionally in favour of logic and reason? Why might I do this?
- How do I handle situations when my advice or insights are not valued or appreciated by others?

The Huntress

In the Light:

- What goals or dreams am I passionately pursuing right now? How do they align with my true desires?
- How do I embrace my independence and strength in my daily life?
- Reflect on a time when I stood up for myself or others. What did this experience teach me about courage and resilience?

In the Shadow:

- Are there times when I become too focused on achieving my goals to the detriment of my well-being or relationships?
- Do I sometimes push people away or resist help because I want to prove I can do it all on my own? Why might I feel this way?
- Reflect on any instances where my drive for independence has led to feelings of isolation or loneliness. How can I address this?



Journal Prompts

The Queen

In the Light:

- How do I embody leadership and authority in my life? Are there new ways I could step into this role more fully?
- Reflect on a time when I made a decision with confidence and integrity. What did I learn from this experience?
- How do I create harmony and balance in my relationships and environment?
- In what areas of my life do I feel most empowered and in control? How can I expand this energy?
- What are my core values, and how do they guide my actions and decisions?

In the Shadow:

- Are there moments when I become overly controlling or authoritative? What might be driving this behaviour?
- How do I react when my authority or decisions are challenged? What does this reveal about my leadership style?
- Do I ever feel the need to prove my worth or demand respect from others? Why might I feel this way?
- Reflect on any feelings of superiority or entitlement that may arise in your interactions. How can you cultivate more humility and openness?
- In what ways might I be placing my needs or desires above those of others? How can I ensure a more balanced and fair approach to leadership?



I L L U M I N A T E
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"Embracing your divine feminine energy means stepping into your power with grace, confidence, and unapologetic authenticity. It's about honouring your inner queen, knowing your worth, and shining your light without fear. When you embrace your true essence, you become the queen of your own life."

