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New Paths to Better Health

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Sierra Bender

Helping Women
Find Their Power

Sustainable Weight Loss

5 SECRETS YOU
SHOULD KNOW

GMO

Truths and
Consequences



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Sierra Bender

Helping Women Find Their Power

by Amy Doza

In spite of the women's movement over the past decades and the strides women have made to claim their rightful place in society, many women still battle with issues of self-worth and value. The way women are represented in media, the discrepancies in employment, the meaning of the female body and general acceptance by society that women are less than men in physical, mental and emotional strength are all results of the patriarchal society that is currently a worldwide understanding. All of these concepts are part of a very patriarchal system, and take away the feminine essence.

"Women have lost their core," says Sierra Bender, founder of Boot Camp for Goddesses and author of *Goddess to the Core*. "A woman living in the core of feminine essence and power is one who knows her intuition and is brave enough to follow it. She understands her strengths and her true intelligence. She puts acting on it in her daily living, her image, her power and her wisdom."

After suffering the loss of an unborn child, losing the ability to bear children and a near-death experience, Bender found herself motivated and determined to recreate her connection to both the physical and spiritual worlds, while sharing it with others so that they could grow as well. This led to founding the Sierra Bender Empowerment Method® (SBEM).

"SBEM dramatically leads to an inside-out transformation of the whole person," Bender says. "Participants come full-circle as all four essential bodies—physical, emotional, mental and spiritual—are strengthened, healed and integrated. SBEM teaches people of all ages, health

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and fitness levels to become instruments of their own recovery and health by connecting with their bodies' natural intelligence and healing capacities. SBEM builds a foundation of stamina, strength and suppleness on levels of being. As a result, a new vital, personal, core power is developed and revealed."

She goes on to say, "As a goddess to the core, you are standing in it, feeling it. You recognize when you are not in the light of God. You should come from a space that is true, compassionate and moving. You create change in a way of confronting what is not healthy." Bender believes that for a woman to come into her vital, personal, core

femininity and power, she must embrace four things: the Spiritual Body, the Mental Body, the Emotional Body and the Physical Body. She says that spiritually, a woman is connected and has a genuine sense of self-worth and connects deeply to the vitality and healing force of the earth. Mentally, a woman is focused and calm with positive psychology. She breaks through unhealthy thought patterns and belief systems. Emotionally, a woman is intelligent and self-confident. She releases past hurts, fears, burdens and repressed emotions to become confident and courageous. Physically, she is strong inside and out to strengthen her core by following intuition, instincts and senses.

As she writes in her book, *Goddess to the Core*: "Taking control of your own destiny is the most powerful form of healing and empowerment."

For more information and for upcoming bootcamps, visit SierraBender.com.



Goddess Secrets: Thirteen Empowering Guidelines

by Sierra Bender

1. You have the right and the ability to say "no."
2. Stop saying "I'm sorry" for something you have no control over.
3. Say "yes" to pleasure. Rejoice in your sensuality and sexuality.
4. Say "yes" to power. Being feminine doesn't mean being a pushover.
5. Express, don't suppress. Stop apologizing for being a woman. Emotions are part of who we are.
6. Draw the line. Take command of your space.
7. Take a stand. Find your voice. Find your courage.
8. Guilt: who needs it? Get off your own case. Guilt is learned, not earned.
9. Stop beating yourself up. Stop setting unrealistic expectations. Who you are is good enough.
10. Say goodbye to the "nice girl." Who are you fooling? Be true to yourself. Say what you mean and mean what you say.
11. Face the reality. Superwoman and Supermom are cartoon characters.
12. You are worthy. You are deserving. Learn the rewards of receiving as well as giving.
13. You desire, require and deserve an abundance of love, money, health, wealth, success and beauty inside and out.

From *Goddess to the Core* by Sierra Bender