



The Feminine Fire

The divine creative force you hold within

Volume 1, Issue 1 – January 2008

Yearning?

Then You are Awake and Awakening

Do you yearn

- to be more creative?
- to become more inspired?
- to understand the meaning of life?
- to be a better, kinder, more loving person?
- to help those you see who are suffering?
- to stop the destruction of Mother Earth?

Women I talk to everywhere – from my close friends to those I meet in the workshops I lead – yearn for the things listed above. If you, like them, yearn for even half of these with even the least bit of passion, I have a very important message for you:

You need to get as deeply in touch with that yearning as possible – and do it as soon as possible.

For me, this process began as I ploughed through the mountain of research I did for *The Divine Feminine Fire: Creativity and Your Yearning to Express Your Self*. At some point I became aware that the deep inner longing I saw in myself and others to become a better person, to help ease suffering, and to allow all the tightly-held creative energy within to burst forth – was the complete opposite of what I had always thought it to be.

For I had always believed that I wouldn't be *longing* if I weren't *lacking*. I think most of us have felt this way and because of it we have come to think that yearning signals an emptiness at the center of our being – a hole that needs to be filled with objects we can buy, possessions we can cling to, or love that comes to us from outside ourselves.

But the marvelous truth is that our yearning – the moment it lifts itself up and begins to express itself as a desire to help, to heal, to grow spiritually and/or to express our souls creatively – is the exact opposite of emptiness. It is, in fact, the most powerful

In This Newsletter:

- [Yearning](#)
- [About this newsletter](#)
- [Get creatively inspired with "Women Inspiring Women"](#)
- [Do a Creativity Exercise](#)
- [News from the Muse](#)



[About Teri](#)

force in the universe. It is the divine feminine – the cosmic force known as Shakti, Shekinah, and Sophia. And it is not just the *voice* of this feminine force. Nor is it just the voice of our higher self or the divine within. ***It is the force itself.***

This is all laid out very clearly in the ancient verses that form the basis for hatha yoga and Tantra. These teachings tell us that kundalini-shakti – a sort of individualized expression of the cosmic divine feminine Shakti – is quite literally *embodied* within each one of us. When kundalini-shakti awakens, she triggers not only profound mystical experience but a transformation that ultimately leads to the various levels of enlightenment we find in the true yogis and the great saints and mystics of the world. (Email teridegler@sympatico.ca for a free copy of *Hildegard of Bingen: Yogi in Nun's Clothing*¹)

If you study the lives of these greats you will find that, regardless of tradition, they share certain characteristics. These include a deep desire to continue their spiritual growth, to help others, to ease suffering, and to creatively express their souls in treatises, poetry, music, and even art.

¹ This research paper was done for the Institute of Consciousness Research in Canada. For more information and other papers on similar topics [click this link](#).

It is no coincidence that these are exactly the things you yearn for. For Shakti's job, the ancient teachings say, is to propel us along this same path. She does this by making us yearn for exactly the things she wants us to accomplish along the way. Thus, the very fact you are yearning for these things tells you that – even though you may be, like me, a million miles and a thousand lifetimes away from enlightenment – **you are in the midst of a powerful, positive process of transformation.**

To describe this process in detail and examine all the wonderful and astounding implications it has for our lives would take, well, a whole book. And that's just what *The Divine Feminine Fire* does. Until it comes out, however, each issue of the newsletter will share some of the aspects of all this that are most relevant to our daily lives.

About this newsletter

Recently I finished several years of research and writing on my new book, *The Divine Feminine Fire: Creativity and Your Yearning to Express Your Self*. Many of the ideas in it are new – even a bit revolutionary – and I've been waiting until it comes out to begin sharing them. However, a number of friends and colleagues convinced me that the sooner women could start using this very practical information in their lives the better.

Also one of my long-time goals has been to share the writing, art, and creative work of the incredibly inspiring women I have interviewed for my books or met in workshops I've led. Some of these women's stories – and men's – were shared in my last book. More will be found in *The Divine Feminine Fire*. But there are many more women whose stories I'd like to tell.

Eventually, it occurred to me that a free e-newsletter would be the perfect place to share both the information in *The Divine Feminine Fire* and the stories of these amazing women so that they can inspire you in your creative work and/or your spiritual growth as much as they have me. This section is called *Women Inspiring Women*.

News from the Muse

A recent study was done of women who – because their children were growing up or they were nearing retirement – were beginning to have a little time for themselves. This study showed that what these women most wanted to use this time for was self-improvement, self-expression, and – especially – self-empowerment.

How wonderful to know that the source of self-empowerment – indeed the very source of cosmic power itself – is *already* embodied within each one of us and that it is this very same cosmic power that is urging us to the self-improvement and self-expression we so desire.

Kind of makes it sound like we just might achieve what we yearn for, doesn't it?

Update: *The Divine Feminine Fire*

If you are receiving this newsletter you may well be someone who has either read my last book, *The Fiery Muse: Creativity and the Spiritual Quest* or taken one of my workshops over the last few years. At these workshops people are always asking me when *The Divine Feminine Fire* is going to be out.

This is to let you know I have now found a wonderful agent in the U.S. who is working diligently to find an equally wonderful publisher. I'll keep you posted on when it will be available and, in the meantime, share some excerpts from the book in the newsletter.

About Teri

Award-winning writer Teri Degler is the author/co-author of nine books including *The Fiery Muse: Creativity and the Spiritual Quest* (Random House of Canada). A long-time student of yoga philosophy and mystical experience, Teri is a widely experienced public speaker. She has taught workshops in the United States and Canada and has appeared on many national radio and television programs. More information can be found at www.teridegler.com

Email Teri to sign up for the next issue of this FREE newsletter. teridegler@sympatico.ca

(Your email address will be protected!!)

Women Inspiring Women

Pam Gerrand

Many incredibly inspiring women – and their suggestions for becoming more creatively inspired – will soon be featured in a new section of my website called *Women Inspiring Women*. The first I'd like to introduce you to is Pam Gerrand – a singer/songwriter from Canada. Acting and singing in theatre, Pam has played lead roles across the country. Some highlights include singing 'More Grace', a song she penned about her sister's journey through cancer, at the National Arts Centre in Canada's capital and spending four years as a member of the Acting Company at the Stratford Festival.

The Stratford Festival is considered unquestionably one of the finest Shakespearian companies in the world, and the prestige of being a part of it is immense. It also provides the one thing actors everywhere long for – some degree of financial security. One of the reasons Pam inspires me so much is that she walked away from all this. Even though she knew the risks involved in launching a career in music – let alone spiritual music – were huge, Pam had the courage to follow the deep spiritual yearning she felt to write and sing her own songs. She now has several CD's and has even performed at Deepak Chopra conferences.

Pam's Advice on How to Become More Creatively Inspired

Creative inspiration, says Pam, comes from surrendering to the vast ocean of the infinite and opening yourself to the "passionate, warming fire of the Holy Spirit". To find the courage to do this, Pam recommends reading the words of the great creative mystics like Hildegard of Bingen and Rumi. Hildegard refers to the Holy Spirit as a "burning

spirit...that resurrects and awakens everything that is". Rumi cries out, "I want burning!" Don't be afraid, Pam says to enter the radiant fire and light of creativity that exists within you. It is the source of resurrection and awakening; it will help you bypass ego and envy and anchor you in the clarity and compassion that is the source of creative inspiration.

The first time I heard Pam sing the words she wrote below I was at a point of deep discouragement, convinced – as we all sometimes are – that my work and writing



The cover of Pam's CD "Pray Rain" - www.pamgerrand.com

were useless. Pam inspired me to go on – as we all should! – when she told me she composed the song after taking a workshop based on *The Divine Feminine Fire* that focused on the oneness of all and the awesome loving, creative power of the divine feminine – Sophia, Shakti, Shekinah. Pam's lyrics remind us to never forget that this cosmic creative power is available to us all!

For an extraordinarily moving, inspiring treat that features Pam singing *Love is All* and the exceptional angel photography of Janet Sinclair [click to see and hear: Love Is All](#).

Love Is All

Holy wind, blow through me
Cast away my suffering
Sing your truth down to my bones
For love is all
Love is all

Holy wind, I'll do my part
Make a sail of my heart
Bind me to your ship of love
I hear you call
Love is all

Sweet Sophia, make us wise
Shakti, fill us with your fire
Oh Shekinah, make us whole
For love is all
Love is all

In a world of war and woe
Wash away these tears that flow
Warm our hearts so cold with fear
Draw us near...draw us near

May all beings be set free
From their pain and suffering
Holy wind...the angels call
For love is all
Love is all

Holy wind the angels call
For love is all
Love is all

© 2004 Pam Gerrand

Creativity Exercises

Turning Your Yearning Into Inspiration

This is a basic, “first step” creative visualization exercise that other exercises build on. Have art materials, musical instruments at hand. For example, if you want to write creatively or just jot down a solution for a difficulty in your life, say, a problem you are having with parenting, just have a pen in one hand and the other resting on your paper.

If you already have a meditation technique, etc. you use, you can skip to step three. (If you are new at this – don’t worry if unwanted thoughts flit through your mind, just let them flit back out again and return your focus to your breathing.)

1. Find yourself a quiet place and sit comfortably with your spine straight.
2. Bring your focus to your breath and breathe slowing and deeply.
3. Allow yourself to relax into the rhythm of your breath; as you go deeper within become aware of the yearning that lies deep within.
4. Turn your focus to this yearning and breath in and out with it.
5. Slowly allow it to expand. Sit with it, breathing in and out, and see it rise slowly up and transform into a radiant white light.
6. See this rich, thick light fill you as it rises up and surrounds your heart.
7. With each beat of your heart the light intensifies until, enriched by the love held here, it becomes golden.
8. See this golden light moving up and then down your arms, through your hands, and out your fingers.
9. Open your eyes slowly and begin to write, paint, or play your musical instrument as this golden light of inspiration flows.²

No Art Without Heart

“No art without heart” is a slightly corny expression, but it is true. The music of Mozart and the art of Michelangelo have lasted because they *move* us; they awaken in us the emotions the creator was striving to express.

² One of the first people to use the idea of drawing the inner light out for creativity was [Judith Cornell](#).

It makes no difference whether you are expressing your creativity for your own satisfaction or your professional work in the arts – your work will only reach its fullest potential when you can sit with your emotions and, then, express them.

Before doing the following exercise you need to make a trip to your photo albums – or that big box of pictures you really *are* going to put in albums someday. Find one that reminds you of a time when you either gave or received unconditional love – love that had no expectations or strings attached.

1. Have this photograph along with pen and paper at hand. Then spend a few minutes looking at the photograph.
2. Follow the steps from the first exercise until your heart is surrounded by golden light.
3. Bring to mind the photograph you hold. Sink completely into this time and place and re-experience it.
4. Sit with the emotions this triggers; experience them in your body.
5. When ready, bring your awareness back to the golden light that surrounds your heart and then flows into your pen and onto your paper.
6. Begin to write by describing the picture and allow your thoughts to flow from there. Later you may want to use what you’ve expressed here as the basis for more writing or to create other art, music, or dance.

In the next newsletter don’t miss:

- **Shakti, Sophia, Shekinah:**
The divine feminine as the creative source of the universe – and the creative source within you.
- Get creatively inspired by the poetry of Dorothy Walters – author of *The Marrow of Flame: Poems of the Spiritual Journey* and *Unmasking the Rose: A Record of Kundalini Initiation* – both with introductions by her good friend Andrew Harvey. Check Dorothy’s blog at: [kundalinisplendor.blogspot](#)
- A creativity exercise on discovering the wisdom of Sophia that exists within you.

Sign up for the next issue of this free newsletter!
email: teridegler@sympatico.ca
(Your email address will be protected!)