



Setting Aside Time to Bloom

by Kristen Magnacca

Seeing the beauty that April welcomes to Cape Cod each year started my mind thinking about the origin of the names of the months, as well as the Goddesses that they were named for.

Aphrodite is the Greek goddess of love, beauty, fertility and sexuality. She is identified with the Roman Goddess named Venus. April in Greek means Aphrodite, who represents unabashed feminine energy.

The month of May has been named for the Greek Goddess, Maia, who was identified with the Roman-era goddess of spring.

June was named after the wife of Jupiter and the equivalent to the Greek goddess, Hera. She was known as the goddess of women and marriage.

Unabashed feminine energy, the Goddess of Spring and women and marriage! Wow! So much feminine energy pouring in just at the time when we need it!

I began creating a "movie" of Aphrodite in my mind's eye of a strong, self-assured, balanced beauty speaking her truth without embarrassment because it was done from her truth and not out of malice.

Then followed by May, with its goddess energy of spring with all its beauty, and June's energy focusing on women and marriage.

How can we marry all these powerful energies and use them?

Maybe to some of us, unabashed has negative connotations such as pushy, forward or uncaring, but that's not how I understand it. "Unabashed" is defined as not embarrassed, disconcerted or ashamed.

Have you felt the energy of these Goddesses swirl through the days? Have you caught a ride on their blooming energy?

If not yet, I would like to discuss the process of creating a system to connect to our unabashed divine feminine and masculine energies, and channel the Goddess' Aphrodite, Maia & Hera!

Maybe we could start by asking ourselves a few questions:

- How would you describe your feminine energy: Just right? Vibrant? Loud? Colorful? Or perhaps a bit dormant?
- What is your way of connecting to your divine feminine and your divine masculine?
- What has to happen in order for you to not feel ashamed, disconcerted or embarrassed to shine your light?

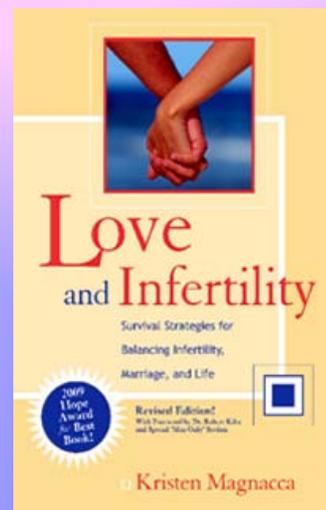
For me, letting your light shine is one way to allow your mind, body and soul to bloom! Think of it as living from center, and not being embarrassed about who you are and what gifts you are sprinkling on this green earth.

The week of April 24th through May 1st was National Infertility Awareness Week and was sponsored by RESOLVE, the National Infertility Organization.

During this week, my focus was bringing awareness to our innate ability to create, our power to be fertile, as opposed to the negative of our "in ability" to create.

Working with women and couples experiencing challenges during their creation process is my passion. This particular week was not only packed full of offerings for my clients, but also filled with lessons for me to learn about my own "creative power."

You see, I was flying solo as my husband was traveling all week. I was starting to get anxious about how all my responsibilities were going to be handled and met. I began to wobble a bit in my unabashed feminine energy.



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Kristen Magnacca is a mother, author, entrepreneur, speaker, life coach, and expert on the emotional aspects of infertility.

Kristen and Mark live on Cape Cod with their children, Grace and Cole. She published her first book, *Girlfriend to Girlfriend: A Fertility Companion* in 2000.

Love and Infertility, Survival Strategies for Balancing Infertility, Marriage and Life, published in 2004, is the recipient of The Hope Award 2009 for Best Book from RESOLVE, and will be released soon on CD.

Then a wonderful learning opportunity was presented to me. It was Wednesday morning and I was scheduled to speak at the local Women's Business Exchange, sponsored through Community Bank. (If you haven't attended one of their excellent events, visit www.venturethinktogether.com to learn more.)

That morning was an orchestration to get my son to school, myself to the Daniel Webster Inn where the event was being held, and then my daughter to school at her later time. My Mom – thank goodness for Mom – came and helped.

But when the morning got moving, my daughter decided that she needed me to walk her into her school. Could it be that for some reason her Goddess energy was wobbling a bit too? Hmmm... I wonder why? She called me on my cell and said she needed me.

At first I was a bit overwhelmed. Then I called in the Goddesses and angels, and off I zipped – a few minutes before the event at the Inn was to begin! Sliding into the car, I said a quick prayer and asked the angels to hold my parking spot for me for a quick re-entry into the "work" mode.

I felt some pressure but reconnected. I greeted my daughter at the van door, scooping her up and walking her into the school. Two steps inside the door, she dismissed me! I kissed her goodbye and was back at the Inn, ready to speak, all within ten minutes.

Was it a balancing act? Was this situation momentarily unnerving? Yes, but she needed to shine, and I needed to be reminded of my divine power to help her shine.

All said and done, I wouldn't have changed a thing. We both were able to bloom in that one exchange.

During the Summer months, let's connect to the energy of the Goddesses. Let's remind ourselves that the art of blooming should be effortless and natural, and we always have help from above and within!

Kristen has been featured on the Today Show and in publications including *Woman's World*, the *Boston Globe*, WebMD.com (<http://www.webmd.com>), About.com (<http://www.About.com>), and Pregnancy.org (<http://www.pregnancy.org>) Kristen invites readers to contact her through her website at www.kristenmagnacca.com