

STAGES OF



**FEMININE
EVOLUTION**



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Welcome sister to your roadmap of spirituality!

Based on the experience of my own journey and my decades of involvement in helping women, I have understood that the evolution of feminine consciousness evolution through certain stages, or levels, and all of us go through them. The reason of explaining these stages is not to judge yourself or other sisters, or naming, shaming others or yourself. Rather, it is for self-awareness, it serves as a guideline.

Surprisingly, there is no age limit to feminine consciousness and a younger lady could be more evolved than older ladies. In fact, according to a survey, majority of population do not ascend in consciousness at all. They remain stagnant in the same level of consciousness throughout their life. So, this is just for self-awareness for those of us who are inclined to grow and evolve.





GIRL STAGE

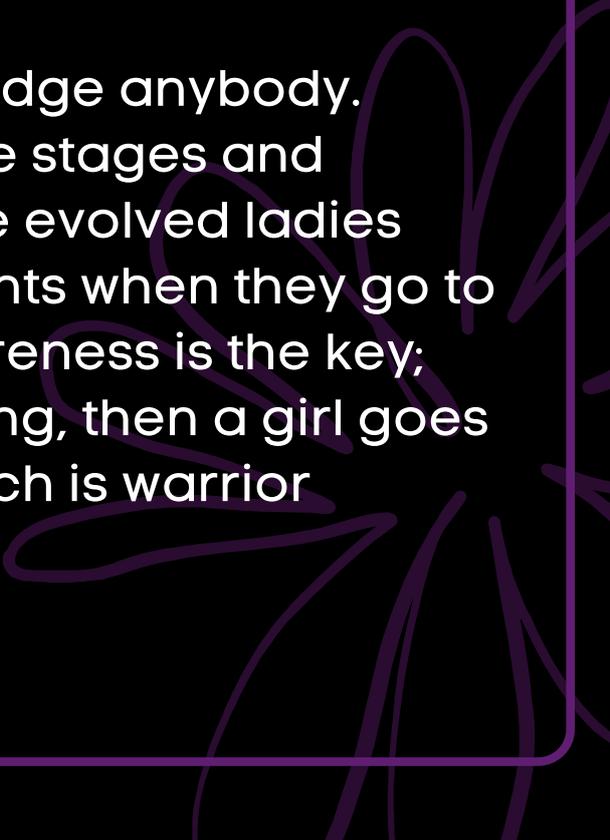
The stage one or level one is girl stage consciousness, or girl consciousness.

It has nothing to do with age and as mentioned before, people can get stuck at the same level of consciousness throughout life. In this stage, her life and health are totally out of control. It's kind of victim consciousness. Here she always feels that she is a victim. All problems and negativities are happening to her, she gets triggered all the time, doesn't take responsibility for her life and gives her power easily to others. She's complaining and blaming all the time and has no self-esteem.

She can't even receive support and love because she's addicted with suffering and drama. She can neither give nor receive love because her heart center is closed.

She thinks that no one loves her and sabotages whatever support even the universe offers. She is over possessive and over protective about her relationships. She's in her wounded feminine. It's not her fault but she's doing it from a subconscious level. She may have internalized childhood or past trauma to feel that she's not worthy. She's very judgmental about self and others. Self-awareness has not yet started.

As mentioned before, its not to judge anybody. Every woman goes through these stages and evolves, including me. Even more evolved ladies sometimes have their girl moments when they go to this low, needy, kind of vibe. Awareness is the key; once self-awareness starts shining, then a girl goes to the next level of evolution, which is warrior princess.



In the girl stage, a girl has been a victim sometime in her life and she has, sort of, internalized that. Now, she behaves like a victim all the time and she victimizes others also.

She can't see her own shadow, and she can't even receive help and that is the reason I no longer work with this level of consciousness. Been there, done that, as they cannot even receive help when offered. In fact, if I try to help them they blame me that if I'm pointing out their mistakes, and basically they're stuck in this level and they are addicted to suffering. The free content on my website is all for them. If they feel like, they can read it, absorb it and may try to evolve.





WARRIOR PRINCESS

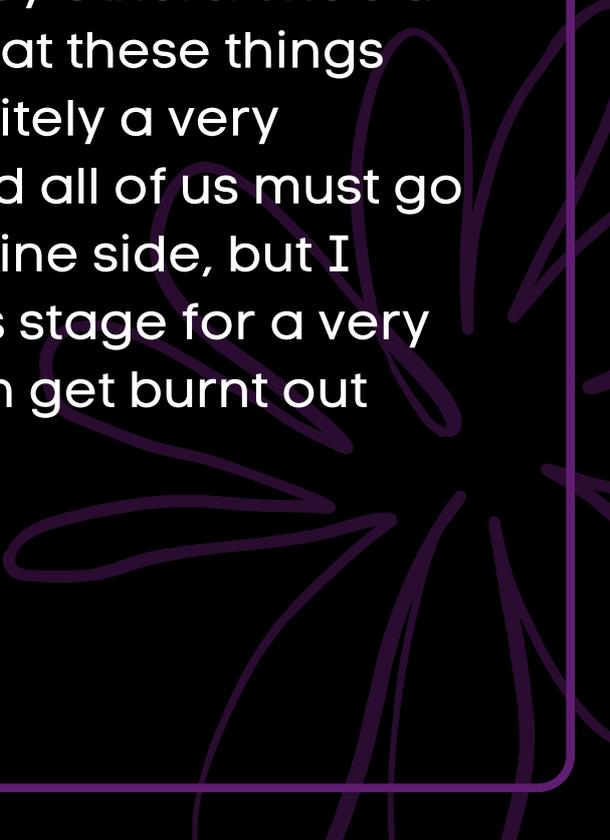
Second level of consciousness is warrior princess consciousness. She's more aware of her patterns and triggers, and she wants to take charge of her life.

she's overly in her masculine energy. She's very hard working and mentally determined. Generally, this happens when the girl level of consciousness goes through a rough patch and decides that she has to save her own self. She doesn't care much about other people but determined to get things done on her own. She's trying to be everything to everyone

She's playing many roles and feels that everything is her responsibility carrying a never-ending to-do list. She's super busy, hustling-bustling all the time. She's not in her body and she doesn't even know how to feel pleasure. She cannot enjoy the journey. She looks forward for others approval and appreciation to feel the sense of accomplishment and happiness.

This stage is very close to my heart because I was there for the longest time in my life.

This level is definitely better than girl level because she has taken charge but the problem is that she's trying to control everything. She feels that only when she unfolds all aspects of her life, then she will be accepted and cherished by others. She's a people pleaser. But the truth is that these things cannot make us happy. It's definitely a very important part of our journey and all of us must go through it to develop our masculine side, but I don't want you to get stuck in this stage for a very long time like me, or else you can get burnt out



You can have adrenal fatigue, hair fall, autoimmune problems, polycystic ovaries and all kinds of hormone imbalances. Warrior princess is my favorite level of clients to work with because when she commits to something, she gets it done. She is in her masculine energy, she finishes all the homework and assignments, and she actually gets the best results from my programs. Her Heart Center has just started to open up, so she is at least open to receive help and support. Though she's still in her victim consciousness, but at least she is open at this stage.





QUEEN

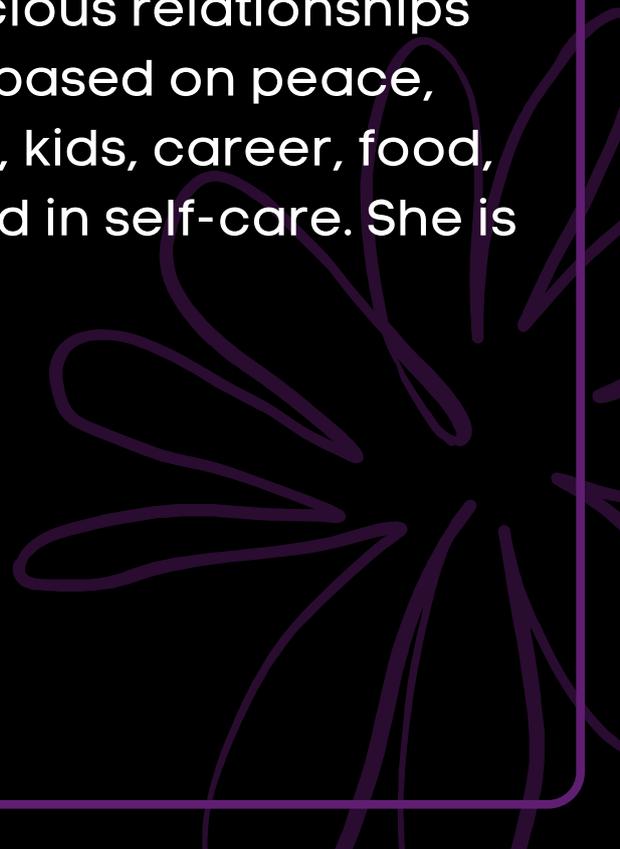
The third level of feminine consciousness is Queen level. This is the stage when the connection to divine is opening up. She's connected to her inner being.

She has balanced masculine and feminine sides of energy and she knows her self worth. By the time she has mastered this frequency, she's successful in all areas of her life. Her right and left-brain hemisphere are in sync. The right brain hemisphere, which is your subjective and spiritual dimension, and the left-brain hemisphere, which is the objective and physical world, is completely in sync.

She's in the zone, or she experiences flow, most of the time, she knows her biology and doesn't try to overwork or compete with masculine. She embraces her femininity and wears it like a crown. She knows that she doesn't have to be like men in order to succeed in this world. Her heart center has been ripped open by the divine.

She's figured out that beautiful balance between her masculine and the feminine sides, and knows that when to switch one with the other.

Most of them get inclined to some kind of energy work but that's not mandatory. She's having a different kind of high-level conscious relationships in all areas of her life, which are based on peace, unity and true freedom with men, kids, career, food, habits, self-care, etc. She's rooted in self-care. She is the manifesting queen.





GODDESS

The fourth level is goddess level of consciousness. Here the subconscious mind is flowing, or walking with the God; she is divinely aligned.

She has a very high vibration and she knows that she's the center of the universe, understands oneness with others, and she's aware of her superpowers. She helps humanity reach new heights and new levels of consciousness. She's a God's gift to raise collective consciousness. She's above masculine and feminine, and she is one with divine. Time is experienced very differently in her world. She's giving much more than she's taking from the quantum field. She knows that her job on the planet is to keep the vibration high and she doesn't let others pull her down.

She is very protective about her energy and vibe; she has strong boundaries. After mastering this frequency, she becomes an evolved divine goddess, where instead of walking on the path, she becomes the path. She merges with the divine and her divine purpose in life.

Remember, it's absolutely normal for women to go through all these stages, and sometimes fall back into a lower stage. It takes a little time to evolve from one level to the other and master the next level of frequency.

So tell me, where are you in the stages of feminine consciousness? You may also want to answer this to yourself that what is preventing you from awakening to the next level you. The time of awakening has come my dear sacred soul sister and I invite you to raise your level of consciousness through the stages of feminine evolution because this world needs you. We need more feminine evolved goddesses, who are grounded in their well being and self worth. The time has come to be out of hibernation and activate your full potential. Remember, you cannot serve yourself, your family, community, humanity and the collective consciousness unless you claim your full power and get rooted in your femininity. So welcome to your next level of evolution sister...

This world needs more strong feminine energy
Goddesses who are rooted in their self worth...

So come out of hiding and embrace your next
level of evolution soul sista!

Coz this world needs you!

Dr.Disha

