

10 Ways To Step Into Your Feminine Power

By Priya Florence Shah

This is an excerpt from the ebook, "[Step Into Your Feminine Power And Rule Your World: 24 Empowering Ideas for the Modern Indian Woman](#)" authored by Priya Florence Shah, and also available on [Amazon Kindle](#).

It's not easy for a woman in India to be powerful in what is still, in many ways, a man's world. Every day we encounter negativity from those who are threatened by the strides that women have made.

It's reached the point where we feel that we either have to be a bimbo or a bitch to succeed. But we don't have to be either. We just need to be human beings with the ability to express our unique gifts and talents.

Here I list 10 ways that have helped me live a bigger life and make choices that can have brought me the self-awareness, freedom and contentment I now enjoy.

1. Cultivate Self-Love and Self-Esteem

One of the most important things a woman must cultivate is her self-esteem and the ability to love herself. If your self-love and self-esteem are strong, you can bounce back from almost anything.

Having a healthy self-esteem gives you a positive outlook in life and this is reflected in your performance on the job, in your relationships and in the way you live your life. (Shameless plug: We offer a free self-esteem course on [Naaree.org](#))

2. Know that you ALWAYS have a choice

Most Indian women have this sense of hopelessness because we feel we have to make everyone happy, but ourselves. But remember that you ALWAYS have a choice – even if it is one that the people in your life do not agree with or believe is selfish.

As one of my teachers, Abraham- Hicks, says, *“If you're not selfish enough to connect to Source Energy (your Divine nature), you don't have anything to give anybody anyway.”*

Which brings me to the next point...

3. Nurture your Divine connection

As women we are definitely more intuitive and have the ability to easily connect to our Divine source of wisdom and well-being.

The ones who gave the most, like Mother Theresa, were also the ones who were most connected to their Divine wisdom. You have the same potential to share your unique gifts with the world – all you need to do is to start cultivating your spiritual life and listen to your inner guidance.

4. Cultivate empowering beliefs

Your life is a reflection of the beliefs you hold. Even if you say that you want to succeed, if your subconscious beliefs don't match your desires, it will not happen. You need to become conscious of which beliefs are holding you back and clear them from your system.

As geek-speak goes, “Garbage In, Garbage Out”. What you put into your mind, you get out. If you fill your mind with endless negativity

from soap operas, commercials and the mass media, your life will become a replica of what you see there.

If you want to have empowering beliefs, only expose yourself to inspiring thoughts. Read inspiring books, subscribe to inspiring newsletters, stop watching TV (yes, it can be done) or watch less of it.

5. Be mindful of the company you keep

I read somewhere that you are the average of the 5 people closest to you in every area of your life. If you want to be more successful, hang out with people you admire and want to emulate, not with those who are in the same boat.

Success can be scary and the journey to the top can be lonely. Find a mentor and ask them to coach you. Spend your time with people who elevate you, not those who pull you down.

A very good quote I read recently is that *“Your companions are like the buttons on an elevator. They will either take you up or they will take you down.”*

6. Never apologise for your success

Your family and friends might not support your goals and plans. Learn to draw strong boundaries with those who you cannot avoid. Explain to those who offer “well-meaning” advice that, while you appreciate their input, you would like the freedom to make your own mistakes.

Never put yourself down or underplay your achievements just to make the other person feel better. As Marianne Williamson said, “when we

let our own light shine, we unconsciously give other people permission to do the same.”

7. Take care of your body

Many Indian women stop caring for themselves after they have kids and reach middle-age. But the way you look tells the world a lot about your self-esteem.

You don't have to go overboard and spend thousands on beauty treatments, because looking good is an inside job. If you feel good about yourself, you will naturally take pride in your appearance.

8. Invest in yourself

Invest time and money in learning and growing. Take courses, learn new skills. It will make a huge difference to your success, whether you have a business or career.

If you run a business, you will attract better quality clients who are also willing to invest in their own businesses. The logic is that “why would anyone invest in someone who is not willing to invest in themselves.”

9. Have fun

If you asked me the purpose of life, I would quote my teachers, Abraham-Hicks, who say that, *“The Basis of your life is Freedom; the Purpose of your life is Joy.”*

If what you are doing does not bring you joy, ask why that is and what you can do to change it. Perhaps you want to do work that is more meaningful (many women do), even if you earn less money in the process.

Do whatever nurtures your spirit, whether that involves travel, hobbies or just spending time with friends and family who you can have a good laugh with. Don't take life too seriously.

10. Seek help when you need it

If you have faced serious problems in your life and need professional help, go to a qualified psychologist or an energy healer.

Better yet, learn to heal yourself. We all have the ability to do it and it's just one more way to take care of yourself.

© Priya Florence Shah is publisher of Naaree.com™, and Founder of the [Naaree™ Academy for Indian Women Achievers](#). She is passionate about inspiring and empowering Indian women to look beyond their limitations and live their best lives.

Women's Empowerment Resources:

[Powerful, Passionate & Fabulous](#) - Use this awesome EFT session by Margaret Lynch to tap into your foundation of power and boost your confidence.

[Free Call: 5 Essential Qualities of an Inspiring Woman](#) - What are the most important qualities of an inspiring woman and what does it take to embody these in your life? Join us for our free teleseminar where we share the 5 essential qualities of an inspiring woman and how you can draw upon your one-of-a-kind gifts to make your greatest impact in the world. The world needs your unique feminine flavor to help balance the masculine and bring about greater love, peace, compassion and abundance for all.

The Art Of Tantra For Women: Ignite The Goddess Within - This class will teach both the spiritual aspects and sexual techniques of Tantra. You will learn ancient Tantric techniques that will amaze your lover and yourself. This is a frank conversation with some experiential components that will awaken your senses and dispel the myths that are keeping you from experiencing the bliss that is your birthright. We will also discuss men's bodies and needs and new ways to pleasure your partner and yourself. This class will change the way you make love and experience love.