

***As She Is* Discussion Questions**

- 1) How does this film make you feel? Not think, but feel? Can you allow yourself the space to feel it?
- 2) What is your experience of the feminine principle or way of being? How do you see it in your life, in your culture?
- 3) Why do you think this way of being may have been forgotten or neglected?
- 4) Name a way you express and live the feminine in your life.
- 5) Give an example of when you have valued this aspect of your being.
- 6) Give an example of when this part of you was neglected or held in disrespect. Or when have you disrespected this part of yourself.
- 7) Where do you think your initial ideas about the feminine come from?
- 8) What is your experience of listening to yourself and trusting what you feel?
- 9) How have you seen yourself and the women in your life show contempt for their own feminine? Can you explain how? Or how it made you feel?
- 10) How does disrespect with the feminine effect your relationship to yourself, the earth, and to other women?
- 11) Name a feminine power that you have and how it works in the world.
- 12) What simple things can we do to honor the feminine, bringing this aspect back into our daily lives?
- 13) What would you like to change in your relationship to the feminine? What simple thing are you willing to do?
- 14) What is the most urgent and important question that would carry YOU into the center of yourself, into your deepest heart and own knowing about the feminine? **(This might be one you keep secret...to yourself and hold in your heart).**