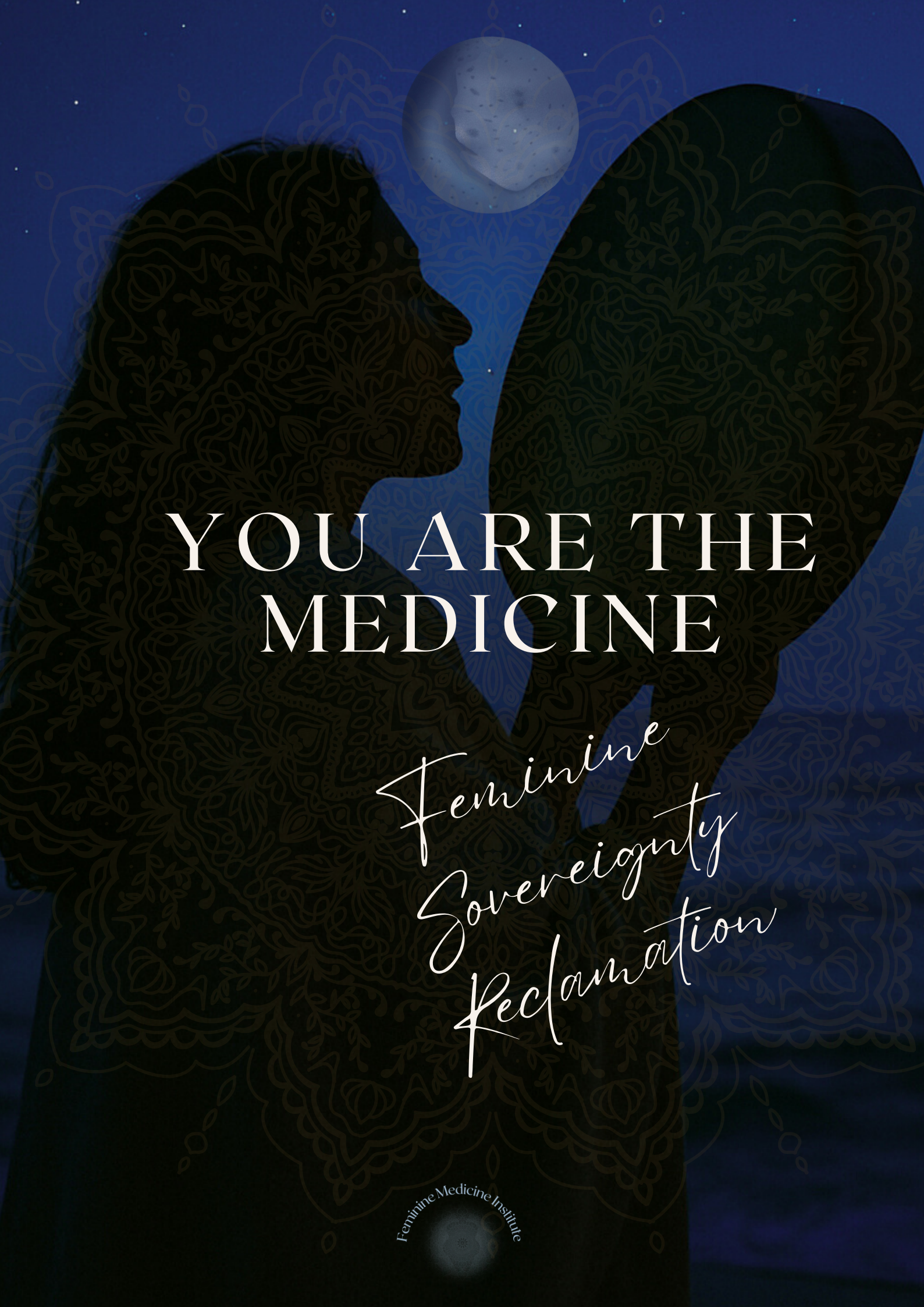




YOU ARE THE MEDICINE

*Feminine
Sovereignty
Reclamation*



Welcome

Welcome dear sister,
Welcome to the sacred path of remembering...
the sacred path of the Feminine, of the Mother.
So glad you are here and have heard HER call.
The Feminine has been calling us all...
to gather...
to remember...
to awaken that which has long been buried in
our bones... in our blood... in our spirit.
She resides in your body, my body... all bodies.
May this space help you hear HER more clearly
and honor what is awakening within you.
I see you...
Welcome home... to yourself and to HER.

Leonor Murciano-Luna

Founder
Leonor Murciano-Luna, PhD
Feminine Medicine Institute
TheFemininePath@gmail.com



With gratitude to the women
who have come before me,
whose voices and bones
carried the memory of the
Feminine
through centuries of silence.
This guidebook is dedicated to
them,
and to all who are
remembering Her now.

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Authored by Dr. Leonor Murciano-Luna, PhD

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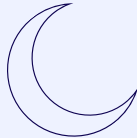


Feminine Medicine Institute

Feminine Medicine is the marriage of personal liberation and collective social justice for women, rooted in the resurrection of the Feminine Mythos. It is the living path of the Mother, that heals what has been silenced—within our bodies, our bloodlines, and our cultures.

It invites women like you, to reclaim your inner authority, emotional truth, cyclical wisdom, and sacred belonging, while also naming and transforming the systems that have oppressed the Feminine, and women for generations.

This is an invitation to remember...
To remember the deep truth that is carried in your being.
We are dedicated to supporting your transformational journey into the living Feminine Lineage.



Feminine Medicine is not just personal healing—it is cultural remembering. It draws from ancient wisdom buried beneath centuries of forgetting, and reawakens it through ritual, voice, ceremony, and soul work. This is where inner healing meets outer change—where the body becomes a vessel of remembrance, and our lives become part of the regeneration of the world.



Into the Mystery

The Invocation: Power of Your Voice

The invocation is not simply read, it is spoken. Saying it aloud is the first step in activating the divine realm within you, opening the gateway to the Great Mother and the Feminine dimension. These words carry power not only in their meaning but in their vibration.

Your voice is the key—it is through sound, breath, and resonance that remembrance awakens.

As you give voice to the invocation, feel it as a transmission: the words are not only leaving your lips, they are stirring something within, calling forth your own connection with the Great Mother.

This is the moment where invocation becomes activation—when sound transforms into presence, when voice becomes prayer, when memory hidden in your bones begins to rise.

Speak slowly, letting each phrase ripple through your body. Allow the vibration to touch your heart, your womb, your soul.

Notice how the invocation opens a current of connection, reminding you of what has always lived within: your belonging to Her, your attunement to the sacred, your capacity to be a vessel of the Feminine.



Invocation

An Invocation to Great Mother

I bow my head, heart and womb to you.
For you are the Creatrix & Creation
From your womb, the ten thousands things are born.
I ask that you bring me close to you,
awaken me and
keep me in your flow of your Divine Grace.
Hold me in your ecstatic presence
where all veils are dissolved..
leaving only your whispering Truth,
as my Teacher.
Let me drink, from your cup of mercy,
and merge with you,
into the annihilation of my being,
forever and ever, dear Mother.





Invocation Reflection

After speaking the invocation, take time to rest in the meditation audio that follows. Let yourself listen with your whole body—notice the feelings, sensations, or images that arise, without needing to judge or interpret them. This is a space to receive, to feel the activation settling into you. Once the meditation ends, move gently into your journal reflection, allowing the words on the page to carry what you experienced, remembered, or touched within.

Audio Meditation I - Invocation

Journal Reflections



Humanity & Divinity

Our Humanity

There are two main dimensions within us, and even though these seem separate, they are not. The first is our humanity—where we experience ourselves as separate, vulnerable, and often in our limited physical constraints. In this realm we feel the ache of loneliness, the fragility of our bodies, the wounding of our histories. It is here that we stumble, grieve, and carry the weight of being human.

Our Divinity

Our Divinity, often called our Soul, is the deeper reality in which we are not separate, but one with the cosmos, with the Great Mother, with Love itself. It is through our divinity that we are able to access and feel connection with all of life, the natural world, and the unseen dimensions. In this space we perceive beyond our physical senses—through intuition, through the clairs of vision, hearing, and knowing—and we experience belonging to something infinitely greater than ourselves.

Separation

Yet in our modern culture, and for at least 5000 years, we have been severed from our Divine Selves, and from the Great Mother... forced to see the Divine outside of ourselves... without the caring, compassionate caring of the Mother. This separation of consciousness from our divine nature and from the Feminine, is at the root of our physical, mental, emotional and spiritual dysregulation, pain and suffering, including the lack of reverence for our Mother Earth- GAIA. For generations, we have been severed from this divine reality, from the essence of our own soul and from the Great Mother, Herself. It is here, in our divinity, that we rediscover the ever flowing streams of unconditional love, peace, joy, creativity, and the deep safety of knowing we are held.

Union

Our work is to come back into greater Union with our Divine nature and restore our relationship with the Great Mother- Goddess in order to heal and activate our true power as Women. And we do this through the remembrance that begins with your Body. You are an expression of Her.



You Are the Body of the GODDESS

To activate your relationship with the Great Mother-Goddess, you must realize your Body is Sacred.

**Your Body is the Body of the Goddess—
She is not separate from you...**

In what ways have you been taught to see your body as less than sacred?

What shifts when you imagine your Body as the Goddess—a vessel of wisdom and direct connection to source?

Take the time to reflect and journal below what arises for you.

Journal Reflections



Entering the Goddess

Slow Down
Focus Inward
Listen
Feel



To enter this embodied practice, begin by slowing down. Turn your focus inward, and listen. Let the breath be your bridge, softening you into presence. Let the voice be your bridge, awakening your remembrance.

Through this simple practice, you cross the threshold into awareness of your divinity... where the Goddess, Source—Great Mother and your own soul are one.

Audio Meditation II - Entering the Goddess



Journal with the Goddess

Take a few minutes to write down what you noticed, without making any judgments about it, just simply observing and noticing.
Contemplate the following...

What was alive for you?

What felt pleasant?

What felt unpleasant?

Did you notice some feelings arise?

Did you judge these feelings, sensations?

Were you afraid of them?

What if these sensations are communicating something important to you—would you see them differently?



Journal Reflections



Awareness

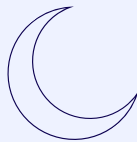
Awareness is the first threshold of Feminine Medicine Healing—the doorway through which all transformation begins. In conscious awareness, we learn to witness ourselves with clarity and curiosity, allowing new perceptions, feelings, and truths to emerge.

This gentle witnessing begins to unravel inherited patterns, softening what no longer serves and creating space for us to access the sacred within us.

In this next exercise you will read through the Feminine checklist on the following page... taking time to notice what you feel... what signals your body communicates with you in sensations, emotions, memories, tensions, or any other way.

Just notice which statements resonate, and which ones create discomfort. These statements have the capacity to awaken something within you... it may be clues to what thoughts and beliefs you might be holding unconsciously... either personally or collectively from past life, or lineage.

Let your response be organic... without judging yourself, and without any agenda. There is no right or wrong... just awareness of what is true for you, at this moment.





Feminine Wounds Checklist

We may not realize it... but the patriarchy mostly lives within us. We have internalized patriarchal beliefs that continue to sabotage ourselves on all levels. This can be beliefs affecting ourselves personally... but also beliefs that affect ourselves in the greater social construct. Let's mark the questions below to discover how much of the dominant culture we have internalized unconsciously.

- | | |
|---|--|
| ☐ You feel suffering makes you worthy | ☐ You dislike being dependent on anyone |
| ☐ You rely on logic more than your intuition | ☐ You feel drained & exhausted |
| ☐ You often feel the need to be productive | ☐ You feel drained & exhausted |
| ☐ It's hard for you to show compassion towards others | ☐ You lack joy & do not prioritize your joy |
| ☐ It's hard for you to forgive | ☐ You feel a need to prove yourself |
| ☐ You neglect self-care | ☐ You feel ashamed to cry |
| ☐ You feel you cannot afford to rest | ☐ You suppress your emotions |
| ☐ You feel a need to struggle | ☐ You feel yourself accommodating most of the time |
| ☐ You are disconnected from your body | ☐ You ignore your personal needs |
| ☐ You feel a need to prove yourself | ☐ You are uncomfortable receiving |
| ☐ You feel resistance with your mother | ☐ You find it easier to give than to receive |
| ☐ You feel shame towards your womanhood | ☐ You struggle with your romantic relationships |
| ☐ You feel unworthy | ☐ You criticize your body |
| ☐ You feel the need to impress men | ☐ You do not consider yourself creative |
| ☐ You find it hard to be vulnerable | ☐ You judge yourself often |
| ☐ You feel guilty doing things just for pleasure | ☐ You hate asking for help |



**What do you notice arising for you?
Is there any discomfort— take the time to write about it—
to be curious about it.**

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Internalizing the Patriarchy

We have internalized the patriarchy. The external structures of domination, control, and diminishment of the Feminine have seeped into our very bones. They live within us as thoughts and beliefs, as subtle judgments and harsh inner voices. Many of us carry toxic shame, self-criticism, feelings of unworthiness, and even self-hatred without realizing that these are not natural truths of who we are.

They are reflections of a culture that has denied the sacredness of women, the body, and the Feminine for millennia. Too often, these patterns move unconsciously within us, shaping how we see ourselves and how we inhabit our bodies and lives.

And yet, these inner patterns are not simply "bad." They have served a function. They are the survival mechanisms passed down from mother to daughter, generation to generation, encoding the traumas of oppression into the very fabric of our being.

These inherited patterns taught us how to endure, how to stay safe, how to find ways to belong in a world that punished the Feminine. In this way, the very self-judgments that wound us have also ensured our survival.

The task of healing is not to condemn these inner structures but to allow them to unravel. To hold them with compassion, to see them for what they are: remnants of survival woven through our ancestral lines. When we witness and metabolize them, they can become raw material for transformation.

Internalized patriarchy shows up in subtle ways, such as:

- **Uplifting male authority as the default source of truth or power**
- **Silencing or reshaping parts of ourselves to be accepted**
- **Measuring our value by patriarchal or colonial definitions of success**
- **Disconnecting from the body and distrusting its wisdom**
- **Devaluing intuition, emotion, and cyclical rhythms**
- **Shaming or diminishing the Feminine in ourselves and others**
- **Believing love and worth must be earned through achievement or self-sacrifice**





Relational

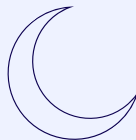
Just as these patterns shape our relationship with ourselves, they also extend outward—distorting how we relate to the Earth and the unseen spiritual dimensions.

Internalized Patriarchy Toward Earth

- Treating Earth as a resource to dominate rather than a living Mother to revere.
- Forgetting the natural cycles of death, rebirth, and regeneration.
- Seeing productivity and extraction as more valuable than rest and renewal.
- Severing our sense of belonging to the land and the web of life.

Internalized Patriarchy Toward the Unseen World

- Dismissing or fearing intuition, ancestral presence, and the unseen dimensions.
- Replacing reverence and sacred reciprocity with control and hierarchy.
- Silencing spiritual ways of knowing that cannot be measured or proven.
- Shaming or ridiculing mystical, shamanic, or Feminine forms of spirituality.
- Forgetting our kinship with the more-than-human world—plants, animals, rivers, stars.
- Losing the ability to listen to the voices of the Great Matrix of Life, carried by wind, water, and dream.



The work of Feminine Medicine is not to reject these inherited patterns but to transform them. Through the fire of spiritual alchemy, we dissolve what has been distorted and reclaim the gold hidden within—our innate wholeness, love, and belonging.



What is Spiritual Alchemy ?

Spiritual alchemy is the ancient art of transformation, not of metals, but of the soul. It is the mysterious transmutation of one state of consciousness into another—fear into safety, pain into peace, shame into love.

This alchemy does not come through striving or force, but through surrender, receptivity, and trust in the Great Mother—Love Herself. When we allow ourselves to descend into the unknown and soften the grip of old stories, something profound occurs: the light of Love meets the darkness within.

Here, the false self begins to die, and the Soul remembers its own radiant wholeness. To enter this alchemy, we first recognize the two dimensions within us: Soul and Suffering, which respectively relate to our divinity and our humanity.

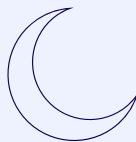
Soul

Soul is the dimension of our divinity. It is the natural flow of being—whole, open, radiant. In Soul we experience the ease of connection, the pleasure of aliveness, and the eternal current of Love moving through us.

Suffering

Suffering is the dimension of our humanity. It is the constriction of that flow, the calcified trauma held in the body, the patterns of fear, shame, and pain that remind us of our fragility. In suffering, we feel the weight of separation, yet also the place where alchemy begins.

In meeting Soul and Suffering together, we open to the possibility of transformation.



In the practice that follows, you will witness the meeting of Soul and Suffering, opening to the alchemy of transformation by bringing gentle awareness to the places of suffering within and inviting the presence of Love to tenderly embrace them.

Audio Meditation III ~ Alchemy of our Hearts



Feminine Embodiment

The third threshold is Embodiment. Feminine Embodiment is the sacred act of incarnating the divine essence of Soul into the body—where love, wisdom, power, and truth are no longer concepts but lived experience.

Through Embodied Presence, we heal from within, radiate wholeness outward, and become vessels of transformation for a world longing to remember the sacred.

Embodiment is not abstract. It takes form in the ways we live and move, the choices we make, and the archetypal qualities we express. The Feminine Soul holds many faces—archetypes of wisdom, love, creativity, power, and mystery—that we are invited to embody in daily life. As we walk this path, the spiritual becomes tangible, and the Soul becomes flesh.

7 Archetypes of our Feminine Soul

These faces of the Feminine are not modern creations but ancient inheritances—our Ancestral Mothers who once walked as healers, oracles, medicine women, and priestesses. Over the last 5,000 years, their expressions have been suppressed, forgotten, and buried, yet they live within us still. In remembering and embodying them, we restore what was lost and reclaim the sacred wholeness of the Feminine Soul.

Wise Woman

The Wise Woman embodies the clarity and depth of wisdom. She is the voice of discernment within, guiding us to see what is true beyond illusion. Rooted in lived experience and ancestral memory, she teaches us to trust the knowing that arises from our Soul. Root Gate.

Creatrix

The Creatrix holds the spark of creation, weaving beauty and possibility into form. She reminds us that we are vessels of birth—of ideas, visions, and new ways of being. Through her, we embody the creative flow that shapes worlds. Sacral Root.





7 Feminine Soul Archetypes

Medicine Woman

The Medicine Woman carries the power of healing. She tends the wounds of body, heart, and spirit with sacred care, remembering that wholeness is our original nature. When we embody her, we become conduits of medicine for ourselves and for others. Solar Plexus Gate.

Cosmic Womb Mother

The Cosmic Womb Mother is Love itself. Vast and encompassing, she holds all of life within her embrace. She teaches us that we are never separate, but always carried in the womb of the Great Mother, nourished by her infinite compassion. Heart Gate.

Wild Woman

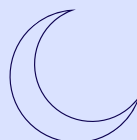
The Wild Woman is the force of freedom and truth. Untamed and unapologetic, she lives in fierce authenticity. She calls us to reclaim our instinctual nature, to speak with an unbroken voice, and to live aligned with what is real. Throat Gate.

Oracle

The Oracle is the seer and mystic. She bridges the worlds, receiving vision and insight from the unseen. Through her, we remember our capacity to listen beyond the physical senses and to bring the voice of Spirit into the human realm. Third Eye Gate.

Ecstatic Feminine

The Ecstatic Feminine embodies joy, sensuality, and rapture. She awakens us to the pleasure of being alive in a body, dissolving shame and opening us to delight. Through her, we taste the sacred ecstasy that is our birthright. Crown Gate.





Which face of the Feminine feels closest, most alive, or most needed? Let this be your doorway into remembrance—for it is often here that the path begins.

Journal Reflections

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



Journey of Remembrance

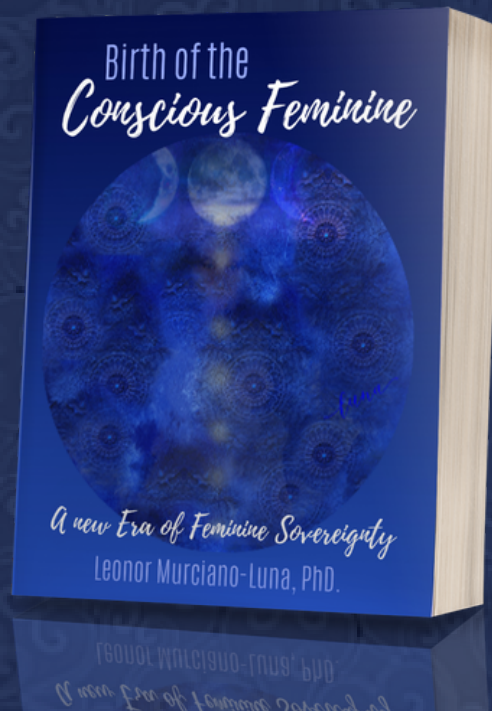
These seven archetypes are not separate from you—they are living threads of your Soul. Each one offers a pathway to embody love, wisdom, creativity, healing, truth, vision, and joy in the rhythm of your daily life. As you invite them to move through you, the Feminine is no longer an idea but a living presence—felt in your body, expressed in your choices, and shared as medicine with the world. This is the gift of embodiment: the Soul becoming flesh, and the Feminine rising once more through you.

The wounds we carry are not the end of the story. They are the threshold into wholeness, the very place where the Feminine is waiting to return.

If you are ready to take the next step, my book *Birth of the Conscious Feminine* is a powerful companion. In its pages, I guide you through the three collective wounds of the Feminine—abandonment, shame, and powerlessness—and the sacred initiations that lead us into healing and wholeness. These initiations lay the groundwork for embodying the Feminine archetypes and prepare you for the deeper practices of Feminine Medicine.

BIRTH OF THE CONSCIOUS FEMININE

~a new era of Feminine Sovereignty



'Birth Of The Conscious Feminine' offers women a new path forward and acts as a guide to help women reclaim their Feminine Sovereignty, consciously. Through the 'Sacred Initiations of the Feminine' you enter a journey that unveils the great, sacred mystery that lives within you and helps you break free from collective wounds of the past, and patterns that keep your true essence hidden.

Furthermore, Dr. Luna guides us to gently drop into the ecstatic, unrelenting love of the Great Mother, where you awaken to your own magnificence, sacred power and true medicine.



Answering the Call

The Feminine is calling, and your heart already knows the way. To answer Her call is to step into the next layer of remembrance—through courses, rituals, and sacred community that awaken the living Feminine within you.

Step I - Foundational Course

Feminine Medicine Healing Arts and Rituals Course

To begin, we invite you into our foundational introduction course, the first of its kind to center global feminine cultivation wisdom through a framework of deconstruction and reclamation.

- Learn the roots of feminine medicine and its living presence today.
- Explore practices that reconnect you with body, cycles, voice, and Source.
- Build the skills of ritual, cultivation, and inner-sight.
- Access this course on-demand, at your own pace, from anywhere in the world.

Learn more about our...

[Feminine Medicine Healing Arts & Rituals Course Here](#)

Step II - Stay in the Stream

The Feminine unfolds in cycles. By staying connected, you will receive seasonal teachings, rituals, and invitations aligned with Her rhythms.

These offerings are designed to guide you deeper into intimacy with your Soul and with the Great Mother.

Our ongoing programs are designed to support you in cultivating feminine medicine as a way of life.

Private Healing & Guidance Sessions

For those longing for more personal tending, I also offer **Private Healing** & Guidance Sessions—spaces to be witnessed, held, and supported on your unique journey.

Take a look at our options on the next page.

FeminineMedicineInstitute.org

HEARING HER CALL

The Feminine calls to us in many ways, and you are invited to answer in the way that feels right for you. Whether through ritual, community, courses, or personal guidance, each offering is a pathway of remembrance—an opportunity to walk more deeply with Her.

EMAIL

Stay close to the rhythm of the Feminine by joining our circle through email. Here you'll receive reflections, teachings, and invitations to live events—threads of connection to keep you rooted in the path.

AMMA MEMBERSHIP

Enter our online sanctuary of women walking the Feminine Path together. Here you'll find weekly guided rituals, seasonal ceremonies, and teachings in Feminine Mysteries—Lunar Medicine, Voice Medicine, Shamanic Feminine Wisdom, Womb Medicine, and more.

FEMININE MEDICINE WOMEN'S RETREATS

If your Soul longs for immersion, renewal, and sacred sisterhood, our retreats offer profound spaces of initiation. These gatherings open portals into healing, embodiment, and remembrance—where you are held by the living stream of the Feminine.

ON-DEMAND COURSES

Step into self-paced gateways that you can access from anywhere in the world. Each course carries practices of remembrance—ritual, voice, ancestral healing, and embodied wisdom—to walk with you in your own rhythm and timing.

LIVE COURSES

For those who wish to gather in real time, our live courses open a deeper field of transformation. Together we share teachings, dialogue, and ceremony, awakening the Feminine as a living force within community. Many of these offerings also support professional training for those called to guide others.

PERSONAL SUPPORT

For the moments when your Soul longs for deeper tending, I offer one-on-one Private Healing & Guidance Sessions. These spaces are intimate and personalized, weaving shamanic healing, ancestral remembrance, and Feminine wisdom to meet you where you are and walk with you into wholeness.

A Sacred Remembering

There was a time
when the sacred
was not a story to be told,
but a life to be lived.

A time when the body,
was honored as holy,
and the Earth an altar.

The Mystery,
was the air we breathed.

This was the song,
woven into our bones,
the memory written,
in the dark rivers of the heart.

It was never truly lost.

It continues to live —

here hidden,

waiting—

for us to remember.

This time is now.

-leonor murciano-luna