

Week 1: CLARITY – Summary

Overall Theme: Moving from unconscious living to conscious awareness of what runs your life, covering practical tools and community support.

Daily Breakdown:

Day 1: Being Present

- Begin changing habits by consciously writing what keeps you stuck
- Introduction to Red Tent community sharing
- Daily tools: clearing/protection audios, physical journal, Reunion meditation, nature sounds for journaling
- Start writing “love letters to yourself”

Day 2: Feelings

- “There’s no such thing as hormones” – they are reports on how messages run in your body
- Women’s seven-year cycles vs. men’s eight-year cycles
- Anxiety often has rage/fury underneath that needs releasing
- The “fridge analogy” – body has limited storage for suppressed emotions
- Lost lineage of women caring for women

Day 3: Whose Script?

- Deep breathing work,
- Six T’s framework (Temptation, Tension, Temperature, Torque, Toxins, Trauma),
- PolyVagal techniques,
- Acupuncture points to rescue and to soothe
- Cognitive dissonance and resistance,
- four ways of knowing (above/below the line),
- birth order programming,
- Stuck Liver Qi progression,
- the “cold problem” for women

Day 4: Whispers (Shortest Day)

- Rest and integration day
- “Why me? Why there? Why now?” questions
- Recognizing generational patterns and imprints
- What are you addicted to, to avoid dealing with things?

Day 5: Trust

- Exploring family bleeding patterns and choices
- “Unfinished womb business” – gynecological problems as structural/emotional issues
- Introduction to “Life Library” – documenting family history

Day 6: What Surfaced?

- Gratitude practices
- Recognition of all the writing, listening, and discovery accomplished
- “How have I changed between introduction and now?”

Day 7: Review

- Integration of the week’s tools and insights
- Red Tent sharing guidelines
- Three key questions: biggest aha, biggest surprise, what dots connected
- Recognition that change has already begun

Key Tools Introduced:

- “Which Minute?” worksheet for time awareness
- Daily clearing and protection practices
- Journaling as self-conversation
- Acupuncture points for staying present
- Polyvagal techniques
- Red Tent community support
- Topical magnesium applications
- Understanding the five flows (qi, lymph, arterial blood, venous blood, nerve supply)

Core Concepts:

- Self-care as essential, not selfish
- Pain as blocked circulation/flow
- Energy Follows Thought
- Structure Determines Function
- The Body Remembers Everything
- Hormones are messages, not problems
- Women’s biology operates differently from men’s, thus the Importance of warmth vs. cold for women