



THE WELL

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WOMBAFESTO

Being Well is about living a Wild, Embodied Liberated Life!

Living in alignment with the wisdom of nature, the sacredness of the body, the truth of the soul, in devotion and service to The Rising Feminine.

These are the principles we live by, the tenets that guide us. When our daily choices align with what matters most, we embody wellness on all levels.

1. SPIRAL UPWARD

A central symbol of The Well Way is a spiral. A spiral is a cycle as it moves through time. A movement around and beyond a circle, always returning to itself, but never at exactly the same place.

We live in a spiral galaxy. As above, so below. Your life is a microcosm of the macrocosm. You can spiral up, or spiral down, the choice is yours. The Well Way invites you to walk the upward spiral and expand.

2. REMEMBER TO REMEMBER

You are Naturally Holy/Healthy/Whole. All spiritual and self care rituals serve to remind you of your innate holiness/health/wholeness, and that of all beings.

3. HONOUR THE RHYTHMS OF NATURE

Nature is our Mother, mentor and mirror. Through her daily, lunar, and seasonal dance of birth/death/rebirth, she knows and shows us the way back to our health/wholeness/holiness.

A deep connection to cycles informs our choices and rules our self care.

4. EMBRACE PARADOX/COMPLEXITY/SIMPLICITY

We live in a both/and/non binary/non dual universe. We embrace paradox, knowing that life is complex and there is power in simplicity. We welcome the full spectrum of possibilities.

You are fully human and fully divine. Wounded and whole. You are feminine and masculine. Solar and Lunar. The both/and/non binary/non dual universe is inclusive. It accepts every part of you.

Life and Death co-exist. Many unique realities co-exist, each in its truth, in the both/and/non binary/non dual universe.

5. RESPECT YOUR WILD

Honour your Uniqueness. This is your wildness. Understand that each person is a unique manifestation of universal consciousness.

Every being is unique and wild, this is their soul gift. Every situation is unique. Every relationship is unique. Every moment is unique. There is no one size fits all formula or rigid rules to follow. The only rule of the Wild is, there are no rules.

6. *BE STRETCHABLE*

You are ever changing. Health/Wholeness/Holiness is ever changing. In the Well Way, health is flexibility, adaptability and unlimited curiosity.

Wholeness is inclusive, elastic, expanding to accommodate. Holiness sees the holiness, wholeness, health and nourishment in all beings and all phases of life. The perfect wholeness of each moment is ever changing.

7. *NOURISH YOURSELF*

Everything offers us both physical and energetic nourishment when we are open to receive it. In the Well Way, health/wholeness/holiness comes through nourishment.

Choose healthy abundance, not deprivation. Nourish your body with mostly plants. Love every part of yourself enough to offer it nourishment.

The Well Way asks you to ally yourself with your pains and problems, receive their gifts, honour them and listen to them, and to nourish compassionately all aspects of yourself.

8. *MOVE YOUR BODY*

Movement is medicine. Release tension from your tissues, activate your life force, and clear the pathways for pleasure to flow through daily movement.

9. *OPEN YOUR HEART*

Love yourself unconditionally. In The Well Way, love is a crucial part of optimum nutrition. The focus is on opening the heart, not only towards others, but towards yourself. Self love, self forgiveness and deep compassion for one's own humanness, nourishes the heart.

Once you have filled yourself with unconditional love, once you agree to love and nurture all aspects of yourself, you emit the energy of unconditional love.

10. LIVE IN CHOICE

Never let your reality define your reality. You are always co-creating with life. You were created to create, and Well Women choose to create on purpose.

You can't control what happens in life, but you can always choose how to breathe, respond, and show up in every moment. You are always free to choose how to weave the elements and alchemize the moment.

11. KEEP YOUR ATTENTION ON YOUR INTENTION

Set a daily intention. Discover your life's purpose. Your heart's deepest desire. Know your Why. Get to the core of your calling and look for ways to express it.

12. ACCESS JOY

Joy is your birthright and essential to your wellbeing. We were wired for pleasure. Find ways to access joy, prioritize pleasure and be present to the richness of every moment.

13. WALK THE BEAUTY WAY

Devotion in motion. Rooted in her self worth, The Well Woman is magnetic and radiant, emitting blessing energy through all that she does.

The world is your temple. Walk in beauty and serve with love.