My Story
A LIFETIME ROMANCE WITH THE SACRED FEMININE

BY SONJA SHRADHA DEVI

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Beginning as early as age twelve ... 

I was just naturally fascinated by the beauty, wildness and strength of women. If I was given the opportunity to pick what I would learn about at school, I always chose to learn about the goddesses and witches... even then I was a cheerleader of feminine power and little did I know that I was already a devotee of the Sacred Feminine...

At the age of eighteen I left my homeland of Australia to travel the world.

I found myself on the other side of the world from all I knew and I thrived in the new and constantly changing circumstances. I began my journey in London, aborting plan A as soon as I got there and chose to go with the flow instead. I loved London instantly and this became my base for the next 12 years, I found ecstatic bliss in dusty warehouses dancing to thumping bass lines, finally my wildness found a way to express itself.

On my first foray out of London I went and spent time on the Greek Islands. Whilst living on a nudist beach there I had a radical transformation. I gave up smoking, drinking and eating meat at the ripe old age of 18. I embraced health and yoga and I felt truly alive for the first time. Thus began my life as a nomadic yogini soul adventurer.

A love affair with touch...

At the tender age of 20 I discovered the art of Thai Yoga massage, a creative flowing dance of therapeutic touch that facilitated deep releases in those I worked with. I trained in a little village in the north Thailand and fell in love with the practice and realized that I had a real talent for sensing and shifting energy. When my training was complete, I went back to London and developed a thriving business. I worked for myself, I never advertised and I always had clients. The best part of this work, other than that it allowed me to earn my living in a way that was incredibly meaningful for me, was that it was a form of therapy that was like a moving meditation that helped me to become more present and in tune with my feminine capacity to sense and feel.
My favorite clients were women...

I loved to provide the space for them to surrender completely and feel utterly safe and deeply nourished. What I began to notice was that women needed tenderness and strong support to truly let go and relax. I loved to see them let go of their tension and patterns of holding and come out the other side glowing. As the years passed my awareness of energy and my intuitive capacity deepened and flourished, and it became apparent that I was a channel for profound healing energies. I was aware that I was not just giving massage: I held sacred space for women to remember their capacity for softness, a space where they could have an actual lived experience of the Sacred Feminine.

From my early 20’s my life was a spiritual mission

I was guided by a strong force that moved me towards deep exploration; this began with travels around the world and eventually to my own inner terrain. This journey took me all over the world to study health and healing and spirituality.

I have had a daily yoga practice since I was 18 (and 17 years later it is still going strong). I had begun, like many people, because it felt good and helped my body feel alive and at ease. It was not until I went to India for the first time at the age of 25 at a huge crossroads in my life after a bad bike accident in London (and all alone, without a plan, for 8 months…….) that my life became devoted to my yogic journey of inner discovery. As soon as I landed in Dehli Airport I was in love, Mother India became my part time home for the next 10 years where I was able to live and breathe yogic culture and practice.
Like many people I initially approached my spiritual practice with an ‘I should get it right’ cap on. But I was blessed to find a meditation teacher (Jaya Ashmore). She guided me to bring softness and kindness to my meditation practice and to use my practice to get to know myself intimately without judgement. Through my ‘feminine’ meditation practice the gentle spirit of the feminine began to blow through my inner life like a sweet fresh breeze - ahhhh!

Gentle transformation

This quality of kindness and gentleness dissolved the old patterns of feeling bad about myself that I had always had, the habit of constantly worrying and always predicting the worst.

I realised that all my life I had been habitually stuck in my head and held back by fear. I was so busy trying to control my life that I could not simply relax and feel the natural strength and trust and deep knowing that was inside of me.
My body became a welcome place to be

Through feminine spiritual practice (meditation on the body with a loving attitude, intuitive yoga and devotional practices etc.) I found a way to be with myself that was nourishing and kind and my body became a welcome place to be.

The journey within awoke a deep reverence for the sacredness of life. I began to experience life as truly truly magical. I realized that the flow of life was continually guiding me towards growth and expansion and all I had to do was be open and listen. I realized that if I breathed more deeply and allowed myself to just be myself, then everything would be ok - in other words I learned to trust (which was a total revelation!).

The Yoga of the feminine

I went on to study and practice Yoga, Tantra and Taoism extensively as an integral part of my sacred quest to explore myself and connect to my power as a woman. This has involved years of inner work and a deep, delicious (and sometimes extremely challenging) journey of healing and discovery and growth.

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Beyond technique and into the great mystery

My yoga journey had taken many twists and turns over the years, I did a number of professional trainings that gave me a firm base of knowledge about the body, yet the style of yoga that has really spoken to me was not what I found in the mainstream and traditional yoga classes. After my initial years of working with different teachers in the west I began to do long silent yoga retreats in India and took the time to explore what was coming through me naturally rather than following a technique.

It was so juicy!

It really was! When I listened deeply to what my body wanted to do I found that what came through was sensuous, organic and flowing. It was intuitive, experimental and very sweet. The movements were dictated from very deep inside and revealed themselves with ease and grace like a flower opening its petals. I had always felt quite comfortable in my body but my practice ‘turned up the volume’ and made me literally feel like the goddess!

My spiritual practice was, and remains to be, a cosmic dance, an ever revealing and evolving embodied romance between myself and Spirit and I do it because I LOVE IT!

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Like most women, my first sexual experiences were confusing and mediocre. It was hard for me to let go and trust my natural feelings. I had a lot of healing to do, I attracted tantric teachers and guides at a young age who were a part of my healing, but ultimately I had to go on the journey by myself.

Around the age of 30 I was guided to shave my head and do a 40-day retreat alone in silence in the foothills of the Himalayas. This turned out (to my surprise!) to be a container for a deep process of internal sexual healing that led me to gradually reclaim my natural sensual innocence and confidence. It was intense and spontaneous. I found myself intuitively working with and healing the shame and grief that I had around my sexuality. I had to journey deep into my pain and numbness to find my innate sensitivity and sexual confidence. I had to re-educate myself in order to make sex a sacred experience and have the tantric experience of sexuality I yearned for. This experience instilled in me the knowledge that I would also work with women and with sexuality.
And in with the Tao Tantric feminine practices!

This profound journey of healing lead me to seek out professional training in Tantra so that I could go deeper. It felt natural and right to learn more about Tao Tantra for Women and become a facilitator of Sacred feminine Temple space. I found that the Tao tantric approach to working with feminine sexuality is endlessly nourishing and incredibly empowering. The Tao Tantric sexual vitality techniques allowed me to deepen my connection to the incredible energy source of my sexual energy and the deep wisdom held in my ovaries and my womb. The techniques helped to dissolve the numbness in my yoni (vagina) and created waves of orgasmic energy that would ripple through my being on a daily basis.

Simply living in my body became a supremely sensuous affair! And I was able to bring the rich relationship I was having with myself to the sexual interaction I had with lovers, finally experiencing the deep sexual fulfillment I always wanted - whether I had a sexual partner or not.
I shared the essence of the fruits of my own journey

As I taught I realized that what I was sharing was quite simply the wisdom of the feminine. It was about connecting to and embodying the feminine qualities of deep trust, receptivity and succulence. I had always had a natural capacity to empower and ‘hold space’ for women to explore their feelings and find what was true for them. Following the success of my ‘Yummy in my tummy’ cookbooks (which are chock a bloc with good positivity energy and health food inspiration and were so well received and celebrated by women all over the world), I trained to become a holistic health counselor and began to work with many women on issues surrounding body image, food and sexuality.

The dark night....

In the years after that profound 40-day retreat there was a period of time where I experienced my ‘dark night of the soul’. I felt a lack of purpose and a deep sense of hopelessness. Eventually I emerged from this period stronger than ever by applying the tools and experiences I had learned over the years. Nourishing myself and reconnecting to my feminine energy source is always what helps me come back to my power if I get lost.

I rose up from the ashes, stronger in my self than ever. Since then I have been helping women all over the world to embrace their feminine wisdom and reclaim their radiance. I love my work passionately and I know in every fiber of my being that I have found my life purpose. I am extremely grateful for all the painful processing that my spiritual journey has involved as it allows me to be deeply present to the pain of others and allows me to be a valuable guide for their healing process.

Through my living example and through sharing the nourishment, meditation and yogic and tantric techniques I had been working with for so long, I am able to share an approach to body image and sexuality that is nourishing and deeply sacred, and I am strongly aware of how much this is needed in the world.

It is time for women to stop fighting against themselves and begin a path of self-love and true fulfillment.
I love my work!

There is nothing I love more than facilitating space for women to embrace their sensual magnificence and create nourishing lives imbued with beauty and meaning.

I feel so honored to be able to do this in Bali and around the world. I love my work as a priestess of Sacred Temple Space for women in the form of workshops and Womens Retreats.

I also love my work as a Feminine Empowerment Coach as it gives me the opportunity to work in depth with my clients, watching them step into their power and shine is an enormous gift.

Women have so much innate power and beauty, and I passionately believe that the time is now for us to embrace this so that we can transform the world through living authentic fulfilling heart centered lives.

I hope you enjoyed reading my story, and of course there is SO much more that I could not fit in here so please sign up for my newsletter and tune into the blog, and connect on the Wild Sacred Feminine facebook page.

My deepest wish is that all women may know and honour themselves as a reflection of ‘The Sacred Feminine’ and know the delight of a juicy life that meets their deepest needs.

I would love to work with you!

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Thank you for hearing my story

Jai ma! (Praise to the Sacred Feminine)

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Shradha Devi is a Women’s Healer, Writer, Feminine Empowerment Coach and Tao Tantra and Sacred Feminine Teacher based in Bali.

She is totally passionate about empowering women to enjoy their bodies and utilize their feminine wisdom and power.

Check out the website for Guided Meditation Recordings, Coaching Programs, info on her international Workshops and Retreats and loads of juicy information and inspiration for living a juicy life as an empowered goddess.

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