

Stories and memories from women around the world

With light backpack and a free heart I travel the world and meet inspiring people. This is a collection of memories and their practical ideas to connect deeply with their femininity. I enjoy to share it with you and wish you plenty of fun while reading! Sabrina Abhai Joti

Felizitas from Germany

Feli and I got to know each other at our Kundalini Yoga Teacher's Training in Berlin in 2016.

Immediately I was fond of her when she told about the little trip around the world with her husband and baby Arjun from which they just came from. Yet after school she started out to the big wide world. She traveled and lived in countries like China, New Zealand, India, Bali and lastly in Romania.

I knew I had to ask her if she knows a person abroad which I can contact and reach out to. The first person that came to her mind was an Indian professor in Bangalore. First, I took the idea in, but already during the early Sunday morning recitation of the Jap Ji at one of our training weekends in Mai 2016 I could sense that's exactly it and that Feli plays a key role on my spiritual path. She led the universe speak through her and led me know I had to meet this professor in India. And that is exactly what happened! I thank you endlessly, Feli, and I am so grateful for knowing you!

Here is how she connects to her femininity and lives her womanhood:

"Every time when it is full moon I always practice the following ritual in the nightly full moon light: I connect myself to the power of Luna, her light and the qualities of love, bounteousness and gratitude. One after the other I bath in the waves of these gifts. Furthermore, I sense femininity the most when I melt with my partner, when we become one and at the same time feel the opposite poles of woman and man.



When I breastfeed my child I am a woman at it's highest experience. My sister circle ("Global Sisterhood") means both support and empowering of womanhood to me. Women from all over the world connect, share experiences, stories out of their lives and wisdom, give each other financial support and inducement to live their dreams and visions. Last but not least, I dress myself in a feminine way, wear make-up and earrings and love beautiful underwear. Be courageous to discover and live your womanhood, dear woman, dear beautiful friend, dear sacred sister!"



Karen from Germany

Karen and I met each other at our Kundalini Yoga Teacher's Training in Berlin. The very first time we had a true deep talk from soul to soul was in Berlin Mitte in March 2016.

I always remind myself of this meeting from time to time because Karen is a sunshine and on this day the first rays of the spring sun were sparkling so beautifully on the surface of the Spree. We went for a walk on its bank and found out very quickly that we have so many things in our lives in common. Especially in the fields of relationship and sexuality we gained very similar experiences. Without any big explanations we could put ourselves in each other's positions easily and sense the other one's feelings. In these fields there is such a huge transformational work to do! Anyway, it is just beautiful to share these things freely with someone so open-minded and without any shame.

Even now we are both on a similar path. Leaving her old life behind Karen starts out to India in order to make a further big step towards her self-liberation!

Dear Karen, always keep the shining of your inner sun in your mind! No matter where we are right now in the world, our souls always keep up the thick tie of our wonderful friendship!



Here is how she liberated herself from the pain of her menstrual cycle:

"Until I was 30 I was in pain during my menstrual cycle. What I most craved is sitting on my couch with a hot-water bottle on my belly and a cup of tea in my hand. Furthermore, I would have liked to be just with myself because I mostly felt very thin-skinned during this time of the month.

However, my daily working life did not permit it often times. Hardly ever that one dares to speak out freely that one is menstruating right now and does not feel highly productive.

This all changed when I discovered Kundalini Yoga for myself and passed the teacher's training out of an intuitive decision. It was a mixture of different encounters that helped me to get rid of my menstrual cramps in such a way that I did not need painkillers anymore. It was also because of a visit of a Sacred Women Circle at a festival where our wombs were touched by the energetic hands of the circle leader. We were led through a ceremony among a circle of women. Some days later I attended such a women's workshop again because this authentic power and energy lasted a long time afterwards.

At the very end I created my own little ceremony whereas I massaged my body with oil, invited consciously my menstruation to come and thanked Mother Nature and my body for the natural human process of menstruating. Today, I care for myself much more and perceive this time of the month very consciously. This awareness is present within my body as well as in the external."



Sankika from India

October 2016 in Baramati, Maharashtra, India. I am invited to participate in a Business Management Conference at Anekant Institute of Management Studies (AIMS). Having left the corporate world totally behind I was not ready to face that world so soon again, but apparently the mirror of my inner world was holding it up to me once more.

Even though I felt growing resistance among that event, I engaged in the experience.

Nevertheless, at the end those two days full of hospitality and human warmth became one of my most beautiful memories in India. Last, but not least, it is completely due to the student Sanika and her friends.

On the last evening she got me on her scooter and showed me her city. Her friends in tow. Closely behind her we were racing through the streets in sunset atmosphere. In the traditional part of Baramati blue sheets were blowing above our heads. Everywhere colorful lights. A ride in the midst of the orient. A narrow street led us to an about 700 years old temple. All of us sensed the peace and the stillness at this sacred place. Gratitude for this moment.

Gratitude for a woman like Sanika. A woman like Sanika who conquers the hearts of people in the shortest time. Her inner strength glows out of her deep brown eyes.

A woman of action who creates unforgettable moments through her grace and intelligence.

Thank you again, Sanika, I will always carry you in my heart!



Here is what Sanika tells about living womanhood in India:

"All around India we have "kitty groups" in which all the ladies and girls come together once a month to enjoy their womanhood. We arrange a sort of party with some snacks and drinks. Some games are organised as well as musik is played and we all dance together. Women who are fond of writing poems about being woman respresent their skills. We have a lot of fun and sense the feeling of communion between all of us! Since it is a change from daily routine, it makes us feel lively and rejuvenated!"



Isha from India

For ten days Isha was sitting in front of me. Cross-legged. Showing me her back.

In the same spot at the same time the universe led us to a Vipassana meditation course in a village near Bangalore. During these ten days of silence we were not permitted to speak nor to use any other communication channels. We were even not allowed to look into each other's eyes.

The way Isha sat in front of me with her overall radiating calmness she was a huge motivation for me to meditate for more than ten hours each day.

When the silence was broken on the last day, we got into conversation and discovered very quickly that we have so many things in our lives in common, even though we were grown up in such totally different cultures.



Isha is a woman full of depth in which one loves to dive deep into with her together and finds oneself in inspirational conversations again. That is living sisterhood!

As well, the wild woman inside of her is calling for liberation!

Here is how she unlocks her inner creative genius:

"To slip into my creative side, I just need to be in a disposition which is open, unrestricted and receptive. This simply allows me to observe little details and helps articulate ideas in a coherent manner. For example, to begin writing on something I need to first gather random data, analyse it carefully and then have it transcribed in a layout which is well thought out and structured. While cooking, going to my next favourite activity, on the other hand, engages me and connects me to the very moment. It aids at heightening my sensitivity towards the taste, smell, touch, look, feel and texture of the available stuff. Another activity, that is drawing, has more to do with my reflexes than reasoning. It stimulates my artistic capabilities and assists me in creating anything desirous.

I derive pleasure and relaxation in doing these creative activities."

