

Welcome To The Unleashing Of Your Lost Wild Woman!

by Louise Edington



MEET LOUISE EDINGTON



Louise Edington
Shoot For Your Stars



Louise Edington is a Transformational Change Agent, Coach and Healer, Teacher and Writer. She helps you navigate major times of change and personal transformation with deep empathy, English wit and a battery of skills earned through many years of study and practice. Her passion is giving you clarity around who you are deep inside, helping you to overcome the blocks that are stopping you from reaching for your unique potential and a life filled with joy and a feeling of freedom!

Louise works with your Unique Cosmic Blueprint to help you find your spiritual footing. She also guides you through changes so you're better able to find and stay on your path.

Do you have:

- Fear of failure
- Fear of making the wrong decision
- Fear of forever being lost trying one thing after another because you thought it was the right thing to do?
- Are you shifting from conformity to freedom to live the life of your dreams?

Louise helps you see that the universe already has a guide map, a blueprint. At every step you have choices. You can choose to actively grow and evolve or you can choose to be reactive and let life happen to you. You can choose the evolutionary path or the path of resistance.

As a healer and Astrologer who goes beyond the basics and truly reveals the essence of your cosmic blueprint, Louise helps you to step into your personal power and to implement her guidance in an aligned way.

She's known as a seeker of truth, a fighter for equality and on the domestic front is a wife and mother to two teen girls, two crazy rescue Terriers and a Black Cat called Luna.

You can find Louise at:

<http://yourcosmicblueprint.com>

[http://facebook.com /yourcosmicblueprint](http://facebook.com/yourcosmicblueprint)

Join her in her free closed Facebook group: [Louise Edington's Cosmic Connections.](#)

A Rave From a Client

'When I reached out to Louise I was struggling to find my life's purpose.

I'd left a well-paying job to go back to school and was finding the academic work to be (in many ways) just as passionless and full of drudgery as the corporate one. I was one semester away from graduating and felt I couldn't go on.

I needed help, guidance, the stars, anything and everything.

Working with Louise brought me so much clarity and confidence. She helped me understand some of the wounds I carried and how they were connected to my divine purpose.

She also helped me see where I was going in my life, and how, indeed, I was moving away from the traditional and into the world of expression, playfulness and creativity.

My work with Louise brought me much needed confidence and clarity to move into the direction of my dreams. Through working with her, I gained the clarity to leave behind my thesis and begin work at a non-profit. It was that decision that led to a whole series of people and events that changed my life.

After doing the Inanna Transformation Program (Inanna is my personal goddess, by the way), I will forever consider Louise an incredible guide, mentor, and fellow wild woman.

After the Inanna Transformation Program I joined her Be in Tune with the Moon coaching program as I love her daily astro updates, her meditations and coaching programs and I just adore her insights. I also save up money and work with her one on one whenever I can--she's THAT valuable!

Mary-Reid Bogue



YOUR FIVE STEP GUIDE TO FINDING YOUR LOST WILD WOMAN

I am not what you'd expect.
I am on my knees talking to angels
and I'm on my knees in front of you
Looking up all blue
eyes and wicked grin

I am sweet whispered words
and a dirty sailors mouth

I am the soft touch of a mother
and then I'm a hurricane,
Destroying your respectable defenses

I am in your face, relentless
and then I'm in the wind

You'll never contain me
but I'll always linger, my lips
in places You can't forget.

wild moon woman

**For more by this writer please follow [Wild Moon Woman](#) on Facebook.
(permission received from author)**

The world is changing. We are moving into a new Age of Equality, a fairer, more egalitarian society. freedom, social justice and new technology. We are moving into the Age of Aquarius. Astrological Ages shift about every 2000-2500 years and each Age has the characteristics of the sign we are in.

For around the last 2000-2500 years we have been in the Age of Pisces. The Age of Deception, which brought the Age of Christianity and the Patriarchy. Though, in fact the Age of Aries, prior to the Age of Pisces, was also patriarchal as monotheism (belief in one God) came about. We have to look back prior to 4000-5000 years ago to find a time when the so called 'dark feminine' and, in fact, all aspects of the feminine were valued. To the Age of Taurus. The bull. When Goddesses reigned alongside Gods. Goddesses such as Innana, Hekate and Ereshkigal.

Some believe that we are already in the Age of Aquarius, some believe that we are still in the midst of the shift. It is estimated to take around 300 years to fully enter a new Age. I believe we are still in the midst of the shift but that things are speeding up.

And as we enter the Age of Aquarius the Goddess rises again. For me, this is not an 'out there' thing. This is an inner game. The aspects of the Goddesses, and that includes the so called dark Goddesses who were portrayed, by the Patriarchy, as evil, vengeful, and unclean, are a part of each of us. And those parts of the self have been hidden, repressed. Too much to show according to the rules of society. Lilith is one such part.

She is your inner wild woman.

I lost my wild woman in my teens. I was too outspoken, too excitable, too rebellious and just TOO wild for the family I chose to be born into. I literally had her knocked out of me, getting bashed around the head and put down when I didn't 'conform' (that was the word used) to expectations and rules. The favorite expressions from my parents were 'engage brain before

operating mouth' and 'don't be silly' as they laughed at the ridiculousness of the things I said and believed. My Dad used to call me a slut because I was out running around having a lot of fun and being very rebellious. Because yes, I was an activist and a rebel at an early age. I would talk about my dreams and my visions. I would talk about equality, justice and freedom. I wasn't afraid to speak out.

At first.

Then I began to believe that my wild woman was a bad thing. Something that others would dislike. And then something I disliked. Why did I have to feel so passionately about things? Why couldn't I just toe the line? It's not seemly to talk about religion and politics was the message I got. It's not seemly to run around having as much fun as possible. I'm a quadruple Sagittarius with my Sun, Mercury, Mars and Jupiter in the sign. I am BORN to be free, to seek truth, to fight for my truth! So I was hiding my core self. And those Sagittarius planets? They are all opposing my Gemini Moon and Lilith. My emotional connection to my deep powerful voice, an emotional NEED to speak, to learn, to use my voice. I was denying my emotions, too. Gradually, my wild woman shrank.

For many years she really only appeared when inhibitions were loosened by alcohol and other substances. I became a party girl and truly walked the lower path of the potential in me. I lived to excess, I was an eternal romantic and I lived beyond practical realities. This is the shadow of Sagittarius. Scattered, inconsistent and highly strung, I also walked the shadow side of Gemini.

I pushed my wild woman down into a small space inside me.

I lost my voice.

I hid her.

Until she could no longer be kept down.

She began to re-emerge around the time of my first Saturn Return, which was the time I started studying Astrology. And it took me over twenty years to really find the courage and strength to start living without the 'shoulds' of my upbringing. Finally, I feel free to express and live MY wild woman. To speak out where I see injustice. To speak my truth.

As an astrologer, I now know that I chose this incarnation and the family of birth. The lessons I came into the life to learn were contained within [my Unique Cosmic Blueprint](#). And the lessons I came here to learn are what I am here to teach others. There is no blaming and shaming of anyone here. Everyone who was in my life was meant to be there to help my soul to learn and grow.

I know that I was meant to go through the loss of my wild woman and my sacred sound, my voice. And I was meant to find her again and to learn to UNLEASH my wild woman so I can guide others to identify and find their lost wild woman.



What do I mean by wild woman?



It really doesn't matter what I mean by wild woman. It's something different for everyone. You might decide to work with me and allow me the honor of guiding you to live your soul's fullest potential and to explore exactly what YOUR wild woman is.

But for now, I want you to think what wildness is.

Does the word scare you or excite you?

Do you picture someone with wild matted hair living like a cave woman? Someone who has no human social skills? Does it mean anarchy, or pure instinctual spirit or uncontrollable only driven by base needs without thought

Or might it be someone who parties wildly every night and wears scant clothing?

Or is it someone who is nasty to others and doesn't display any kindness?

Or someone who is just a little crazy?



On social media there are a million images and memes, some of them really good, about wild women or living your wild. But a quick google image search brings up many images of nakedness and tribal or hippy women. And, of course, if that's what your wild woman is, that's fabulous. But that's not what it is for everyone. There is little acknowledgement that wildness can mean many, many things.

Wildness, at least in this context, is a multitude of things.

- Tapping into previously unaccessed creativity
- Speaking your truth openly
- Becoming more empowered sexually
- Coming out of the psychic closet
- Dressing more colorfully
- Taking up dancing
- Going out and singing karaoke

All examples of what this could mean for you.

It's all about allowing the part of yourself that has been kept hidden to show herself. It's about not feeling restricted by what you assume others may think of you. It's freedom to be fully you.

And this shows up in your astrological chart. So, if you really want clarity around this and other aspects of your life and purpose it might be a fit for you to work with me.



Why unleash your wild woman?



Because she is an intrinsic and perfect part of you. In order for you to be whole, she must be unleashed.

The society you incarnated into has buried your wild woman under a heap of societal, cultural and familial conditioning. It is what it is. It was the nature of the Age of Pisces. And Aries.

But the Age of Aquarius is the Age of the unique self. The Age of community. Where all oppositions and polarization are being asked to draw together. Male/female polarization will lessen.

And we all all being called to unleash our inner wild woman. Yes, even men. Because this is about more than male/female. We all have all male and female characteristics and we all have every sign, planet, asteroid and other planetary body contained within us. And everyone has a Black Moon Lilith.

In astrology, Black Moon Lilith (just referred to as Lilith for the sake of this eBook) is your inner wild woman. And we all have Lilith in our charts. In fact we have FOUR Liliths:

- Asteroid Lilith orbits with thousands of other Asteroids between Mars and Jupiter
- Dark Moon Lilith is believed to be a satellite of the Earth. She is unsubstantiated and no one really knows if she is solid matter or not.
- Star Lilith is officially known as Algol, the 'demon star'. The Hebrews sometimes called it Lilith.
- Black Moon Lilith is the closest to the Earth though she is not an actual body. To quote my favorite book on Lilith, *Living Lilith* by M. Kelley Hunter, "she is the second focus in the elliptical orbit of the Moon around the Earth, an invisible but meaningful astronomical point of reference"

The all have similar underlying themes as they are "*like playing the same note in different octaves*" (Hunter). They are of the same vibration but with subtle differences.

I 'can' do a reading including all the Liliths but they are long and complex and astrology is a never ending path. So, I, and many other astrologers choose to work with that which calls me most. Not only is Black Moon Lilith the most commonly used, she is also the one that speaks to me. Maybe because she is closely conjunct (next to) my fifth house Gemini Moon in my own chart. I have a need to connect with her, find out about her and bring her into my work creatively.

Because of that I work mainly with Black Moon Lilith. As I said earlier, Black Moon Lilith is in all of us. And she is calling every one of us right now. And this call is going to get stronger and stronger as we move into the New Age and reintegrate the strong feminine into society.

In a society that doesn't support wildness it takes courage, intention and willingness to unleash your wild. To change and to BEcome more YOU.

The mission behind my work with [Your Cosmic Blueprint](#) is to support and inspire women to live a life of freedom and joy. To help them to find and recognize their true essence and their inner wild woman. My mission is to help YOU feel personally empowered and whole.

While I usually work with female entrepreneurs just starting out, this speaks to everyone: it no longer works to keep your wild side repressed because people are truly looking for meaning, honesty and vulnerability. People are looking for a connection to your soul as we move into the new age so it's time to unleash that wild.

When you feel connected to your wild, you naturally begin to exude more confidence, passion, happiness, health, sexiness... the list goes on. Who doesn't want to feel more of all that?

Pluto in Capricorn is stripping away those structures and beliefs that have held our wild captive for so very long. He is excavating and bringing to life all that no longer works. And Lilith is rising. She is inviting us to express more of our wildness. In astrology, when a Cosmic body, whether it be a planet, asteroid or something else, is discovered, the energy of that body comes into our collective psyche. The recent flyby of Pluto will trigger collective evolutionary developments as the flyby of Uranus triggered the development of the personal computer and the internet. This is what is happening with Lilith as more and more astrologers learn about and study her impact.

No longer is our wild woman content with being tamed. You were born to be powerful, expressive emotionally, to bleed, to create.

It's not time for the feminine to rule over the masculine. Rather to move to a revisiting of what feminine means in its full, passionate, emotional glory.

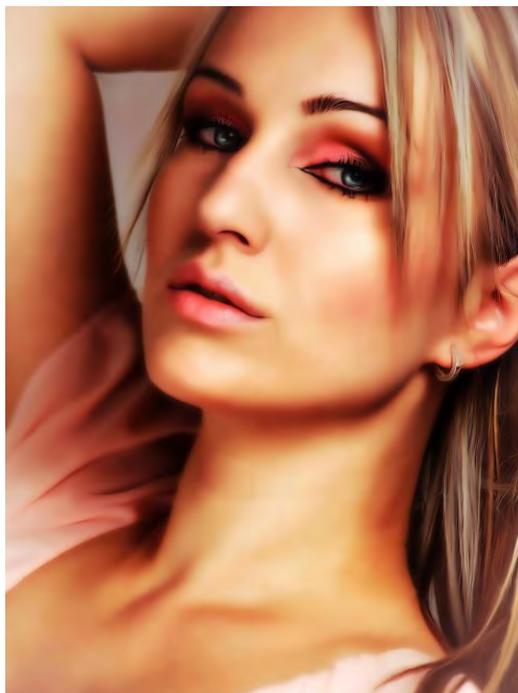
And it sure is time to integrate that wild woman into your BEing to bring a sense of wholeness.

It's time to unleash YOUR lost wild woman.

It's time to get in touch with your sacred sound, your voice.



**Please read on to find out what the five steps to
finding your lost Wild Woman are!**





1. What does being a wild woman mean for you?

I am a passionate believer in acceptance of difference. There is other wild woman work out there of course. But some of it is prescriptive. You are wild if you..... dance wildly, dress eccentrically (now there's a judgmental word if there ever was one - but I think you get the idea), walk around naked at home, sunbathe naked, picket for your beliefs. I could go on. But everyone's wild woman is different.

Prescriptions for unleashing your inner wild woman are just another form of construct. Another set of rules. If dancing wildly is just not something you would even do drunk then maybe that's not a hidden part of you trying to come out. Not that I'm suggesting you run off and get plastered or use mind altering substances to find her. Though if that works for you....

So get in touch with who YOUR inner wild woman is. No one else's.

How the hell do I do that you may ask. A good astrology reading can help but there are some ways to start to find her yourself and that's where we go from here!





2. Think back through your life and look for patterns.

Where were you shut down? What was it about you that felt 'bad' or wrong? Where were you criticized? Told to calm down? Told to reign it in? Were you 'too loud', 'too blunt', 'too opinionated', 'too smart for your own good', 'too sexual'. Too ANYTHING. Do you get the idea? This could come from your parents, your extended family, your church, your school, your boyfriends or girlfriends.

There will generally be a pattern. A theme. Some aspects of yourself that were constantly put down. Either directly. Told to shut up. Called a slut. Told you were silly or stupid. Even literally smacked down.

Or it could be more subtle. 'Do you always have to....?'

For example, I like a good debate. And I debate in what has been seen as a far too forceful manner for many By men especially. I was told I was intimidating. Too smart. When I questioned something, I often got the question 'do you have to do that?'

In *Living Lilith* by M Kelley Hunter, Lilith came to Hunter and said:

"I'm so ugly. They hate me. They cut me out of their lives because I am so whole, because I will not take a back seat, second place. I believe in wholeness and sharing.

I undercut you when you are not being whole, when you cut yourself off, where you seek blood. I give - on my terms, elemental, the one woman before man.

Am I the Creator - or the first emerged feminine? There is no difference.

I am of that original Heaven. I would not leave it."

Where are you not being whole?

These are all clues. Take some time to think about this. There may be several themes for you.





3. What pisses you off that you don't express?

Lilith is *kundalini*, the life force that awakens consciousness as it courses up the tree of the spinal cord. Lilith is Kali, the fearful and ferocious form of the mother goddess, and Durga, the mother Goddess. She is powerful, magnificent and literally awe-some. Her feelings come from the root and sacral chakras and are potentially explosive when they are activated.



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Her feelings come from the root and sacral chakras and are potentially explosive when they are activated. When you feel that energy rising from your root and sacral chakras, that's your Lilith. And if she is not allowed to rise she is likely to explode. Or implode. To hurt you within.

Those things that you 'feel in your gut' but ignore because the power feels overpowering? That's Lilith. That feeling that makes you want to scream but you are either afraid to vent it or you feel unheard when you do. That's Lilith. She is the part of you that has felt subjugated, cast out or humiliated by patriarchal society. She is unexpressed feelings. The supposedly dark part of you that cannot be shown because it's not 'seemly' or 'becoming'. She's the screech owl of the night.

For me, it was always my voice. Wanting to be heard. I would get inwardly steaming mad when silenced or when I didn't dare express my feelings and opinions.

Take a look at what brings up these feelings for you. That is where your Lilith can be found.





4. Find YOUR way to access the energy of Lilith

Work with an Astrologer and ask to specifically look at Lilith energies - with me, obviously. You will gain a deep insight into where Lilith is in [Your Unique Cosmic Blueprint](#), what that means in the context of your chart and life, how to consciously access the Lilith energy and how your Lilith is being activated in your life.

Do Kundalini yoga, do root or sacral chakra meditations or Tantra.

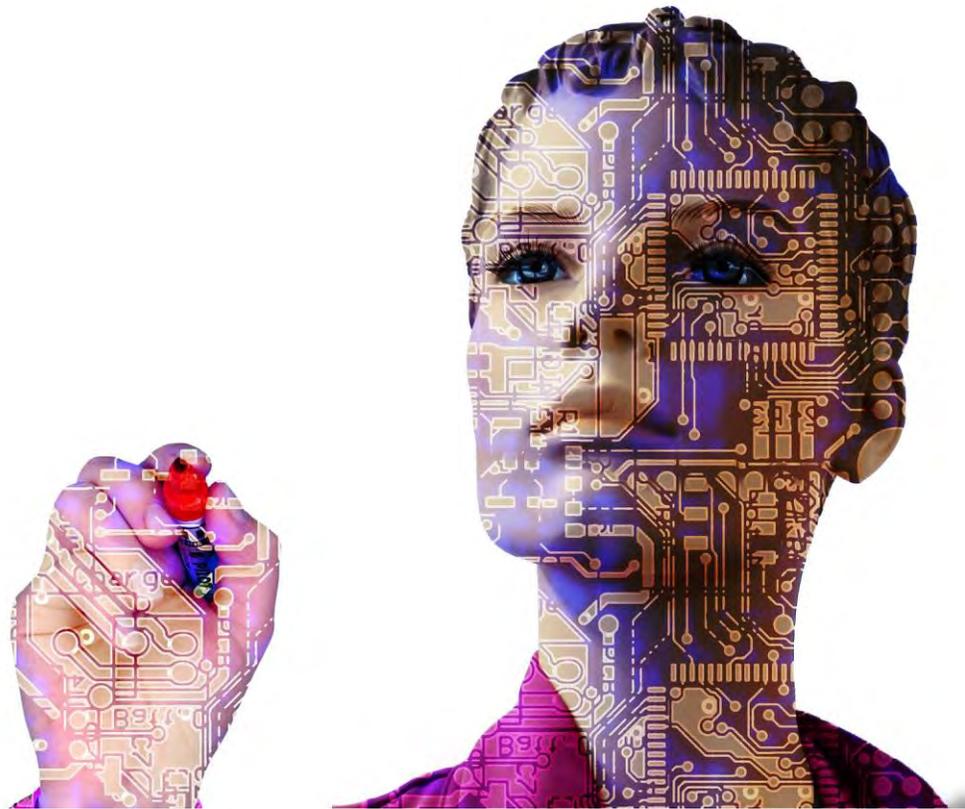
Shamanic soul retrieval (I can recommend practitioners) and some other forms of energy healing are also good ways to access. Ecstatic dance or dancing to good rock music, or any music that you feel right in your core.

What gets you excited and gets your adrenaline flowing? What scares you a little?

Read about Lilith. Dream about her. Before you sleep ask her to come to you. Journal or speak about those parts of you that have felt too shameful or powerful.

And pay attention to when you feel more powerful and what scares you a little.

Do more of that!





5. Then fall in love with that part of yourself

Acknowledge the shame from years of conditioning and know that you can work towards releasing it.

Feel yourself BEcoming whole. Treat yourself to extreme self care and love. And BE kind to yourself. Reframe all your self talk.

Feel GOOD about speaking and owning your truth.

Love your powerful self even when you feel uncomfortable at first. You will be tested until you have enough confidence to let any resistance flow off like water off a duck's back.

For me, this all about my voice and speaking up about the issues I am passionate about. When I do, I attract the naysayers, those who wish to put

down. At first, it stung like hell. I would have a sleepless night after some encounters. Now, I feel that less. I know I HAVE to speak out. Or it would be one of those deathbed regrets. And the more I do, the more I can brush the naysayers off. And the less I attract them.

One tool to help you to release shame and fear is the [Access Consciousness Clearing Statement](#). I also have other tools that I use to work with my clients.

Ask yourself:

Anywhere and everywhere that you have hidden your wild woman. Are you willing to destroy and uncreate that?

Yes?

Then say the clearing statement:

Right, wrong, good and bad, POD, POC, all 9, shorts boys and beyonds
™ Access Consciousness

What's this nonsense you say? I know, I know. I thought that at first. But this has become one of my go to tools to help my clients. You can download the full explanation through the clearing statement link above. But really, it's one of those things that you have to try it to see it working.

I have multiple tools in my toolbox to help you to find and unleash YOUR Wild Woman!

I use Astrology, mad coaching skills, The Artists Way, Affirmations, Meditations, energy healing and more. But it begins with the suggestions in this eBook.

Let's hear what Access Consciousness has to say about The Clearing Statement:

How does the Access Consciousness® Clearing Statement work?

Much of what we would like to change is not cognitive or logical; it is created and held energetically.

Take a moment to recall a time when you got really angry about something without being clear about the logical reason... was it actually an energy you were aware of?

Many modalities clear the limitations built around words. Access Consciousness® clears the energy underneath the words.

The beauty, magic and potency of the Access Consciousness® Clearing Statement is its capacity to clear the hidden stuff that you aren't even aware of that is keeping you stuck! So, you don't need to go through the pain, suffering and gory of reliving a situation to clear the charge on it! How does it get even better than that?

So, when you ask a question or think about something that is limiting you or not working for you, there is an energy that comes up. It's a lot like defragging a computer. The energy comes up, you run the clearing statement and then you have a whole lot more space from which to create anything you choose!

To YOUR Wild Woman! May you live her every day!

Louise Edington



If you would like to find out where your wild woman is and explore how to work with me, I invite you to book a 30 minute complimentary clarity session so we can see exactly how to bring out YOUR Wild Woman. If we're a good fit to work together, I'll share some options on what that looks like and answer any questions you might have. I'd love to help you step onto the path of your unique wild woman. Who knows what that will bring for you? It's an exciting journey! To book, please click this link: [Clarity Session](#)