

WFWP USA: Awaken 2025 - Rooted in Radiance - A Sacred Journey of Growth, Healing, and Divine Feminine Awakening

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This year's Awaken women's retreat entitled, "Rooted in Radiance," took place in Stevens, Pennsylvania, at the beautiful Refreshing Mountain Retreat and Adventure Center, from Thursday evening until Sunday morning, October 23 to the 26th. Fifty-five participants and staff of all ages attended the three day weekend, ranging in age from those in their early twenties, to women in their late seventies. Most women hailed from the Northeast region, but women from the Midwest, Southeast, and even as far West as Arizona and Hawaii also made it a point to attend. For some, the retreat was a chance to once again take advantage of the opportunity for growth and renewal, which they had experienced last year during the first Awaken Retreat. For many others, this was an opportunity to witness first-hand what so many others had been raving about from the year before.



The focus of this year's retreat was to support women in becoming grounded in their divine value, connecting with the "heavenly diamond" planted within their hearts by our Creator, and embracing their particular season of life. Some key outcomes included supporting women to experience personal confidence in their respective roles and creating a stronger feeling of sisterhood amongst those attending. Presentations were led by WFWP USA President, Dr. Katarina Connery, WFWP North America President, Kaeleigh Moffit, and HerTribe Director, Dr. Mika Deshotel. Session topics included, "In Her Image, with Her Heart: a Journey into True Womanhood," "Awakening the Divine Feminine in Me: Tapping into my Personal Confidence and my Season of Life," "Walking with Holy Mother Han," and the "The Silent Strength of True Women."

The presentations helped to create an environment of openness and inquiry into one's own personal situation and relationship with Heavenly Mother. They were presented with a balanced blend of academic research and personal testimony. Overall, Friday's themes supported more internal work on the part of the participants and Saturday's focused more on our outward relationships with others.

Every morning of the retreat, activities like yoga, guided meditation, or a brisk morning walk were offered as an opportunity for women to Rise and Thrive. An advantage of meeting in the northeast at the

peak of the autumn season was having the blessing of experiencing nature in all her vibrant beauty, which included the fall foliage and even farm animals, which were present on the property. One other benefit offered at these retreats is childcare for mothers with young children, aged four and under. A number of women were able to participate in the morning sessions by taking advantage of this service and they felt welcomed to be there with their children.



A range of empowerment and creative workshops were offered in the afternoons, allowing participants to engage with activities that spoke to their respective interests or needs. Workshops ranged in focus, from creative, meditative, and reflective art and writing opportunities, to expressive and grounding activities involving movement. Patsy Onatah graciously offered to lead her very popular drum circle experience, packing her car to the brim with drums and other instruments for women to try and enjoy. Patsy's Drum Circle along with Mika Rothstein's Sacred Dance were appreciated by participants for allowing them the chance to get into their bodies in a new and intuitive way. Dr. Deshotel led a first-time workshop called "Check-in with your Inner Child," which was very meaningful for many of the younger women who participated, offering a chance to reflect and look back on oneself as a helpful guide in moving forward. Longtime educator, Colleen Boyd, led a workshop targeted for older women entitled "Embracing your Age," for the purpose of allowing women to share with others in similar circumstances and highlighting the positive aspects that age has afforded them. Another unique workshop offered was "Tapping into your Sensual Self," led by Crescentia DeGoede. Women of varying ages commented on Crescentia's presentation, as it gave them a chance to connect more with their internal "Lover" archetype.



This year's retreat also incorporated an intentional focus on small group sharing, where women could discuss more deeply on themes and topics related to each day's content and focus. Through the collective wisdom of the participants, breakout groups were able to hone in on practical strategies and explore other beautiful ways of looking at and dealing with the challenges that women regularly face. There were four main questions addressed over two days, which elicited the following summarized answers:

How can I embrace the Season I am in? Tap into my heart and intuition for guidance

How can I overcome the challenges I face in my respective Season? Seek to truly love and honor myself

and then go about the Good Work on growth and development

How can women create an environment where others can shine as their best selves? It starts with working on ourselves, and then leading by example

How can women work well alongside men in true partnership? Create harmony within the home first, if possible, then patiently work together to create a culture that uplifts everyone



Every evening, Dr. Connery led participants in the various stages of the "Heroine's Journey," a process of internal growth and discovery that is similar to, yet distinct from the Hero's Journey. In the Heroine's Journey, a woman is faced with an unavoidable decision to leave the comforts of what she has called "home," representing one's limiting belief systems or familiar negative habits, in order to venture into the dark and unknown space of who she truly is and what she stands for. During the first evening of the retreat, participants were guided into this dark space, left negotiating the empty spaces that existed from leaving behind the aspects of their lives no longer serving them. It was in this space that Dr. Connery implored the group to consider as "holy ground," a fertile place where something new and good could emerge, and to end the program for the evening, it was here that she had the group decorate paper crowns, helping us to venerate our respective life paths and challenges, and see all the gems we've collected along the way as a result.



By the second evening, the Heroine's Journey concluded with our emergence into a new self, resurfacing as women imbued with new gifts and assurance within our respective paths. The Journey was a meaningful one for many participants this year, and a reminder to honor every aspect of our course, perhaps even especially, the darkest portions.

The women who were able to attend the Awaken: Rooted in Radiance Retreat this year were truly moved, touched, and inspired. As the second national Awaken Retreat which Women's Federation has hosted thus far, it is clear that such experiences are vital for the women we serve and for helping to strengthen the bonds of sacred sisterhood so incredibly needed at this time. We look forward to hosting our third annual Awaken Retreat next year, and hope to bring it to the West coast in 2026. Look out for details on claiming your spot at our Awaken Retreat 2026! In the meantime, please enjoy some testimonies from this year's retreat participants; we hope they will inspire you to mark your calendars for next year's Awaken experience!

Attending the Awaken Women's Retreat: Rooted in Radiance in Pennsylvania was a deeply moving and

transformative experience for me. Each session was not only informative but also profoundly empowering and awakening to my own strength, value, and divine nature as a woman.

What touched me most was how the speakers did not pretend to have all the answers. Instead, they invited us to bring forth our own wisdom. This approach helped me reconnect with the deep well of understanding already present within my soul. In a world filled with "experts," we often forget that God, the Divine, and our own original mind and heart already reside within us. This retreat reminded me to trust my inner voice and look inward for guidance instead of always seeking external validation.



Tapping into Your Sensual Self

The Tapping into Your Sensual Self workshop was especially meaningful for me. It felt so necessary to have an open, sincere conversation about such an intimate and often misunderstood topic. The speaker's authenticity and simplicity helped break down barriers, creating a safe and pure space for reflection.

What struck me most was how the conversation centered not on sexuality as the world often portrays it, but on reconnecting with our own body, desires, and soul in a sacred, joyful way. Hearing from young sisters at my table was refreshing - it was so easy to connect and realize that I wasn't alone in my experiences.



By the end, seeing women of all ages dancing freely together filled me with joy. I thought: "I was the woman in my 20s, and I will be the woman in my 80s". That sense of timeless sisterhood and freedom was liberating and healing.

The Four Archetypes of Woman

Another powerful session explored The Four Archetypes of Woman. I realized that I most closely resonate with the Lover/Maiden archetype - a side of myself I had long ignored. For years, I believed I had to be strong, productive, and nurturing - the caregiver, the doer, the mother. In the process, I buried my playful, passionate, and joy-filled self.

At the retreat, I reconnected with that part of me. I understood that embracing the Lover within me - my sense of joy, creativity, and self-love - doesn't make me immature; it makes me whole. By loving myself sincerely and living from that place of fullness, I can become a better mother, woman, and person in all areas of my life.



A Journey Back to My Divine Self

This weekend was beautiful in every way. I came expecting another workshop that would teach me what to fix or how to improve. Instead, I was invited to rest in my divine feminine essence - to rediscover my inner wisdom and trust it.



It wasn't about becoming a "goddess" who conquers the world; it was about realizing that I am already loved, worthy, and complete as I am. God is within me. I don't need to strive to be loved - I just need to open my heart and allow that love to flow freely.

This realization moved me deeply. It inspired me to let transformation begin not from frustration or effort, but from a place of unconditional love and acceptance of myself.

Gratitude

Externally, everything about the retreat was wonderful - the serene retreat center, the beautiful autumn setting, and the joy of reconnecting with old friends and meeting new sisters. I felt at home, free, and radiant.

To all the organizers, speakers, and staff who made this retreat possible - thank you. You created a sacred space for healing and renewal. I left feeling lighter, stronger, and more connected to God and to my divine feminine soul.

I hope to make this a yearly pilgrimage of renewal - a time to return to my roots and radiate anew.

With heartfelt gratitude,

Romina



In life ultimately everything is okay and divinely purposed for our growth. We will be okay, we will make it through into the next season and it's even better when sisters are walking with you, laughing with you, crying with you, holding space with you, singing and dancing with you. The bowl is a sacred mirror that we can help one another keep clean. Sisterhood cleans the glass and helps us see our divine femininity clearly. Trust God, our Heavenly Father and Heavenly Mother.

Woman, accept thyself, chill a bit, and unwinding is not the same as letting go the string. The giving space is still tethering

Amazing feeling of peace, acceptance , tranquility. Being with all those wonderful women of different ages, but as if we are ageless at the same time. I loved having young moms with babies around, it was very fitting to the spirit. Take away - I am enough. More than enough ❤️

I am leaving today with more sisters of the heart, women I loved deeply the moment I met them. I'm learning to be more gentle with who I've been, fully embracing who I am now, and anticipating with hope (although not hurrying it) the woman I have yet to become. My sisters, and my True Mother, are my guides and my beacons of light on my journey. I hope to honor them with each step so that I can become a guide to the next generation.