



The New Feminine

Sarah Owens

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In today's world we find a great imbalance of yin and yang energy. Throughout history, yin energy, the more feminine energy has been oppressed and seen as "weak" or "impractical" in a world so focused on capitalism and power. Even in Western society women suppress their voice by struggling to fit a feminine ideal that focuses on traits such as being thin and beautiful over having a passion and purpose in this world. It is the belief that a more feminine energy is what the world so desperately needs to heal and correct this overbalance of masculine energy, and women must lead this shift.

In *The New Feminine*, Sarah Owens describes a new feminine ideal that places a focus on finding a passion, purpose and voice in this world. She describes the New Feminine woman as someone who practices vulnerability, leans into discomfort and discovers the courage to follow her heart, even in times of fear. This woman embraces her feminine traits such as love, intuition and wisdom and understands that these energies are powerful, and exactly what we need to shift the world into a new age.

Using personal stories, anecdotes and research studies, Sarah explores how we can embrace our feminine side with strength, while practicing vulnerability and staying true to ourselves.

Through her experiences Sarah has discovered that one person can truly change the world, just by finding their own internal strength and power. And the world needs it now more than ever.

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