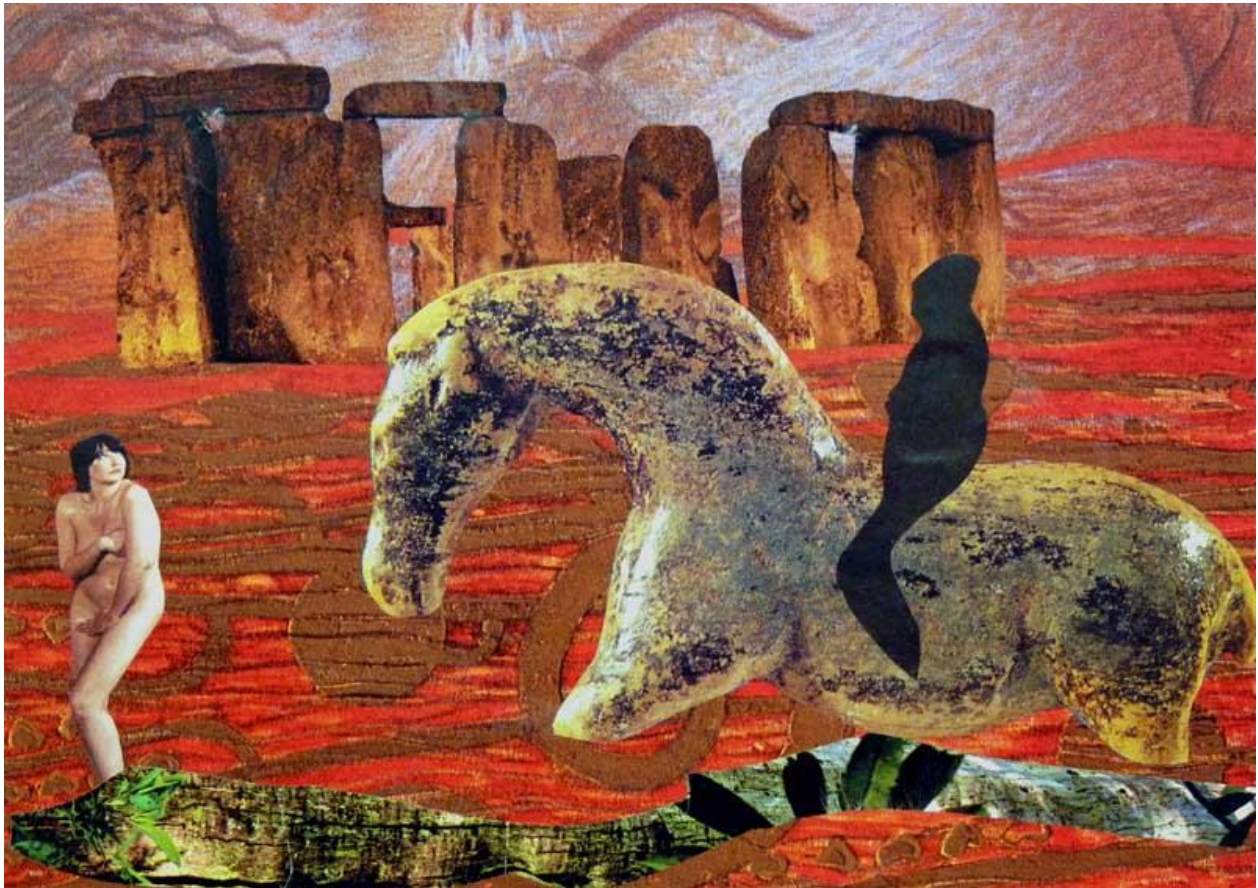


Handbook for
Daughters of
Earth

by Licia Berry



Practices for Women from the #1 international bestseller
I Am Her Daughter – the Healing Path to Women's Power



Handbook for Daughters of Earth

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Message from Great Mother (Urgent)

My Beloved Daughters,

There's so much I want to say to you, there's no possibility of telling you everything I want to impart, but we will condense our message.

You have been misinformed. Your power lay in your female body, not in the hands of the male.

The body of woman is akin to the power that makes the universe.

Your body when uncontrolled is the most creative, powerful, god-like creature in this universe.

To have watched your sovereignty and divinity be reduced... to measuring your size by a little scale on the floor, to how your man approves of your opinion, to listening to the guidance of a man representing a masculine, patriarchal authority...it is beyond our ability to stand.

For many thousands of years your mothers, grandmothers and beyond silently received the false message that she was less than the oxen which pulled his cart, less than his own mother, less than even his seed.

The collective of the Feminine Divine has had enough of this abomination.

You are called forth to remember, and quickly, who you are. Your memory as a divine being is below the surface of your collusion with the male-created belief that you were made inferior to man, and you can stop supporting this false message right now. Choose well.

Great Mother through Licia Berry

November 2019



Why the Daughters of Earth™ Program Exists



Venus of Hohle Fels, dated 35-40,000 years ago

Great Mother led the development and creation of this body of knowledge, and I pass it on to you. It changed my life, and I am forever grateful.



“I AM GREAT, AND SO ARE WE.”

Great Mother told me to start saying this to myself. Not as some puffed up false bravado, but as a genuine recognition of the truth of women.

It was challenging for me, to say the least. For a polite southern girl, even in the quiet privacy of my own mind I struggled to think these words.

Like many women, my cultural conditioning led me to question my inherent worth unless I was measuring up to others' standards and expectations of my gender. Women were to be servants and mothers, not dreamers and leaders.

When I lived, wrote and published my #1 international bestseller *I Am Her Daughter – the Healing Path to a Woman's Power* in March of 2016, I felt the exhilaration AND the danger of bringing this work into the world. The book told some big truths, and opened doors in those who let my words alchemize oppression in their mind, body, and spirit.

After a two-year book tour, I saw the need for the practices in the book to be formally offered as a training program. Women are seeking the information that I have been blessed to live for over 25 years!

The Daughters of Earth™ Program is the result of 25 years of testing, creating, developing, facilitating, mentoring, and training of the answer to what ails the world.

The three “tracks” of the Daughters of Earth™ Program lead you on the journey that I took myself. I reclaimed my self-worth and fiercely devoted to the worthy woman I discovered on *The Frontier Inside™*. I mastered my emotional triggers and my energy well-being in the PEMS courses. And I healed ancestral miasms and retrieved my power through *Inner Tribe™* and *Ancestral Medicine*.

My journey has been a far cry from the little, shy, abused, rural tomboy, more at home with the trees than people, to the teacher and leader I am now. I am GREAT, and SO ARE WE women. Let's not forget for any longer. The world needs us to remember.

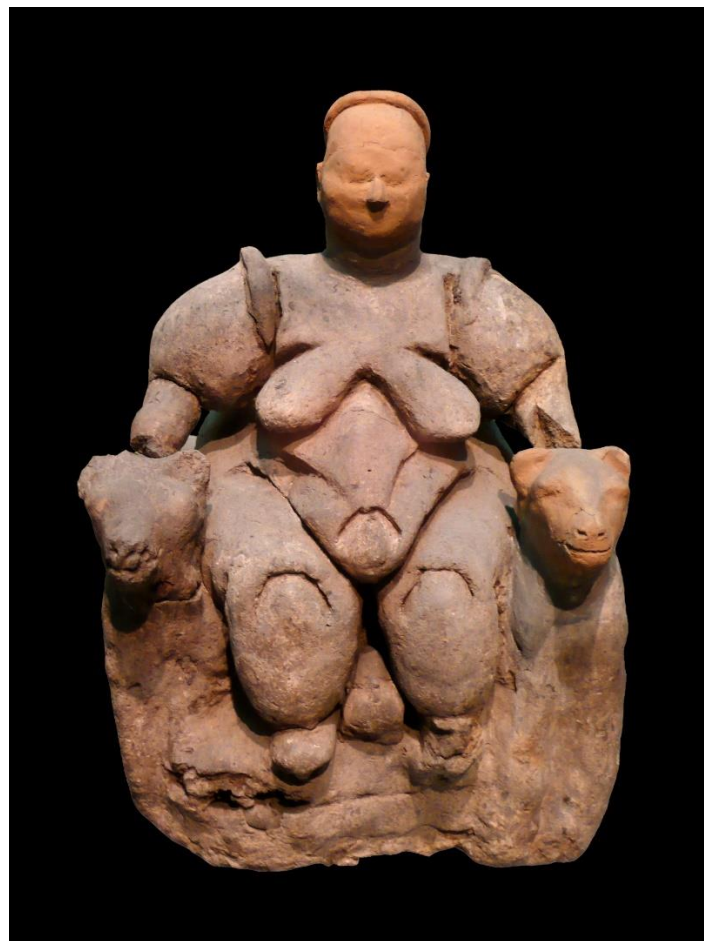


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Great Mother has been with us since the beginning; Great Mother is a name for the feminine face of God. Great Mother stands in for many other names: Ahset, Isis, Cybele, Brighid, Astarte, Diana, Hecate, Demeter, Kali, Inanna, Amaterasu, Tara, Spider Woman, Aditi, just to name a few.

Over my years of recovering the feminine principle within myself, I have met at least two hundred of these “Faces of Her” (the name of a class I taught in Winter of 2010).

Evidence of the first named Goddess is 40,000 years old, found in caves and archeological digs in Europe and Asia. Humans have been making art for 80,000 years, but not until 40,000 years ago were human images among them; there is a proliferation of female statues and sculptures made of mammoth tusk, bone, antler, stone and ceramic that seem to indicate the importance of what is often called Mother Goddess iconography.



Seated Woman of Çatal Höyük, age approximately 6000 BC



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The main thrust of Great Mother's work as I have experienced it is Wholeness. She loves ALL of Her children, and wants to leave no one behind.

Integration is the biggest power and the greatest currency we have, personally and to impact the world during this time.

In a world that has raised all of us to consider *the ways we are different instead of the ways we are connected*, this move to inclusion, integration and wholeness is a breath of fresh air, and perhaps our last hope.

In a time of great crisis internationally (this is being written between August 2017 and June 2020), the question of whether the human species will get along, much less survive on Earth is a prevalent question. We've had enough of being divided by those who profit from our fears. It is time to try another way.

The Handbook for Daughters of Earth™ has been a struggle to write because it means acknowledging the depth of dysfunction on our beloved planet and that the information I have been blessed with to live my life for 30 years is really real, not a fantasy or little side-pocket of a way to live.

It is literally the answer. The answer to the question, "Will humanity last another 1000 years?"

This philosophy is seen through the work She has given me to develop, test and apply, in my own life and since 2001 in the lives of the women I serve.

It is ALL about **making connections, closing circles, healing rifts, mending the divides, sewing together what's been torn asunder**. In every aspect of my creative work, whether cooking amazing soups, sauces and stews, making multi-media art, writing and developing courses and retreats, as well as my one-on-one facilitation and mentoring work with clients, integration is always the main theme, the ultimate goal, the sweet spot.



A Personal Sharing (what brought me to this profound work that healed my life)

My own life has been profoundly influenced and deeply affected by this thrust, this innate, impelled drive to **bring things together** that are apart.

My situation was that I had been traumatized repeatedly since early childhood through physical, emotional, mental, sexual and spiritual abuses. The effects of child abuse include trauma, dis-integration, decentralization.

When I was a girl and tried to heal my parents, very broken and desperately in need of wholeness in their own lives (and therefore mine). I observed their wracking pain as well as their efforts to quell it with alcohol, sex, and other bandages, to no positive effect.

Moving away from pain didn't work, so I tried *moving toward* mine when I discovered at age 25 that I didn't want to participate in life, despite being emotionally supported by my new husband, Peter. (I've written my story in my books **Soul Compost** and **I Am Her Daughter**, so I don't need to repeat it here.)

I was driven by an innate hunger to come back together inside of myself...to collect all the parts of my psyche and fuse them into a repaired whole. As I matured in my profession of education, I learned that there was a good physiological, psychological and neurobiological reason for this burning desire!

In the brain, what happens when we are traumatized or stressed for any repetition or length of time is that *the fissures of brain tissue pull away from each other*, creating more space between the fissures...it is *dis-integrating, decentralizing*. Sulci (or **fissures**) are the grooves and the gyri are the "bumps" that can be seen on the surface of the **brain**. The folding created by the sulci and gyri increases the amount of **cerebral** cortex that can fit in the skull.

Brain tissue is meant to touch, resulting in the electrical "jumping" from neuron to neuron down the neural pathways that lead to brain function. *Trauma's effect of pulling brain tissue away from itself means less connection, less coherence, less higher reasoning and higher functioning*. And less of a feeling of Self and wholeness!



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As I healed and became more whole, I began to understand my disturbing observations of our western culture. As I became more integrated and more centered in my own body, mind and spirit, I realized that left brain dominance and the oppression of the feminine principles over the last 5000-6000 years have created a “normalized” dis-integrated, de-centering state in our culture! No wonder I felt like I didn’t belong!

At no time in my life has it been more apparent that this dis-integrated and de-centering state has created a monstrous imbalance in culture and the masses. The pain of separation from our body, from our emotions, from our hearts, from each other, from our beloved Earth, from our spirituality and relationship with the divine...seems more acute than ever before.

With almost 8 billion people on the planet, the collective awakening that is occurring right now is revealing just how split internally we actually are. **The Great Awakening of 2020 is the final push for us to heal from the trauma of patriarchy.** 5000-6000 years of left brain dominance, internalized colonialism, and oppression of the feminine principle are deeply ingrained in our ancestral memory. Surviving the onslaught of these thousands of years of training and acculturation is a miracle...yet here we are. Healing this collective, ancestral, and also highly personal wound is no small feat. ***And yet, the only way out is THROUGH.***

If we become more **Whole Brain Coherent**, we simply think, believe and behave differently. Suddenly we are not in a survival state anymore. We understand our connection, our relational system on this planet. We know we are part of something precious, and that we are a human family, and stewards of the planet. The urge to struggle and fight and the corresponding depression, anxiety and angst simply stops being generated; the chemicals that induce these feelings stop being pumped out by brain due to unsupportive thoughts and beliefs. Instead, a peaceful, coherent affect is generated by the whole brain state. We can then get on with the business of living, co-creating in joy and good stewardship of the Earth!

This is why I push the whole brain state in my work! It is the most simple, effective way to start to shift consciousness without a lot of discussion or effort.



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Just get in a whole brain state, and you will know what I mean! (You will be taught how in the program!)

In a whole brain state, we cross over the midline of our body with our limbs, we are enhancing cross-hemispheric communication. The benefits of a whole brain state are numerous:

- Relaxed state of mind
- Receptive to new ideas
- Ability see a bigger picture
- Access to higher knowing
- Greater spiritual receptivity
- Vast stores of memory easier to access
- Access to the support that is contracted to work with us
- Awareness of one's role in the cosmos
- Access to the larger intelligence that flows through All Things
- Peace

As a matter of fact, 20 seconds of being in a whole brain state gets you the same benefits as 15 minutes of meditation!

As you come to enjoy the whole brain state, you will understand and feel the reality that exists under the illusion and noise of the incoherent, split-brain reality. And you won't want to go back!





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There in your head is the beginning of peace. Cross hemispheric thinking and the resulting coherent state can heal this world.

HOW TO USE THE *HANDBOOK for DAUGHTERS OF EARTH*™:

This handbook is intended to be a physical guide through the 3 tracks of Daughters Of Earth™ Program. The program is online and it helps to bring the online experience into your daily life by having something tangible to be a touchstone.

My suggestion is that you **print the pages of this Handbook and punch 3 holes in for a 3 ring binder**. Decorate your binder! Use it, refer to it, add to it! Make it fun, powerful, and uniquely yours! This will give you a physical container to navigate your journey through the program!

The DOE Program is a Self-oriented program. To know yourself, master yourself, and heal yourself.

Once you experience the amazing benefits of the practices and tools I teach, you may desire to share them with others. If so, please send them to the DaughtersOfEarth.com page to enroll in the program! And thank you!

If you are a practitioner or educator and would like to teach my material, you must become certified in my program. *All Daughters of Earth material and all of my work carries a strong copyright, and no sharing, teaching, publishing or other broadcasting of my material is permitted without my written permission.* Thank you for respecting my decades of devoted work to discover, test, develop, create, birth, teach train my material.

ENJOY your time in the Daughters of Earth™ Program! Take your time, go at your own pace, allow the material and learning to be absorbed and embodied.

Let the information roll around within you and apply the practices, and watch your integration, joy and sovereignty unfold!



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Introduction

Healing Our Self Worth

My #1 international bestseller, *I Am Her Daughter: the Healing Path to a Woman's Power*, opened the door within women to know Great Mother and their own value as a woman. It intended to create a hunger to learn how to live this reality with every breath. The programs in Daughters of Earth™ were designed to assist you in reclaiming your sacredness in every aspect and moment of your life.

You are Sacred.

This is the simple truth that is so complex in our modern world.

“Self-worth” as a concept seems to have entered and become part of the common vernacular in the 1960's, tied to words like self-esteem and self-respect. The conversation about girls' self-esteem really came to a head in the 1980's after several studies of psychological research on this topic. As the social psychologist Roy Baumeister demonstrated in his experiments, people with high versus low self-esteem reacted in different ways to various challenges and instances of adversity.

The etymology of “self” and “worth” began thus:

self (pron.)

Old English *self*, *seolf*, *sylf* "one's own person, -self; own, same," from Proto-Germanic **selbaz* (source also of Old Norse *sjalfr*, Old Frisian *self*, Dutch *zelf*, Old High German *selb*, German *selb*, *selbst*, Gothic *silba*), Proto-Germanic **selbaz* "self," from PIE **selbho-*, suffixed form of root **s(w)e-*, pronoun of the third person and reflexive (referring back to the subject of a sentence), also used in forms denoting the speaker's social group, "(we our-)selves" (see **idiom**).

worth (adj.)

Old English *weorþ* "significant, valuable, of value; valued, appreciated, highly thought-of, deserving, meriting; honorable, noble, of high rank; suitable for, proper, fit, capable," from Proto-Germanic **wertha-* "toward, opposite," hence "equivalent, worth" (source also of Old Frisian *werth*, Old Norse *verðr*, Dutch *waard*, Old High German *werd*, German *wert*, Gothic *wairþs* "worth, worthy"), which is of uncertain origin. Perhaps a derivative of



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PIE *wert- "to turn, wind," from root *wer- (2) "to turn, bend." Old Church Slavonic *vredu*, Lithuanian *vertas* "worth" are considered to be Germanic loan-words. *From c. 1200 as "equivalent to, of the value of, valued at; having importance equal to; equal in power to."*

In the original spirit of the word "Worth", there is clear reference to *"having equal value to", "having equal importance", "being equal in power"*. Equal to what?

Perhaps in the days the word "Worth" originated, this concept was born as a reaction to the de-valuing of certain people. In indigenous societies, it is understood that the roles we play, no matter the "class" that might be assigned to the role, is equally important to other roles. Yet at the advent of this word, *there is perception of a difference in value*. The worth of someone or something is perceived as more or less than someone or something else.

If we are talking about trading a wagonload of silk fabric for a handful of bean seeds, it seems to our modern mind very clear that this is not a good trade. Yet, if you are hungry and want to grow a garden to feed yourself and your family, you might be very willing to trade a cartload of silks for the chance to stay alive by being fed. *In other words, value and worth are completely subjective to the present conditions of the moment.*

But if you are talking about a Self, a Person, who by their very nature is a divine being born into the physical realm to be human, then *the subjective nature of worth becomes assigned by those in power.*

The introduction and application of the concept of worth of a human being is an act of aggression by those in power to retain and increase their power.

The concept of value and worth was placed in our own heads to create internalized hierarchy. Beaten into our bodies and minds and ancestral memory so that we would carry it on our own, in agreement with those in power. To believe hook line and sinker that we were less than, our spirit and will broken, *so that we would cooperate and assist with our own subjugation.*

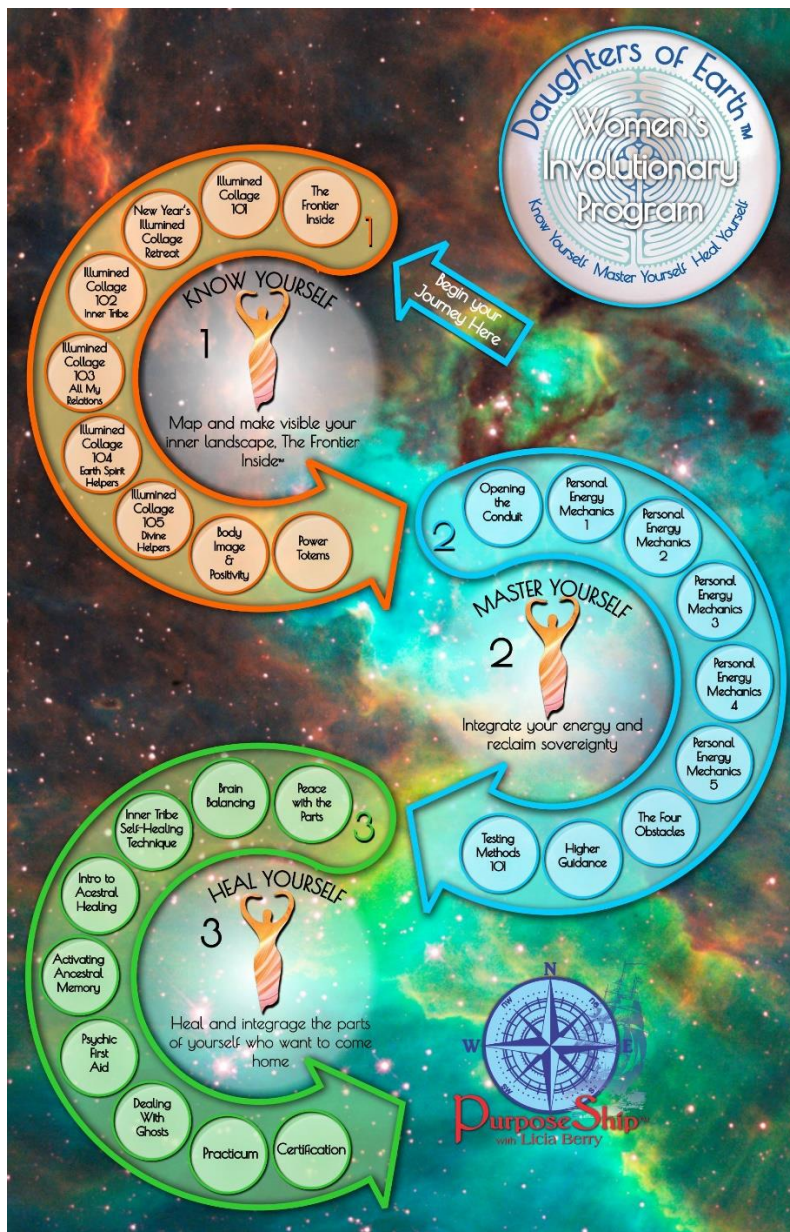
The degree to which your ancestors were subjugated is the degree to which you will struggle with your own inner oppression, the internalized voice of generations of subjugation.



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The sacredness of All Creation and the woman bridging the non-physical and physical worlds is the reality that has been systematically eroded from our minds an era, a generation at a time.

The tracks in the **Daughters of Earth™ Program** are carefully sequenced to build the foundation in your understanding so that you restore the ancestral memory of your predecessors, and reclaim your true value, your knowing of your sacredness.





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The 3 tracks in the **Daughters of Earth™ Program** are:

1. **KNOW YOURSELF** - *Map and make visible your inner landscape, The Frontier Inside™*
2. **MASTER YOURSELF** – *Integrate your energetic architecture and reclaim the birthright of your Sovereignty*
3. **HEAL YOURSELF** – *Heal and integrate the parts of yourself who want to come home*

The tracks are structured to take you on a journey ever deeper and more integrated as a woman on Earth who is plugged in to her True Power. **No amount of “self esteem” building workshops will convince you of your unshakable sacredness until the memory of who woman is restores within you.** The courses in Daughters of Earth™ Program are *rebellious acts of memory retrieval from within.*

The self-esteem craze changed how countless organizations were run, how an entire generation — millennials — was educated, and how that generation went on to perceive itself (quite favorably). The unfortunate byproduct of intellectual flattery to compel the emotional response of self-esteem is that it is a learned belief instead of an embodied KNOWING.

The need to constantly be seen, to show everyone one’s accomplishments to prove self-value and attain approval (as through social media), is evidence of a lack of true knowing of one’s sacredness. One who knows their value does not need to prove it; they behave and act from a depth of knowing that can be felt.

It isn’t just the millennials as a byproduct of the self esteem craze...just about everyone, from CEOs to those receiving government aid such as welfare, were told that boosting their self esteem could guide them to every kind of success and happiness we can imagine. The heart of the self esteem movement was in California, and practically assured that increasing self esteem would reduce crime, teen pregnancy and a host of other ills, such as pollution!



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Obviously the self esteem movement has not borne the fruit that was hoped for. Instead, we see countless social media posts attempting to out-do some unbalanced idea of achievement or success. Can we get more “likes” if we post a cute selfie? It’s unreal. The lengths that society has gone to show us how unworthy we feel has come full circle. It’s time to correct this outrageous and deeply misinformed addiction.

If it is true that low self-esteem is tied to so many forms of underachievement, then would we not have seen genuine progress in leadership, stewardship, and world uplifting evolution? If raising kids’ (and other’s) self-esteem brings untold benefits, where are the completely responsible, forward-future problem solvers that should have grown up? The claim underlying the trend, that there’s a causal relationship between self-esteem and various positive outcomes, was almost certainly inaccurate.

In 1989, the book *The Social Importance of Self-Esteem* was released with the promise that personal and societal ills could be reversed by building a sense of self esteem, neglecting the possibility that “*maybe it isn’t that high self-esteem causes high performance, but rather the reverse, that people who are more talented or smart or successful have higher self-esteem because of their positive attributes and accomplishments*”.(Baumeister)

Feeling good about ourselves isn’t the golden ticket to leading a successful, fulfilled life any more than that being born with a silver spoon in one’s mouth leads to being a good person.

My realization about the self esteem movement is that the movement came out of wounding. Wounding creates more wounding if we try to solve it outside of ourselves. The laws of physics state that for every action there is an equal and opposite reaction. We created a huge pendulum swing and raised entire generations (millennials) with a false sense of entitlement and skewed understanding of self value! In Daughters of Earth™ we are shown the CORRECT definition of Self Worth.

What has revealed itself to be true in my life is that my understanding of my “worth” cannot come from the outside, applied like layers of concrete to prop up a weak center. My worth becomes truly evident **when I seek the truth inside of myself.**



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My journey to reclaim my self worth was more of a REORIENTATION to the CORRECT sense of SELF WORTH, rather than a grabbing for what I was missing. My years of working to understand Great Mother's words turned a societal misunderstanding of women's self worth on its head. Rather than seeing myself as deficient or lacking, I reoriented to the information that lay in my ancestral knowing. My unique and particular purpose is to tell the truth even if I and others don't like it.

I Am Her Daughter: the Healing Path to a Woman's Power (IAHD) came at a perfect time. IAHD is a damn good book with story, examples from my life, and predictions of things that have unfolded (and continue to unfold) that speak to this new era and the changes occurring. The cultural shift to focus on women and the subsequent backlash were symptoms of a wound overdue for exposure. The global awakening that is currently unfolding is paving the way for remembrance of indigenous ways of knowing.

My mandate to write this Handbook came at a challenging time of my life, or perhaps simply a test for my determination. I didn't realize until I had written more than half of this book that it would tell such challenging truths.

This ***Handbook for Daughters of Earth*** was meant as a handy reference guide for women who read IAHD and wanted to have a manual or guidebook to attain the same remembrance that I describe in the book. (I recommend reading IAHD if you haven't, so you have a reference for how these profound practices came together.) The practices here in the Handbook are **a direct route to remembering your True Power.**

Where did these practices come from? I have worked intentionally for over 20 years with this information, including studying under shamanic teachers, energy work trainers, channelers, healers, and wise women, but their role was to confirm what I had already rediscovered and expressed about the essential mechanics of Woman. Since 1999 I've published in several magazines, books and my blog to share what I've been learning. I like to discover things on my own because it feels more authentic to me as a truth teller, a scientist/educator and translator of the Great Mystery.

Sharing these practices over the years has helped to refine my teaching of them so they are approachable and very effective. I am hopeful that you find them



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powerful support to become reacquainted with the sacred and expressed being that you are.

How's this for self-worth?

"I am the Maker of Worlds, the Creator of new creations. I am the threshold between the non-physical and the physical realms, holding the door open within me for new life to pass through. I am the Spinner of the Web of Life, connecting All Creation."

This is the voice of the belly, the womb, the 2nd chakra in women. This is the voice of our true self worth...the universe gave our bodies the power to create life (whether in the form of babies, businesses, arts, or movements-whatever we create that lends itself to support of future generations of our planet). What greater value could a woman have than being able to wield this kind of Creator power?

This is the purpose of the Daughters of Earth™ Program...to remind you of your absolute worth as a woman, one step, one remembered truth at a time.

Licia Berry, author, educator, mentor, and Guide to the Frontier Inside

Jacksonville, Florida

2020

Resources for further research on self-esteem:

<https://www.thecut.com/2017/05/self-esteem-grit-do-they-really-help.html>

<https://www.washingtonpost.com/archive/lifestyle/1988/02/20/picking-up-a-head-of-esteem/4f55a1aa-21a3-4a9e-9b7f-5e7444ad4254/>



WHY YOU ARE HERE AT THIS TIME

(and should follow the DOE Tracks all the way to the end –

A Message from Great Mother)

My Shining Daughters,

You have answered the Call. You are here, at this moment, on this planet, at a crucial time.

You elected to be here at this time, by choice, and you are carrying the new codes for the planet in your DNA.

You are as old as the stars.

The code is older than the stars.

The birth of a new era is here.

You will bring the code into this life by your living intentionally.

This information for Daughters of Earth has been in preparation for your readiness to step out of the old era and make a path to the new era.

-Great Mother, December 2019





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The planet is undergoing unprecedented social upheaval. After 5000-6000 years of patriarchal culture, the populous is ready for a new age of Aquarian dynamics: Power-With, Partnership, Equality, Freedom, and Collaboration. Because the Feminine Principle was buried deep within the memory of the Earth, our bodies as women are the key to unlock the feminine wisdom that can save us as a species and unleash a new era of belonging. Women can activate the living data stream of the Feminine on the Earth through a series of very specific practices which raise the ancient memory up from the Core to the topside in the light of the sun.

The **Daughters of Earth™ Program** is based in solid lived experiences of thousands of women and backed by the sciences of neuroscience, psychology, physics, quantum mechanics, biology, and anatomy, and threaded together by indigenous ancestral medicine.

It is the best of all women's actualization curriculum because it includes a *holistic, transpersonal approach* (so it does *the opposite of what the patriarchal thought process does, which is to isolate, disconnect and separate us from our home (Earth), the Land, the Waters, our body, and our soul.*) The Daughters Of Earth™ Program connects, heals, and re-members us into the embrace of our planet, which powers our bodies with ancient memory, ancestral support, and wisdom to guide and midwife the new era.

I have been living this information since the 1990's, when I received the calling to live more intentionally, and learned to be more co-creative with the intelligences of this Universe. It has been an amazing ride as I have understood the depth of the love and care being offered to us human beings.

The *Handbook for Daughters of Earth* is intended to merely provide a structure for you to follow like a hiking trail or path in the wilderness. The wilderness is alive all around you, but the path is traveled, and there are markers to guide you along the way.

You are welcome to stop along the way to pause and reflect on what you are assimilating. But don't stop for too long. The learning continues as you awaken to your greatness. Don't pause longer than a necessary rest stop. Your momentum is rewarded by the arrival and seating of the ancient wisdom that co-created in the



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expression of life on this planet. You'll be glad you continued the journey when you get to the end of this curriculum.

With great love from a fellow traveler,

Xoxoxo Licia

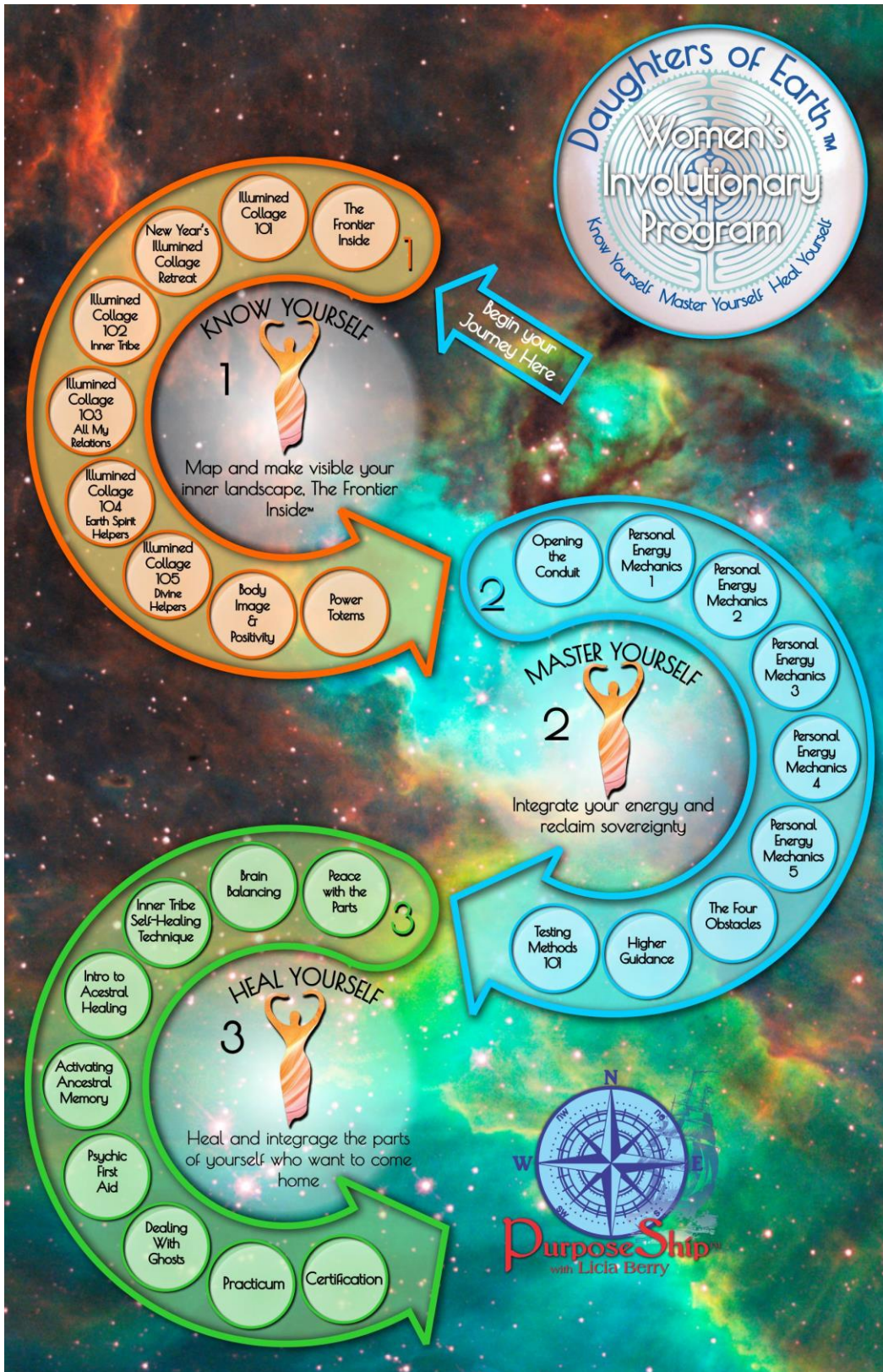


The Handbook for Daughters of Earth



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The 3 Tracks of the Daughters of Earth™ Program – Why, How?





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The three tracks of the **Daughters of Earth™ Program** are created to build understanding, gently lifting the heavy veils that were placed on you by the culture. With each track, with each course, with each lesson, you are being reminded of the truth of your sacredness.

Know Yourself is to lift the fear of *The Frontier Inside™*, to navigate your inner landscape with the knowledge and traveling guidance you need to reclaim your strengths, gifts, and super powers, as well as make visible your Ancestors, Divine Helpers, and Guides, Earth Spirit Helpers, and Inner Tribe™ members.

Master Yourself is a way of learning how to manage the parts of you that need to be held in firm, loving hand. Here you learn to master your energetic architecture (no more being swamped by other's feelings as an empath, for example!), examine thoughts for truth, and express emotions with intention, while remaining functional and fully present.

Heal Yourself is for the tools to mend, heal, and integrate the parts of ourselves which have borne the brunt of the culture of separation. These self-healing techniques are loving, sane, and kind, with a one hundred percent track record of connection, effectiveness, and resulting wholeness.

MY SUGGESTION is that you take your time going through the classes, allowing each one to fully move through your intellect, psyche and into your body, and then into the Earth to anchor the information through you.

The beauty of an online program is that you can do it at your own pace...if you are a Racer Rabbit by nature, go for it...but do make sure you are allowing the material to fully descend through all of your being into our sweet mama planet. I'm more a low and slow girl, myself, needing time before I'm ready to move on to a next concept. I took 18 months to go through the 25 courses (this does not count the Certification and Practicum modules.)

The sequence of the courses is deliberate; therefore you will not be allowed to skip ahead until you finish a class. This is for your learning process and for your protection!



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Again, I suggest that you print the pages of this Handbook and punch 3 holes in for a 3-ring binder. This will enable you to add more pages of notes and other important tidbits as you go through the program!



Description of Tracks in the Daughters of Earth™ Program and course sequence

DOE Track 1- KNOW YOURSELF

Map and make visible your inner landscape, The Frontier Inside™

Courses:

1. The Frontier Inside™
2. Illumined Collage™ 101
3. New Year's Illumined Collage™ Retreat
4. Illumined Collage™ 102 – The Inner Tribe™
5. Illumined Collage™ 103 – All My Relations
6. Illumined Collage™ 104 – Earth Spirit Helpers
7. Illumined Collage™ 105 – Divine Helpers
8. Illumined Collage™ 106 – Body Image and Positivity
9. Power Totems

DOE Track 2 - MASTER YOURSELF

Integrate your energetic architecture and reclaim the birthright of your Sovereignty

Courses:

1. Opening the Conduit



2. PEMS 1
3. PEMS 2
4. PEMS 3
5. PEMS 4
6. PEMS 5
7. The Four Obstacles
8. Higher Guidance
9. Testing Methods 101

DOE Track 3 – HEAL YOURSELF

Heal and integrate the parts of yourself who want to come home

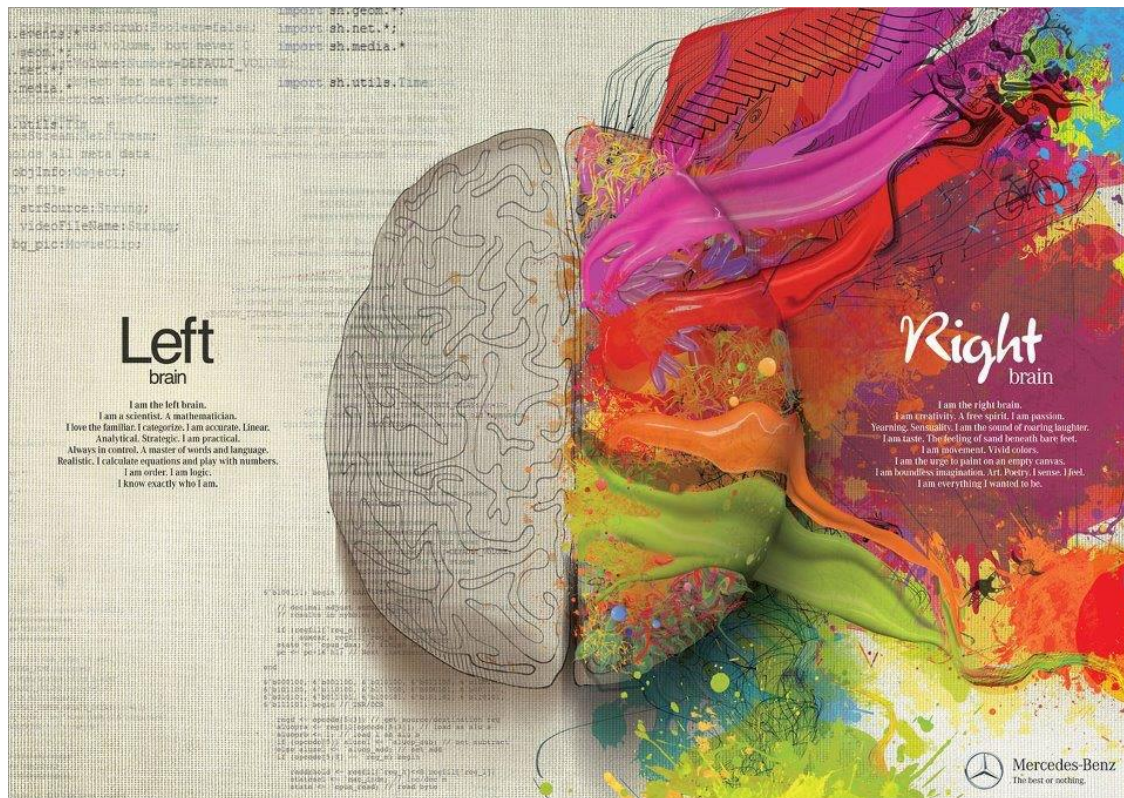
Courses:

1. Peace with the Parts
2. Brain Balancing - Transforming Subconscious Beliefs
3. The Inner Tribe [™]
4. Ancestral Healing Introduction
5. Activating Ancestral Memory
6. Psychic First Aid
7. Dealing with Ghosts
8. Practicum – Live group practice, facilitation & interaction
9. Certification (begins 2022)



DOE Track 1- KNOW YOURSELF

- Mapping and making visible your inner landscape, *The Frontier Inside™*



(borrowed from Mercedes Benz ad)

Introduction to Track 1, “Know Yourself” - The Importance of the Visual

DOE Track 1, “*Know Yourself*”, is designed to engage your right brain’s ability to access your subconscious and super-conscious data bank.

Your culture has trained you to access and value the input of your left brain to the exclusion of your right brain’s input. And the right brain speaks in image.

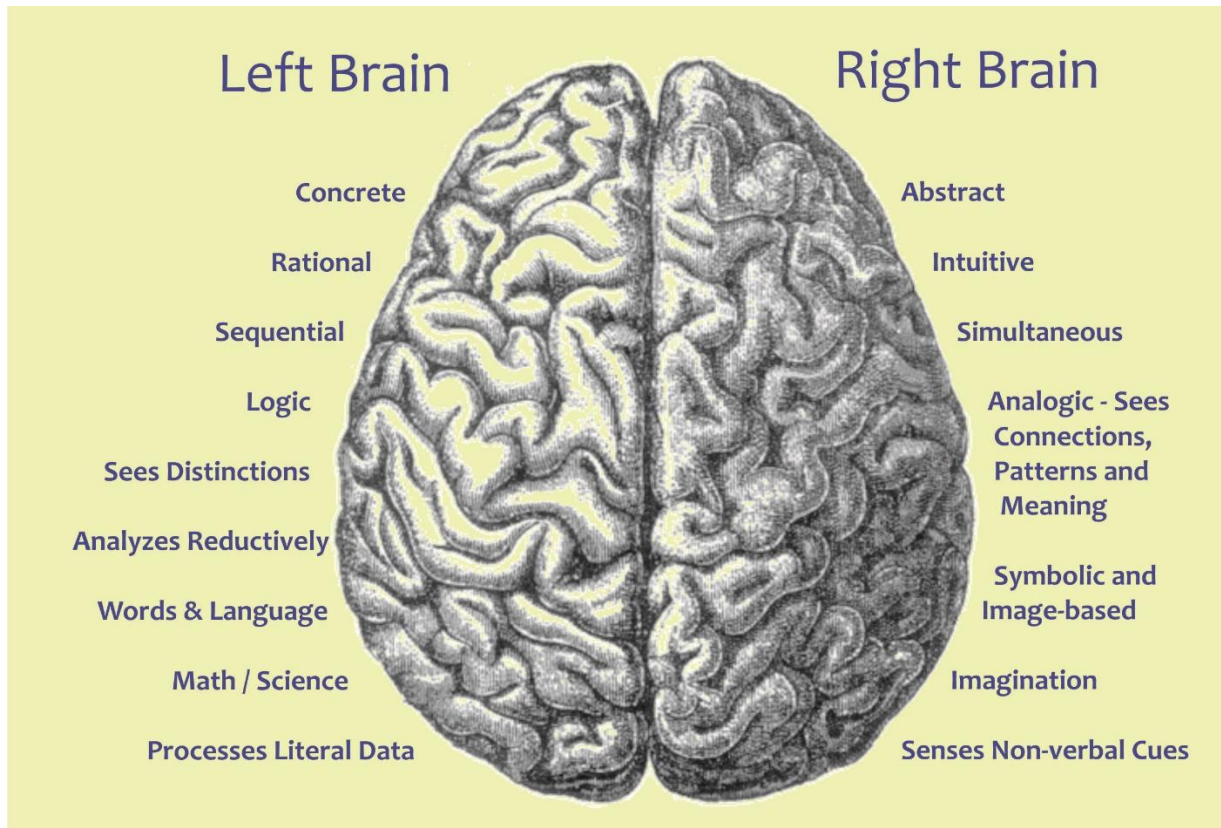
Your right brain is talking to you all the time. It is the “meaning maker”, collating all of the data you collect into a cohesive whole. It is responsible for the visual input in your dreams. It’s the part of you that sees a picture or photo and instantly makes emotional inferences and larger constructs to understand them.



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It's the part of you that makes sense of the story of life, all that you experience and all that life around you experiences.

The right brain is the part of you that tells you that you are part of something much bigger. It is inclusive, intuitive, abstract, and analogical. The right brain sees connections, senses non-verbal cues, and perceives all things occurring simultaneously (as opposed to in the past, present or future).



(from the LiciaBerry.com website, © Licia Berry)

Our brain is a marvelous aspect of our intelligence and is a great tool to understand and process the three-dimensional experience of physical life.

However, in the absence of the input and valuing of the right brain, our culture has idolized the input of the left brain. The result of this imbalanced approach is a culture of borders, categories, distinctions and separateness without the knowing of the commonalities between the differences. We are suffering from the illness of Separation, leading to the downfall of anyone or anything deemed “outside” of the mainstream intelligence. So intuitive, emotional, loving and connected frameworks of thought are deemed weak. Arts and imaginative programs in the



schools are deemed unnecessary. People who tend to be right brain dominant feel as though they don't belong in society and have maladjustive disorders because they feel excluded and unimportant.

My Experience of My Whole Brain

Back in 2006, my work took me to an interesting place.

I was sitting in my studio/office (in Del Norte, Colorado at that time) when I was prompted to “choose to partner my consciousness and my subconscious.” I set the intention to make friends with my subconscious. Then a door opened in my energy field and the whole universe started talking to me!

My understanding is that the subconscious is the gateway to the universal data bank, and that the right brain is the access to the subconscious!

As a result of the decision to open this door, I united my brain. I no longer was slave to the input of my left hemisphere as the only thing of value but was free to fly to anywhere I wanted information.

I've always been a visual thinker, learner, and avid map reader; As a kid, images were a way for me to travel the inner landscape of my psyche and make connections. Photographs from the Kodak Instamatic x15f I was given for my 9th Christmas provide visual evidence of the childhood I had, landmarks along the wild and wooly roads I traveled in order to survive my childhood. Image and making images were my solace. Images were how I could make sense of things. There weren't words for the first 24 years of my body's existence to express my feelings, experiences or thoughts.

I was not drawn to art so much as an expression of prettiness like the pictures of houses and rainbows that my schoolmates pored over at their desks, but as a way of expressing the language of my soul, one that could not yet be expressed in words. Sometimes visual art provides a path for those who cannot say what is in their hearts.

Much later in my life I would own my power of expression and the use of words I had kept to myself in journals as a teenager. Somehow, the words and the images could speak about one another, sometimes acting as a bridge for the



Handbook for Daughters of Earth

other to travel to consciousness. But the language of image is so primal. Before I could speak about things that I experienced, I could see and feel them, and record them like snapshots, storing them in the files of my mind.

Perhaps my attraction to the symbolic way of understanding is based in the power that image holds for my reconstruction of my wholeness. Image has led me places where my intellect could not go, image has told me stories my ears could not hear, image has revealed treasures I did not know I had.

I experience visual art as a shamanic path, a merging of soul, earth and ancient ways of knowing. Perhaps this is also why I was called to shamanism as a practice.

Visual art, like shamanism, is a process of trust as we travel, and knowing how to navigate in those worlds and situations we discover. It is a fierce trusting of one's own inner voice, despite what the larger culture tells you is true.

In making art, we open to unknown territory and watch while simultaneously participating in the unfolding of some new creation. We are both the witness and the participant, the traveler and the mapmaker, the immense Spirit and the physical human. Art, like shamanism, is a way of bringing the information back to the people after you have gone inward to see it, to touch it, to retrieve it. The marriage of visual image and shamanism is a way for me to make maps as I travel the vast worlds of my psyche and make cairns to alert travelers that, "This way is a supportive direction."

This life direction and philosophy is what birthed The Frontier Inside™ courses and my moniker as *"The Guide to the Frontier Inside™"*.

I've always loved collage, whether it was making paper dolls and putting newly designed clothing on their bodies that I myself made as a child or creating fine art collages in art school and later with my students. Collage is such an accessible tool to create visual art with...just about anyone can cut images and glue them down to create a new arrangement.

Collage is also a terrific metaphor for the integration process...pulling disparate parts together to make a new Whole. Like a patchwork quilt sewn out of so many



Handbook for Daughters of Earth

separate scraps, a cohesive unity can be born through the desire to bring things together.

In 2010, I rented an artist's studio in a funky, run down art park in a part of Tallahassee, Florida that had a poor reputation. It has since been gentrified, with new parks, high-rise condos, and trendy shops and restaurants. But at the time, it took some faith and not minding dust, spiders and the occasional snake to work there. My studio was a sublet from a wonderful quilt artist while she was out for surgery and recovery. She gave me permission to paint and decorate it the way I wanted. I made it a Womb inside, a cozy, warm, inviting and powerful place to create. When I went there, I felt welcomed into a holy space.

It was here that I created the guided collage system that I called "*Illumined Collage™*". Your next few months of discovery will be centered in creating your own Illumined Collages to describe different parts of your inner landscape, the friends you find there, and the strengths, talents, and powers that you integrate into your psyche.

Enjoy!



DOE Track 1- KNOW YOURSELF

*Map and make visible your inner landscape, The Frontier
Inside™*

Courses:

1. The Frontier Inside™
2. Illumined Collage™ 101
3. New Year's Illumined Collage™ Retreat
4. Illumined Collage™ 102 – The Inner Tribe™
5. Illumined Collage™ 103 – All My Relations
6. Illumined Collage™ 104 – Earth Spirit Helpers
7. Illumined Collage™ 105 – Divine Helpers
8. Illumined Collage™ 106 – Body Image and Positivity
9. Power Totems



DOE Track 2 - MASTER YOURSELF

- Integrate your energetic architecture and reclaim the birthright of your Sovereignty





The Whole Brain - Working in Partnership

Daughters of Earth™ Track 2 – “*Master Yourself*” is designed to support the integration of your human brain (the left and right hemispheres, the pre-frontal cortex, the subconscious and the super-conscious.)

The result of integration of your brain is that you have access to greater consciousness and control over your subtle energy system.

When you have access to greater consciousness:

- You can receive guidance from your Higher Helpers
- You can know what to do in any situation
- You can support the bigger picture and evolutionary development

When you have greater control over your subtle energy system:

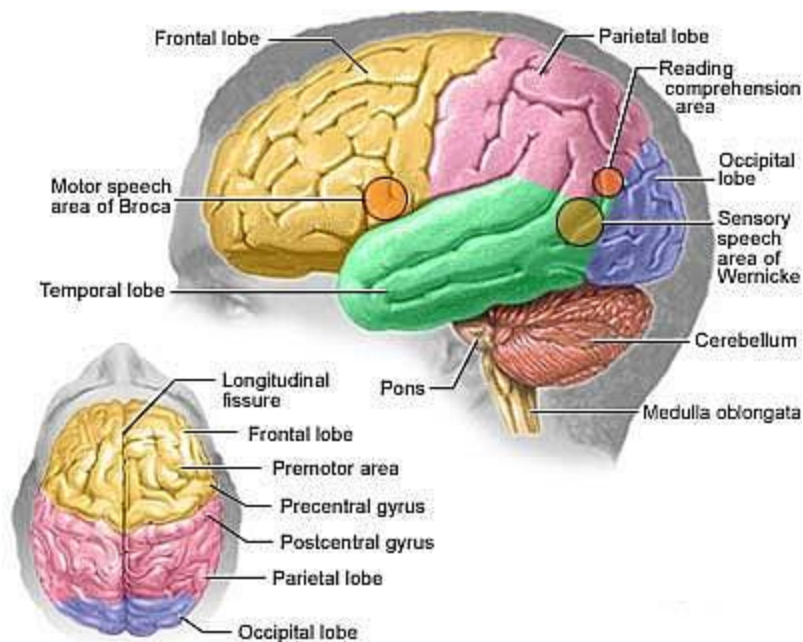
- You can immediately repair any wounding due to life’s experiences
- You are stronger, more resilient, more powerful, more aware of others’ energy
- You are more protected, and therefore more fully able to SHINE your light

Our brain works in partnership, too, if we allow it. We have many aspects of self, and the brain is a mirror for those parts of us.

There, in our head, is a tool for accessing multiple layers of consciousness. The parts of consciousness that are needed for survival are in the back of the brain, the seat of the subconscious. Those needed for higher reasoning are located in the prefrontal cortex. Our ability to do math, read and write words, think logically and practically, see order and sequence and time, and understand that we are separate from one another is generated by the left hemisphere. And our capacity to see meaning and a larger vision, to imagine and intuit, to feel empathy and understand emotion, and to interpret symbolic language is the realm of the right hemisphere.

To be fully expressed and a True Human, we must access the Whole Brain.

The advantage of any one of these aspects of the brain are obvious...we can get along by using a couple just fine. But to access the realm of the Divine we must be in a Whole Brain state.



A Whole Brain is the doorway to All Things. The partnership with the subconscious (often dismissed as unimportant, troublesome, and only our “survival brain”) is a key to achieving our desires. I made the conscious decision in 2006 to listen to my subconscious, to allow my subconscious to inform my conscious brain. That decision changed my life; by allowing this partnership to occur, and by structuring my communication with protective parameters, I was able to see the valuable realms of data that I’d been only catching glimpses of.

Our Subtle Energy Body

You will discover in DOE Track 2 that you are WAY MORE than you’ve been taught. The left brain dominant culture has effectively removed your subtle energetic nature from your daily recognition, leaving you feeling unprotected, powerless and at the mercy of what life hands you. **This is not the way you were created to live.**

You are a Divine Being, endowed with the gifts of a universe that was created in accordance with one prime intention: “Life Will Continue”. In an ever-expansive universe that’s directive is “Life will Continue”, you are intended to participate by expanding your own life, and that is done by wielding ALL of your capacities. *Your*



own kind of special magic is meant to act as a gear in the machine of the universe's function.

You might feel some feelings as you awaken to your subtle architecture; perhaps some big questions will come into your mind. How did I not know these things? Why did someone not teach me? How could an entire culture disbelieve this exists?

The Need for Mastery of Self

You would be absolutely justified in asking those questions.

It is quite a moment of awakening when you realize that you were robbed of your Sovereignty, your right to have control over your life. It is a painful but necessary moment, because it then galvanizes your desire that *no one be your master but yourself*.

As you will discover in DOE Track 2, there is a complex, beautiful, strong, and responsive architecture of energy anatomy that is meant to be under your direction, power, and guardianship.

Enjoy learning and reclaiming your birthright of your energy body!

Addendum 1:

A Few Whole Brain Body Postures

By placing the body in certain postures, we can induce a Whole Brain condition. As we cross over the midline of our body with our limbs, we are enhancing cross-hemispheric communication. The benefits of a Whole Brain state are numerous:

- Relaxed state of mind
- Receptive to new ideas
- Ability see a bigger picture
- Access to higher knowing
- Greater spiritual receptivity
- Vast stores of memory easier to access
- Access to the support that is contracted to work with us
- Awareness of one's role in the cosmos



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- Access to the larger intelligence that flows through All Things
- Peace





Addendum 2:

Cross Hemispheric Communication and the ability to have “Divine Downloads”

As a benefit of mastering your energy body, you may also discover your ability to receive greater or higher data. Your energetic architecture is meant to receive a data stream from the intelligence of your Conduit. You will discover the “Opening the Conduit” course in DOE Track 2 is the first course because you have a right to the correct information **for you**.

The journey that I have taken has been right for me, and I have faithfully recorded it in order to leave a trail of breadcrumbs for others to follow. My desire is that all are free. And this has been my path to freedom. Your path as you travel might diverge from mine, and that is good! My path is for me and to be offered as a means of jolting others awake from the cultural hypnosis, but not intended to exclude your own wisdom, discoveries, and way of being.

You may find as you continue to master your architecture that your ability and capacity to magnetize higher intelligence increases dramatically. If so, don't panic. Enjoy the new level of access that you were born to enjoy.



DOE Track 2- MASTER YOURSELF

*Integrate your energetic architecture and reclaim the
birthright of your Sovereignty*

Courses:

10. Opening the Conduit
11. PEMS 1
12. PEMS 2
13. PEMS 3
14. PEMS 4
15. PEMS 5
16. The Four Obstacles
17. Higher Guidance
18. Testing Methods 101



DOE Track 3 - HEAL YOURSELF

Heal and integrate the parts of yourself who want to come home



Coming Home to Self and Soul

The **Daughters of Earth™ Track 3 – “Heal Yourself”** is designed with a single purpose in mind...**Integration.**

Integration is the goal of the work I have done since I started therapy when I was 25 years old. Recovery of parts of myself because of childhood and young adult traumas was like recovering parts of a ship that exploded at sea. I envision myself rowing around in an orange lifeboat, looking for survivors and things in the waters that I can use in order to survive on a deserted island. Everybody in the boat! It was a harrowing process at first because my parts were so scattered. Now, my



parts are almost all integrated, and JOY is my reward!! It feels GOOD to be WHOLE!

Getting Along

Thus far in the Daughters of Earth™ Program, you have united your brain, remembered your sovereign right to your relationship with Earth and the Divine, and developed your capacity for streaming your own downloads.

But to fully embrace the divine nature of your life, you must heal.

Healing is a loaded word, like many in our culture. Healing simply means *to improve upon, or to mend what's been torn*. Healing is how the universe takes care of the wounds of being physical (watch what your body does when you cut yourself or break a bone). Healing is how the universe tends to emotional wounds, bringing us back to our pain until we resolve them. All physical creatures have some healing capacity (watch trees, animals, the Earth! They all strive to heal themselves.)

If there is significant trauma (as there was in my case), there's even more work to be done. The genius of our psyche is such that it compartmentalizes the pain so we can survive it, rather than be destroyed by it. Once it is safe to begin the healing process, the task becomes to unpack the compartmentalized pain and consolidate, integrate and be healed in order to fully enjoy our lives.

Every time I think about the history of women's issues, I get angry and double down on my efforts. Women are sacred, and yet women are oppressed at best, and traumatized at the very worst. Women can experience the worst that the culture can do and are expected to keep on serving the culture whose boot is on their neck. It's not okay that the culture encourages us to be traumatized and suffer in silence. It's not okay that women are taught to be beasts of burden. There is a whole different world available to the woman who rebels against this madness.

To heal is to rebel.

To say in the face of the culture that you will not remain scattered and splattered.



Handbook for Daughters of Earth

To say to the oppressors that you will make yourself whole despite the efforts to keep you in pieces.

You are a whole being. But you almost certainly can **be more whole**.

This is the work of DOE Track 3 – “Heal Yourself”.

Non-Judgment is the Balm

To heal yourself, there is an important concept to integrate, too. *The concept of non-judgement.*

The parts of you that need healing need love. Acceptance and compassion are key. And this is one of the hardest things to unlearn in a culture that constantly compares and judges us and denigrates or mocks vulnerability. *We must be okay with the fact that we need healing.*

We can also remember our divine nature by extending this compassion toward ourselves. By getting along with our unhealed parts and bringing them back into our wholeness in a healed state, we can extend that goodwill out to others.

We can connect with the Divine only if we understand what it means to connect with one another. And this starts within us.

“The relationship between a person and another human being is what creates and allows for a relationship with God. If you’re not capable of living with each other and getting along with each other, then you’re not capable of having a relationship with God. So, the question is not whether God can bring peace into the world. The question is: Can we?” - Bruce Feiler



Peace with the Parts (excerpt from *I Am Her Daughter – the Healing Path to a Woman’s Power* (Licia Berry, 2016))

***I take pleasure in my “transformations.”
I look quiet and consistent, but few know
how many women there are in me.***

— Anais Nin

“We are made of parts. Our body is a living, organic community of over fifty trillion cells, each with an agenda to live and a unique role to play in the makeup of our physical self. A brain cell has a different role than a liver cell, for example, equally important but different in function. Our cells are a microcosm of the billions of people and the trillions of creatures on our planet.

*There are also parts of our individual psyche. In shamanism, the oldest medicine in the world, we know that **every age we have ever been lives inside of us**. We have a four-year-old, a sixteen-year-old, a twenty-seven-year-old, and so on, all alive and well in our inner landscape.*



Handbook for Daughters of Earth

We also know that our ancestors are alive inside of us, something we can describe as scientifically as our genetic code, our DNA. We are indeed made of the love of many people who came before us.

In a culture that wants us to behave in certain ways, we are discouraged from being authentic in our needs, in expressing how we really feel, in being who we really are. We are asked (or told) to put parts of our selves away, behind closed doors. We are asked to sacrifice our truths in the name of societal need. This begins with our caretakers when we are very young.

“Sit down and be quiet” can result in shame for singing and moving. “Stop asking so many questions” can shut up the curious seeker of information. “Stop crying or I’ll give you something to cry about” can stop the flow of emotion that comes to us naturally. “I don’t like this part of you” is essentially the message, and because we are young, vulnerable, and need the approval and love of our authority figures, we put ourselves away, become who they want us to be.

As we grow older, we are afraid to show those “undesirable” parts of self, and the closed doors can become locked. We can forget those parts of ourselves ever existed, and then are mystified when we wake one morning and do not know who we are.

Many of us also have undergone trauma, and this can result in parts of ourselves becoming frozen in time, in that moment of awfulness, and remaining there, suspended. Trauma can look like many different things to different people. Trauma is relative. If you have a sensitive nature, trauma could be someone pushing you down at the playground and laughing at you.

We may not like those parts of ourselves; we have been trained not to like them, unfortunately. The culture rewards strength and blames the victim of crime, for example. We even blame someone for getting an illness as if they have done something wrong! We have been trained not to like parts of ourselves that are weak, vulnerable, powerless, perhaps even victimized . . . to turn on those parts as if they were a weak member of the herd and to feed on them.

Parts of ourselves that are not integrated into the wholeness of our psyche can turn “rogue” on us, creating drag as if they are anchors, or even a ball and chain heavily tugging along behind us. These parts of self can actually sabotage our success, not because they are “bad,” but because they are seeking our attention,



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crying out to be heard, acknowledged, and finally, healed. They want to come home...

...Wholeness looks different for different people, but it always feels the same. It feels like coming home, like being reunited with a part of yourself that has been far afield and has returned to you. Often it feels like you did not even realize you were missing that piece, especially if it has been many years since the original split occurred. But it always, always feels like a homecoming. Every time I have integrated another part of me, sometimes dramatically and sometimes very subtly, it is a keen sense of being bigger, stronger, more stable, more solid in my core. That strength of integrity emanates outward, making my energy field powerful. If we want to do good things in the world, that is important.

I have learned that acknowledgment, acceptance, and compassion are the way to melt all barriers inside of myself and return to the flow of authentic me. Self-judgment is the most reliable way to stay stuck. When I feel something inside and allow it to be heard, bring it to the light, let myself feel that way, it comes to the surface and expresses. Then it dissipates. It is over. If I suppress a feeling, try to squash it down, freeze it, or keep it in the dark, I do not feel the relief that comes with expressed emotion. I stay bolloxed, stuck, and uncomfortable. The way out is truly through.

Which, of course, takes love. It's so simple, isn't it? When we can hold ourselves with love, it seems we can face anything we do not like about ourselves. But how do you love yourself with such passion and ferocity when you have not experienced it, when no one taught you how? When we do not experience this kind of love in the world, we can doubt our worthiness, doubt that we are lovable. Self-forgiveness plays a role here, forgiveness for not measuring up in the ways we were taught we should, forgiveness for being "unlovable..."

...Love transforms all things.

...In the journey of life (both inner and outer), re-parenting myself has become a central theme in my healing process. Seeing myself as a child of God, precious and valued for my own sake, has been the cornerstone of my reclamation of Self after my violent childhood. Very different from "blaming my toxic parents" or



endlessly indulging my “inner child,” re-parenting myself is an active, moment-to-moment decision to be the wise guide to the renegade, unhealed child aspects that desperately need a good mother and father.

The “good parent” parts of me are the parts that are integrated, grown up, matured, and emotionally developed, whereas the child parts may be victimized, emotionally stuck in that age, and very needy. My experience tells me that those child parts can run our lives into the ground if we allow them to drive the train; it is better (and responsible) to put the child parts in the passenger seats and invite a competent adult part to drive. We can all imagine what would happen if an unsupervised three-year-old drove a speeding train. I don’t think any of us want our lives to be a train wreck.

I have found that re-parenting is initially challenging, but that, over time, it becomes habitual, like so many other life changes. It is a good change to make if you find yourself living with critical, internalized parents that manifest in belittling remarks toward yourself or in making poor decisions about your wellbeing...

My scenario looked very much like this. I would put myself down...the little girl inside me just wanted to be loved. I put myself in situations that were dangerous physically and emotionally...I allowed myself to be hurt by being in front of toxic people, not leaving until the situation became utterly intolerable...Sometimes I eat in ways that indicate that I am feeding an emotional need...Sometimes I reach for approval from people or places that cannot give it to me...These are all signs of an active inner child part that needs attention.

The inner child is very real. As I have mentioned, in shamanism, it is believed that we carry all the ages we have ever been inside of us into this present moment unless something occurred somewhere along the way that keeps a part of us stuck in the past. This usually happens when there is some kind of overwhelming experience to the psyche. Called trauma in psychology, we say in shamanism that these moments of overwhelm can “freeze” us emotionally and energetically, causing considerable drain in our lives. It becomes the shaman’s task to retrieve the part of us that is caught in an energetic web of trauma, freeing us to be one in the present.

Psychology mirrors this concept when we talk about integration of parts of self into wholeness. Integration is another word for healing, and healing is what is



needed when a part of self is acting out of alignment with our optimal health and wellbeing. It is important to bring all parts of self into some sense of alignment with our larger Self, the mature, wise, and highly evolved core that some might call the “spiritual” Self. The more integrated we are, the fewer conflicts there are in the internal dialogue among our parts. Less inner conflict means moving forward in our lives with ease and grace.

Sometimes “moving forward” means leaving a part of ourselves behind because it is what is needed, as children, for our survival. The biological imperative to live wins in the end, and so we do what must be done in order to survive. A child who encounters intense abuse, for example, may dissociate in order to live through the experience. The cost of that temporary reprieve is that a part of the child is caught by the trauma of that moment and that part does not move in concert in maturation with the child as they age. Emotion may be stunted; the later adult may have an emotional literacy that is developed only to the age they were “frozen...”

...I am blessed to have had excellent support and loving guidance in retrieving parts that wandered loose from my center: unparented, wild child parts, scared two- or five-year-old parts, or angry thirteen- or seventeen-year-old parts, all aspects of my psyche that hold important keys to my actualized life.

From the perspective of being on the other side of my technique, I can speak to the benefit of retrieval work, the integration of parts of self into a kind of central “Home in the Heart.” I began calling these aspects of my psyche my “inner tribe” in 2004, and developed the Inner Tribe™ technique soon after.

I envision a large campfire around which the majority of my inner tribe sit, telling stories, talking and laughing, and holding council when necessary. When I notice that a part of my Self seems to be acting out in ways that are incongruent with my maturity level, I look beyond the circle around the fire to who is lurking at the dark edges. I will see a part of my Self with its back turned, a child who is crying or a symbol that represents a quality of my personality that is tied up in the traumatic net of the past. I am then called upon to be my biggest, best Self, my most compassionate and wise nature, to navigate bringing this lost part of Self home to the tribe.



My Inner Masculine, Age Fourteen

Inner Tribe™ Case Study

I became aware of a part of self that is like a teenaged boy; I could see him in my mind's eye, gangly, awkward. I found that he lived in my right shoulder/chest/back when I zeroed in on him. I had been having trouble with my right shoulder for over two years, exhibiting a "frozen shoulder," according to my physical practitioners.

I went inside to my body, in the center of the right shoulder. I saw him. He was bound tightly, wrapped and tied up with ropes. He said, "I can't move. Cut the ropes." I imagine coming forward with a knife to cut the ropes, and see that several other children of all ages are coming forward to help. They work diligently to free him. I get the impression that he is a respected part, kind of like a Peter Pan figure to the younger parts. We free him, and he stands up. He is glowering, his face angry and emotional. He says, "She killed me. She crucified me." He is so angry that he wants to hurt my mother for tying him up.

I empathize with him, saying, "Of course, you do. It makes sense that you feel that way."

Feeling my permission for how he feels, he breaks down, and I wrap my arms around him. "Why did she hate me so much?" he asks through his tears.

I tell him she hated herself, not him, and I just hold him. I tell him how remarkable he is, how strong and capable, and how the world is at his feet and that he has his whole life ahead of him. In my heart, I feel such compassion for him, and I call on Great Mother to help him heal, from the inside out. All of the others who came forward to help him get free jump up and down and clap with glee. I integrate him in, and I feel and hear a pop in the deep center of the right side of my chest, under my shoulder blade, and my shoulder swings free, freer than it has in more than two years."

Inner Tribe™ work is the swiftest, most complete self-healing technique I have ever experienced. It is permanent, loving, and the consolidation of aspects that would sabotage our life as we grow and mature. It is the answer to the yearning for love, belonging, and HOME.



Inner Tribe™ Technique – a Handy Reference Guide

Inner Tribe™ work is subtle and based in love, and is therefore very powerful. I developed this technique first to heal myself, and upon realization of its complete effectiveness, to teach it to my clients with great success. It is very important to me to teach tools that empower individuals to heal themselves; I have found it effective in combination with other therapies, as well. I am an advocate for whatever works with our unique set of issues and psychology/neurobiology.

What follows is the basics of Inner Tribe™ work; it revolves around respect, compassion, and acknowledgment. As you will discover, each instance of Inner Tribe™ work is a little different; there can be multiple Inner Tribe members at once, or complexities in how to reach that Inner Tribe member. This is best learned through the Practicum and Certification at the end of Track 3.

Here are the basic steps to healing a part of self that has splintered off from your larger Core Self:

1. **Acknowledge your feeling.** Something is uncomfortable; what is it? Allow the feeling to emerge; be curious about it.
2. **Notice the body.** Is there a part of your body that feels different? Painful, achy, tight, spasms, cold or hot? Is there a place in your body that seems to be calling out to be seen?
3. **Go within.** Go into that part of the body and feel/see what is there. Visualize or sense that there is a part of self, which may be a child, person, object, color, or other symbol. Get as much information as possible and describe what you see/sense. If it is a child, for example, notice what they are wearing, if they are holding anything, the facial expression, if they are doing anything in particular, etc. Notice the landscape.
4. **Have dialogue with your Inner Tribe™ member.** You are interacting with a part of yourself, so do so respectfully and with love. Imagine that you are the greatest mother in the world, and your dialogue with the Inner Tribe™ member is informed by the great love and compassion of the mother's heart. Ask:
 - a. Do you have anything you want to show me?
 - b. Do you have anything you want to tell me?



- c. **Accept** what you hear without a need to explain or “fix”. Affirm them. Listen with non-judgment.
5. **Establish trust.** You are here to listen and heal a part of yourself that was diminished or traumatized in some past time of your life. This Inner Tribe™ member needs to feel that you are trustworthy to reveal why they split off from your wholeness in the first place. This takes incredible trust on their part. Your conversation with them needs to be loving and non-judgmental, and you need to **actively send compassion from your heart** during this important interaction. If the Inner Tribe™ member feels a whiff of unsafety, they will retreat. Do not despair if this occurs; it takes practice to be compassionate and non-judgmental with ourselves. The opportunity to heal this part will arise again.
6. **Integrate the Inner Tribe™ member.** As the part of self unburdens its pain and secrets, it will become lighter and the interaction may change form. Ask the Inner Tribe™ member if it is all right for you to hug them; get down on their level and genuinely beam love from your heart to them. This is the time when the part is most likely to melt into your body, *a signal that the part is now integrating into your wholeness.*

*(excerpted from **I Am Her Daughter – the Healing Path to a Woman’s Power**, © Licia Berry, 2016. May not be republished or taught in any form without written permission of author.)*

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A note: Ancestors can also reveal themselves as Inner Tribe members. You will learn more as you continue the healing who is you, and who is an Ancestor.

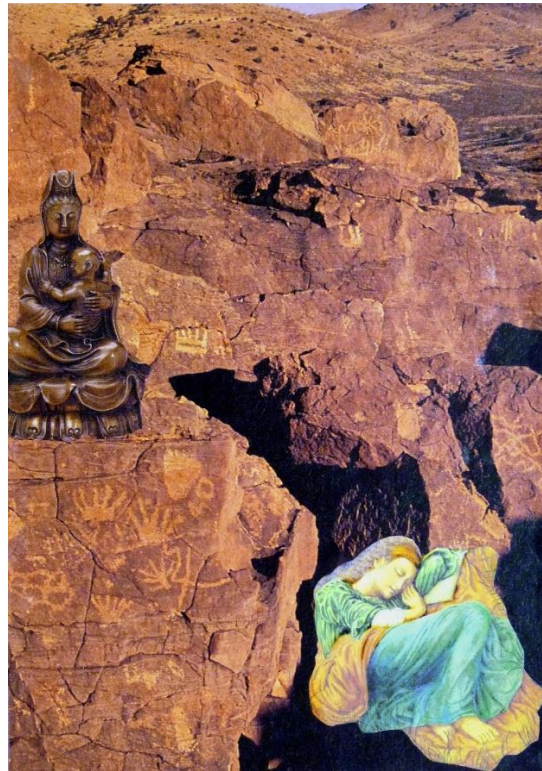
Everything in the physical universe happens in relationship. It is arrogant to believe that we do everything by ourselves. Try brushing your teeth without a toothbrush! Every single thing we do, create, or dream into being is done by the generous offerings of others. We are better and more than the sum of our parts, and this work to reclaim our Inner Tribe™ is a call to value relations between the aspects of ourselves in a coherent, cohesive way in order to be most effective in our lives.



Handbook for Daughters of Earth

My intention in sharing the basic steps of Inner Tribe™ work is *to empower you to heal yourself*. In a patriarchal culture, we are told we do not have the power to heal ourselves, or to speak to God directly, we cannot be trusted with such important matters, and must go to an authority. I reject this notion in principle, but believe in balance. As an experienced practitioner, I acknowledge that there are often exceptions to the rule due to our individual circumstances. I advocate a discerning eye toward healing ourselves, utilizing a professional at times, as well as working on our own behalf to heal. I have greatly benefitted from a balance of both.

Ancestral Memory: Healing for Ourselves and for our Descendants



Souls come forth on Earth to execute the work of their ancestors.

— The Book of the Dead

Excerpt from ***I Am Her Daughter - the Healing Path to a Woman's Power:***

“The Earth is awake. She is a living being, with intelligence and memory in her iron ore heart, at her core. We are Her children, and our Ancestors are part of Her.



Handbook for Daughters of Earth

We emerge into form as physical bodies from Her memory, the lives of all who lived before us.

We are part of the Earth, as our indigenous ancestors lived and breathed. I became aware of this when I was pregnant with my first son, Jess. The mountains spoke through me while I carried him inside of me, the desert making his little body through the air I breathed, the water I drank, the food I ate. I felt the spirits of the land around me and the creatures of the air blessing me. This child was not mine alone, but belonged to the Earth. I was the vessel that bridged spirit and the physical, the conduit through which Nature created a new life. I was the collaborator in bringing forth the Earth's dream of a being, a man who would someday answer Her need for a medicine bringer for Her deserts and their special beauty...

...Our body is made of the ancestors. We are literally a walking patchwork quilt of our ancestors, including the food, the waters, the air, the fire, everything on the Earth. We have traveled a long chain of intelligence that has kept the human species alive, that has resulted in this current time, this present moment, and our bodies. When I realized this, REALLY got it, I fell on my knees in gratitude, as well as in shame for my previous lack of understanding of the profound gift of life, all that has brought forth seed in support of an anticipated future in order to make existence possible for me to be here. The loss of this awareness, our disconnection from All Creation that has lovingly borne us through time to this moment, is the greatest tragedy and greatest insanity that I can fathom...

...Great Mother in Her wisdom has shown us where our ancestors' hurts lie and has provided us an opportunity to heal them. I hope to catch the issues in the ancestral lineage that my ancestors were meant to resolve, but could not, so that my descendants are free.

Our Ancestors Are With Us

Traditionally people say that our male ancestors—the great-grandfathers, our grandfathers, our fathers, our uncles, our brothers—stand behind us on the right



side, and our female ancestors—the great-grandmother, the grandmother, the sister, the aunt—stand behind us on the left side. And they say, “Oh, maybe this one will be the one who will bring forward the good, true and beautiful from all the past generation and the generations to come. Maybe this one will be the one that will bring the end to all the harmful family patterns, maybe this one will be the one.”

— Angeles Arrien

Our Family Heritage

We come from a long, long line of Earth’s children. Her expressions are many-colored and multi-hued, resulting in an infinite number of combinations. Nature has cooperated by arranging factors in the most life-affirming ways, ensuring the survival of All Creation.

We used to know that we come from our ancestors and gave honor to those who came before us, paving the way for the existence of our lives, our joy, our offspring. We gave thanks and felt them all around us, supporting us and loving us as life went on.

If you go back in time to the very beginning of life, you will find that we are related to one another. We are indeed family, distant cousins from the star-born relatives of our past. The grandmothers and mothers of the ages are responsible for bringing us forth. Women are uniquely able to embody the imprints and memories of those who traveled before us. Men look to spirit, to the grandfathers and fathers for guidance, but women need not look anywhere but inside themselves.

A woman’s body does greatest service to the human race: to continue the species, to nurture it to its fruition. I feel that we, both men and women, have lost the understanding of this service. If we did recognize it, wouldn’t we respect and hold women and their bodies as holy? How much we disdain this sacred sacrifice.

The Earth understands the gravity of this service. I heard the voice of the Earth say, “Men are to revere the woman, the carrier of the line of humans, the vessel through which humans continue. Women are to know their power, to know their divinity, their sacred place.”



Handbook for Daughters of Earth

My people tell me that we have lost our way; current cultural norms are such that we do not walk in connection or in deference to the planet that we call Earth, nor to the millions of relatives who walk the Earth in our given path as we occupy space.”

WOMAN IS SACRED.



DOE Track 3- HEAL YOURSELF

Heal and integrate the parts of yourself who want to come home

Courses:

19. Peace with the Parts
20. Brain Balancing - Transforming Subconscious Beliefs
21. The Inner Tribe TM
22. Ancestral Healing Introduction
23. Activating Ancestral Memory
24. Psychic First Aid
25. Dealing with Ghosts
26. Practicum – Live group practice, facilitation & interaction
27. Certification (begins 2022)



WHAT'S NEXT, Daughter of Earth?

You've done it! Congratulations for making an investment of your time and resources that will return to you many times over! The work I have done to develop myself and act from the integration has been the greatest time and resource investment I have ever made.

You may be feeling your oats now that you are more cohesive energetically, mentally, emotionally, and maybe even spiritually! Good! As I've said throughout the program, the world needs you! The role you are to play for the next evolution of our species and the planet will be coming up to be expressed the more integrated you are. You may feel agitated, frustrated, motivated, or highly creative now that you've finished the DOE program...I call this "the Divine Itch". It is the itch that has to be scratched or it makes us crazy! LOL

I've got an idea for you...would you like to keep developing your unique purpose, your contribution, and even your leadership? Then I've got a fun place for you to go!

After completion of the Daughters of Earth™ Program, you are invited into my **New Earth Protocol™ Mini-Program** to deepen your relationship with the Earth, Gaia's Heart, and other women who care for our planet and All Creation as much as you do.

After the New Earth Protocol™ Mini-Program, you may be interested in the **Daughters of the New Aquarian Era Programs**, which include Athena's Alliance™, The Aquarian Gospels™, and UNIT Work™ (taught with my husband Peter). These programs are designed to build your relationship skills, sharing of power, and partnership capacity with men, who have their own role to play in this new era.

If you'd like to learn more, go to <http://purposeship.global/> , www.liciaberry.com, or email me Licia@LiciaBerry.com. If you are interested in PurposeShip™ group experiences, retreats or private work, please email me.

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A reminder: the DOE Program is a Self-oriented program. Once you experience the amazing benefits of the practices and tools I teach, you may desire to share



Handbook for Daughters of Earth

them with others. If so, please send them to the DaughtersOfEarth.com page to enroll in the program! And thank you!

If you are a practitioner or educator and would like to teach my material, you must become certified in my program. *All Daughters of Earth material and all of my work carries a strong copyright, and no sharing, teaching, publishing or other broadcasting of my material is permitted without my written permission.* Thank you for respecting my decades of devoted work to discover, test, develop, create, birth, teach train my material.

Practicum and Certification Programs are in development now. Reach out and request information for group and individual oversight and supervision for certification. Licia@LiciaBerry.com

Licia Berry's Programs for Women to awaken, heal, and integrate from the trauma of patriarchal culture:

The DAUGHTERS OF EARTH™ PROGRAMS:

1. **KNOW YOURSELF** - a track to plot your inner landscape
2. **MASTER YOURSELF** – a track to integrate your energy and reclaim sovereignty
3. **HEAL YOURSELF** – a track to heal Inner Tribe™ members and Ancestral issues

New Earth Protocol Mini-Program – online program debuts Sept. 2020

Daughters of the New Aquarian Era Program – debuts in 2021

Additional Supports



Trouble Shooting - Reach the DOE Team

For issues with the membership, courses or DOE Library, contact Licia's husband Peter Berry at YouAndMe@JuicySacredLiving.com

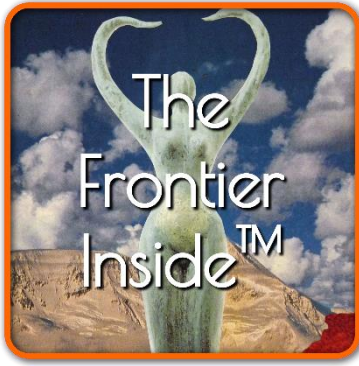
Individual Tutoring or Healing Sessions with Licia Berry

For individual tutoring or healing sessions, reach out to Licia directly at Licia@LiciaBerry.com. Licia sometimes works with individuals on a limited basis according to her schedule.



DOE Course Descriptions

TRACK 1



Frontier Inside™ eCourse – 8 hours

Description: The Frontier Inside – the Path to Personal Power™ A Journey into the Heart of Your Power with Licia Berry, The Wild Woman’s Guide to the Frontier Inside™!

This e-course is for ALL seekers, pioneers, practitioners of all healing and therapeutic arts, students of self-awareness and healing, novice and experienced inner travelers, and people who hear the call of the Inner Frontier and are yearning to answer. Learn at your own pace! Start any time!



Illumined Collage™ 101 - 4 hours

Description: Licia’s famed, patent-pending whole brain collage technique that reveals guidance, gives direction, answers questions, and affirms our connection with Larger Intelligence.



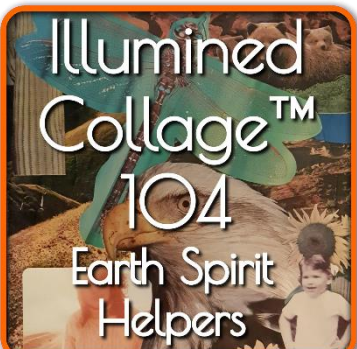
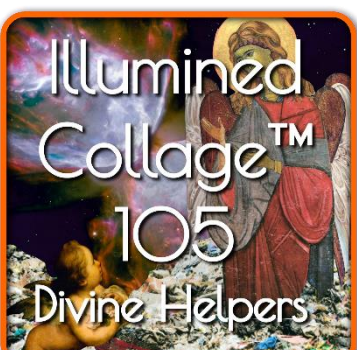


New Year’s Illumined Collage™ Retreat eCourse - 1 hour

Description: New Year Illumined Collage™ Retreat with Licia Berry MP3 (90 minutes of instruction) Join Licia for her patent-pending Illumined Collage™ Process, where you create a whole-brain collage for your new year!

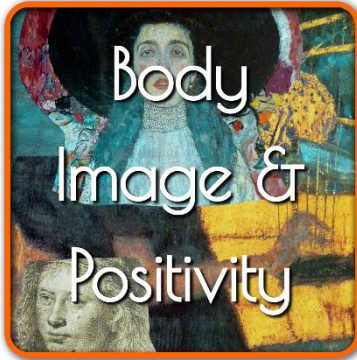
Who will you be in the new year? How can you show up and be of service to the world in your most self actualized way? Take a soul-nourishing, creative and insightful mini-retreat in the comfort of your own home while you weave your new year into the making.



 <p>Illumined Collage™ 102 Inner Tribe</p>	<p>Illumined Collage™ 102 – Inner Tribe™ - 1 hour Description: Utilizing Illumined Collage™ to identify, acknowledge, and dialogue with aspects of your own psyche, from the Inner Tribe™ Self-Healing Course.</p>
 <p>Illumined Collage™ 103 All My Relations</p>	<p>Illumined Collage™ 103 – All My Relations - 1 hour Description: Utilizing Illumined Collage™ to identify, acknowledge, and dialogue with your Ancestors, gaining the support, strength and wisdom that is your birthright.</p>
 <p>Illumined Collage™ 104 Earth Spirit Helpers</p>	<p>Illumined Collage™ 104 – Earth Spirit Helpers - 1 hour Description: Utilizing Illumined Collage™ to identify, acknowledge, and dialogue with your contracted Earth Spirit Helpers, to receive their support, wisdom, guidance, and medicine.</p>
 <p>Illumined Collage™ 105 Divine Helpers</p>	<p>Illumined Collage™ 105 – Divine Helpers - 1 hour Description: Utilizing Illumined Collage™ to identify, acknowledge, and dialogue with your contracted Earth Spirit Helpers, to receive their support, wisdom, guidance, and medicine.</p>



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Body Image and Positivity - 3 hours

Description: In this 3 hour course, explore the sacred nature of the female body and YOUR feminine embodiment. You may have heard it differently; our western culture does not see a woman's body as the holy temple that is the threshold between worlds, but the truth is in the ancient record of Earth. Your body is gateway to mysteries untold and pleasures divine. Create an Illumined Collage™ series that reveals your true self. Learn why you need to be friends with your body. Come back to sovereignty and true respect for your deep feminine nature, and make peace with your body image.



Power Totems - 1 hour

Description: Enjoy creating a doll that reflects your powerful medicine in this creative and fun eCourse! This one hour course introduces you to the concept of *Power Totems*, visible archetypes for our spiritual or energetic nature. Through Licia Berry's artistic explorations of her own archetypal being, she has created this fun, creative activity to give you a visual icon of your strengths, gifts and superpowers. Create as many as you like!



TRACK 2



Opening the Conduit eCourse - 2 hours

Description: Learn about the circuitry that creates our Heaven and Earth Conduit, the data stream that guides our life!

Course Includes: Learn about the circuitry that creates our Heaven and Earth Conduit, the data stream that guides our life!



PEMS 1 eCourse - 8 hours

Description: A COURSE THAT WILL CHANGE YOUR UNDERSTANDING OF YOUR LIFE AS A DIVINE HUMAN. PEMS 1 Basic Energy Mechanics and the Divine Human (8 sessions). Includes 8 recordings and printed course materials.



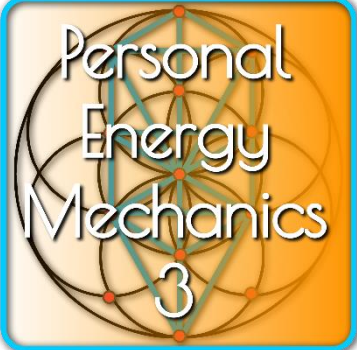
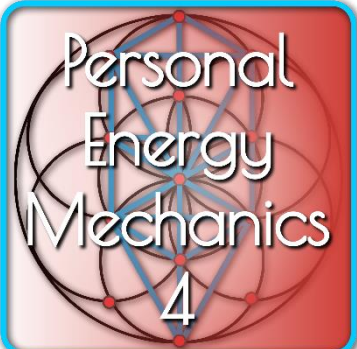
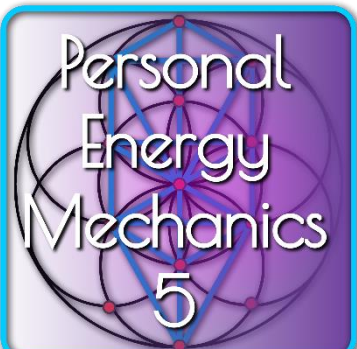
PEMS 2 eCourse - 6 hours

Description: PEMS 2 Access Your Helping Team-Live a Guided, Supported Life (6 sessions)

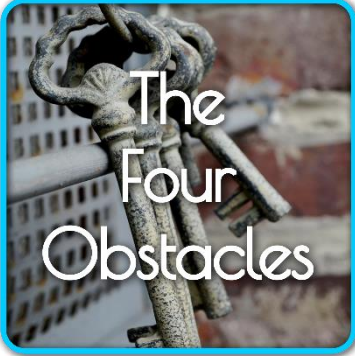
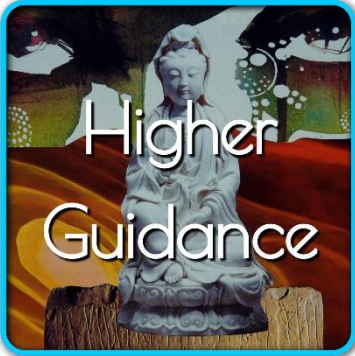

If you could access the MOST relevant, loving experts to solve ANY problem in your life, or answer ANY question, why wouldn't you? We have a vast array of high-level intelligence available to us, all of the time. In the Larger Mind, the collective intelligence of All Creation is at our beck and call...all we have to do is connect with it.



Handbook for Daughters of Earth

 The logo for Personal Energy Mechanics 3 features a golden background with a complex geometric pattern of overlapping circles and lines. The text 'Personal Energy Mechanics' is written in a white, serif font, with the number '3' centered below it.	<p>PEMS 3 eCourse – 4 hours</p> <p>Description: The Empowered Human : PEMS 3 "Setting Intentions that Manifest" Home Study eCourse (4 sessions). Create your most fulfilled life experience!</p>
 The logo for Personal Energy Mechanics 4 features a red background with a complex geometric pattern of overlapping circles and lines. The text 'Personal Energy Mechanics' is written in a white, serif font, with the number '4' centered below it.	<p>PEMS 4 eCourse - 6 hours</p> <p>Description: The Empowered Human : PEMS 4- "Managing Change in a Transitioning Universe - Energetic Well-Being on the Edge of a New Era" (6 sessions)</p>
 The logo for Personal Energy Mechanics 5 features a purple background with a complex geometric pattern of overlapping circles and lines. The text 'Personal Energy Mechanics' is written in a white, serif font, with the number '5' centered below it.	<p>PEMS 5 eCourse - 8 hours</p> <p>Description: PEMS 5 – The Partnership of Feminine and Masculine and the Aquarian Dynamic (8 sessions)</p> <p>The two most basic energies (not genders) of our physical universe, the Yin and the Yang, or the Feminine and the Masculine Principles, have been in fluctuation for many thousands of years, originally working together and then moving further apart so that we could experience separation, taking our consciousness as far as the frontier could go. Now, they are coming back together, and the implications are staggering. In every area of our lives...business, relationships, purpose and direction, health, family...EVERYTHING...is changing as this balancing act ensues.</p>



 <p>The Four Obstacles</p>	<p>The Four Obstacles - 4 hours</p> <p>Description: In the Fall of 2003, Licia and her family underwent a family adventure that became a true spiritual odyssey that entailed letting go at almost all levels. Learn the secrets to being fully prepared and ready to follow your higher guidance and flow into your true path and expression of your life. In this 3-hour course, you will discover <i>The Four Obstacles</i>™, which are the most persistent ways we sabotage ourselves from expressing our divine path. Learn how to intentionally identify, clear and prevent through forward motion the most common problems with our alignment and acceptance of our bliss! This class will change your life and put your feet firmly on the path to your own Grand Adventure!</p>
 <p>Higher Guidance</p>	<p>Higher Guidance eCourse - 3 hours</p> <p>Description: Learn the Feminine and Masculine ways of interpreting <i>Higher Guidance</i> that we receive through our Conduit with confidence, certainty, and accuracy! You have the ability to know the universe's guidance for you. But most of us are taught to utilize intellect, our 5 senses, and authority figures to guide us. This 3 hour course teaches you the ways you can receive guidance and trust it implicitly.</p>
 <p>Testing Methods</p>	<p>Testing Methods - 3 hours</p> <p>Description: In order to be confident in our higher guidance, it is necessary to test for accuracy. Learn several methods of scientifically testing for accuracy so that you know you can trust your guidance! In this 3 hour course, explore several methods of testing for accuracy, including divining, muscle testing, and the sway test. When we are accurate, it creates a self-reinforcing loop of more accurate higher guidance, and the result is 100% certainty in your higher guidance.</p>



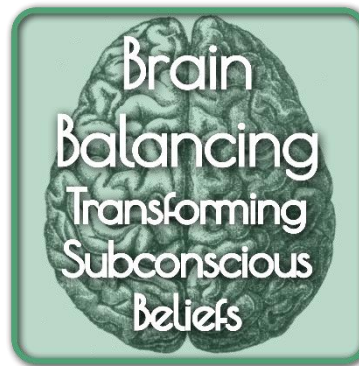
TRACK 3



Peace with the Parts eCourse - 1 hour

Description: We are a tribe of trillions, according to one of my teachers, Bruce Lipton, PhD. Learn the various aspects of self and how they can work in agreement so that we move forward in our lives with ease and grace!

Course Includes: We are a tribe of trillions, according to one of my teachers, Bruce Lipton, PhD. Learn the various aspects of self and how they can work in agreement so that we move forward in our lives with ease and grace!



Brain Balancing - 2 hours

Description: In this 2-hour introductory class, learn the mechanism of subconscious beliefs and the neural structures that human beings create as children, and how to transform our early-installed “software” that can sabotage us as adults. Learn the ways to promote cross-hemispheric communication and a whole brain approach to making choices instead of reflexively reacting to life from subconscious bias and aversions. This course is a wonderful follow-up to *The Four Obstacles*™ Course, in which four common objections of the subconscious are highlighted. Deeper exploration can be done in the Daughters of Earth™ Practicum and Certification programs.



Inner Tribe™ Self Healing Technique eCourse - 8 hours

Description: Inner Tribe™ is a creative, innovative method that marries somatic work, neurobiology, psychology, spirituality and the arts in one powerful self-healing technique.

Course Includes: Inner Tribe™ is a creative, innovative method that marries somatic



	<p>Introduction to Ancestral Healing eCourse - 3 hours Description: Join Licia Berry on a journey to heal ancestral wounds and claim the good. Are you ready for a NEW STORY? Would you like to walk with the power and wisdom of your Benevolent Ancestors? 2 recorded live courses - video or audio and bonus materials. Would you like to be free of the burden of your ancestors' pain while benefiting from their experiences? Join me as I share techniques for healing ancestral trauma and memories in the DNA that keep you in 1st gear.</p>
	<p>Activating Ancestral Memory eCourse - 3 hours Description: Are you curious about your Ancestors? Do you wonder what Ancestral Memory actually IS? Do you wish that you had a closer relationship with your Benevolent and Helping Ancestors? Enjoy a deep and profoundly supportive relationship with those that work on behalf of your life and lineage! Join Licia in this timely, meaningful 3-segment course to learn fun, creative and effective ways to invite your Ancestors into your life...for guidance and support...and activate ancestral memory in your own body!</p>
	<p>Psychic First Aid eCourse - 6 hours Description: Your emergency resource when things just aren't right. Frequent and common questions about our subtle energy, the predicaments we can encounter, and proven solutions to get right! This power-packed 6-hour course answers the most common complaints and snafus for our smooth, efficient operation and well-being. Ranging from our inner issues in the physical, emotional, mental and spiritual bodies to the outer environment (EMFs, personal relationships, culture, planet, space weather, effects of the cosmos), the tools and fixes offered in this course cover at least 75% of what ails us!</p>
	<p>Dealing with GHOSTS Mini Course! - 1 hour Description: The positive & negative side of spirits and what to do about them from a science, angelic, and indigenous medicine perspective. Practical tools, formulas & true life experiences with spiritual educator Licia Berry, assisting ghosts since a child.</p>



Handbook for Daughters of Earth