



History and Evolution of the Divine Feminine Energy Concept

The roots of the notion of divine feminine energy date back to time immemorial, in so-called "primitive" societies where the feminine was celebrated and honored for its power to give life. The first representations of mother goddesses, symbols of fecundity and fertility, date back to the Paleolithic era. They can be found in numerous cultures across the world, from Europe to Africa and Asia.

With the advent of monotheistic religions, notably Christianity, this sacred feminine energy was progressively demonized, associated with sin and temptation. Women were cut off from their creative power, their sexuality suppressed, their intuition and emotions devalued. The figure of the witch, a free and independent woman in touch with the forces of nature, crystallized these fears and led to terrible persecutions.

It wasn't until the 20th century, with the emergence of the feminist movements, that feminine energy began to be rehabilitated. The work of Carl Jung on the anima and animus, the feminine and masculine principles present in all of us, paved the way for a new understanding of the human psyche. In the 70s, the feminine spirituality movement, championed by authors such as Monica Sjoo or Starhawk, led to a rediscovery of the old Goddess traditions and witch practices.

Today, an increasing number of women are reconnecting with their sacred feminine energy, whether it be through moon circles, practices such as intuitive dance, or uterus massage. Authors like Miranda Gray or Anaiya Sophia have greatly contributed to popularizing these approaches. The development of alternative medicines and Oriental spiritualities in the West has also facilitated a return to a more comprehensive and subtle vision of the human

being, where the feminine has its place.

Despite these advances, feminine energy remains largely misunderstood and denigrated in our modern societies obsessed with performance, rationality, and control. Reconnecting with this energy, individually and collectively, appears as a crucial issue to rebalance our lives and our world. This is the very meaning of the work done by practitioners of Divine Feminine Healing, who strive to awaken and heal this essential part of ourselves.

Key points:

- The concept of divine feminine energy finds its roots in ancient societies where the feminine was celebrated for its power to give life, with the first representations of mother goddesses dating back to the Paleolithic era.
- With the advent of monotheistic religions, especially Christianity, this sacred feminine energy was demonized and repressed, associated with sin. The figure of the witch became a symbol of these fears.
- In the 20th century, feminist movements and Carl Jung's work on the anima and animus enabled the rehabilitation of feminine energy. The feminine spirituality movement of the 70s rediscovered the Goddess traditions.
- Today, an increasing number of women reconnect with their sacred feminine energy through various practices (moon circles, intuitive dance, uterus massages). Authors like Miranda Gray or Anaiya Sophia have contributed to popularizing these approaches.
- Despite these advances, feminine energy remains massively misunderstood and denigrated in our modern societies. Reconnecting with it is seen as a crucial issue to rebalance our lives and our world.