



# Alchemy Sacred Feminine Activation

---

*a Heroine's Journey of clearing, balancing & activating the 7 Energy Centres  
through Embodied Devotions and the guidance of 7 Sacred Feminine Archetypes*



# Hello, I am Isa Ka Ra



---

I am the creatrix of the Alchemy Movement - Sacred Feminine Shamanic Portal & The Alchemy Sacred Feminine Activation Course, as well as a certified Shamanic Energy Medicine Practitioner, a graduate of The Four Winds, trained in various ancient healing methods, including being a Channel and initiated Oracle for the Isis Soul Collective and Rose Lineage Priestess lines.

My core focus is assisting my clients in reawakening the Sacred Feminine so that they can walk The Beauty Way and access their journey of Inner Alchemy and transformation.

More than that, I am a mother and a wife, a seeker with a deep and relentless thirst for understanding and reawakening our Sacred Feminine lineages and activating the Collective Feminine Wisdom Body to access the rites and teachings we have lost or forgotten.





# Alchemy

## *Sacred Feminine Activation*

A Heroine's Journey of clearing, balancing & activating the  
7 Energy Centres through Embodied Devotions  
and the guidance of 7 Sacred Feminine Archetypes

## The Journey

We begin in our Root Sphere under the guidance of the **Wild Woman**, she grounds us and helps us to rebuild our foundation, to root us deeply into ourselves and the Earth.

From here, we flow with the **Creatrix Muse** through our centre of birth and creativity, the Sacral Sphere reawakens our sensuality and Womb Wisdom.

Next, we awaken the **Warrior Woman** within, lighting our Solar Sphere fires and reclaiming the freedom and power of our sovereign selves.

From the fires of our I AM we land gently in the arms of **The Mother**, learning to clear, open & activate our Heart Sphere, releasing trauma, lovingly addressing grief and inviting love into our lives.

With open Hearts, we are able to graduate into a deeper connection with our inner **Medicine Woman** accessing and embodying our Truth in the Throat Sphere.

The **Wise Woman** leads us through the sacred portals of intuition and perception in the 3rd Eye Sphere, and finally, we embark on the initiation path of the Crown Sphere as we conclude our Heroine's Journey with the awakening and remembrance of our inner **High Priestess**.



# What to expect

In my experience over many years of working on the body energetically and physically, I have come to understand that certain resonant frequential states govern the energy centres. These energetic states are, in turn, reflective of certain archetypal beings and influences in the case of the female body, these are feminine archetypes, each holding a perfect vibratory state to align, clear and balance each of the energy centres (chakras).

By connecting and calling on these Goddesses or Sacred Feminine embodied beings, we can access their energetic signatures and reflect them in our own field, utilising their power and medicine to heal and balance our energy centres and, by extension, our physical and energy bodies.



These core resonant frequencies are present in every woman, in each of our energy centres, when they are balanced and aligned, they vibrate a Goddess code, a Sacred Feminine song that weaves itself from us and throughout the universe, connecting us to one another and to the Divine.

The archetypal vessels of Sacred Feminine energy that we call upon in each energy centre resonate the highest tonal clarity for the centre. In seeking to access their vibration, we may access, activate and reflect that tone within ourselves, and as it does so in you, you activate it in others. Together we remember the power in ourselves and one another.

We become a collective of women woven together by the clarity of our tonal vibration through the activation and reflection of the Sacred Feminine present within every one of our energy centres and held within the sacredness of our very being.

So I encourage that when you embark on this journey, do so with a truly open heart and mind, open yourself to the experience of these Sacred Feminine embodied beings working on you, even if it is beyond your realm of experience or imagination, open yourself to the understanding and expansion that not all things in this world can be seen by your two eyes or distilled and categorised through our over masculinised analytical and allopathic structures, open yourself to being worked on, connected to and engaged with on a deeper, subtler level, on a sacred level that may be beyond your realms of experience or understanding.



# The Process

As we work through the Embodied Devotions of each Sphere, we identify energetic, emotional, and mental patterns and beliefs that limit your authentic expression of self.

The practice of daily embodied devotion asks you to show up in new ways that match your inner truth and allow you to recall and move deeper into your power.

Through these consistent practices, you reprogram, unravel and release energetic, emotional, mental and physical programming that no longer serves you.

As you commit to your Embodied Devotions, creating a consistent awareness of your energetic state, you will feel the spaciousness, joy, and momentum that comes with being in alignment with your true self and, from this alignment, your ability to connect with your own guidance system.

This deep and intensive journey will ask you to commit to daily practises and deep shadow work - releasing beliefs and wounds that no longer serve you.

You will commit to daily meditation to engage with the Sacred Feminine archetypes as well as practices to balance, clear and activate the energy centre we are working on.

The accompanying practises in your workbooks will aid in understanding and releasing old patterns and identifying core wounds.

Through these practices, you learn to reprogram your subconscious by creating new energetic states that align with the truth of your being. These new states will move you into a life aligned with your soul's purpose.

You will learn to listen to your Sacred Feminine energy and guides so you can be intimately attuned with your inner world and trust how you are being called to move in alignment with your Sovereign Sacred Self.

As a self-employed mother with a very full life, I have been conscious that the practices and processes of this journey need to be able to fit into my daily schedule, the journey was created and is practised by me, so I know it is possible and sustainable for those of us who have full lives and many commitments other than ourselves.

# Why invest in this Journey

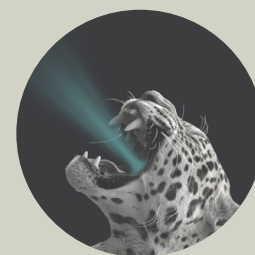
- Uncover the state of your energetic body and assess how you can bring it more into alignment and balance. This alignment manifests physically, mentally, spiritually and emotionally.
- Identify core wounds, patterns of behaviour and beliefs that perpetuate aspects and influences in your life that no longer serve you.
- Connect and gain access to the Sacred Feminine guidance and your own Spirit Guides to assist you in walking a path of transformation and Energetic Alchemy, aligning you with your true calling and developing unwavering deep trust within yourself and your guidance.

Once we begin to access an understanding of our energetic and frequential states and gain greater control over these states by clearing stagnant energy and realigning the energy body, we create an access point to our infinite potential.

Having support from someone immersed in this journey creates space for you to centre and ground yourself in your own unique form of alchemy and continue to grow in your power and presence.

This is a Heroine's Journey of self-remembering, of rediscovering your innate power to bring balance and create alchemy in your life, but it takes courage and commitment, if you are ready -

The Sacred Feminine is waiting!





# The Journey Guided Option

You will receive the following:

2 private sessions per Sphere - 1 session per week.

14 sessions in total

Private sessions are available in person or remotely.

Costs for the Guided Journey:

Monthly Plan - €475 per month x4

Full payment - €1700

Kindly email:

[info@thealchemymovement.com](mailto:info@thealchemymovement.com) if you require the South African Rates

- You receive 14 sessions with Isa
- unlimited guidance questions
- All workbooks
- All Meditation Recordings
- Access to group gatherings

The contribution commitment is made for the full 7 spheres of the journey.

The Guided Journey is available at any time, although spaces are limited as I only work with 7 women at a time - if you would like to join, click [HERE](#) or feel free to book a [connection call](#) if you need more information.

# The Journey Self Guided Option

You will receive:

Access to all 7 Spheres, including all course materials, via the online course portal.

Gifted rate on any private sessions booked during the course if you need a little extra help.

Costs for the Self-Guided option:

Payment in full - €270

Kindly email:

[info@thealchemymovement.com](mailto:info@thealchemymovement.com) if you require the South African Rates

- A gifted rate for any sessions booked
- All workbooks
- All Meditation Recordings
- Access to group gatherings

The Self-Guided Journey is available at any time, if you would like to begin, [HERE](#) feel free to book a [connection call](#) if you need more information.

Please note that I only work with a limited number of clients through this journey at any time, if you feel called, click [HERE](#) to book your assessment call.

# What others are saying about this course



## Ilene Spaan Grace

I'm not sure I can put into words what working with Isa has meant and done for me. I am stubborn and cynical by nature. Rebellious with a hint (OK, maybe a bit more than a hint) of ADHD. I never finish things I start if I don't have to. BUT – I finished my course with Isa as I could feel and see the changes in me. I grew and expanded every single day.

I learnt to slow down, to look, to feel, to see, to understand, to delve, to soften and to heal. Every aspect of my life is busy changing. Everything is getting better. My ADHD, my relationships, my mental health! Isa made me see my world differently. She opened me up just enough to rediscover my truth, my light, the beauty and help available around me. My journey with her was more than just a spiritual journey. It was also psychological. Isa has helped me more than any shrink ever has.

Thank you, Isa, for never making me feel judged. For holding space for me. For being real and honest with me. Thank you for restoring my relationship with myself. I am stronger, more beautiful, kinder, and fiercer since you showed me what I have hidden in the dark caves of my soul. Our journey is not over. I want you as a part of my life forever.

If you are reading this because you are unsure of whether you should do this course with Isa – then this is your sign!

## Eman - Luzia Marilac

I can not describe the experience of my Sacred Feminine Activation journey in words. Every woman in the world should go through this, and I recommend Isa for the lucky ones she has the time and energy to assist.

I have been initiated, and life before this activation looks like a prep course to have the basics I needed to embrace this journey I was born to live.

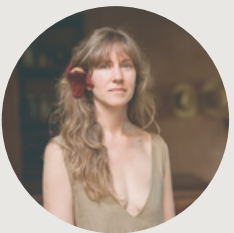
In her wisdom, Isa helped me rise to higher realms, dive deeper within and descend to dark places with power and resolution, all with wholeheartedness and integrity. It was the embodiment of expansion.

This course led me through a journey of picking up my bones, the scattered pieces, loving each of them, and mending back to bloom the high priestess I was meant to be.

There, I saw the puzzle picture of me rising in Compassion. I found many of my guides and transmuted into an even better version of myself, more grounded, better rooted and in love with her, who is my GPS, the Great Pussy in the Sky! The Sacred Feminine.



## Mika Marffy



I can quite honestly say that meeting and working with Isa Ka Ra has been life changing in no small sense of the phrase. Isa's guidance in remembering the sacred feminine is profound; finding this element that lies deep within all of us, especially when it calls to us, coming up in ways we don't yet understand, and having a guide that helps us to understand, to remember what has been lost or forgotten, has been invaluable. Isa is a powerful and nurturing space holder and teacher.

Her deep connection to and within the realm of the 'soul' or 'spirit' is a powerful bridge in helping us to remember, to reconnect. So much of our experience lies outside of what we can see, being held instead within what is felt or sensed, and having Isa's powerful ability as guide into this energetic portal is an incredible way to 'meet' again those that hold us, to remember the incredible network of all things that are interconnected, that we are a part of this web and not a sole, individual being; an essential reminder in today's fragmented world. There is such a need to remember the absent Feminine in this sacred context. There is no wholesome, holistic way of being without remembering this part of ourselves, our stories, our spirituality. I can't recommend either this course or the one on one sessions with Isa more highly. It is an essential undertaking and deeply nourishing for all the forgotten, neglected, repressed parts of ourselves. Thank you for your great gift Isa, and for being so endlessly giving of your time, your energy and your talents for us all.





## Debbie Johnstone

I started the Sacred Feminine Activation journey because I could sense that I was stuck energetically and struggling to integrate the concepts I was holding in my head. The framework Isa Ka Ra provided helped me uncover the bits that were missing for me, helped me connect it all, and created the flow I was looking for.

Although the work is never finished, today I'm more aligned within myself than I've ever been, and that's had an immeasurable effect on how I connect with others, how I communicate, how I manifest, and the direction I'm headed in. I can't recommend this work enough or thank her enough.

## Jenny Stephen

I met Isa in 2018 and was drawn to her innate wisdom at the time I knew that I needed to do something with her, although at the time it was not clear.

During lockdown Isa offered free daily meditations “ From Isolation to Insulation “ this had a profound effect on me as I learnt to meditate and gain some insight into a place that I had known before but had lost.



Isa then offered the Alchemy Sacred Feminine Activation, an in-depth exploration of our energy centres and ourselves. I had not spent time with myself at this level for many years and had lost connection with who I really was.

I am different today compared to when I started the course and I am happy with who I am remembering and becoming. I feel that I have stepped into the path I need to be on and there is so much to learn but also so much I have to share.

The course was created and shared with great wisdom love and compassion.

I am grateful that I started this journey with Isa, I know that I as continue in the process of my embodiment, I will continue to tap into her guidance, wisdom and strength."



## Sky Jalita De Waal

A life-changing experience – If you have the chance to work with her just do it!

I had the privilege and chance to work with Isa last year in her Alchemy Sacred Feminine Activation. This is the best thing I have ever done for myself in my life. Over a number of months, we went deep into unravelling parts remembering aspects of the divine feminine and forgotten parts that were longing to see the daylight again.

Sitting with things I never had taken time for previously in my life. It has been a truly life-changing experience and I enjoyed every moment of it. Isa is one of those very special and beautiful people who hold strong energy with grace and softness, she is highly experienced and knowledgeable in life and many healing modalities. As her client, you feel held, heard, and at home. If you have the chance to work with her, just do it, and your future self will thank you.

## Lauren Rozwadowski

I met Isa at a time in my life when it felt like the rug had been pulled out from underneath me. Working with her through the Alchemy Sacred Feminine Activation Journey was transformational, grounding and brought me back to myself when I needed it the most. Diving into each sphere in turn and working with the powerful meditations and embodiment activations was eye-opening, confronting at times and a much needed process of "unravelling" and reconnecting back to myself.



Isa is the perfect guide - especially for someone like me who is used to being very logical and in my head and is new to this embodiment work. I highly recommend working with Isa and exploring all of the offers she has. I know I will be working with her for years to come."

For More Testimonials Click [HERE](#)