

MAKING THE WOO WOO RELATABLE

SOL TALK

Soul Forward Insights on:
LOVE / RELATIONSHIPS / SPIRITUALITY

solcoach.co

**WHY THIS WAR ON WOMEN?
UNDERSTANDING THE FEMININE AWAKENING**

PLUS:

- You don't have to be an energy expert to feel how frustrated and downright pissed women are right now, but it's all part of the Divine plan.
- Your relationship with your chakras and why it's time for you to become intimately acquainted.

DEC/JAN 2024/2025

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HELLO



Hey you. Happy New Year! As 2024 came to a close, it was hard to choose a theme for this issue of **SOL Talk**. SO many cosmic events happened last year--from Earth gaining a second mini moon, to our ascension into the 5th Dimension, to a wacked out presidential election season that shook a lot of us to our souls. This was a year of introspection and deep soul searching--a year where the universal energies were so strong and so powerful, that many of us found ourselves in a transformational vortex that forced us to simultaneously dismantle the limiting beliefs, unproductive patterns and relationships that no longer served us, while at the same time rebirthing and evolving into the new, higher consciousness versions of ourselves. It's been tough and confusing, exhilarating and clarifying all at the same time. It's also been discombobulating enough to knock you on your ass for a moment or ten.

When I reflected back on the year that was, what stood out for me was the hope and joy that powered Kamala Harris' campaign and the impact it had on the world, and especially women. That led me to thinking about this stupid war on women being waged by all these inept Alpha males in the U.S. and around the world. Then the CCA chimed in with an inspired thought to make this issue an in-depth dive into the spiritual feminine awakening that is now fully activated and is spreading across the planet.

So, what exactly is the feminine awakening and how does this energy staying asleep or being fully awoken affect not only you as an individual, but everything else from our weather, to our politics, to the productivity and promise of all humans across the globe? And why does it involve all of us no matter our gender status?

In this final issue of 2024, we're exploring the whys and the hows of awakening our feminine energy to rid ourselves of the toxic masculine energy that is killing our souls. Assisting me in my editorial duties will be one of my first and favorite spirit guides, the Empress Eleni of Ethiopia. I've included a link in her bio so you can learn more about her. Fascinating!

I hope you enjoy the information and insights contained in this issue. More importantly, I hope it inspires and motivates you to continue to find and lovingly define the true (and balanced) you in this new year.

~ Lori 

SOL TALK CONTRIBUTORS



Lori Bryant Woolridge, CSC, CLC, PCC

I am an intuitive, spiritual coach, certified by the International Coach Federation, channel, and love/relationship expert, who specializes in transformational coaching centered around self-love and soul alignment. I'm also an Emmy-award winning writer, author of eight books, speaker, and teacher. I am a fierce advocate for self-love and the positive ripple effect it has on the larger world. My clients run the gamut from celebrities, authors, artists, and academics, to college students and moms, all who align with my coaching philosophy that "True Masters Learn through Joy."



The Council of Celestial Agents

Most of the up-leveled info is supplied by my co-creators, the *Council of Celestial Agents* (their name, not mine!) Many of you are familiar with my scribed Angel messages, but the **CCA** is an expanded group of my spirit guides, angels and ascended masters who channel through me so I can share with you important truths that have to do with your next-level, soul knowing. You'll learn more about them in the pages ahead, and also via a special channeled messages they have for you.



Empress Eleni of Ethiopia

Empress Eléni (14?-April 1522), who reigned from 1468-78, was the wife of Emperor Ba'eda Maryam (q.v.). She played an important role in Ethiopian history when, in 1508, she accepted Portuguese overtures to establish relations with Ethiopia. Empress Eléni, who was kind and pious, was also a good Christian theologian. She is credited with writing two religious books. Her kindness, piety, and concern for the welfare of others made her popular with all sections of Ethiopian society. As a result, she continued, contrary to custom, to play an important role in Ethiopian politics even after her husband's death in 1478.

WHAT IS THE FEMININE AWAKENING?

By @solcoachlori
and Empress Eleni



FOR PEACE. FOR
PROSPERITY,
MASCULINE AND
FEMININE MUST BE
IN BALANCE.
--So Says the Light

For years, since 2017 to be exact, my celestial guides have been downloading messages about the “feminine awakening.” The first message came from an Ascended Master, the Virgin Mary, and another from one of my regulars, the Archangel Jophiel.

But the download that sums up this cosmic edict best came from one of my spirit guides, the Empress Eleni of Ethiopia. She was a renown regent queen, military leader, theologian and all around badass who clearly had her masculine and feminine energies in check. The compelling core of her message was powerful and direct:

The chaos you are now experiencing is the result of the feminine and masculine energies being out of balance. Without balance there can be no peace. The unrest of millions cannot continue to go unheard, unrecognized, or understated if true peace is to be achieved.

*Feminine energy provides the natural order of all that is and all that will come. When the soft side of nature is not in balance, the masculine energy of force begins to prevail. **It is time for the women to assume their rightful place in this world.***

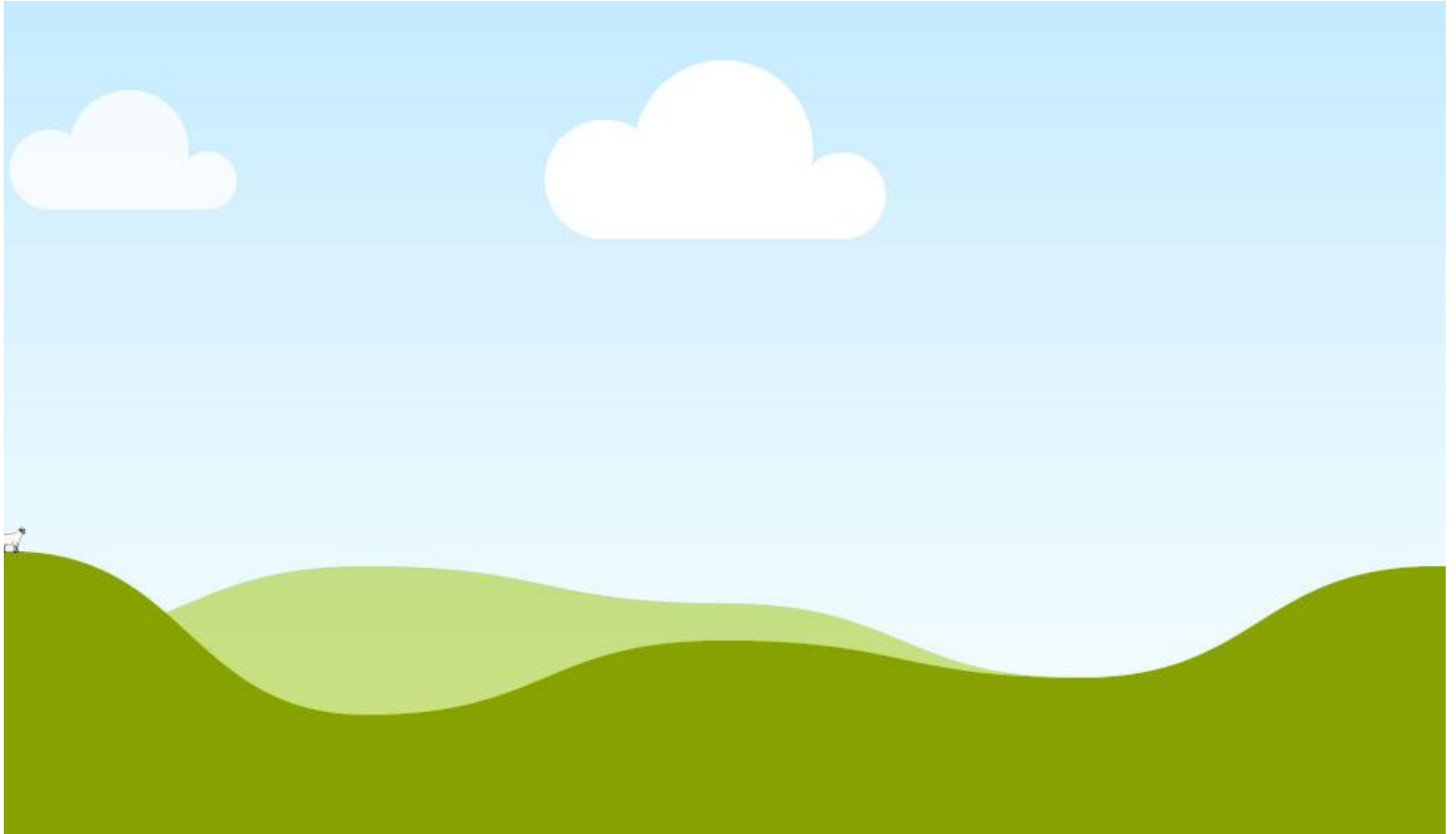
During the eight years these messages have been on my radar, I have watched as the energetic imbalance between genders is coming to a head and playing itself out in both frightening and farcical ways. From the demeaning of single ‘cat’ ladies, to the stripping away of reproductive and civil rights, to the radical uplifting of the “trad wife,” the dark egos of men continue to run scared while trying to put the hammer down on women in ways that are not only unfair but dangerous.

So, my lovelies, the time is now. **The collective consciousness of women around in the U.S. and around the world is rising, but we’ve got to vibrate at a much higher level as a whole for the change we need to be realized.** These means for all the rest of us to step out of gender roles and into a balanced vibration of our feminine and masculine energies.

Eleni and the others have been crystal clear that this is not going to be accomplished by declaring war on the ignorant and misaligned, but rather by finding strength in the softness of love, perfecting the balancing act within ourselves, and creating alliances with those who recognize that with parity comes peace.

MESSAGE FROM THE CLOUDS: WHY THIS WAR ON WOMEN?

by Empress Eleni



**MEN
RECOGNIZE
THAT
WITHOUT
WOMEN, THEY
CEASE TO
EXIST.**

For peace. For prosperity, feminine and masculine must be in balance. One must love and protect the other. One must honor and respect the different side of the same.

Man has long known the power of his opposite. When the dark of ego was allowed to reign, man sought to negate and neutralize the power of the feminine. He turned all that he loved and desired against her. He used what was special about her to destroy the fire inside, to nullify her power over him. In destroying the feminine energy in the quest for power, he has destroyed the very essence of what will save him.

The masculine cannot exist in harmony without the equal weight of the feminine. The feminine cannot thrive and flourish without the equal weight of the masculine. To deny one in hopes of raising the other is to deny the world its mother and father. Love, peace and harmony are lost when one denies the other.

--So Says the Light

**“WITNESS YOUR
WEATHER—
DESTRUCTIVE IN
ITS WAKE,
CLEARING THE
PATH FOR THE
FEMININE TO
REBUILD.”**

EMPRESS ELENI



GENDER VS ENERGY: UNFUCKING YOUR MIND

By @solcoachlori

Recently, as I was scrolling through reels on Instagram, I came across a Christmas morning video of a family who had gifted their two toddler boys with baby dolls. I watched as the cars and trucks were cast aside, and the two proceeded to joyfully feed, cuddle, walk and ‘father’ their babies mirroring all the love and attention that they’d obviously been given by their own daddy. It was a beautiful thing to behold, until I hit the comment section.

Jeeze Louise, some just do not get it! I’m not going to give any energy to their tired, negative comments by repeating them here, but you’ve heard a version of them a million times before. While some words directed to the parents were downright mean and hateful, most were tired, unenlightened views tinged with the toxic masculine energy that has been polluting our world for far too long. This toxicity is also continuing to create confusion when it comes to understanding the energetic balance of feminine and masculine energy.

Let me highlight the simple distinctions that will hopefully help unfuck your mind when it comes to gender versus energy. **Gender refers to the characteristics, behaviors, roles, appearances, and norms a society assigns to people based on their sex, male or female, assigned at birth.** These things are learned and reinforced by culture and traditions.

When we use the words, “masculine” and “feminine” in connection to gender, we are referring to the traits and often stereotypical ways of presenting ourselves per our gender—i.e., names, clothing, body type, make up, color choices. And as we evolve, these outdated traits can tend to box people in and keep them from being their authentic, transparent selves.



GENDER VS ENERGY: UNFUCKING YOUR MIND/2

On the other hand, **masculine and feminine energies have nothing to do with gender, sexual orientation, or cultural and societal roles.** Male or female, transgender, or non-binary, **we ALL have both energies within us,** which, when balanced, are meant to provide the stability necessary for our souls to experience a healthy, joy-filled, abundant life while contributing to the greater good of the world.

Like gender, there are certain energetic characteristics and emotions assigned to each energy. **Masculine energy is the “doing” energy and carries the attributes of power, conquering, thinking, giving, pursuing, protecting, hardness, stability, strength, etc. Feminine energy is the “being” energy and carries the attributes of feeling, receiving, creating, surrendering, nurturing, softness, flexibility, compassion, creating, unifying, beauty, etc.**

In a nutshell, **gender speaks to your physical self, while energy speaks to your soul self.** But until you fully realize the scientific and spiritual truth that you are not physical matter but energy, you will continue to neglect your soul and energetic health as you tend solely to your physical needs. **Without the integration of your mind, body, and soul, you will continue to live in a continual cycle of stress, disharmony, and dissatisfaction.**

So the reason the toxic masculine energy has engulfed this world to the point that even mother nature is rebelling (have you noticed the weather lately?) is because these two vital energies have been woefully out of balance for the last 2,000 years and the love, peace, and harmony that this balance provides are lost because we have denied our energetic selves as we focus on our gender roles.

In conclusion, this is why we find ourselves in the midst of a big ole correction built around the feminine awakening. It's about losing the gender-driven ideologies (so 3rd dimension), getting back in balance, and living energy forward in harmony--individually and collectively (now that's some 5D consciousness for you). Got it?



**GENDER SPEAKS
TO YOUR
PHYSICAL SELF,
WHILE ENERGY
SPEAKS TO YOUR
SOUL SELF.**

--

GIVING YOURSELF AN ENERGY BOOST

By CCA and @solcoachlori

It's not an easy feat to unshackle a society, let alone a world, from thousands of years of what the guides have described energetic bullfuckery at its highest levels. (Okay, maybe they didn't describe it *exactly* that way, but let's call it what it is.)

It can feel downright depressing if we all choose to focus and dwell on the lower energy shenanigans, rather than the higher energy outcomes. And the way we all get to the lighter, higher and happier vibrations is to balance and raise the collective energy. Again, another "to big for little ole me to solve" dilemma that makes you want to throw your hands up in defeat, until you bring it down to the place you do have control--yourself.



“Seek balance. Find happiness.”

Balancing your own energies, vibrating higher and raising your frequency in your own life is the way that, together, we create the ripple effect that eventually builds up enough to usher in the true transformative change the CCA speaks about.

But before you can partake in all of this energetic alchemy, you have to come to the realization that you are energy, not matter. Yes, it's been scientifically proven and comes with the spiritual "Good Soul Keeping" stamp of approval, that while we might look and feel like solid matter, we and everything around us are actually energy that vibrate at a fast enough rate that we appear solid. In spiritual terms, we are manifested energy in contrast to spirits, angels, and Source energy who are all unmanifested energy.

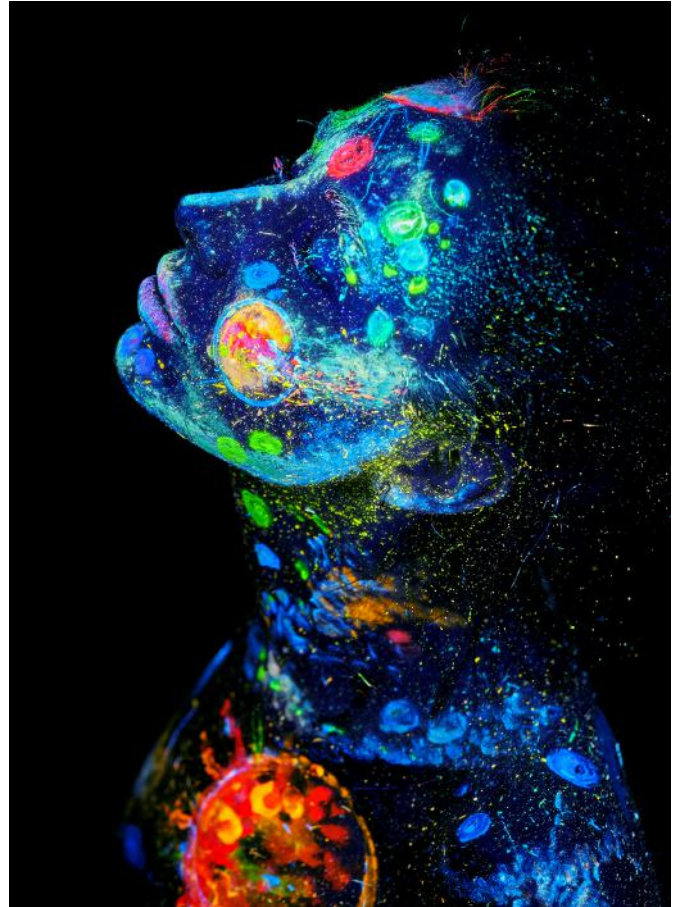
GIVING YOURSELF AN ENERGY BOOST/2

Here are five ways to begin feel and understand yourself as an energetic being.

- **Notice your energy through your emotions.** Emotions are your indicators of your energetic health. When you are vibrating high, you'll feel positive, joyful, satisfied. When you are vibrating at lower frequencies, your energy will feel tired, negative, fearful, etc.
- **Practice feeling before thinking.** Emotions and intuition are attributes of feminine energy. Your feelings also connect you with inspiration, which is God whispering in your ear, versus motivation, which is often fueled by ego based emotions like fear, greed, revenge, competition. power.

On the other hand, if you are working to bring into balance your masculine energy when you feel yourself becoming confused and overwrought emotionally, tap into your logical, rational energy.

- **Honor your body and spirit by eating and drinking healthy foods** free of preservatives and additives. Fresh, organic foods are high-vibrating and raise your life-force energy and raise your life-force energy and your spiritual frequency.
- **Clear the energy around you.** Get rid of the clutter in your space. Clutter (it's all energy) creates sensory overload, which can erode your energy, creativity, and prosperity.
- **Look into and investigate your chakras.** The chakra system is the circulatory network for your energetic body and its health is crucial to your energetic well being. Of the seven, even chakras control feminine energy, odd chakras control masculine energy. Depending on which chakra is blocked or misaligned, you will know which energy needs to be adjusted and brought into balance. More on chakras in the next article.



To assert your
true
Power you
must
understand it
from within.

Archangel Jophiel

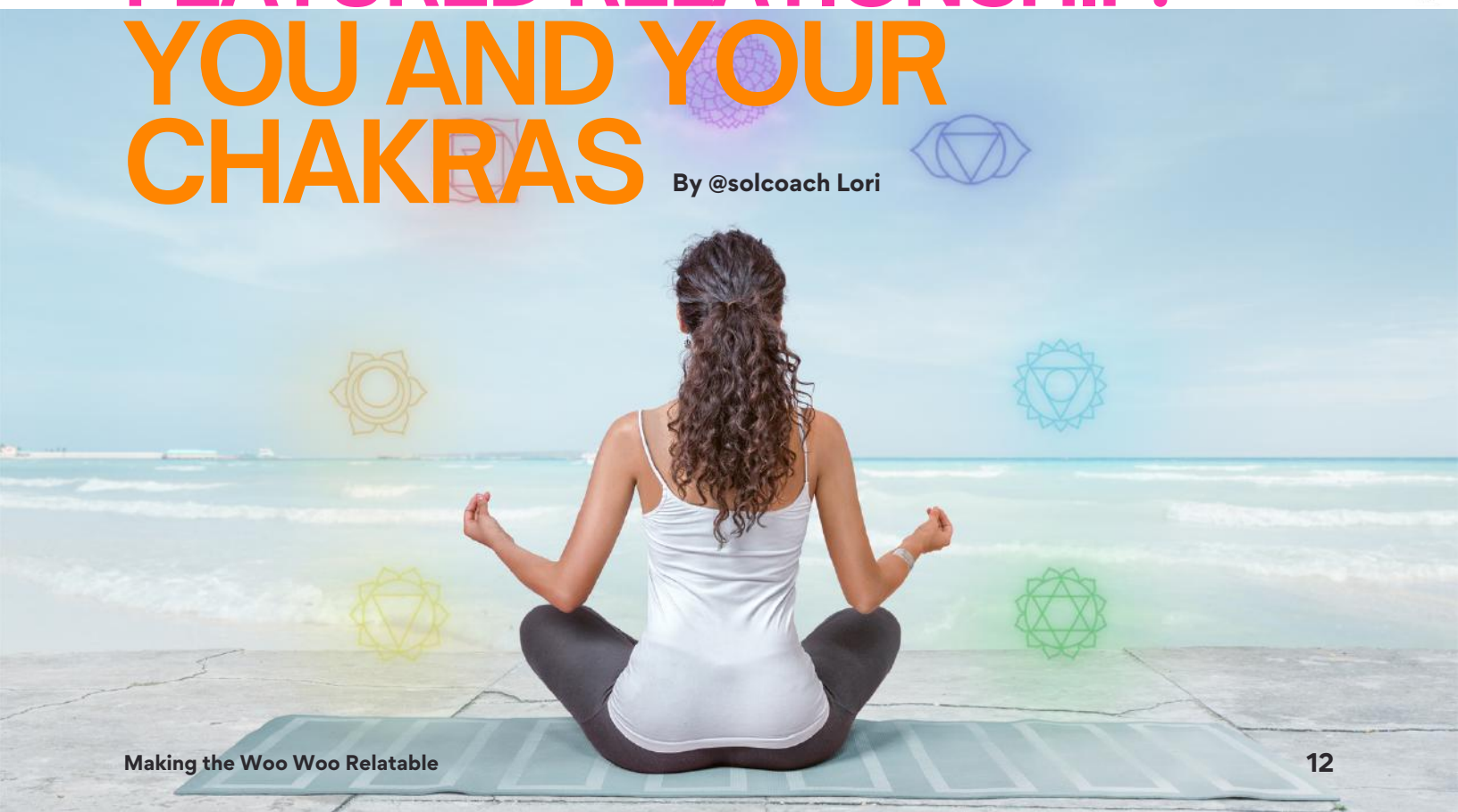
Chakras are energy vortexes that exist within each of us. Your chakra system is made up of seven major energy vortexes that act as your spiritual bloodstream. They connect and support both your physical self and your energetic self. Each chakra is associated with specific organs and glands, physical functions and dysfunctions, and emotional, mental, and spiritual issues. When they are misaligned or blocked, your first clues will be emotions. If left unaddressed, the emotional symptoms begin to manifest as physical ailments and/or disease.

Additionally, Individual chakras are also associated with masculine and feminine energy. By following associated emotions and/or physical ailments you can also determine which energy is blocked or out of alignment.

There are a variety of techniques and exercises you can do to open and align your chakras, that include physical, emotional, and spiritual activities. Start with the free worksheets on the Resources page.

FEATURED RELATIONSHIP: YOU AND YOUR CHAKRAS

By @solcoach Lori



QUICK LOOK AT CHAKRAS

****6**
Intuition
THIRD EYE
"OM"

Your third eye chakra governs illumination and your spiritual awakening. Psychic abilities come alive with a fully activated third eye chakra.

FEMININE ENERGY

"My intuition guides me for my highest good."

****7**
Spirituality
CROWN
"OM"

Your crown chakra governs enlightenment, pure awareness and connects you to the Divine and allows you to remember the connections you've had all along.

MASCULINE AND FEMININE ENERGY

"I easily connect with universal life force."

****5**
Communication
THROAT
"HAM"

Your throat chakra governs speech, communication, and creative expression. A healthy throat chakra allows you to let things go and speak your truth.

MASCULINE ENERGY

"I express myself with ease."

*****4**
Love
Compassion
HEART
"YAM"

Your heart chakra governs love, breath, balance, relationships and unity. With a healthy heart chakra you feel loved, cared for, and love yourself.

FEMININE ENERGY

"I am open to immense love."

***2**
Sexuality
Creativity
SACRAL
"VAM"

Your sacral chakra governs pleasure, desire, sexuality, creativity, and procreation. A healthy sacral chakra helps you enjoy life to the fullest.

FEMININE ENERGY

"I feel pleasure to my core and gain vital life force from it."

***3**
Self-Esteem
Power
SOLAR PLEXIS
"RAM"

Your solar plexis chakra governs personal power, confidence, assertiveness, and will. When healthy it allow you to be self-assured and independent.

MASCULINE ENERGY

"I am confident and stand in my power."

***1**
Survival,
Being Family
ROOT
"LAM"

Your root chakra governs survival, security. It is most concerned with your basic 'needs' and feeling materially supported in this world. It connects you to the Earth.

MASCULINE ENERGY

"I am grounded and present in my life."





BETTER TOGETHER

Because you are manifested energy, paying attention and caring for your energy body is just as vital as caring for your physical one.

How connected are your mind, body, and soul? Most of us don't make the connection between this important trinity, let alone what's really necessary--the integration of these three vital parts of you.

It's the balanced integration of your mind, body, and soul that makes this game called life click in ways that feel less like an episode of *Survivor* and more like the *Wheel of Fortune*.

But to make it all click on a spiritual level, you need to change the order of engagement. The key is to lead with your soul truth, which is always connected to your highest good, and always feels *right*. Then you want to integrate what your soul knows with what your body *needs*. Add the necessary mindset to achieve a goal or solve a problem and then watch what happens.

Keep your mind, body, and soul aligned and clarity and peace of soul are yours!

WHY #METOO HOLDS THE ANSWER

By CCA



The patience of the feminine is wearing thin. This is a good thing for in her impatience is the will to fight. We see the awakening happening across the world. Women rising up to raise their voices and work together to right the injustices imposed on them for merely choosing to be the embodiment of feminine energy during this experiment.

*There is power in the collective to keep the concerns of the feminine in the forefront. **But the true work must be done in the individual souls of the feminine species. It begins there through love of self. Through respect of self. Through regard of self. It begins in each to nurture and love self as she would want to do with the offspring she births into this experience. If that same love, warmth, concern, respect, regard and grace is given to her, by her, the feminine energy begins to collect one by one until the collective vibration is strong and change is made. In this raised vibration, the feminine energy of those who chose to be masculine on their journey will also grow and balance shall be restored.***

*The answer is in the words of your hashtag, #MeToo. **Turn the phrase not as a declaration of victimhood, but as a declaration of joining the loving forces—one by one.** Me Too equals I love myself and in that love, I love you also. Balance resides in the loving feelings and expression of worth. Me Too equals I am worthy. Me Too equals I see myself in you. Me Too equals we are all citizens of equal weight on this journey towards the Divine. Me Too....So says the light.*



Feminine energy is the heart of the Divine. It is the energetic force that vibrates on a frequency of unconditional love, peace and unity.

SO SAYS THE LIGHT



END NOTES

WISHING YOU
SO MUCH LOVE
AND PEACE OF
SOUL IN
2025.



I know that the energy everywhere feels so crazy and uncertain these days, but even though it may feel like just the opposite, we are living in such uncharted and exciting times. It's scary because it feels like so much of *everything* is out of our control, but as I keep reminding myself and my clients, we each have control over the way we choose to look and react to things. In other words, *you* have control over your perceptions and mindset, which ultimately means you control *your reality*. **You are EMPOWERED in ways you are probably not even realizing.**

But your power doesn't lie in your ability to endure tough times or even fight like hell against them. It lies in your innate ability to create and transform. And the creating, transforming, and manifesting all begins with these two questions, **1) What is out of my control?** and **2) How is this being done for me?**

Let go of the answers to question one. What ever is outside of your control, drop it. This will help let go a ton of anxiety and free up a lot of creative space. **Use your answers to question two** to build up positive thoughts and energy that will help inspire and motivate you in all the right ways. Enhance your personal and spiritual growth by **working on balancing your energy**, which is also going to help you stay the sweet spot--*equanimity*--during these transformative times.

You can do it! If you're interested in doing any inner work to help raise your vibrations, check out the SOL Resource page. Feel free to share this issue.

~ Lori 



SOL TALK RESOURCES

Download these complimentary worksheets that support the information in this issue of SOL Talk.

Chakra Quick Chart

This informative cheat sheet lays out the seven main chakras, the physical and emotional signs of imbalance, and a few self-administered things you can do to begin opening up and realigning your energy flow.

I AM...Energy Inventory

This worksheet helps you label and recognize your masculine and feminine energy attributes and how balanced (or not) they are.

Chakra Healing: A Beginner's Guide

This is one of my favorite, go-to books to help clients understand chakras. *Chakra Healing: A Beginner's Guide to Self-Healing Techniques that Balance Chakras* by Margarita Alcantara is informative and relatable.

For more insight straight from Source, here are scribed Angel Insights connected to topics explored this month.

The Feminine Awakening

Copies of the powerful Angel messages included in this issue of SOL Talk, and a few journal prompts to help you reflect.

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Big love is not rare, and healthy, fulfilling, and sustaining relationships aren't as painful or scarce as your past experiences may have led you to believe. The trouble is most people don't understand the true essence of love and the true purpose of it and our relationships in our lives. Halo & Thong is here to help you not only get to know love, but experience it in abundance.

Subscribe to get full access to the love stories, and channeled love lessons from my guides, The Council of Celestial Agents, plus coaching materials, designed to up your love game from the inside out. You'll also have access to my [publication archives](#), all offered to help you know, relate, and live love in the real world as the loving, sexy soul you are.

STAY IN TOUCH!



Ways to Connect

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Let's Chat

If you've got questions, perhaps I can help you find the answers. Book a complimentary session using the link below and breathe!

