

Greetings beautiful souls and welcome back to the Divine Dosage podcast. I'm your host, Sanchia Divine. It's been a while and I am so excited to reconnect with all of you. It seems like forever. So today's episode is a very special one because like I said, it's been so long and I'm so excited to be back.

I'm so excited to be recording. My first episode in, in a long time. So it's all about reintroducing myself and giving you an update. On what I've been up to. It's been a lot. Y'all it's been a lot. So I've missed you all and I hope you've been well, whether you're a longtime listener or new to the divine dosage community, I'm so thrilled to have you here.

I have some great things up my sleeve and I'm so excited and looking forward to sharing with you. So for those of you who are new, let me take a moment to introduce myself. I am Sanchia Divine. Quantum Healer, Universal, Multidimensional Channel, Akashic Records Gatekeeper, and Guardian. Here to assist with the healing of the inner child, we're breaking generational trauma cycles.

And awakening and activating the divine feminine. So I know that was a mouthful here at divine dosage. We have sacred conversations. So during the course of these sacred conversations, I'm going to be breaking down everything with you as far as my mission. What is the divine feminine? What does it mean to awaken and activate the divine feminine?

Are we being biased towards masculine energy? Not at all. Okay. This has nothing to do with hierarchy. This has nothing to do with who's stronger, who's better. It's a matter of working with the divine order of the universe. The divine order is the feminine energy leads and the masculine energy executes.

So my mission is all part of. Healing the feminine energy within, whether you're masculine, whether you are feminine biologically, whether you're a man or woman biologically, it's about bringing into balance the divine masculine and the divine feminine. So with all of that being said, like I said, there is no hierarchy.

There's no one that's better than the other. It's a matter of, like I said. Going with the universal law and the universal natural way of how things are done and should be done. One of my missions is to help women transform trauma into triumph while assessing their inner power to bring the divine masculine and feminine energies into balance.

Why is that my mission? Why is it that I am able to share this with you? Because it is coming from my own experience. It is coming from all of the composition of all of the experiences I've had since being a child into my young adulthood, into my adulthood. So I get a lot of the information that I'm sharing with you is based on my own personal experiences, as well as my own healing journey that I have went through, that I have gone through and understanding what it is that I had to heal within in order for me to come into balance with my divine feminine energy, which is now being projected through now so that I can be whole so that I am whole.

So that I am coming from a whole place, a healed place. And the reason why the focus is on the divine feminine energy, that's because the divine feminine energies have been suppressed on this planet for so long. On purpose, it's not an accident, the masculine energies, this world has been ruled and run and led by a patriarchy and the universe, the planet is calling for balance.

And in order to bring that balance, we have to bring the divine feminine to the forefront because the divine feminine is the true leader of this planet, is the true leader of the universe while the masculine energies execute and take action based on the intuition, the ideas. Of the divine feminine, okay?

The divine feminine leads from the heart. It's a hard centered space that the divine feminine leads from. So it's not a matter of being in your ego. There's no ego involved in this. There's no control about this. There's no competition. As we know, all those things are high, are low vibrational energies. We are all connected.

We are all equal. We all are here to express our different gifts and our different abilities and abundance reigns. So when abundance reigns, there's no lack. So that means you're not lacking anything within where you have to compare yourself to others or compete with others. But anyway, this is just an introduction of the conversations that we're going to be having.

So a little about my journey. Um, over the past few years, I've been on an incredible journey of personal and spiritual growth. It's been a journey, it's been a journey and I embrace it. I accept it at this time, because that's not something that I always accepted. Cause it was just like wondering the regular thoughts.

Why are these things happening to me? Why am I experiencing the same experiences over and over again? As much as I pray to not have these experiences, as much as I tell myself that I am done experiencing certain things, that's what would manifest in my life. And it dawned on me. Yeah, you have some healing to do, you have some healing to do.

So it's about acknowledging all the trauma that I experienced, like I said, from a young child growing up into my adolescence into my adulthood. So yeah, from acknowledging and healing my shadow self to writing books, celebrating yes, yes, yes, yes, yes, yes. If you don't know me, if you're new to this podcast, if you're new to this channel, I'm a music lover, so I'm going to be breaking out in song and dance just randomly, all right?

So yeah, I'm not going to apologize for it. That's just part of who I am. Music inspires me. Music just brings me alive. And then when you have the moves, we gotta keep the vibes high, keep the vibrations high, keep the energy high. Yeah. Let me not overdo it. So, yes, I wrote my first book, My Story, where I laid it all out on the table, transparency.

I wrote all about the trauma I experienced from a young child growing up in St. Lucia, then coming here to the United States, going to school in New York City, into my life at church. I was raised religious. And the negative experiences, the trauma I experienced in church, through my

church homes, the trauma I experienced when I was first introduced to spirituality and joining a spiritual community where the teachers allowed their egos to lead.

So I experienced a lot of negativity and trauma in those places. So I shared all about that in my book. I shared a lot of personal things. And I'm so grateful because it took me, I would say over 10 years to actually write that book because I went back and forth within myself. I wasn't ready. I wasn't ready to be vulnerable.

I wasn't ready to lay it all out on the table. I wasn't ready to share my most inner, deep, dark secrets. I was not ready, y'all. And it took a lot of back and forth, just channeling from spirit. Spirit was the one who channeled that message to me way back in about 2013, 2014, heal the feminine, heal the planet.

And at the time I didn't know what it meant. I'm like, listen, I'm not going to be out here preaching that. So these men could come for me, but over the years in meditation and growing and healing, I've come to understand what that means. It's time to awaken and activate the divine feminine. However, to get back to my point, it took a lot for me to just lay all out on the table, but it was spirit who led me, not who pushed me and led me into saying, it's not for me.

Actually, it did help me because in sharing that stuff, in sharing my pain, my trauma, I was able to release it in a whole different way. And of course that helped with my healing. And after I wrote that book, it was so relieving to me. You know, it was like I took a load off, but the whole point of it is that spirit share with me.

It's not for me. It's for the collective. Someone out there is going to benefit from it. Someone out there is going to learn from it. Someone out there is going to now understand that trauma isn't normal. In our society, we've normalized trauma so much and trauma is not normal. Someone is going to learn from my experiences where I normalized the trauma in my life and thinking that's what I was destined for.

That's what I was supposed to go through. Yeah, I was supposed to grow through it so I could learn from it. And heal it and now be here as an example for others. However, it's not something that is normal. It's not something that we have to live the rest of our lives going through. We are meant to live abundantly.

We are meant to live empowered. We are meant to live in our full capacity of limitlessness and experiencing the greatest life of our soul's desires. It's not about struggling. It's not about suffering. It's not about living traumatized. That is not it, Papa. That is not it, Mama. No Cerebum. Uh uh. We're supposed to elevate.

Our energies, our beings, our spirits into becoming our best selves, our higher selves. So, my book is called Heal the Feminine, Heal the Planet. And there's a subtitle, How to Overcome Trauma and Become Empowered. And then I have the accompanying journal. With that book where the title of course is Heal the Feminine, Heal the Planet.

I am worthy 90 day spiritual cleanse and gratitude journal. Yes. I'm so proud of those two books. Like I said, those are my first publications. You can find them on amazon. com. You can also find them on bondsandnobles. com. I will be having copies. You can also get them from my website. Those are my two babies right now that I'm so proud of, and yes, that took a lot of courage.

A lot of courage for me to do, for me to lay it all on the line and just be transparent and vulnerable with my life and my story and my experiences. Also without intruding on anyone else's. Experiences. For example, I didn't experience a lot of these things alone. So it took a lot of healing as well for me to understand.

Hey, at the end of the day, this is my story. It's not about offending anyone. It's not about putting anyone's business out there. It's about me sharing my experience. So it's all about sharing it from my perspectives and everyone who went through those experiences with me. They're free to share their perspective as far as what the experience was for them.

But this is coming from my experience. I wrote those two books. Like I said, one is a book and one is a journal that you can write in. You write your 10 gratitude statements every day, and you have an affirmation every day for 90 days, three months, and trust me, I'm not only the author, I'm a client because I also, of course I read my book and I also did the 90 day journal and it's.

Beautiful. There's nothing like expressing gratitude every day. And just being grateful for everything as it is present, everything in the present moment, everything in the present tense. So yeah, I went from, I wrote those, the book and the journal, to launching transformative programs like Metamorphosis, Rebirth Yourself.

So I've been fully immersed in the world of healing and empowerment. And it feels so good to be here, to be at this stage, at this level of my journey where now I can actually use my experiences. I'm not caught up in them. I am aware of everything I've experienced, knowing that there was a bigger purpose behind it.

I'm not only launching the group programs. I've also launched my one to one sessions. I've been fully immersed in my healing journey and just getting myself ready because I know that I have a big omission. I know everything I experience in my life is the product of a big omission. It's not about me. Yes, I experienced it and that's what I decided.

I made the choice. So come to this planet to experience these things so that I can now become a leader in having the experience and the wisdom and the knowledge to help others. Yeah, I'm so excited. What have I been doing lately? Man, like I said, I've been working on my one on one sessions. That's being offered right now.

Those are available. Please go to the website and book for your one to one session. I'm so excited because it's been so long and coming and I'm so comfortable and confident in my skin

and I'm ready to do this work. So I need y'all to hit me up. Okay, we're gonna purge in. Release and heal all of our inner childhood trauma, because a lot of us experience trauma from birth, from even in the womb.

And then we come here and then we go through life thinking that this is normal and it's not. So I need y'all to hit me up if you're looking for guidance when it comes to transitioning or even wanting more knowledge on spirituality. If you're coming from a religious background, I'm here to help with that because I know when I was transitioning from the church, from religion to spirituality, it was confusing.

I felt like I was lost. I didn't know where to turn to get truthful information on what this is about. Because it was so confusing and it was so difficult. So yeah, I know that path. When you grew up one way and you're taught one thing, and that's what you know, that's all you know, it's so difficult to now bring yourself to learn other things or to open yourself or your perspective to learning something new and something different.

So yeah, I understand that path is so challenging for most of us. So I am here to assist with sharing information about the differences between religion and spirituality and just helping anyone who just wants to broaden their perspective or whether you're ready to transition or whether you're just feeling a nudge or something doesn't feel right within, because that's how it started for me.

It just didn't feel right anymore. It didn't feel aligned. Like something was always off. But as a little girl, you just go along with what you're being told. But it always felt off. Some of us get to that point at later stages in our lives. So if you're at that place where it doesn't resonate, the information isn't aligning, hit me up.

I'm here for you. I'm here for you. Recently, I've been working on expanding my group coaching, my programs, and developing new content for quantum trauma healing and collaborating with incredible thought leaders and healers in the spiritual community. Now when I say collaborating, I went to the Forbidden Knowledge Conscious Awards.

That was two weekends ago. I went last year in 2023 for the first one. And I was also present for the second annual event. And when I tell y'all, woo, it was beautiful. Just dope. Incredible energy was high, just being around high vibrational souls. Who has been doing this work, who are being awarded and recognized for their work in raising the vibration of this planet.

It was the epic weekend and I'm still coming off the high of that energy. That's how good it was. Now, last weekend was also a high energy weekend for me, just vibrating with more high energy souls at Blackmagic363. Yes. Gathering of the Masters. I attended Gathering of the Masters. Organized and brought to us by Blackmagic363, my brother Rich, more incredible people, more high vibrations, the vendors, everything, food, the speakers.

It was a two day event, just like the Conscious Awards was a two day event. But the Saturday we had the Divine Feminine panel. Awesome. Amazing. Beautiful. The women, the feminine energies. I think Dr. Jewel Pogram, don't quote me because I know I'm batching her name up. We had Sister Myra. We had Queen Afua.

And that's just the speakers, okay? Now we also had some people in the crowd that were just attendees. Of course, your girl was in attendance, all right? I'm coming. I'm coming, I'm coming. Got to let it show. Anyway, y'all ain't ready. Y'all ain't ready. So that's just the female panel. And then the Sunday we had the divide masculine panel, Dr.

B serious, the Duke. I see her once again, another one that I'm botching up. Please don't quote me. And the workshops, the lectures ended with Dr. Yaki awakened. Oh my God. When I tell you high vibes, I met so many wonderful people, many wonderful people. So many high vibrational, wonderful people that are doing the footwork, doing the legwork, doing this work.

Shout out to Bedell. Shout out to my brother, Minister Jew. Shout out to Bro Ridge. Just shout out to Dr. Griff. Shout out to so many. Come on now. Sold. That's what I've been up to. Like I could spend most like all day just talking about it because there was so much going on. So many different activities, so many energies, the food, the vendors, the offerings were exceptional and just out of this world.

So when I tell you I've been collaborating with some awesome people, I'm not even joking. It's not meant like I'm maximizing this because it was just maximum vibes. I've also been focusing on my podcast. Like, I've been focusing on just working to bring more insightful and empowering content. Right now, my primary focus is on healing the divine feminine through womb healing and trauma healing for women.

So this is going to be done through my one on one sessions. The group programs are coming. There's going to be a waiting list on the website. Join the waiting list. And so that you can be the first to know when the group programs are being launched. And it is going to be a limited number of spaces. So by joining the wait list, you are securing your spot.

This work is there dear to my heart. I don't just believe I know that activating and empowering the divine feminine energy It's key to creating balance and joy in our lives. So my goal is to provide you with the tools and support you need to embark on your own healing journey. This is so great. I took this long because I had to cultivate.

I had to do my own healing. I had to really work on myself in order for me to be the best me that I can present this to you, the quantum healing. The knowledge, the information in upcoming episodes, you can expect a mix of solo episodes like this one, where I share my insights and experiences, as well as interviews with amazing guests who are experts in their field.

So we'll be diving deep into topics that are based on my life's experiences, heart centered leadership, soul healing, spiritual practices, and much more. So yeah, I'm excited. I'm looking

forward to this and I want to thank you so much for joining me today. Thank you. Thank you. Thank you. And for being a part of this wonderful community, your support and presence mean the world to me, and I appreciate you.

So if you enjoyed this episode, please subscribe, rate, and review the podcast. This is just the beginning. You just got a little taste of what's to come. When you subscribe. And follow and rate and review the podcast. It helps more people find us and join our community, joining our journey of healing and empowerment.

Also, don't forget to follow me on social media at Sanchia Divine Official. I'm Sanchia Divine Official on all platforms, Instagram. YouTube subscribe to your girl's channel on YouTube, y'all. This is a brand new YouTube channel just for Sanchia Divine Rants. All right. So be sure to follow your girl on Instagram, YouTube, Facebook, Tik TOK, LinkedIn, wherever there's a platform, Sanchia Divine Official.

So yeah, you can follow me for more updates and inspiration. I am truly grateful. So next time we'll be talking some more about my personal journey. around identifying the trauma I experienced, healing, and how you can start your own healing process. You won't want to miss it. So until next time, stay radiant, stay empowered, and keep shining your light.

This is Sanshia Divine, signing off from Divine Dosage, sending you all my love and my light.