



The ARCHITECTS *of* DESTINY

PODCAST

EPISODE 15: Divine Feminine

Activation with Bec Melons

The guest of today's conversation is Bec Mylonas, a Divine Feminine activator, spiritual teacher, a channel, and keeper of powerful feminine frequencies. This conversation is truly multidimensional. It goes well beyond Bec's insights on the role of Divine Feminine and Masculine in the transition to the New Earth, it is not just wisdom exchanged verbally.

It is in fact a powerful energetic activation of the Divine Feminine. The energy channeled by Bec has had an immediate effect on me. After recording this conversation, deep blocks to my feminine expression that have sat in my field since childhood have come up to the surface to be released and cleared. So, whether you're a man or a woman, I invite you to listen with an open heart as the Divine Feminine energies activate dormant potential deep in your field.

RIYA LOVEGUARD: Today, my guest is Bec Mylonas, who is a Divine Feminine activator, and a priestess, and she will talk to me about how the dynamic between Divine Feminine and Masculine is important in this awakening and the process of embodying the New Earth consciousness and unity consciousness. And they also channel, so today I could feel just before our start of the conversation, the

energy is gathering. So, this podcast episode is not going to be just a chat, it's also going to be an energetic transmission and possibly an activation. We're gonna talk about Divine Feminine archetypes, and how Divine Feminine can help Divine Masculine, and the other way around. So, welcome to the show, Bec.

BEC MYLONAS: Yay! Thank you. Yeah, it's an activation for sure, I feel it. So, yup. I just need to say that. You're gonna get activated, probably, if you're willing and open which is really exciting.

RIYA LOVEGUARD: We are also recording this episode on a powerful portal, 22nd of February, so yes. This energy will be retained in this recording, so open up your heart. Maybe ground yourself because this energy is gonna flop.

Bec, tell me about how you discovered your abilities as a Divine Feminine Activator and your calling to do it? Because I know it's quite an interesting story of how you discovered your mission.

BEC MYLONAS: Yeah, yeah. So with everyone... "How are you? How do you know that you're a priestess? That's crazy!" And it's honestly, it's a crazy journey because it's... everything that we had been taught in society, it's the complete flip of that, has been my life in the past few years. So, it's been a lot of deep conditioning of what I believed about literally everything. And this is a journey that we all go through with Ascension.

Mine began very early in my 20s. I was always, like, really obsessed, actually, this is since childhood, really obsessed with finding my purpose. And a lot of Starseeds and Light Workers have this like, "We need to find our purpose! It's like I will not sleep until I find my purpose."

And so for me, my whole 20's pretty much I'm 29, I just turned 29 two days ago actually. So for me, it was discovering what's not my purpose. So, I went through a whole bunch of different things, I was a burlesque performer, an artist, a musician, a DJ, all this these labels, right? A filmmaker, a writer. A bunch of things. So, I was like, "Okay, it's not that. It's not that. It's not that." And at the same time going through this desire to change my life.

So they're kind of running concurrently alongside each other, parallel this desire to find my purpose and what I was here for and also, it's like I knew that there was something more to life and there was more to life than me being extremely depressed and overweight, unhealthy and like wanting to basically check out and not be here 'cause I was very depressed and diagnosed with mental illness and all of this stuff.

So, my 20s was a lot of the time just like knowing my soul was calling me to more, but not really sure how to get there. And then this process of going into self-development kind of led me on this trajectory to want to study psychology again and help people, and then from that, I discovered the law of attraction and the coaching industry. And then I started going to see healers myself, so, I saw a few shamans and psychics and coaches and healers and that sort of thing, and it was really my own healing journey that had initiated me into my gifts.

And I remember when I was working as a relationship coach, to have all these crazy things happen, and every psychic and healer and shaman, I would see would be like, "Holy shit you're like, you're super intuitive and you're here to do this, like, energy healing in this work." And I would just like roll my eyes. I feel like I'm not at all intuitive. Like, I'm not connected to my intuition, and I feel like that's not true. And as a relationship coach, it started happening that these experiences started happening where I just know these things about women I've never met before, and I'd be able to pinpoint their blocks and that sort of thing.

And then the craziest stuff started happening, like I channeled my passed away grandmother. I started feeling my guides more. I channeled a past -- my client, her husband had passed at the time and he came in this beautiful ceremony that we did together, and I was like, "Okay, maybe I'm psychic. Maybe I have these gifts."

And then from that it was a year of like really forcing and pushing and really into Masculine with my business, my coaching business, trying to make it work. And I feel like the universe was blocking me every turn, being like, "This is not what you're here for, and I kept hearing you're a healer, you're a healer. You're a shaman, you're a medicine woman." It was something I was like, "No, I'm a coach."

Until eventually I had to give up my business like it got pushed to that point where I had to surrender and there was this day in 2019, and I remember it because that's when all of this really started – my deep initiation, remembering. I had to throw up my hands and I was like, "If I'm this healer that everyone is saying that I am, God, universe, guides, whatever. Show me. Like if I'm this healer, I'll give up all my

business, you tell me what to do because I'm done like fighting and pushing."

And I did this activation through this beautiful school online called "ReWilding," with the Dark Goddess, Kali. And working with Kali I'm doing this activation, opened me up to this five-month long initiation into all of my gifts, all of my past lives. This thing where I went to bed like feeling like I was a normal human and five months later, I woke up this oracle with all these abilities to do these activations and gifts and you know, months of like, "What is this? Like, I don't understand what this is, what do I do?" and my human was trying to figure it for so long. And the more I kind of did it, the more I just dropped in and I understood, and all of my gifts kind of came online in a very short period of time from going to the depths, going into these past lives. So this is essentially now the work that I take others through. I take them into the depths. A lot of the time with the Dark Goddess, into the underworld, into their past lives where we all as Light Workers holding onto another stuff from past lives around traumas that we've we've been through which are preventing us from connecting to those gifts now.

And it's like when you go into that life and clear that trauma or the Witch Wound or whatever you wanna call it, you're also reclaiming those gifts and bringing that version of you into this here and now moment. I mean, it's all kind of happening now anyway, because time is nonlinear, and simultaneously, all your incarnations are simultaneous, but it's like those gifts come online in this lifetime. I've completely – I do this a lot. I went off the topic of how I got into this, but this is what I do now.

RIYA LOVEGUARD: Our conversation is nonlinear as well, and I am so on it with you. In order to ascend, you have to descend. And in fact we are just about to take of beautiful group of souls on like a three month healing journey and the first month, we call it "The Descent," and we will be going for all these blocks and traumas. And I see a lot of Starseeds pursuing just the gifts. Just the upper Chakra superpower, etc. But in my experience and so it seems in yours, the biggest shifts occur when you actually heal. And when we mean "heal," we don't even mean physical healing. We mean healing of all the traumas, of past lives, of all these things which are stored in our Energy Field, so it's really beautiful that you've detached on it.

And another beautiful thing is that you are the youngest guest on our podcast. And this is so amazing because you know, sometimes we feel like it takes years to develop. However, my experience is younger and younger people are awakening and also the awakening is happening very fast. And to me, my acceleration to when I've said, "Yes, I wanna do it," it was also super super fast, and I'm finding a lot of younger people who at the same time, are aware that many of the Indigos and all the generation of Starseeds and Earthseeds have been paving way for us for a few decades.

So, here's my tribute to all of you who have been gifted, you know, maybe in the 70s, 80s and 90s where this was definitely not mainstream and it was very very much against society. Now, we actually have space to be like, "Yes, I'm a Starseed, I'm an Oracle. I'm a Priestess." Whereas, probably the older generation will be shut down. So, this in itself is a testimony that we are moving and shifting through timelines on a global level, which is amazing. Thank you so much for sharing this story because it's incredible that you can shift into your soul purpose before your 30th birthday because for a lot of

us, it took a lot longer. So that's awesome. So, you've discovered all these gifts, how did you discover calling for Divine Feminine activations? You know, there's many things you can do when you are psychic or a healer, but while serving females and especially since you've touched on being very much in your Masculine energy before.

BEC MYLONAS: Absolutely. So, to be completely honest with everyone, my healing journey actually started because of my love life. So, love has always been my driver for my healing and it stems back to, you know, obviously with everyone who ascends, back to childhood trauma and the attachment bonding or forming that you have from childhood, and for me, my relationship with my mom... I suffered a lot of trauma in my childhood. I love this shit out of my mom. She's amazing, but she's always been my biggest catalyst for growth. And I began this journey to clear away and work on why I was attracting these relationships in my life.

With men particularly, in my early 20s, I was a completely different human to what I am now. I have evolved a lot, thank God, which is funny because I'm 29 and you know you're like, "You're the youngest person here." But I feel really old mentally and how I see and perceive the world and the stuff that I worked through. I have conversations sometimes with 60-year-olds and I feel like they're so unaware of some of these stuff that I've worked through, which is really interesting. It's an interesting experience like, "Wow, you've had 30 years more grooving this pattern in. How difficult would that be to, like, take that apart?"

So, I'm very, very lucky that, you know, at 20, sorry, it was more like 25. I was like, "I want to call in a soulmate," and I'm tired of attracting

these emotionally unavailable man-children who just wanna use me. And this has been like, 10, 15, 20 people in a row. And there's gotta be something that I'm doing, right? I'm attracting this. And this is when I started getting into my healing journey. So I started learning about the law of attraction, and all that stuff and I was like, "Right, this is a mirror to something that's going on with me and I'm gonna look at what that is."

So, I started looking at where am I? You know, where am I susceptible to this? Where am I attracting this? And I started to look at where I was, actually operating in this super Masculine Energy. And it wasn't even Divine Masculine Energy. It was wounded Masculine Energy. So due to my trauma, I was over-controlling. I would work extremely hard to the point of burnout like I had this stupid slave code of like, "work, work, work, work." Many women do, particularly many women entrepreneurs which I really want to talk to you in a bit because it's really important. I think that that's part of the message is that we are told this hustle or die mentality. That was me.

I would push, I would force. I wasn't receptive. I wouldn't allow men to take the lead. I was very much wearing the pants in every relationship. I would always dictate kind of where it was going. So, I would be like, "Oh, I don't want anything serious," or act like I didn't want anything serious when really I did, but I was afraid to be vulnerable. I was afraid to open my heart because of my trauma, because of who I was as a person. So, I had this really like tough bitch, bad girl persona. Like tattooed up, like boxing, you know, musician, like really cool, "Bec smokes and drinks and she's so cool. She doesn't care." I had this persona and it was super Masculine. It was super like, I've had so many men and it still happens because I have a little bit of a resting

bitch face. When my face is normal, it looks like I could probably kill you and it's just my face.

But I had this super defensive energy. Super masculine. Basically, that I would have men when they got to know me, come up to me and they be like, "You are terrifying. Like there's something about you that's really terrifying." And to me, that was my barrier that was my protective barrier of "I don't want to get hurt so I'm going to put up this barrier "of Bec, Like she doesn't care like, "Don't even approach me or breathe near me or I will stab you in the eye." Like, I'm not available for intimacy and vulnerability when really all I craved was vulnerability and intimacy and to surrender to the masculine. Like part of me just wants to surrender and receive and be worshipped and all these things now which are really a part of who I'm being and what I'm embodying.

So, it was a lot of like, "Oh, wow. Okay, this is how I'm acting, and this is why I'm not attracting what I desire, and I'm attracting these men who can't commit or aren't emotionally unavailable." Whatever it was. So, it began in that context. And then I took it into work and into how I was operating in my business. So, in my coaching business. I would be hustling all the time, working all the time, and I was taught you have to hustle, you have to do XYZ and you have to follow this structure. You have to do this, and you do that, and it actually goes across against my very nature as a Divine Feminine, creatrix, and a priestess and a healer and all of this stuff, a mystic.

I'm actually not designed to work very hard at all and it's funny because when I was looking to create my life 10 years earlier when I wrote down everything that I want to create on the list, it was like, "I literally wanna lie by a pool day drinking coconuts and get paid to be

me.” And guys that's literally what I do now. I'm literally paid to lie by a pool, and I do grid work and I do channeling, and when I do my clients, also activations, it's just me showing up as me.

I never feel like I'm working, and so my genius, my zone of genius, is showing up and talking about what I'm passionate about or being in the flow with something creative or like I said, being in a trance. I spend most of my time in trance states doing work in other realms, which doesn't look like work, right? So, when I was a coach, I was looking at what the industry had taught me, and what society had told me, and what I'd learned my whole life, is this super overachiever, really smart kid, getting A's in everything that I would do. That was just how I was hardwired – to perform, succeed, to achieve. Just super masculine energy. And I deconditioned all of that. And I was like, “I need to look at how I'm going to run my business from a more feminine angle.

And so, I started to decondition all these ideas about time, and hustling, and workflow, and structure, and all these stuff. And I wanted to just follow my passion and follow my intuitive downloads, and follow and surrender and trust, right? And these are all very feminine qualities. I'm actually kind of, I wanna go back because I miss some really important stuff. When you said deconditioning the masculine and like how I worked through that, it was through working with these feminine archetypes, so with the Dark Goddess, particularly.

As women, and actually, as men as well, we're taught to feel our emotions. We're taught that our emotions are too much, that our chaos is too much, that who we are is too much and working with the Dark Goddess and the Wild Woman as well – really good archetype, enabled me to to go in and feel all of the trauma. Not only from this

life, from all my past lives. All of that trauma, all of that too muchness, all of the crazy that society tells us to put a lid on, to shut down. And so, me operating from this masculine for so long, was kind of me trying to control and micromanage and keep a lid on all of this “me” that wanted to come out and be expressed. Does that answer your question a little bit?

RIYA LOVEGUARD: Yeah, definitely. I want to kind of follow on this thread of, you know, various archetypes and also how about the dynamics between the masculine and feminine? You said that when you were in your masculine energy of kind of like, you know, don't F with me and, you know, stay away and send the obviously signal out to the men. And you were attracting a particular types of males. So, my question is. Obviously working with a lot of women and previously working as a relationship coach, have you noticed certain patterns? Certain feminine archetypes attract certain masculine archetype or vice versa? So how does the dynamic play?

BEC MYLONAS: Yeah. Just let me take a breath and just feel into... *[Takes a deep breath]*. So I have a lot of energy moving through me, let's just bring it in. It's not only that I was operating from the wounded masculine, but there was also really wounded feminine traits within me as well. So, I want to speak to that as well. It's like desiring validation, needing validation, needing like, manipulation, overly emotional to the point where it's chaotic but not in like a.... It's throwing tantrums is what I wanna say, right? Not like, “I'm expressing this emotion because. It's true to me.” It's like, “I'm expressing this emotion with a motive to get something.”

So, a lot of women that I know are either operating from a wounded masculine. So that's micromanage, pushing, forcing, controlling or they're operating from a wounded feminine which is craving validation, it's manipulating, it's emotional form of manipulation. It's not being emotional as an authentic expression and they're very closed off. So, the Divine Masculine or the wounded masculine is only going to rise as much as the feminine opens and allows. I'm gonna say that again because there's an activation in that and it's really important to be able to hear. The masculine is only going to rise as much as the feminine opens and allows.

And so, for me and for a lot of women early on this journey, even something as simple as allowing man to take her coat for her or allowing a man to get a check for dinner, or allowing a man to lead the way and take charge, and be like, "This is where we're going and I'm gonna get the shit done and do the thing." That was super uncomfortable for me to do, and it's super uncomfortable for any woman who's super not embodied in Divine Feminine. Because we are so used to having to pick up the slack for these wounded men, right?

We've seen men who are not fully embodied in their Divine Masculine, that we've encountered where their leadership or their direction has been... It's been a power grab and it's been coming from a place it's not embodied in love, right? So, it's been coming from them wanting to manipulate us or use us for something or take something from us or get more power or greed or whatever it is. So, what we've seen is that when a man is leading, it's toxic because most of the government and everything, the systems that already exist, are coming from a wounded masculine archetype of r****g and pillaging. Oh, this is going to get... I can feel this going somewhere that might be a bit triggering, so there's a trigger warning.

We don't trust the masculine, and this is ancestral. This goes really, really, deeply into what has been done to the indigenous cultures, of humanity and what has been done to the feminine, and so the feminine truly is something. The feminine wisdom, the feminine intuition, the feminine magic, the feminine Oracle quality is something that is sacred right, and the masculine is literally here to protect that. The role of Divine Masculine to provide structure for the feminine to flow within, to support the feminine and to protect what is sacred. And unfortunately, many of us and I feel really strongly in my room as I'm talking about this. This is activating some people – I'm feeling like I'm gonna throw up, actually – It's like many of us do not trust and cannot trust the masculine because of the trauma that is in our DNA. How we've suffered at the hands of the masculine. And again, I don't only want to like bring down men everywhere because we've all been the masculine. We've all been everything. All of us. I've been someone who's r***d and abused and pillaged villages and I've burnt down villages for fun. And I've done things as well, right. We've all done this. So, this is not “Hey, men everywhere!” This is something that we need to heal because the feminine is really struggling to trust the masculine because of this. So, it's like we are struggling to surrender and receive and trust that we're going to be supported because historically it hasn't gone good for us.

So, just taking a break to reassess where I was going with that... This is why a lot of females find it really difficult and we have a lot of deeply embedded sexual trauma as well, which we store in womb space, which prevents us from opening and which prevents us from moving through all of that. So, for me, this is kind of the wave that feminine will go through and then I'll talk about kind of how the masculine plays into that later, and how, Riya, we've talked earlier about how there's so

many awakened females and the men are kind of lagging behind. So, I'm gonna talk to that in a second. So, please remind me to come back to that because it follows nicely on this thought.

But it's like. We need to go in as a female, activating our Divine Feminine and actually process all of that trauma, and all of that rage, and all of that anger, and distrust of the masculine before we can actually open, and allow and soften, and be vulnerable and be open and share our hearts. There's a huge deconditioning and like you said, a descent that we must go through in order to get there. There's a lot of us who have been doing the work. So again, it might be easier moving forward because there are so many strong, amazing, powerful Divine Feminines doing this transmutation work for the collective. But for me, and for those who I take through this journey and those who I know who've already gone through this journey, it's like... we have to embody the Dark Goddess. The rage, that anger, the chaos, the grief.

And so for the first two years of my journey, it was going to these super dark places. I journeyed a lot with Kali who is an Indian but Hindu deity. And she is the Goddess of War and she is a really intense energy because she doesn't fuck around. She takes you to the deepest, darkest place within you where she'll show you the wound, show you the trauma, show you that dark stuff that you're going to alchemize to be able to step into your soul expression and your soul gifts. But we get taken to these super dark places where we have to then process this trauma and this grief over things that have happened to us, not only in this lifetime, but in other lifetimes, in our ancestral line, in our DNA.

And so this is the role, this is what the feminine has been doing for a long time. We've been going to these places, we've been doing the

healing work, we've been facing our shadow, we've been using the Dark Goddess, and using these dark archetypes to go into these places and go through this process of releasing all this rage, and releasing all this trauma. And then reclaiming our gifts, remembering what the feminine is here for because back in ancient times, the feminine was revered. The feminine was put on this pedestal, and the masculine knew our worth, and the masculine protected what was sacred back in the day.

And so, we have to go through this reclamation of understanding how sacred, how potent the feminine is, because it is the spark of all life force. It is that Shakti, it's that Kundalini. That's what the feminine represents. We are the visionary energy that's going to move us forward into the New Earth, and the New Earth is not created on wounded masculine energy, it's the feminine leading with the masculine providing the structure, right?

So that's kind of like the journey that you go through, and then from going into the Dark Goddess, and going into all the rage, you're going to soften and open up your heart, and that's when you start to move into the lighter, more beautiful archetypes. For me, the Mother was an archetype that I've really started to work with for the past two years. Particularly, all that forgiving, maternal, nurturing energy that a lot of women have – most women or all women have within us, and that is how we're able to help the wounded masculine to rise without taking their crap, right?

So, it's like lovingly being able to call out where we see the wounded masculine in the collective, where we see these men who are not an integrity. They're not showing up in the way that we desire them to, what we need them to and it's having the firm, loving and strong

boundaries. It's being able to pull something out without pointing a finger and being blamed or creating more drama. It's like that loving maternal, like... when you're a mom and your kid is like having a tantrum, you don't say "I'm going to never speak to you again. I'm gonna kick you out of the house." It's like, "I love you. You're being a little shit right now, I won't tolerate your behavior, go sit in that corner. But I love you, right?" This is the attitude, this is the energy that the feminine is starting to cultivate with the masculine, and needs to cultivate in order for there to be healing between the two.

What I noticed when I channeled the message from Isis a couple weeks ago when I was in Mexico. And in Mexico, I do a lot of gridwork, and in this particular journey I had re-encountered this man who I had a lifetime in Mexico with and I was in a tribe there and we had this lifetime there. And I was there to do a lot of deep gridwork and reprogramming and clearing of ancestral stuff there. And this man was holding me, and he's super embodied in his Divine Masculine, right? And he was holding me in this way, which allowed me to fully go into the emotion, to fully go into the trauma, fully go into the wildness, the chaos of the feminine in a safe container where I felt like I was held.

And I'm telling you, I do a lot of this work on my own without being held by the masculine. Like many of those women who are already awake, we do this healing work alone being held by the masculine in that way and having a true Divine Masculine holding you in that way allows you to go that much deeper. It allows you to express in your gifts that much more. It allows you to feel safe to channel, to process. And so what's been happening in the message that Isis channeled through me is like and it's only because this man asked, "How can we support the feminine?" Right. So, this was a message for not only like

him specifically. It was for the masculine collective. And so, this is for our masculine brothers who are awake and who are in the Divine Masculine. And there is so many of you. And I love you. Thank you. Thank you, brothers.

We need to get more men on board. So, this is your job now to take this message out, is that the feminine has been doing this. We've been doing this for so freaking long. We're exhausted like we have been processing the entire trauma of the whole collective singlehandedly up until now. Right? And it's like, when you look around at who is going to the self-development courses, who is doing the healing journeys, who is you know on... you were saying Riya, in your podcast, there's only been a handful of men compared to the women that you've had on talking.

Like the women have been leading and doing the healing work for far too long because we are here to essentially lead the way into the New Age. But it's time for the men to pick up slack, because all the men – Sorry, I don't want to, like, make that gender 'cause. It's not gender specific – Divine Masculine energy to rise because we need them to be doing this with us. We need them to hold a safe container for us to do this work. Like it's not just our job anymore. And then this urgency and there's this need for the masculine be able to rise and hold the feminine through this birthing of the New Age.

Because it feels like it's been very one sided and it feels like we've been doing it alone and it's like the message that I got through was just this exhaustion from these beautiful, Divine Feminine and the Divine Feminine collective, this exhaustion of “I can't hold this trauma on my own anymore. I can't do this on my own anymore. I need help.” Like collectively, we are only going to reach this beautiful New Age in this 5th dimension if we all do this together like it's time, people.

RIYA LOVEGUARD: Yeah. So my question is. Okay, So what can we do as women? Because there will be women listening and watching who are wondering, "Okay, you're talking about the oldest connection to the Divine Feminine? I don't really even feel this connection," and that was me for years I didn't even know where to start. You know, it would freak me out when I heard about women circles and womb activations. Like what the heck? I was actually connected very firmly into my masculine and I wanted to be more in my feminine and it's actually scary because I thought I'd be just this kind of like this limp lettuce. Kind of you know, without structure and it was scary and there will be women who might be watching and listening and asking, "What does it mean to be Divine Feminine? What does it mean to be Divine Masculine? And where do I start? Where do I start connecting to my Divine Feminine?"

Because I think it's this balance when you say, well, it's not just about these genders, because sometimes there is women just clinging on to this wounded masculine energy, and that's also creating the imbalance. And if you're not in your feminine, then you're probably in your masculine, and not Divine Masculine, but this wounded, patriarchal, distorted masculine. So how do you make the shift for someone who's probably listening and thinking all of this is completely new?

BEC MYLONAS: So it's also like, I just wanna say for me I did a lot of work around my own wounded masculine traits as well. So, it's not that I'm like fully Divine Feminine and I don't have any... Like, I'm also very embodied in my Divine Masculine in many ways and I

have met a lot of men feeling threatened, 'cause they're like, "Woah! Your Divine Masculine is really like, there, right?" So, you have to work on both, but you did speak directly to women and I just wanna say that cause it's really important that we're not focusing all on one. Cause you go to Divine Feminine and like you said, you become this limp lettuce which it's kind of what happens to me at times, I'll be the first to admit that sometimes I go into the Divine Feminine and I forget that I have to come up for air and live in this reality and out structure down, blah blah blah, etcetera, etcetera.

It is a huge misconception that I also believed at the start of this journey that the feminine is weak. That vulnerability equates to weakness –

RIYA LOVEGUARD: — Yes!

BEC MYLONAS: Uh-huh. And that's why I was so tough, I was like pushing and all this. I was in my masculine because I was like, "Well, if I'm the feminine, everyone's gonna walk all over me. Not gonna be respected. Like people are gonna think that I'm soft and weak like a lettuce." Right? Or whatever, like not solid. And there is no bigger lie than that because when you look at all these archetypes, like Kali, Isis – Isis is an Egyptian Goddess – you look at Hecate, you look at bloody Lilith, the Queen of the Underworld. You look at somebody's Dark Goddess archetype. Even Mother Mary, she's strong as balls even though she's you know, this beautiful, maternal energy, she's super strong. None of these women are weak because they have strong, firm, loving boundaries.

Boundaries! It's super important, right? So, it's firstly understanding that there is actually strength in the vulnerability and that is the biggest lesson for me in learning to open to the masculine because I was like, "I don't wanna give away these men my power again because I've done that so many times. I don't wanna do that." It's about learning who to open your heart to and who to be vulnerable and soft with. Discernment of... is this coming from this manipulating, wounded, needing to prove something, you know, fake big d*ck energy. Are they coming from that energy or are they truly embodied in service, and providing structure, and supporting energy? We all know what a f*ck boy looks like. We all know how to sense when somebody is not very grounded in Divine aspects. We all know when someone's emotionally unavailable or they're acting like a child or when they're not capable of providing for us or supporting us.

In relationship, I'm talking to women who are attracting these wounded men. You know it, because they're not answering your text, they're not showing up for you, they're not supporting you, right? So, you feel it in your body when someone is in that way and you don't feel safe to open up. So, if you don't feel safe to open up to someone, then they're probably not safe enough to, granted that you've done the work. I'm kinda backtracking.

So, the first thing actually, would be doing all the work to connect to yourself, and self-love and so opening your heart. So, any work where you're opening your heart, you're connecting to your intuition. You are taking down the walls that have held you in separation. This is like the biggest job of the feminine, it is the deconditioning around for instance, the sister wounds. What has you competing with your sisters? Comparing yourself to your sisters? Looking at your body, and judging your body compared to your sisters.

So, self-love is like, that was the main part of my journey to being able to embody this Divine Feminine stuff was this self-love pace of really getting to know myself, getting to know my body, getting to love my body, getting to look at where my heart was closed off, where I am putting up walls and acting tough to not let people in. So, whatever that is coming from. So, looking at what has you susceptible to... and it's funny, I sound like Gaby when I say that, Gaby, my mentor. What has you wanting to do that? What has you wanting to shut down? What within you is causing you to want to shut down or not trust people or think that vulnerability is weakness. So, it's like looking at inner child stuff is really important. It's looking at sexual trauma really big. Most women are not connected at all to pleasure, they're not connected. They feel shame even connecting to their womb space because we've been conditioned by society that sex is shameful, because many of us have suffered abuse and trauma or we've attracted attention that's unwanted because of our sexual energy, right?

And so, many healers particularly, female healers have a lot of sexual energy. And this was me, I was always had so much sexual energy and I attracted a lot of unwanted attention and trauma and a lot of that stuff because of these sexual energy that I have, but actually, that sexual energy is Kundalini, it's healing energy. So, it's not necessarily just sexual energy. So when we repress or shut down, the lower chakras particularly the womb space, the sacral. We're not connected into that intuition, that creative spark, where all of our gifts are basically. So the female holds all of her gifts in the womb space, and if you don't have a womb, it's like the energetic womb space. That's where all of that wisdom is held. It's held in the womb. It's where we birth creation literally into form, from our womb space.

It's also where Kundalini kinda lies coiled like a snake, if you wanna look at Vedic tradition. It's where it's all stored, and it's all where it's all held. And so, it's looking at, "Where do I feel disconnected to this area of my body?" Doing womb work is uncomfortable as it is. Doing the work that makes you feel uncomfortable is usually the work that you need to do. So, looking at where am I blocking myself from feeling pleasure? What's my relationship with pleasure? What's my relationship with my body? What's my relationship with my sexuality? What's my relationship with other women? What's my relationship with my mother? Do I believe that other women are competition and that they're here to compete with me for resources or for men or all that stuff?

I think they are all good windows. It's connecting to the body, it's connecting to your sensuality, your movement. So, the feminine is flowing, she is not structured, it's like this wave. It comes and it goes. She's in and she's out, like a snake. The movement that I'm doing. So, it's like following what feels good in your life. So, following when you get a nudge about something. So, following the nudges, following the intuitive hints of like, this feels good, this lights me up, this feels exciting.

Mena can do this too, it's like, what lights me up? What feels exciting? What "makes me wet" to use a more kind of colloquial way of saying it. What gives me a little tingle in my pussy that I wanna follow this, or it makes me excited, or there's desire there. That's one way of really embodying feminine energy and really following that cause your joy is always going to lead you into more feminine energy. It's where am I, like I said, separate from others? So, working on your heart space and

working on any wounds or trauma or inner child or past life stuff where you're not trusting, you're not opening.

RIYA LOVEGUARD: It's sometimes difficult because when you walk through this journey, it's also a very intuitive journey. It's almost like when you do energetic work, you forget what you have done yourself because it's just something that's once it's done, it's done. It's not like mindset work where you have to keep repeating. The energy work, you can shift like very quickly. But yeah, those little practical things, like connecting to your heart space and what feels nice.

BEC MYLONAS: Feeling your emotion, like it's the biggest one. Feeling your emotion, that's number one. Allowing yourself to feel your emotion. We are taught that our emotion is too much. You know, as a child we're taught like don't cry, don't make a scene, don't cause a thing. The feminine is raw emotion, it's chaotic emotion, it's like going and expressing that grief, expressing that rage, expressing that passion. Whatever it is, the feminine is emotional.

I wasn't even... I didn't feel safe to cry in public. That's how in my masculine I was that I would not be even seen crying in public, like I was ashamed, I was embarrassed to cry. Like, guys I cry every single day, sometimes too much. I'm crying in public, I'm crying when I'm out. It's funny because when I started opening all this stuff, I had a boyfriend at the time who used to call me "cry face" because that's how much I would just cry all the time. And when you start opening yourself to feel all these emotions, it can feel like, "Holy hell, I'm crying constantly. Where is this all coming from?" but it's like we need

to feel that. That's what the feminine is here for, to feel, to process, to transmute to feeling stuff.

So, number one, what you can do if you wanna connect to your feminine emotion, start allowing yourself to feel and process your emotions. Stop holding them back, stop pushing them down thinking, "I'm gonna be too much. No man or no partner or no person is going to want to see me like this." Because the truth is, guys, women, ladies, women, the Divine Masculine will open more and more and more, if you allow yourself to be vulnerable. They're not gonna be like, "You're too much, get away." And if they are, they're clearly wounded masculine because they can't hold the container for your emotion.

The true Divine Masculine is like, "Yes, give me your emotion. Give me your chaos." It wants to hold that loving, safe space for you. There's nothing you can do that's too much, and it's such a beautiful experience to feel yourself going into the depths and going into all of your feeling, and having someone hold you and be like, "You're safe. You're protected." And the concept of this is gonna scare the crap out of so many people listening, and being like, "Holy hell, I'm meant to not only feel all my emotion, but I have to have someone holding me through this?" But that's how we allow them to rise. As we allow ourselves to be something that needs to be protected. And it's not that we can't protect ourselves, it's not that we can't show up for ourselves, we can't lead ourselves, we can't heal ourselves. We do all of that. That's what it is to be initiated into the Divine Feminine.

It's learning, I am this powerful force, and I have these strong boundaries, and I can protect myself, and I am a warrior, and I am this Wild Woman. And if someone tries to F with me, it's like this Kali energy like, "Don't F with me." Like, I've got this! And I have that, and

I'm super grounded in that. But I'm also super grounded in allowing someone else to protect me, to provide for me, and to support me, because you're in all of that, and you're constantly protecting, and providing, and supporting, fighting battles, right? Then the masculine has no job. They just become null. So, they don't feel like they're not needed. There's no need for them to rise. Like if we continue to do everything, like be all of it all of the time, and we're not softening and opening and creating that space to be held, the masculine won't rise because the energy needs to balance itself out, right? And so, we've risen to this point, now it's time for us to be really opening and allowing, so there is space for them to rise.

RIYA LOVEGUARD: Beautiful! Just wanted to ask one more thing is that. So, let's say, there will be listeners who are single and are those who are in relationships. And I see quite a dangerous trend where a lot of women are, when they get to a certain stage of their spiritual and personal development, it's almost like they're dumping the men behind. Where it's like, "You're not good enough. You're not as developed. I want someone who's into my crystals, and all of that." My message is, "How do we actually navigate those relationships?" I must say that I woke up before my husband, and my husband is super super connected now. He's a channel and co-host of this show, and obviously, if I wasn't patient, I would have probably ended up in a completely different situation where we now holding one another in it. But, if you are in a relationship or perhaps a client comes to you who is in a relationship and the partner isn't as awakened or perhaps they're scared that, "If I start expressing all those emotions, it will overwhelm them." What kind of advice would you have to people like that?

BEC MYLONAS: Absolutely, and it's funny because I did that as well. I went celibate for like the longest time. And I was like, "No. Can't hold me, I'm too much for all of you!" And that's a belief, right? Also, if you believe that no man is going to be able to hold you or your partner's not going to be able to meet and rise. You would be surprised even non-conscious or non-spiritual men that have been in my life, because like I said, a lot of my journey has been the love stuff and trying to find my soul mate stuff. They've all been very activating. But it's like if you believe that they're not going to be able to hold you and they're not very capable, that's what's gonna happen.

You would be surprised at how intuitively or naturally some men get the hang of it immediately, when you're crying, they go into that space. And there's going to be a lot that don't and I get that, I totally understand. Like, shutting off like, "No, no, no, no." There will come a point where you do have to open up because we are here to do this in Divine Union. You don't have to, but there's this compulsion within you to start opening up, and that happened for me. And it's a journey. So, for me, the men that I was attracting into my life evolved as I was evolving.

So, initially, I would attract soul mates who were open, but their heart was closed but they were willing to listen but they weren't willing to fully open, right? So, they were willing to hold the space to a certain point and I had to... It was like a test for me of how much more can I open? How much more can I express? How much more can I be more vulnerable? And as I progressed, there have become more and more and more, to the point that I now have... The most recent soul mate that I called in was able to fully hold me in that and ask for more. He was like, "You can give me more, give me more." And it's crazy to hear that, it was like, "Woah!"

So, it's discernment, firstly, of what can I process on my own, because it's not that because you now have a partner in your life, suddenly, you don't have to do the healing work on your own and you don't have to look at yourself, and hold yourself. I had to learn to hold myself incredibly well in my Divine Masculine before I was able to attract someone who was able to hold me externally.

So, if you're in a relationship and you want them to rise, start embodying or working on your own Divine Masculine traits as well. Start learning how to hold yourself. Start learning how to show up for yourself in that way. Be that strength, that structure, whatever that is, right? So, do it for yourself first and they are going to start to mirror. It's like, you attract what you are, right? So, if you're embodying to masculine traits, they're gonna start embodying them as well.

Expressing, teaching your partner how to express in a way that feels safe – I'm sorry about the doorbell. I don't know why someone is ringing the doorbell but I'm just gonna ignore and hope that they go away. Uhm, starting to express yourself and express to your partner what your needs are. So, if this is a basic relationship or conscious relating tool of being able to express, "Hey, I'm going through this. When this happens, this is what I need from you." Or if they look freaked out, if they look like they can't handle your emotion – it's not like dumping all of your emotion and like, "Here is all of my everything and I've just decided that I'm just gonna explode all the time and express all my emotion," and just hoping that they're cool with it.

It's like opening a little bit at a time, and opening a little bit at a time, and opening a little bit, and like, raising the threshold of how much they're capable of holding without scaring and overloading them. It's

like slowly, slowly, slowly. Baby steps in being that embodiment. Expressing your needs is number one, and it's funny because even with the more wounded men, at the beginning of my journey, these soul mates that I would call in, it was always me expressing vulnerably what I needed from them that allowed them to support me in the ways that I needed.

And so, I would sit there and create this story of "I'm not supported and they're not capable of seeing me, and he doesn't care about me and blah blah blah." And I create this story, and obviously, that's how they were showing up until I was like, "Hey, not okay that you did this, and when I was having this experience, this is how I reacted. Next time, I need you to hug me or just need you to hold me or I need you to say this or I need you to just not judge me," or whatever.

And me, being able to express that vulnerably and be like, "This is where you're not showing up where I need you to show up," allows them to be like, "Oh, okay, this is what she needs. And now, I can provide what she needs." And this is literally why I was able to channel this message from Isis is because this man asked me, "What do you need? What does the feminine need from the masculine?" And it's the masculine's job as well to be asking what do you need? How can I support? How can I help you?

So, as a feminine who's already kind of well ahead of the evolution process or the awakening, your job is to be telling them what you need. If they're not asking naturally, it's training them in a way to ask, "What do you need? How can I support?" And those conversations are gonna be the staple for any conscious relating or Divine Union, right? It's always going to be the staple of expressing boundaries, expressing needs, expressing desires. You need to learn what you

need in order to express that to your partner. So, it's like, "What do I need to feel safe to express my emotions in this moment?"

"Is it to have someone hold me? Is it that they won't walk away when I'm talking to them? Is it that they respond to things in an X amount of time? What is it that I need to feel safe?" So, ask yourself that. "What is it that I need to feel safe? Can I give it to myself? Can I be that Divine Masculine space for myself to give me that?" And cool if you can, great. But how can I allow my partner or help my partner to give that to me? Does that answer, I think that answers the question.

RIYA LOVEGUARD: Yes! That's like fantastic piece of advice. I wanted to ask you, Bec. Have you got any message to express either to the Divine Feminine or Divine Masculine as we wrap up this conversation, cause I know a lot of energies come through you as a channel. And if you have anything that you want to open up and express, I would like to give you the space.

BEC MYLONAS: Yeah, absolutely. It's actually a beautiful message of encouragement for... It's Isis... it's really really present with me at the moment, and Hathor... And it's just this message of encouragement for the Divine Feminines. Cause most of you that's listening to this it's like I feel like most of the women who are listening to this recording are super embodied in their Divine Feminine or at least doing the work for a long time, and it's like, keep going. We see you. You're not going to have to keep doing this alone. It's keep the faith because the masculine is rising and the more that we hold our boundaries and our standards, and hold our integrity and keep being this shining light, like the masculine will rise. It has to rise. And it's

already happening, and I'm seeing it personally and many of us are seeing these beautiful Divine Masculines coming in. Just keep holding it.

I know we're wanting to collapse and give up, but we really need you to keep standing solid and for the masculine, it's like, it's time. It's really time for those who are already embodied in their Divine Masculine to start awakening their brothers. To start bringing this knowledge and wisdom to their brothers to step up, to start sharing, start embodying more. Yeah, and it's like, to the wounded masculine in power, we're not going to tolerate this anymore. We're simply not. And I feel this energy at the moment, collectively, and it's being shown to me at this moment, all of the wounded masculine structures and the patriarchal society starting to crumble. It might not be in the media, and the people who are listening to this probably aren't listening to the media anyway. It's like there's huge crumbling happening, and we just need to hold on and hold the faith and really start to work together. Because it is, it's collapsing, I can feel it and it's time for us to start paving the way together and moving forward in union.

RIYA LOVEGUARD: Beautiful! Thank you so much, Bec. Thank you so much for joining us for this podcast. That was Bec Mylonas. Thank you so much for sharing the messages for the Divine Masculine and the Divine Feminine.

BEC MYLONAS: Thank you so much for having me, thanks so much everyone for listening.

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