

# Ep 31. Show Notes. 2.14.2025

## Making Love with the Divine: A Special Part II with Kay Louise Aldred

A Happy Valentines Day!

Today is the ultimate valentine episode...making love with the divine!

Today we are #LIVEintheHIVE with our special guest, Kay Louise Aldred, for a follow up conversation, part II to our episode from a couple months ago, Ep 26 | There Is Not a Normal Human: Somatic Shamanism and Neurodiversity. As you know, if you are a loyal listener, I NEVER have enough time with my guests! It's always a fine line for me between unpacking a topic more deeply or moving on to another aspect of information so listeners can get a more expanded introduction to my guest and the work they offer the world.

Ever since I discovered her, I have been quite taken with Kay's experience and teachings of Embodied Spirituality, and in particular, her understanding of the relationship of the nervous system and the healing of trauma to our experiencing ourselves as divinity – DIVINITY that is our BIRTHRIGHT.

In these challenging times of spiritual disconnect, collapse culture, and climate crisis and the growing mental health issues as a result, I feel there is no more important work than what Kay is teaching, modeling and embodying. This conversation is a masterclass for the times in which we live.

And is there anything better on Valentines Day than Making Love with the Divine?

In this episode, Kay shares her journey from her religious upbringing into seminary, discovering shamanistic and energy work, getting booted from Anglican seminary training, to stepping fully into embodied spirituality.

We touch on...

- What is Meta- Cognition?
- We re-visit the understanding of the word shamanism as a living dynamic.
- Of course, we talk about her powerful book, Making Love with the Divine (Girl God Books). Kay expands on her understanding of the Nervous System (and the healing of trauma) as our divine sacred center. Using her religious vernacular, this becomes her re-telling of Eve and the Genesis story through her own lived experience.
- Kay weaves together the parasympathetic (feminine energy) with the sympathetic response (masculine).

- Kay shares the liberation of her lineage story of her paternal Grandmother, a creative, religious and eccentric force in Kay's young life through the Theatre of Church.
- Witnessing funerals + grief was a powerful lesson in her early years.
- She details her spiritual journey – the foundational role her grandmother played > moving into theological academia > teaching theology > Anglican Ordination training while at the same time training in shamanism > leaving her religious training > her deconstruction of the control of theology over her and stepping fully into her experience of Embodied Spirituality.
- We are searching for an alternative world within this one". Spiritual/Sexual abuse in the Anglican church and other spiritual communities and the need for regulation + safeguarding. The neurodivergent community is particularly susceptible to this abuse.

Kay Louise Aldred is a visionary change maker: a teacher, liberation, embodiment and spirituality orientated theologian, writer and published author. As a trauma-informed mentor and facilitator, Kay offers online and in-person consultancy, training and resources.

She is a prolific writer and is the author of Somatic Shamanism: Your Fleshy Knowing as The Tree of Life, Making Love with the Divine: Sacred, Ecstatic and Erotic Experiences, Mentorship with Goddess: Growing Sacred Womanhood and Embodied Education: Creating Safe Space for Learning, Facilitating and Sharing – all published through Girl God Books.

She is newly named the Development Lead at Neurodiverse Connection, a neurodivergent-led community Interest Company, set up to improve support and outcomes for the neurodivergent population.

Watch on YouTube: <https://maximizeu.life/the-edge-of-everyday/>

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 #MaximizeU #MakingLovewiththeDivine #Neurodiversity  
 #EmbodiedSpirituality