

## *Tips to use the Six Feminine Powers to enhance Communication*

Who we are is how we communicate. Communication lies at the heart of leadership it shapes how we influence, collaborate, and build presence. In my work with women leaders, I often find that challenges in communication are not about lacking skills, but about not recognizing how our inner powers express themselves.

There is no single “perfect” communication style. Each of us has a unique, authentic way of expressing ourselves some speak through stories, others through clarity and precision; some lead with empathy, others with conviction. The Six Feminine Powers **Kanya, Apsara, Veera, Rani, Ma, and Rishika** each bring their own tone, rhythm, and energy to how we speak, listen, and connect.

For instance, a **Veera** may communicate with directness and courage, saying things as they are. But to inspire and engage others, she may need to evoke the charm and warmth of the **Apsara** or the playfulness of the **Kanya**. An **Apsara** may shine in presentations, but to truly connect with her team, she may need the deep listening and compassion of the **Ma**.

Similarly, I find that my **Rishika** and **Kanya** powers help me translate complex ideas into simple, engaging communication. Yet, my lower **Rani** power sometimes shows up as overlooking details, something I consciously work on when creating plans and documents.

Understanding how your powers express themselves allows you to communicate with authenticity, presence, and purpose. The goal is not to change who you are, but to **become aware, align with the context, and adapt consciously**.

#### **How to Enhance Your Communication with the Six Powers**

##### **1. Awareness:**

Become aware of your natural communication style. Which of your powers Veera, Ma, Apsara, Kanya, Rani, or Rishika shows up most often in how you speak, listen, or express ideas?

##### **2. Alignment:**

Understand the situation and context. What does the moment call for empathy, assertiveness, inspiration, or clarity?

##### **3. Action:**

Adapt and flex your style by consciously evoking the power that will help you be more effective in that situation.

Use the Six Powers as your inner communication compass.

When you own your powers with confidence and express yourself with skill and authenticity you embody your truest leadership presence.

## KANYA: THE GOOD GIRL



**Body Language**

**Open, Flexible**

**Gesture**

**Light, Quick**

**Movement**

**Relaxed, fluid,  
light footed**

**Facial Expression**

**Cheerful, Smiling**

**Tone**

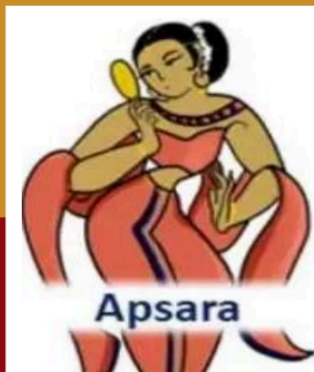
**Pleasing, Friendly**

**Verbal Impact**

**Positive words,  
sometimes long winded,  
explanatory style**



## APSARA: THE CHARMING INFLUENCER



**Body Language**

**Expansive, Bold**

**Gesture**

**Dramatic, Extensive**

**Movement**

**Free Flowing,  
Graceful**

**Facial Expression**

**Expressive, Emotive**

**Tone**

**Animated, Inflected**

**Verbal Impact**

**Descriptive words,  
'I' statements, Storytelling  
style**



## VEERA: THE REBEL WARRIOR



**Body Language**

**Resolute, Straight**

**Gesture**

**Direct, Limited**

**Movement**

**Fast, Restless**

**Facial Expression**

**Confident, Business like**

**Tone**

**Curt, Authoritative**

**Verbal Impact**

**Crisp, Blunt, to the point,  
Gives directions**



## RANI: THE NOBLE QUEEN



**Body Language**

**Closed, Stable**

**Gesture**

**Limited, Deliberate**

**Movement**

**Steady, Balanced**

**Facial Expression**

**Anxious, Neutral**

**Tone**

**Concerned**

**Verbal Impact**

**Focuses on the how,  
Structured communication,  
Gets into details**



## MA: THE NURTURING CAREGIVER



**Body Language**

**Open, Inviting**

**Gesture**

**Inclusive, Moderate**

**Movement**

**Slow, Invitational**

**Facial Expression**

**Connected**

**Tone**

**Caring, Pleasant**

**Verbal Impact**

Uses 'we' words, listens well to others, inclusive language.



## RISHIKA: THE WISE SEEKER



<b>Body Language</b>	<b>Contained, Composed</b>
<b>Gesture</b>	<b>Descriptive, Specific</b>
<b>Movement</b>	<b>Limited, Deliberate</b>
<b>Facial Expression</b>	<b>Serious, Dreamy, Thoughtful</b>
<b>Tone</b>	<b>Curious, Knowledgeable</b>
<b>Verbal Impact</b>	<b>Explanatory style, Can sound complex, Shares information.</b>

The guides are now only indicators of the style of the different powers.

Use them as cues to experiment, observe, and evolve your unique communication signature.