

# *Reclaiming the Goddess*



***An Inner Journey into the wisdom  
and power of your Sacred Feminine  
Essence***

*Facilitated by*

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*and*

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***Become the heroine of your life story as you expand into your personal diamond Goddess Soul Signature.***

**Your Inner Goddess is a complex and multifaceted** dance of energetic impulses, stemming from the primal archetypal forces that flow through (the human psyche) us.

**She is** the Wild woman, the priestess, the huntress, the mother, the lover, the muse, the alchemist and more. She is uncompromising in her ability to live fully alive with unbridled passion.

**Through this program, you'll enhance your understanding of the Goddess archetypes** within you, and more effortlessly own the value of who you truly are. As you do this you'll discover your Goddess energy connects you more deeply to your inner compass, intuition, guidance, your source of passion and inspiration and the destiny of yourself unfolding.

***Reclaiming the Goddess within is:***

- a journey that will reveal hidden powers and resources of the goddess energy within that will enable you to live a more potent life.
- a way to dive in and connect to the primal and ancestral energy of the Goddess Archetypes alive and expressing through you.
- about reuniting with your divine, sacred feminine, facets of which may be dormant or over-active within you.
- recognizing which of the Goddess archetypes you resonate more strongly with and which you need to develop in order to propel your life forward.
- an expansion of who you came here to be. The energy of the archetypal Goddesses are keys to finding, shifting and living life in a more empowered, authentic, fun, and compassionate way.
- opening into an expanded sense of trust and safety, feeling a deeper sense of calm and peace in a busy and uncertain world.
- the cultivation of effortless, deep self-nurturing and self-love.
- about the powerful attunement to your purpose for being here right now.
- feeling free to activate your creative goddess energy as you bring your next steps forward on your path with deep and joyful passion and commitment.
- enhancing the creative inspiration to take the next steps forward on your path with a deep and joyful commitment.

In this year of 2016, there's an urgent call from our Soul to express our authenticity in all areas of our life. We are beckoned to unveil the stagnant places where our connection to the flow has been impeded. It is a time of ripening and renewal.

It's a time of rebalancing of relationships as we heal the inner marriage between masculine and feminine, creating space for the holy inner union of Divine Love. As

this happens your relationships with yourself, your family, your work, your health and life takes on a new harmonic resonance of fun, lightness, love, enhanced communication, respect and healthy boundaries.

We hold a strong intention as you move through these webinars, that you'll feel the power of being the Goddess, the alchemist, allowing what has kept you bound in shackles to fall away. To feel the love from the Great Mother for yourself as you more easily nurture your body, mind and spirit and have a revitalized energy flow into all your relationships.

**This Reclaiming the Goddess program will support you with:**

- Expanding and Blossoming in unexpected ways
- Surrendering more easily to your soul's blueprint
- Shining your diamond essence with courage and pride
- Finding and expanding into your natural archetypes
- Opening more deeply to the power of the archetypes that are important for you now
- Being smart and savvy about the shadow sides of Goddess energies
- Recognizing the enriching aspects of your Goddess archetypes
- Deepening relationships with yourself and others
- Learning how to connect with the helpful Goddess qualities at will, and sustain the flow.
- Uniting with your deepest longings
- Aligning with, and empowering your visions and dreams for manifestation
- Dealing with conflicts in an appropriate and enlightened way (with ourselves and others)
- Navigating challenges with a deeper sense of trust and clarity
- Being supported, centered and balanced for your ongoing journey
- Fuelling your life with a new vibrancy

***Special acknowledgment to Geraldine Sheehy, founder of The Empress Program ([www.theempressexperience.com](http://www.theempressexperience.com)) for her profound understanding of archetypes and her support of this program, through the sharing of some of her practical exercises.***

## WHAT IS AN ARCHETYPE?

*Archetypes are the universal psychological patterns we all use to organise our thoughts and feelings.*

*They provide the foundation for our personalities, drives, beliefs, motivations and actions.*

*When we are aware of know which archetypal patterns drive our behaviours, we gain access to a valuable map that reveals to us our deepest thoughts, feelings and motivations.*

*We recognise archetypes intuitively, we know about these characters, their strengths and weaknesses, the typical patterns of their story. They are immortalised in myth and legend and deeply embedded within the human psyche. We each have a depth of unconscious knowledge and experience of archetypes, as well as our own unique relationship with them.*

*“The great Swiss psychologist Carl Jung brought a deep understanding of archetypes into conscious awareness. He describes archetypes as being comprised of psychological patterns derived from historical roles in life, such as the Mother, Child, Trickster, and Servant, as well as universal events or situations, including Initiation or Death and Rebirth. Along with our individual personal unconscious, which is unique to each of us, Jung asserted, “there exists a second psychic system of a collective, universal, and impersonal nature that is identical in all individuals.” This collective unconscious, he believed, was inherited rather than developed, and was composed mainly of archetypes.*

*Although archetypes are impersonal patterns of influence that are both ancient and universal, they become personalized when they are a part of your individual psyche, like intimate companions. Archetypes are not passive entities floating around in the psyche like old family portraits hanging in a dusty corridor of your ancestral castle. They take an active role as guardians and inner allies, alerting you when you are in danger of falling into destructive or “shadow” behavior. The Saboteur, for instance, warns you when you are in a situation in which you tend to sabotage your own best interests. Once you learn to recognize such a pattern, instead of ignoring it or denying its presence, it becomes your friend and can help you avoid selling out.*

### **The Shadow**

*All archetypes have “shadow” manifestations as well as positive aspects. The shadow has power precisely because it remains in the dark; we tend to deny its presence in us because we consider it unacceptable. Only when we face and acknowledge the shadow’s presence can we neutralize its potential negative impact on us.*

*For instance, the Queen archetype can help you assert your power, take charge of situations, delegate authority, and act with benevolence. But the shadow Queen may run around barking out orders, making impossible demands, and cutting off heads! Once you learn to recognize the difference between the two responses — and their common source — you can harness the Queen’s constructive power while mitigating her shadow wrath” Caroline Myss*

*During this series of webinars, we will be bringing the knowledge of 6 Key Feminine Archetypes into conscious awareness, fine-tuning our ability to recognise their influence in our lives. Our focus is specifically on the Sacred Feminine archetypes as we seek to strengthen their positive presence and gifts. As we become aware of the patterns that serve or sabotage us, we identify opportunities to create change in our own life as well as in our direct and indirect communities.*

# *Reclaiming the Goddess*

## Meet the Archetypes

### 1. The Great Mother

*Nurture vs Neediness*

### 2. The Wild Woman

*Spontaneous & natural vs Out of Control*

### 3. The Muse

*Purpose & passion vs burned out, disconnected*

### 4. The Priestess

*Multidimensional mediator vs disempowered*

### 5. The Goddess of Love

*Appreciation, beauty vs seduction*

### 6. The Creator/Destroyer

*Oneness, transcendence vs chaos, separation*

*“If we cannot say ‘No’ with power, our ‘Yes’ becomes fickle and weak” Unknown*

## **Awareness Process 1 : Recognising the Archetypes**

Think about the stories, shows, films and characters you are drawn to, with specific reference to the female roles.

Who are your favourite female characters and why?

Select the female character you feel the strongest connection to

Which Sacred Feminine Archetype(s) do these characters relate to?

# The 6 Feminine Archetypes and You

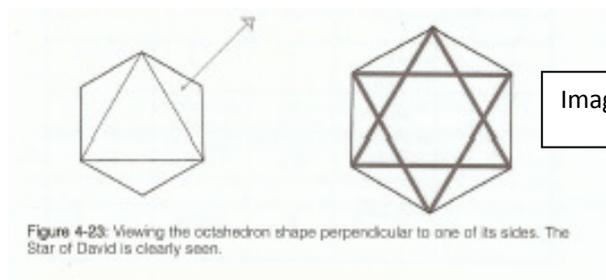
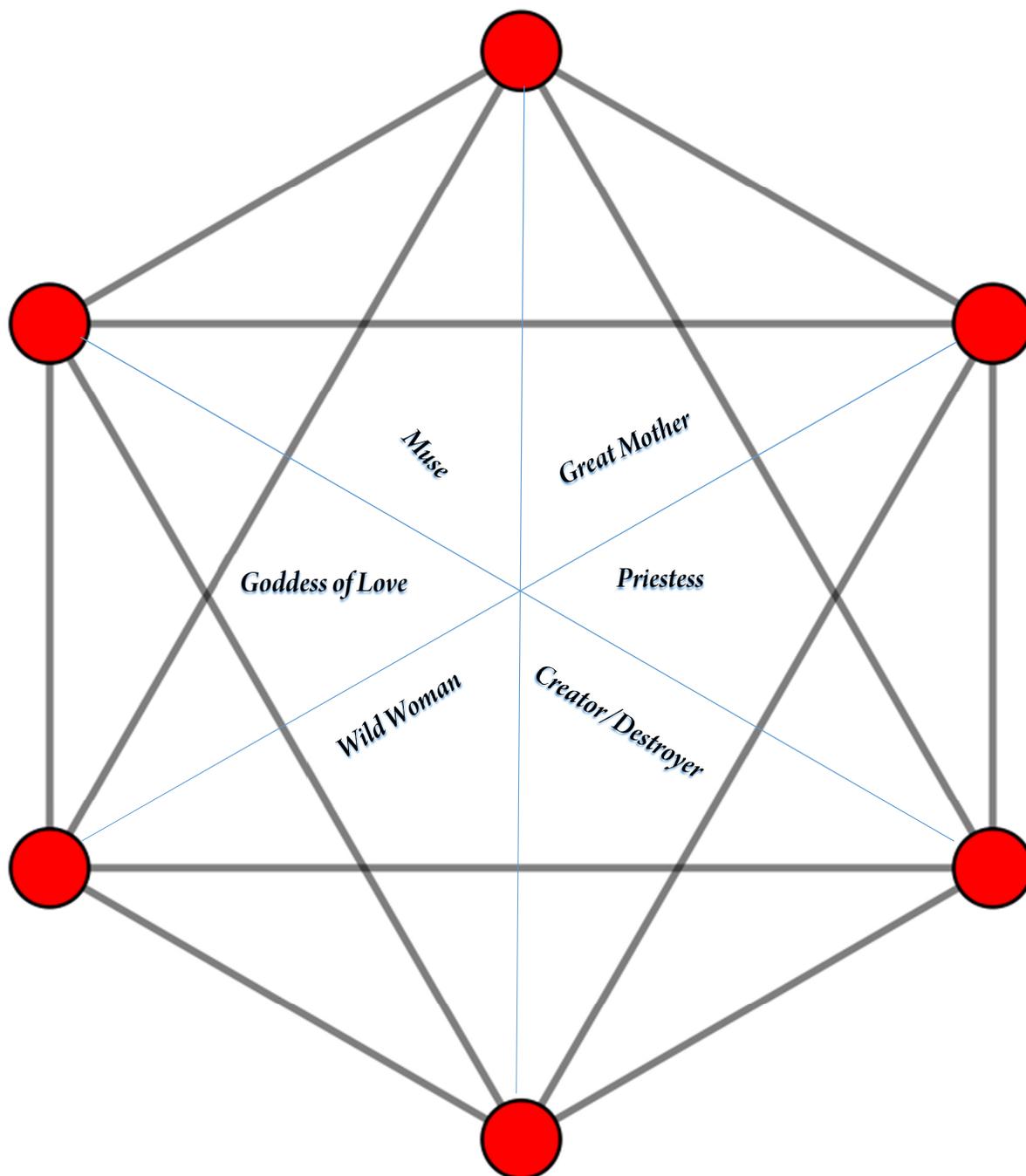


Image – Douglas Vogt

## The Great Mother

<u>Gifts</u>	<u>Challenges (Shadow)</u>
Mercy, compassion, Love, forgiveness, nurturing, sustenance	Fear, rejection, neediness
Patience, Encouragement	Spiritual wounding, disillusionment
Instinctual energy, inner joy	Repression, rejection
Feminine strength	Punishment, scapegoating
Ecological balance	Natural disasters
Transformative wisdom, dark energy, cosmic power	Denial, suffering
Beauty, power and magic	Control, domination

## Next Steps (Week 1)

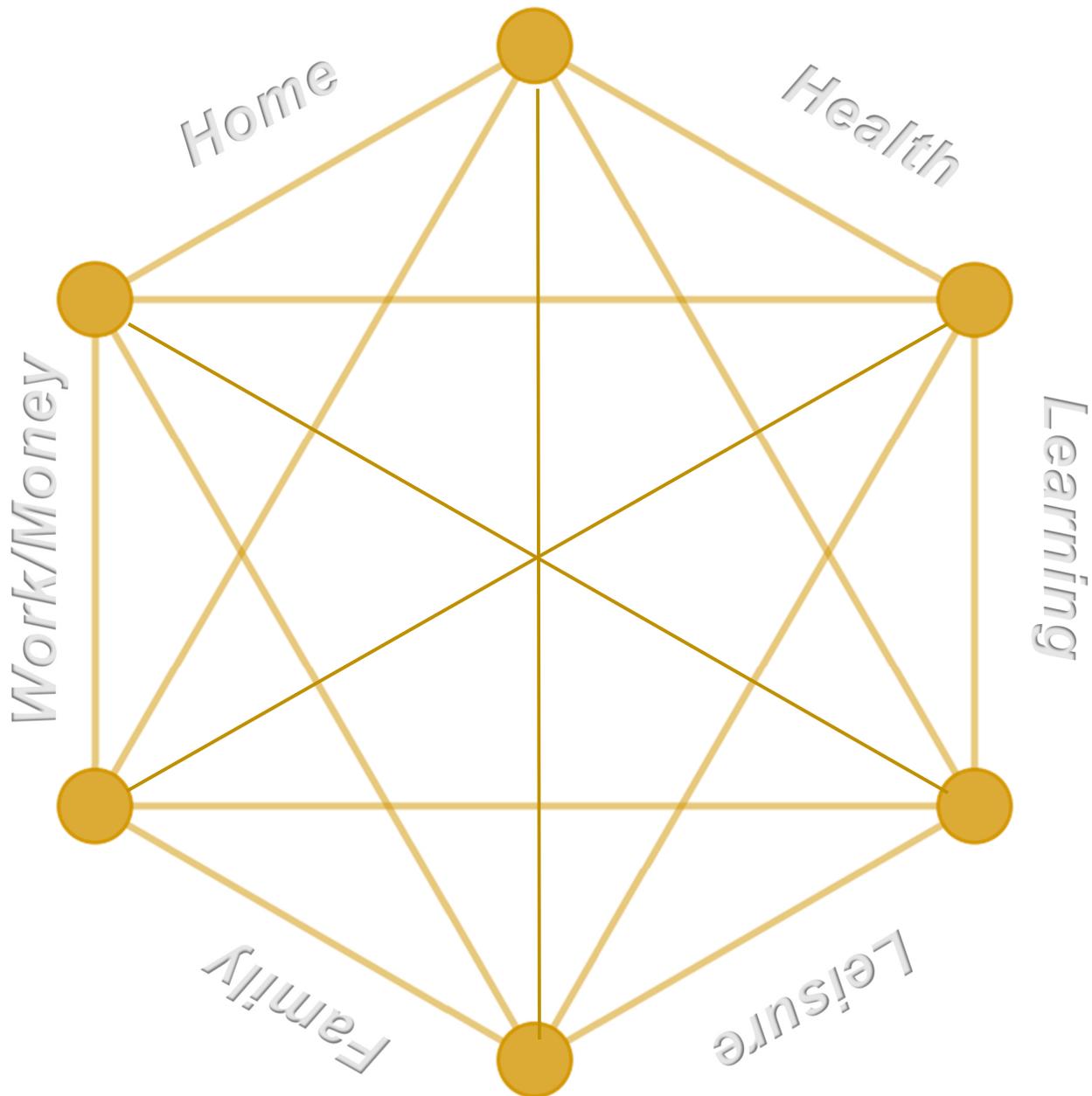
- Create an Altar or a dedicated Sacred Space that provides a focus for inviting the many manifestations of the Goddess energy into your life. Begin by choosing an item that connects you with the Great Mother that you can place upon your altar. You can use anything that encourages and stimulates this connection for you. (you can also add special items that connect you with your sacred Self)
- Spend a few moments each day connecting with and honouring your sacred space
- Use a journal to record any intuitive insights, dreams, notes and changes you may experience for the duration of this program.
- Spend time this week in observation (people, media, TV shows etc). Look to see who represents the Great Mother and make note of how this is showing up for you? What are the reflections and insights into how you personally express this Great Mother energy in your own life? Make note of what you would like and/or are willing to change.

## *The Wild Woman*

<b><i>Nurturer, protector</i></b>	<b><i>Huntress, Destroyer</i></b>
<b><i>Healer, reveres the natural world</i></b>	<b><i>Can inflict wounds, kill, 'Righteous Rage'</i></b>
<b><i>Well integrated masculine energy, Androgynous</i></b>	<b><i>Femme Fatale, gender-role confusion</i></b>
<b><i>Self directed, independent, focussed, sacred solitude</i></b>	<b><i>Aimless, hides emotional needs, addictive personality</i></b>
<b><i>Strong, energetic, sublimates sexual energy to creative, visionary impulses</i></b>	<b><i>Apathetic if passion and direction are lacking, misuse of sexual energy</i></b>
<b><i>Non-conformist, non-traditional</i></b>	<b><i>Rebellious, 'wild child', self-sabotage</i></b>
<b><i>Powerful connection to the natural world, need to retreat</i></b>	<b><i>Difficulty trusting in relationships</i></b>
<b><i>Strong personal values, self-sufficient</i></b>	<b><i>Low self esteem (core wounding)</i></b>

**Awareness Process 2 : Learning with the Archetypes**  
**Aspects of Life Diamond**

**Goddess Archetype :**



You can use the above template to explore how each of the Goddess Archetypes appears in the various aspects of your life. You may wish to copy the template for the different archetypes. Either colour in, demarcate with lines and/or make notes in the diagram to assist you in gaining clarity.

## Awareness Process 2 (Continued)

### Personal Insights

Select one of the Goddess Archetypes to work with :

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What insights do you now have about your chosen archetype?

What connections are you now making?

Make a note of anything you would like to change and/or embody

# *Moon Ceremonies*

## ***New Moon and Full Moon Ceremonies you can use to Bring Forth the Goddess Energies You Want to Embody***

"If the moon has the power to pull the tides, surely it must affect us humans, whose bodies are made mostly of water. And just as the phases of the moon affect the seas, they can also set the wave patterns on our own emotion oceans. The moon phases are ideal opportunities to invoke and embrace our manifestation intentions" [astrostyle.com/moon-phases/](http://astrostyle.com/moon-phases/)

The Wild Goddess is deeply connected to nature and her cycles. The Wild Goddess knows the importance and the flow that supports her, living in the natural cycles and rhythms of the moon. These suggestions can be used for any intention you want to manifest.

New and full moon rituals were used in ancient times and this tradition has continued through centuries. Following nature's cycles, setting intentions at new and full moons helped our ancestors to survive in the woods to know when to hunt and fish and how and where to grow crops that sustained them. This tradition was brought forward for many years but is easily lost in the busy, technological world we live in disconnected often from nature.

**"New Moons are thought of as starting points**, moments to plant seeds that will harvest six months later, under the light of the Full Moon in the same sign. For example, the New Moon in Gemini always takes place in late May/early June. The Full Moon in Gemini comes half a year later in late November/early December." [astrostyle.com/moon-phases/](http://astrostyle.com/moon-phases/)

Because everything goes dark on a new moon, it's as if we have a blank canvas on which to create. In "nothingness" there is a sense of limitless possibilities. New Moon can be a time to go within and "be re-born". The energy of the New Moon, is a wonderful opportunity for setting intentions and letting the energy propel you into taking the first steps into something new.

You can do New Moon and Full Moon celebrations by yourself or in a group.

For both, create a sacred space. You can create an alter or use an existing one. If you are using an alter you can put on it whatever seems appropriate, pictures, crystals or even a card you pull from a card deck. You don't have to create an alter you can just create a sacred space for yourself for either new or full moon and bring sacred and meaningful objects for your ceremony.

**New Moon Set Intentions** "The new moon gives way to that first sliver of light as the shadow moves and the moon reveals herself (or "waxes," as it's called)

### **New Moon Ceremony**

- Create some quiet sacred space for yourself
- You may want to put on some quiet music
- Light a candle
- Smudge with sage or spray to clear your space
- Have a journal or paper to write on
- Think about what Goddess energies you want to draw into your life. How would that look if it occurred? How would you feel? How would you be different?
- You may want to fill in the Aspects of Life diamond exercise first.
- You can include any other intentions you wish.
- Write this in your journal or on your paper.
- If you don't have an alter place your paper with your intentions in a sacred place.
- Don't forget to be in gratitude while you are focussing and engaging with this process

## **Full Moons**

Full moons mark turning points, manifestations or closure. So it's best to initiate a project or plant those seeds at a new moon, and "harvest" or make decisions at the full moon. You are either experiencing the manifestation of new moon intentions or you make decisions for the next steps at the full moon. In the light of the full moon what has been in dark may be illuminated. With this information you can make new decisions and choices. The full moon is also about purifying.

### **Full Moon Ceremony**

- Create a sacred space
- You may want to be out under the full moon.
- Light a Candle
- Look at what has started to transpire in your life from the previous new moon
- What Goddess energy has birthed and where do you want to make new choices? What new decisions can you make?

Do clearing and releasing rituals

- Clear your space (sprays, essential oils, sage – whatever works for you)
- Write what things have held you back. What would you like to release to manifest your new moon intentions?
- You can put the paper in water as water cleanses or you can use Fire and burn the pieces of paper
- You can perhaps write these things on a stick and toss it into the woods
- Take a salt bath and allow the salt to absorb what you wish to release
- You may also wish to create your own special way of releasing!

# The Muse

+	-
<b><i>Imagination, Inspiration</i></b>	<b><i>Restricted, Analytical, mind traps</i></b>
<b><i>Creativity, playfulness, dance</i></b>	<b><i>Cocooned, masked</i></b>
<b><i>Receptive, spontaneous (without expectation of return)</i></b>	<b><i>Trading gifts and talents for security and safety</i></b>
<b><i>Risk taking, passion</i></b>	<b><i>Fearful, reckless</i></b>
<b><i>Emotional and spiritual freedom, transformation and rebirth</i></b>	<b><i>Suppression, loss of vitality (life-force)</i></b>
<b><i>Insight and awareness, fresh perspectives</i></b>	<b><i>Depression, self-absorbed, self-limiting choices</i></b>
<b><i>Laughter, joy, passion, light-heartedness</i></b>	<b><i>Darkness, isolation, heart problems</i></b>
<b><i>Innocence, the Magical Child</i></b>	<b><i>Wounded Child, mistrustful</i></b>
<b><i>Time-bending in life, ease and flow</i></b>	<b><i>Overwhelm, anxiety, 'not enough time'</i></b>

**Additional Information and Resources for The Muse**

## **Living Your Passion: The Muse Archetype**

Written by [Samantha Orthlieb](#),

<http://www.sensesofthesoul.ca/blog/2013/09/04/living-your-passion-the-muse-archetype/>

***"The voice of your soul can no longer be silenced! The Muse is here to support you to live your purpose through your own unique creative expression. Breathe life into your dreams: Inspire and be inspired. Call on the Muse to discover how to manifest your truth in soulful co-creation with others and the Universe." – S. Orthlieb***

**What exactly is human passion and where does it come from?** Passion in our souls depends upon Unity within one self (masculine and feminine together in harmony), loving each other and the fire of life force from the earth and sun. In our current culture most of us feel separate, alone, mistrustful and sometimes greedy due to lack of passion. Our physical energy wanes due to lack of passion. In my clinical practice I also see the absence of passion in the physical symptoms of low iron & B12, high cholesterol, insulin issues, immune deficiency and heart problems.

When we suppress our innate need for passion we lose our life force warmth and become cold in our heart. In a world where people are afraid to embrace, touch another's arm or be nurtured by Mother Earth many of us are losing our inner fire and sense of Unity. The body begins to shut down with the heart and we become numb. I spend much of my time with clients opening up their body, feeding them life force from plants and other earth medicine and getting them to lead with the heart instead of the mind. I hug my clients and truly care for each of them. This is an important part of the healing process; for them and for me. Because we equate touching with sexual innuendo, we have twisted up the life force in our **second chakra** (the area of creation) and tainted the power of self worth in our **third chakra**. Our life force is diminished and our passion flickers or dies out. We trudge through life, uninspired and decaying. **The Muse**, which is our inner passion archetype, is dormant. How can we expect to show our creative talents and spread our wings and fly? Our passion lies burnt out and tied in the human collective consciousness to this narrow, sexual interpretation.

In the Age of Love that we have now entered, we are being called to decide that we are worthy of inner passion and spontaneity. That we can create adventure and excitement without having to have extreme external stimulus, toys, gadgets or tie our passion with our worship of hedonism. We must also understand that passion is much more than the act of sex. Passion comes from how much we are willing to connect to those around us, how much we trust, how much we live our integrity, how much we are willing to put out talents out in the world and how much we let go of our old interpretations and fear around intimacy. It is about connecting to the

fire in our belly to support our life force and immune system. The Universe is demanding nothing less than this as we enter into fall, so I encourage you to examine your fears and limitations around living your passion. We are being asked to give in a way that will stretch each of us emotionally if we want to change our world.

**So take the time to ask yourself these questions:**

***Where are you holding back? Is it in relationships?***

***Are you working too much and not getting out into nature enough?***

***Are you abusing your body?***

***Or are you minimizing your talents in certain areas of your life in favour of safety and security?***

***Do you feel that it is acceptable to stand back and let others make the changes you wish to see in the world?***

All of us are like the trees and plants of this planet. We each have our own gifts, talents and abilities to share. We are here to teach each other lessons about love, trust, compassion and intimacy. I encourage you to find any blockage that prohibits you from connecting more deeply with your roots and ability to go deeper within yourself. Your life does matter, what you do with it matters, how you live it matters. Just like the Mother Tree on my land, you nurture future generations and need to share your creativity to bring about the new energy to change our world. So weed out any fear around sharing yourself – as we share ourselves on all levels of passion this brings about natural balance – giving and receiving and true abundance in our lives! Our passionate Muse teaches warmth, goodness and also melts away every difference until we are ONE!

Love and light,

Samantha

***Herbal Allies that will help you become the Muse:*** **Echinacea** – still a good option for fall immunity as it helps with Unity and immune deficiency caused by too much outside turmoil! **Passion flower** – for understanding our suffering, for soothing the soul and for allowing us to follow our passion while soothing our frayed nerves. **Hops** – allows us to love our Wild Feminine within, supports us to allow change in our lives while strengthening our nervous system and energetic meridians. **Iris** (in essence form) – unblocks old patterns of self-limitation and stagnation inspiring us to new heights of beauty and grace, **Mullein** – good for decreasing mucus in the sinuses and lungs and also is an antidote to wavering from one's true purpose.

***Senses of the Soul products that will support you:*** Feel No Fear tea, Goddess Tonic tea, Sacred Union tea, Healthy Boundaries tea (excellent for lung congestion, cold and flu), Soul Chakra tea, Release the Grief tea (decreases mucus in the sinuses and lungs), The Warrior Elixir.

**Recommended Reading and web links :**

1. Positivity by Barbara Frederickson PHD (Release your inner optimist and Thrive)
2. Pursuit of Happiness : <http://www.pursuit-of-happiness.org/history-of-happiness/mihaly-csikszentmihalyi/>
3. The Muse Archetype : <http://www.tempobook.com/2012/03/01/the-second-most-important-archetype-in-your-life/>
4. The Butterfly Maiden : <http://loveofthegoddess.blogspot.co.za/2012/07/the-goddess-and-butterfly.html>

# The Priestess

<u>Amplification in Stillness</u> <u>Alchemist</u>	<u>External amplification, pressures others</u>
<u>Intuitive, individual, self-aware</u>	<u>Ignores deep inner impulses, inner void</u>
<u>Detached from outcomes yet compassionate, in service</u>	<u>Lacking in motivation or energy, detached from life</u>
<u>Advisor, guide, sage, oracle, mystic</u>	<u>Keeps wisdom to self rather than sharing, zealous</u>
<u>Fluid, flexible and adaptable</u>	<u>Fixed viewpoints, own way is the right way, impulsive</u>
<u>Reflective (internally and externally)</u>	<u>Stressed from refusing to look inwards, disillusioned</u>
<u>Innovative, visionary and creator of beauty</u>	<u>Impractical, idealistic, 'rose-tinted glasses', perfectionist</u>
<u>Independent</u>	<u>Co-dependant, burdened with fears of being seen</u>
<u>Inspires others to improve – spiritually and psychologically</u>	<u>Pokes and badgers</u>

## The Ancient and Modern Day Priestess

Some Excerpts from Awakening the Priestess Archetype

<http://www.examiner.com/article/awakening-the-priestess-archetype>

"Women are collectively, individually and across the world waking up to their own spiritual power. They may come from all walks of life, from many spiritual and professional paths but they share the common desire to express their inner world, the soul's purpose and most of all, to serve their communities.

**Webster's definition:** *a priestess is a woman who officiates in sacred rites. A priestess officiates sacred rites and serves the spiritual needs of the community.*

Many modern women, if not all women called to be guides for healing, empowerment, leadership and personal development have a strong PRIESTESS archetype."

*Each woman holds within her, her own priestess ability to heal herself. That alone is important to evoke the Priestess. As we each do this we are a contribution to the healing of the world.*

"Women are connecting to a force and power within and not to a power vested only through marriage, by culture, academia or traditional institutions. Women are listening to their inner voice, to their inner desire more than ever before. Women today are courageously taking what has often been: the road less traveled. They are seeking answers within and with supportive sisterhoods."

*If you google women's groups there is a big emergence of women's circle groups, priestess and goddess groups, women's spiritual groups, and spiritual business groups. Women are thirsty to be in safe groups where they can be vulnerable, not judged, respected for their intuition and shine their gifts without apology. Women are looking to connect with other like-minded women who want to evolve and remember the power they hold within.*

"Priestesses may have existed from the beginning of time. The priestesses in ancient communities around the world carefully observed the rhythms and patterns of Nature. The natural spiritual and mystical practices of priestesses were recast as evil. Their power, deeply misunderstood, was thought to be a dark, poisonous force that needed to be eradicated. The fear of the unknown, the dark and of sexuality, included a domination of women's expression of wisdom, sensuality, spirit and intuition.

Thousands of priestesses were persecuted, tortured and murdered for their beliefs and spiritual practices. Those managing to escape death fled their holy temples, went into hiding or joined the religion of their culture."

*Within our bodies we hold this cellular memory of death and fearing to speak out the wisdom we knew. The reason many of us have been fearful of being seen, risking our voice and our safety. Now is the time. We have been preparing for this time. It's now safe to bring forth the priestess energy within.*

"The Priestess archetype is the inner domain of intuitive awareness and deep insight. It is the portal to secret or "occult" (that which is hidden) knowledge of the invisible realms.

The Priestess has a magical connection to the unknown and a guide of souls. A trans-connector, she facilitates between the material and the spiritual. She is the mediator of the psyche. The Priestess invokes, transmutes and guides energies between unconscious and conscious awareness which can impact our material and spiritual existence." you can read more at

<http://www.examiner.com/article/awakening-the-priestess-archetype>

<http://www.biddytarot.com/tarot-card-meanings/major-arcana/high-priestess/>

### **Traditional Tarot meaning of the Tarot High Priestess Card**

"She sits at the gate before the great Mystery, as indicated by the Tree of Life in the background. She sits between the darkness and the light, represented by the pillars of Solomon's temple, which suggests it is she who is the mediator of the passage into the depth of reality. The tapestry hung between the pillars keeps the casual on-lookers out and allows only those initiated to enter.

The pomegranates on the tapestry are sacred to Persephone. They are a symbol of duty (because Persephone ate a pomegranate seed in the underworld which forced her to return every year).

The blue robe the Priestess is wearing is a symbol of knowledge. She is wearing the crown of Isis symbolizing the Triple Goddess. The solar cross on her breast is a symbol of balance between male and female."

She is keeper of the knowledge and mystery. The Priestess bridges the inner and the outer worlds guardian to the underworld. Dark into the light. She is connected to the Venus Star and welcomes the light from the darkness."

### **From The Sacred Call of the Ancient Priestess : Birthing A New Divine Feminine**

by Elayne Kalila Doughty

Amazon link to the book <http://tinyurl.com/sacredcallpriestess>

### **Excerpt from the book**

*"The Ancient Priestess is Calling Us... We have been in the midst of a great darkness that has set the scene for the urgent and powerful return of our Divine Feminine connection. The Ancient Priestess has been calling us into remembrance of who we really are and where come from. ...*

*She helps us remember our visionary abilities and innate healing capacities while reclaiming our right to have direct access to own dignity. We don't need anyone outside ourselves to know the Divine. No intermediary is required. Each one of us is a divine human with access to the Priestess archetype. It is time to tell our story-and not only one part of the story but the whole story-one we are only now remembering."*

## How do you bring the Priestess Energy up within yourself more fully?

You have created a sacred altar for this journey.  
 Are you spending a few minutes there each day.  
 How does your altar support you connecting you to your deepest wisdom and truth?  
 What can you do as a ritual to bring you closer to yourself as you take time each day to celebrate and call forth the goddess within you?

Elayne from Presence Priestess describes this archetype of the Priestess "As a sacred human woman ready to birth this new archetype, the "alchemical priestess born to transmute her own life. To transmute her own life and alchemize her love thru love and offer this out into the world." She goes on to say lead in the world from the heart, to lead with compassion and strength. The Ancient Priestess descended to keep us safe until a time would come that we were ready to create a completely hitherto unimagined reality.

With fierce and loving tears streaming down her face, the Ancient Priestess grasps your hand and whispers:

*We Ancient Priestesses have been deep within the womb of the Mother  
 Holding our sacred "terma"  
 waiting in the dark*

*waiting for the perfect time to ring the bell and awaken you*

*You have been hiding, shaking, fearing for your safety...*

*Until now, beloved/*

*You have all the keys to our Divine Feminine within you*

*We have been keeping it safe for you.*

*It is time to hear the new story.*

*It is time to be the vessel of love, acceptance and transformation*

*to stand as a beacon of light for others*

*so they can, too, remember their human divinity*

*It is time to find in our hearts*

*all the places to forgive and be forgiven*

*It is Time.*

### [More about The Priestess](#)

The Priestess archetype is possibly the least known and understood, especially in the present patriarchal culture which dominates and subjugates women's spirituality. The Priestess archetype is the domain of intuitive awareness and insight, of secret or "occult" (that which is hidden) knowledge of the unknown, spirit realm.

The Priestess has a magical connection to the great mystery, the pregnant void, mother of all creation, source energy. She is a connector, a facilitator between the material and the spiritual, a mediator of powerful spiritual, psychological and emotional energies that make up who we are. The Priestess calls forth and directs energies between unconscious and conscious awareness, affecting our material and spiritual sense of well being.

A woman in the fullness of the Priestess archetype feels like this: She is the master of her spiritual and material realities showing a confidence of bearing that knows

how to call forth from spiritual storehouses what is needed to transmute, transduce, and transform energies that would overtake or topple other women not in this fullness.

She is thoughtful and reflective having depth to her presence and intellect. She knows how to detach from inner and outer storms and how to connect deep inner truths and resources with her grounded experience of life. She sees a higher possibility and attunes to its resonance. She is not easily influenced by faddish impulses and brings power and confidence to difficult situations requiring change or shifting - with grace and insight.

**You created a sacred alter. Questions to feel the deeply held rituals of using an alter?**

- ◆ How does having an alter connect you to the Goddess energies?
- ◆ What is calling to you as you stand in front of your alter?
- ◆ How can the ritual of creating an alter serve you more deeply to embodying the Goddess energies?
- ◆ What might you add to create an even fuller alter experience?
- ◆ How can this serve you as the priestess?

**Questions to ask yourself:**

- What priestess energy do I want to summon?
- Can I hear and trust my own inner voice?
- What wisdom am I seeking?
- What wisdom and knowledge are buried now ready to surface?
- Is there something I should keep inside for now?
- What am willing to see that I haven't been willing to see before?
- How can I be a vessel of love and a beacon of light?

# The Goddess of Love

<b>Beauty, Desire, Bliss</b>	<b>Lustful, neediness</b>
Unapologetically Sensual, captivating	Uncomfortable with her body, flirtatious
Family Unity, Fertility and deep relationships	Difficult romantic relationships, separation, sexual addictions
Self Love, self-worth	Self destruction, abusive relationships
Devotion, cherishing, compassion	Co-dependency, self-abandonment
Boundless Eros, seductive (exciting, provocative), charismatic, passion for life	Alluring, seductress, manipulative, 'the siren', pay-offs
Trust, companionship, friendship and good counsel	Mistrust of others, over-compensation
Kundalini, Shakti, sacredness, divine union	Reckless, destructive, 'unhealthy', mental and emotional instability, devaluing of self

## **More Resources for the Goddess of Love**

A woman in the fullness of the Lover archetype feels like this:

She is sensual. She is open and invites you to touch—her mind, body and soul. She relishes connection with others, specifically the connecting aspect—beyond Ego’s fulfillment needs. She appreciates beauty in all its forms, seeing and feeling beauty in herself, realizing her intrinsic connection and possession of such. She is “in her body” animating it with vital energy through dance, or yoga, or movement. She brings, eros and sensuality and a “joy of life” to any engagement or conversation

The Goddess of love can bring:

- Joy, sensual pleasure and beauty to all you touch
- An appreciation of all forms of beauty in your outside world
- An expanding of your senses and increase in your personal power
- You overflowing self love that radiates out in the world
- A feeling of safety as you open to the soft, sensual part of yourself with confidence and trust
- Fertility in whatever you wish to birth with grace and alluring beauty.
- Loving friendships, intimate relationships, honor, trust and community
- A Love that binds us all together in a way that respects and honors all
- ALL of your senses brought online to increase your personal power of attraction

## **Hathor**

From Mystery School of the Goddess <http://mysteryschoolofthegoddess.com>

“The embodiment of success and abundance, Hathor rules all aspects of beauty, wealth, and the arts. She is the patroness of dancers and musicians, and rules all aspects of womanhood and femininity. A benign deity, Hathor bestows happiness and joy on Her followers, and is most often worshipped with fragrant perfumes, songs, and dance rituals. She is depicted as a beautiful woman with a cow’s ears carrying a sistrum. Her traditional offerings are two mirrors, and myrrh. (text from Brandi Auset, [The Goddess Guide](#))

Intellectually most of us are aware that we must love our self-first before we can truly love another. The more we love ourselves, in every way, the more we fully we can love another.

In the area of self love, there has been a disconnect from our physical body. We have been programmed to live in a society that tells us we have to look like a young, beautiful, model without an inch of fat and perfectly proportioned. (Yes, the Barbie doll look.) If we don't we aren't okay. Or we have to look a certain way when we age. It's been difficult to loosen the grip the patterns related to the body. Now is the time, to allow the divine feminine energy to realign our self-doubt and judgments about our body and to love our imperfections and Perfections.

You can call on The Goddesses of Love and the **Goddess Hathor**, to release the self-doubt and judgment, and learn to truly love the skin you're in.

### **Example Ritual/Process**

Create a sacred space in your bathroom or in a place with a mirror where you can see your whole body. Put on beautiful music, light candles etc.



To begin, call in the energy of Hathor with the following invocation:

***O Hathor, come and restore me, Lady of Gold and Beauty. O Hathor, come and protect me and give me abundant life.***

*(mysteryschoolofthegoddess.com)*

Slowly take your clothes off. This may feel uncomfortable. This is what you are doing to disengage from the old programming.

Soften your gaze and look lovingly without judgment at each area of your body. Really look at your body.

Tell your body you love it. Thank your body for housing your spirit. Then tell your body you are sorry for neglecting your body (or abusing your body.)

Close your eyes. Pause and really breathe into this feeling of love and forgiveness. Feel this from your heart penetrate where the cellular memory of "neglect" is in the body. Imagine this clearing through the genetic lines.

Once you feel peaceful and ready tell your body that you are willing to do what will support the health of your body.

Tap deeply within, listen to your heart, your soul, your body. Ask what it is your body needs in order to feel loved, in order to heal. For example, speak to your body and say, "What can I do for you, to show you how much I love you?" Listen for the answer.

Ask the Goddess Hathor to help you. Ask for solutions and answers in ways you understand. When you are ready, open your eyes. Look at yourself again in the mirror, and notice if you are viewing yourself differently now. Note how you feel. You may want to journal about your experience.

As a follow up: Each morning, sometime in your morning routine, look in the mirror and look into your eyes and say "I love you, \_\_\_\_\_." Put your name in the blank.

### **Sri Yantra and the Goddess Lalita**

[https://en.wikipedia.org/wiki/Sri\\_Yantra](https://en.wikipedia.org/wiki/Sri_Yantra)

"The Sri Yantra represents the goddess in her form of Shri Lalita or Tripura Sundari, "the beauty of the three worlds" (Bhoo, Bhuva and Swa). The worship of the Sri Yantra is central to the Shri Vidya system of Hindu worship. Four isosceles triangles with the apices upwards, representing Shiva or the Masculine. Five isosceles triangles with the apices downward, symbolizing female embodiment Shakti. Thus the Sri Yantra also represents the union of Masculine and Feminine Divine. Because it is composed of nine triangles, it is known as the *Navayoni Chakra*."



## Sri Yantra

"Sri Yantra, also known as Sri Chakra, is called the mother of all yantras because all other yantras derive from it. In its three dimensional forms Sri Yantra is said to represent Mount Meru, the cosmic mountain at the center of the universe.

The Sri Yantra is conceived as a place of spiritual pilgrimage. It is a representation of the cosmos at the macrocosmic level and of the human body at the microcosmic level (each of the circuits correspond to a chakra of the body).

Sri Yantra is first referred to in an Indonesian inscription dating to the seventh century C.E. It may have existed in India, its country of origin, long before the time of its introduction to Indonesia.

The Sri Yantra is a configuration of nine interlocking triangles, surrounded by two circles of lotus petals with the whole encased within a gated frame, called the "earth citadel". The nine interlocking triangles centered around the bindu (the central point of the yantra) are drawn by the superimposition of five downward pointing triangles, representing **Shakti** ; the female principle and four upright triangles, representing **Shiva** ; the male principle. The nine interlocking triangles form forty three small triangles each housing a presiding deity associated with particular aspects of existence."

Read more at <http://www.tantra-kundalini.com/sri-yantra.htm#>

## "13 Must Read Books for Pleasure Priestess"

You may be familiar with some but we thought you may like the reference.

<https://brandiauset.wordpress.com/2016/01/10/13-must-read-books-for-the-pleasure-priestess/>

- 1 [The Radiance Sutras by Lorin Roche](#) – A swoon worthy translation of the ancient text known as the *Bhairava Tantra*. Presented as a poetic exchange between the god Shiva and his consort Devi, the book offers new commentaries on each of 112 Sanskrit teachings, as well as guidance on embodiment, meditation, and personal spiritual practice.
- 2 [The Alchemist by Paulo Coelho](#) – A beautiful, timeless story about getting to the heart of your desires, and how the universe shows up to support you. Full of quoteable prose and a quick, easy read.
- 3 [The Sacred Prostitute by Nancy Qualls-Corbett](#) – A wonderful combination of

history and musings on ancient priestess and the sacred act of pleasure giving.

- 4 **Burlesque Yoga Sex and Love by Anne Key** – Set in picturesque Albuquerque, New Mexico, this memoir explores what it means to connect the body, mind and spirit through the practices of yoga and burlesque.
- 5 **Sacred Sexuality by Michael Mirdad** – A how to manual, full of easy to read information on sacred sexuality for individuals, couples, and groups.
- 6 **The Captain's Verses by Pablo Neruda** – It's Pablo Neruda poetry. Need I say more?
- 7 **Sexual Secrets: Twentieth Anniversary Edition: The Alchemy of Ecstasy by Nik Douglas and Penny Slinger** – A guide to sex and mysticism, revealing the wisdom of the sages of India, Nepal, Tibet, China, and Japan whose teachings on sexuality unveil how physical love can be the pathway to spiritual liberation.
- 8 **Awakening Osiris by Normandi Ellis** – A gorgeous translation of the Egyptian Book of the Dead. Poetic, romantic, and affirming of one soul's power.
- 9 **The Spirit of Intimacy: Ancient African Teachings in the Ways of Relationships by Sobonfu Some** – Using insights and wisdom from West Africa, the author discusses the role of Spirit in every marriage, friendship, relationship, and community, including ancient ways to make our intimate lives more fulfilling and secure.
- 10 **Embracing the Beloved: Relationship as a Path of Awakening by Stephen and Andrea Levine** – How to use the ins and outs of a romantic relationship as a means for inner growth, healing, and spiritual awakening.
- 11 **Descent to the Goddess: A Way of Initiation for Women by Sylvia Brinton Perera** – An initiation into the feminine mysteries and the inner self through the study of Mesopotamian Goddesses Inanna and Ershkigal. A powerful tool on your journey of healing role-determined behavior and the negative influence of society.
- 12 **The Nag Hammadi Scriptures** – A complete, up-to-date, one-volume, English-language edition of the renowned library of Gnostic manuscripts discovered in Egypt in 1945. It includes the Gospel of Thomas, the Gospel of Mary, and the recently discovered Gospel of Judas, as well as other Gnostic gospels and sacred texts – including references and prose on sacred sexual practices.
- 13 **The Goddess Guide by Priestess Brandi Auset** – This quick reference is a must for those looking to gather simple info on a particular Goddess in order to start their studies. And the correspondence guides of attributes, color, and regions makes a handy decoder ring for those times when you have a pieces of a Goddess, but can't quite catch her name.

**Questions for you to ponder:**

- Where am I reluctant to look and see where love is asking to show itself in my life? (If you're not sure ask and let the answer find you.)
- How comfortable do I feel with my sexuality, being sensual or radiating out confidence from my pores as I feel the beauty of who I am?
- What am I noticing about myself?
- Which Goddess of love do I want to call forth?
- What can I do to embody the Goddess of Love more fully?
- What will support me in embodying the Goddess of love more fully?

## *Creator/Destroyer/Preserver*

<b>Divine flame of passion, fire and purpose</b>	<b>Self-indulgence, creating 'messes', prima donna behaviours, poverty</b>
Dynamic creation, raw power, action and drive, uplifting of others	Rage, dangerous, 'eruptive', harm to self and others, destroying others' potential
Surrender, acceptance, healing, reconnection	Addictions, internal 'black hole', acquisitive, obsessive, controlling
Death and Rebirth, metamorphosis, wisdom	Messianic ideas about Self, chasing other people's wisdom
Powerful, courageous, confident, detached but able to utilise emotional power positively and with consciousness	Caught up in drama, sense of loss, unprocessed grief, powerlessness, vacuous, emptiness
Liberation from illusion, unity consciousness, 'timeless being'	'Slave' to ideas, the intellect, the material realm, artificial icons, time
Aligning with cycles of rebirth, hope and courage	Victimised, stuck, frustration, helplessness, depression, self-devaluation

## Prayer to Durga

**This is a great prayer for a situation, project or person that needs transformation. First Light a candle to connect with the element of fire that is represented by Durga**

'Durga, protectress and guardian  
 Watch over (person, situation or project)  
 with all due diligence  
 Take the sword of truth  
 the power of justice  
 and the light of decency  
 to stand guard against any storms that come  
 So be it.'

Blow out the candle and relight it anytime you need safety.

### Questions to ponder:

- What in your life is starting to crumble or is crumbling that evoking the creator destroyer goddess within would help you shift more easily and quickly?
- What are you clinging to that if you let it go and remembered timelessness and rebirth you would open yourself to new opportunities?
- Where are you looking back and wishing things hadn't changed? What can you do to release those feelings?
- What soothes you and reminds you during the chaos that all is well and in divine order for the new to birth?

### Destroying and new manifestation ritual:

- What do you want to "destroy" to allow the power of Durga or Kali Ma or another Creator Destroyer Goddess energy to transform?
- Create a small alter- light a small candle
- Get a metal bowl or something you can safely burn in and something to burn the paper
- Write what you want to "destroy" and open the energy to rebirth. If you are unsure you can ask in general terms.
- Say this or create your own words and put it in bowl

*"Kali Ma (Durga) within me, I know the whole Universe is within you and dissolves in you, which is in me. You are both the destroyer and the rebirther. The creator of new out of nothing all is within you within me. You are different forms of love, which flows into the world through me as a woman. I ask for the courage of the lion, your energy and sword to slash (put in here what you want Kali Ma to release or create anew)"*

Burn what is in the bowl.

*"I am open to what is newly formed with the space created by the destruction of what I have been holding onto (or letting go). With the power within me let the new arise as I remember the timelessness of all the universe. With deep appreciation, gratitude, love and trust"*

**Additional Resource :**

There is some very deep insight and powerful processes to work with Kali Ma via the following link. It is worth keeping this link available so you can revisit the processes whenever you feel you are undertaking a deep life transformation.

<http://swamivp.weebly.com/the-kali-principles.html>

