

Journey to Love



Day 4 "Goddess"

Journey to Love From YOU to YOU!

DAY 4

Tapping into your Goddess energy

Introduction

Hello there everybody! I can't believe that we are day four.

Day four it's about tapping with our inner goddess it's a fun day, the first three days were a little bit denser because we were going in to really see and contact and **be aware of our love blocks**. And today it is a little bit **stronger on the healing side** always aware that we have those love blocks and that we have to bring healing to them.

Today we are going to be tapping into our inner goddess and we're going to be talking about something beautiful which is archetypes of goddesses and then we're going to really go in and understand what this means so you're liking it. So, let's start day three are you ready are you ready to embody your goddess because this is going to be fun. Different from the last three days. so first of all, I want to know from you please write <Yes>, <No>, or what you know are you knowledgeable or experienced or have you ever done anything in terms of working with the goddess archetype in terms of embodying the goddesses, in terms of meditating with the goddesses, are you aware of what the archetype work is? If you would kindly tell me your answer to these questions or any of the three questions or all of the above, because that way I can tailor my message even better more towards who I'm talking to and I know how much I need to share or not about certain things. While you're typing I'm going to show you my beautiful goddess crystal that I have here with me today.

Introduction to the Goddess Archetypes

Working with archetypes was something that Carl Jung, the psychologist, started. He was the first one to work with archetypes and to understand that as humans, we work with archetypes. After him many, many other people worked with archetypes and took his work and devolved it. My favorite is Carolyn Miss, I've

done her course, it was amazing and one of the most empowering things was understanding that on average as humans we tend to play act with 12 archetypes in our lives. 12 archetypes! That's a lot! And mainly four archetypes that we all use mainly. So that was very powerful to me and the first time that I did that course, the time I did that course and I work and I did all the inner work to understand what archetypes I was taking into, it was my surprise to discover that I was at times embodying the **Queen archetype** and this was a surprise because unworthiness was one of the biggest issues I healed, in my whole path. I'm still healing it really... and I don't think that I'm totally there with it but I've done humongous strides into **feeling better and accepting and loving of myself and who I am just the way I am** and all those beautiful things that the healing brings and comes with the healing. I discovered myself for example being the Queen with the men in my house, my children, my sons, they're both males, and my partner. And then another surprise was something that was very hard for me to digest and that was that **one of those four main archetypes that we all carry and we all play with yet this is the prostitute, the whore**. It doesn't matter if you're man or woman. At first, I couldn't understand this. I had to read and understand and ask and it is not about the whore in terms of selling or body, but it is at an energetic level. Think inside, how many times in our lives and we all do across the board. It's about giving away our power, it's about giving away our power and **how many times we give our away our power, so that we can get love back**. And, that's the whore that's the prostitute it's like we give so that we can get back. So, these are just some examples, I mean, today is not a day about the archetypes of Carl Jung but I just wanted to give you a flavor of what we're talking about.

Why am I focusing on the goddesses on this fourth day and why on the fourth day there is a reason and the reason is that the first three days we went and saw and we looked deep into limiting beliefs that have to do with the collective unconscious, our lives from when we were children until now, and all the experiences in-between. Clearly in a challenge we can all only do this at a superficial level, you can imagine how working with me as a coach we can really go deep and explore things much more. Today is about bringing some healing to what we looked at the past three days. So, we're all women in this group and one of the archetypes is the archetype of the Goddess. Now the Goddess is a beautiful archetype that if we haven't embraced it naturally, and there's many women that just have that type of energy within them, we can beautifully learn to work with the Goddesses.

In any case, I have chosen four main Goddess archetypes. The main thing is that we're going to work with four archetypes and as I'm saying them, feel if any of these roles or all of them feel familiar to you.

The first one is the **warrior woman and mother**, the second one is the **lover woman and sensual**, the third one is the **wild woman**, and the last one is the **mystic woman**.

So, the first question I am asking is can you see and identify yourself naturally in any of these archetypes?

- 1) The warrior woman and the mother.
- 2) The lover woman and it has to do also with abundance and sensuality.
- 3) The wild woman.
- 4) The creative and mystic.

What I mean by identify, is maybe you're already an artist so clearly, you're identifying with the fourth archetype. Maybe you already or live a life where you have or have had abundance that hasn't been an issue for you. Maybe you've been sensual, in a sexual natural way, so that would be archetype number three. Maybe your blocks come about motherhood or about standing for what you want and being more of a warrior woman. Maybe it comes from the wild woman and the wild woman is really the woman that sees beyond masks and sees beyond, I want to use the right word, illusion. Illusion being, when we see life in a distorted way because of our life experiences.

The Warrior Woman and Mother

So, number one would be warrior woman and mother. I'm going to speak more about them, so as I speak about them please put these numbers in the comments so that I know. So, let me tell you a little bit more about each of them so the warrior woman and the mother in terms of who we invoke when we do this type of work. I'm talking mostly about Hindu Goddesses because they're amazing in terms of archetypes. Durga is this goddess that is the mother of the whole creation, is the mother of mothers. Her name means for in fort, in fact. And you've probably seen her image, she's depicted with anywhere between 8 to 18 arms, so you probably have seen this Goddess. In each arm she has weapons

because basically it's all the tools that you have to address your life and deal with the issues that life throws at you. And it's really a powerful Goddess that sits as an umbrella, sits behind of the spiritual awakening. **By spiritual awakening we mean healing the Sacred Feminine**, the spiritual awakening of our Sacred Feminine. If it's not clear yet what the Sacred Feminine is, **what the Sacred Feminine is: our abilities to be fully the women that we are with all our gifts and all of our power in complete harmony of both our masculine and our feminine sides**. Standing in our inner Sacred Feminine and embodying it, means **accepting all of the gifts of femininity in a world that has pushed us to embrace mostly a masculine model and has denied many of the natural powers of femininity**.

Is this resonating. Is this reaching you in the right way? So that's the mother archetype, the Goddess Durga. I love her symbolism, when she's depicted, she has in her left eye the moon and that's indicating the desire, in the right eye the Sun. The Sun means the action, so it's more of the female and the masculine and the third eye, in the third eye, that means really the intuition and knowledge.

The Lover and Sensual Woman

So, I'm going to move on to the Goddess of love and sensuality. The sexual Goddess of abundance, she's one of my favorites, she's called Lakshmi and she's one of my favorites because I've worked with her for many years actually.

Lakshmi is very well known, actually she has a beautiful mantra for opening ourselves in our wombs which is our feminine house home.

I sing the mantra now: “Om Shreem Lakshmi-ay Namaha”

That mantra is beautiful and actually you can say it a hundred and eight times. As Buddhists you do that, but you can say three times, nine times, multiples of three if possible. As you say it you attract the vibration of sensuality, sexuality and **abundance of all material things** in your life. That's what she stands for.

She has four arms. Each arm stands for one part of our ego, actually. The one arm is the Dharma. In the **Dharma**, I love it, because it's everything that's not karma, **is when you're living on-purpose**. One arm is the Karma, really, and it's, you know, the **cycle of death and birth**, and it's breaking that cycle, it's called moksha. Then,

it's **wealth and desires, the other two**. So it's beautiful. That's Lakshmi and I love Lakshmi, she really talks to me.

The Wild Woman

Now the next one. Then we have the **wild woman and that's Kali or Kalee**. And you've probably heard this. I had a dog many years ago was called Kali. And **Kali is very misinterpreted** because she is oftentimes understood as the goddess of destruction. Kali really, is the **Goddess that invite us invite us to clean our senses**, is what it's called. Clean our senses because, this beautiful, we when we live on earth each of us sees the world through our own lenses. Our lenses are colored by the experiences we've had, as we've discussed for the last three days, and our glasses give us parameters and preconceptions and preconceived ideas that makes us see life in a certain way. And that's what it's called the illusion because we're not seeing necessarily things as they are, but as we see them through our glasses. **Kali is called the destruction, the Goddess of destruction, but also the wild woman, because she basically destroys the ego** and by destroying the ego is how we clean up our senses and go beyond the illusion to contact what's really the truth of what is. That's why it's such an important Goddess and why she is so misconstrued.

The Mystic Woman

And then the fourth archetype is a beautiful mystic woman or creation, the Goddess of creation. Her name is Sarasvati. Sarasvati. And Sarasvati is really the muse that inspires arts, music, words, mostly communication and the voice. But it's creativity in all the senses. And you know, from a mystic standpoint, sexuality with a soulful partner is really mystic experience. In sexuality we are using all of our life force and our creative force.

Skimmed comment that may be useful to the listener.

Each of these Goddesses really has a piece of us. I'm curious that you know Dana said she identifies with Goddess number three and nobody with Goddess number 1, Durga. Nobody else wrote anything and maybe that's because you really feel that you have a piece of each in you. Because that's the thing, as women we have all of them in there.

I love that you said that because you are a little bit of everything and the mother Durga, basically and she's also the warrior in the sense that she has the strength to confront everything that life throws at her so you probably also heard if not as the mother the mother is part of the archetype. The images are amazing if you google them (says someone). Durga, Lakshmi, Kali, and Sarasvati. Great I'm glad you did that, good girl yes, they are, and their energies are amazing so I'm going to take you to contact the energies in a bit I take your time visualization of the goddess principle.

We're not aware, many of you said, you were not aware that you had issues with your father. You just thought your issues were with your mother. Many of you said you thought that the issues were about relationship, instead you realized that there were things you hadn't addressed from childhood. Now you know. A coaching session can really help you go deep there.

To understand how I work, **coaching is an in-depth empowering tool**. To coach and do probing questions. But **beyond coaching I also use other part of my gifts which are the intuitive connection with the divine, the channeling, healing with colors, healing with energies, so I can go beyond helping you relieve the issues at many levels it's a very empowering journey** and I really hope you can gift it to yourself.

Now having said that I want to take you into a **true healing journey and that is to contact your Goddess within**. So, if you are up to it I'm going to be guiding you right now.

Sit comfortably close your eyes take a few deep breaths.... [WE GO INTO A HEALING VISUALIZATION]

Namastè.

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