



Oh, my goddess!

.....
Every woman has an inner goddess born to shine, but we cover her with clouds of doubt. Free your feminine force to fulfil your true potential.
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HOW good would you feel plugging into your power and purpose? To be proud of yourself and your place on this planet? To have the courage to dance to your own soul song? Oprah Winfrey says, "I was once afraid of people saying, 'Who does she think she is?' Now I have the courage to stand and say, 'This is who I am!'" You don't serve anyone by playing small. Tap into your inner treasure to be abundant and blessed. All will benefit from your blossoming being!

Awaken your goddess

We catch glimpses of our goddess qualities when we're connected with our authentic, empowered

energy; when we follow our intuition, believe in ourselves, and unconditionally love ourselves.

We suppress our feminine force when we neglect our needs, spread negativity, and deny our deepest desires. Meditate on your goddess-self to manifest it. It's never too late to reinvent yourself and bring out the best in your ever-evolving being. Try these 12 tips to grow your goddess wings –

1. List all your qualities and repeat them daily.
2. List qualities you admire in specific women in your life.
3. Journal to listen to your inner voice.
4. Worship your body with healthy food, exercise, and wellness regimes.

* Divine inspirations

Choose a goddess archetype that inspires you.

Indian goddesses:

- Lakshmi, for luck
- Saraswati, for skill
- Durga, for courage
- Radha, for devotion
- Kali, for power
- Parvati, for nurturing
- Astrology archetypes

Air goddess: Iris is the rainbow messenger who assists you to explore (Gemini), analyse (Libran), and express (Aquarian).

Fire goddess: Athena gives Aries strength, Leo stamina, and Sagittarius support in your mission.

Earth goddess: Gaia nourishes Taurus, grounds Virgo, and gives Capricorns success.

Water goddess: Venus quenches Cancer's thirst for emotional acceptance, Scorpio's search for depths, and Piscean's esoteric explorations.

5. Dress and groom yourself like a goddess.
6. Share positive energy with others, with compliments and encouragement.
7. Listen to a goddess music mix.
8. Do a goddess-guided meditation.
9. Make a collage of inspiring women.
10. Have a goddess gathering by sharing, feasting, and dancing with friends.
11. Observe nature's rhythms by sowing seeds of intention on the new moon, nurturing seeds at the waxing moon, appreciating fruits on full moon, and releasing things on the waning moon.
12. Do the following Goddess ritual: Collect five flowers or shells. Preferably on a new moon or full moon evening, sit outside facing east or the ocean. Take three deep breaths. Imagine anything you want to release, reciting to yourself, "I let go and go with the flow." Throw each person, thing, belief,

“The world will change when every woman gets it - that we are all beautiful, powerful, and strong; that each one of us is a portion of a great and mighty Goddess self.”
 –Marianne Williamson

and behaviour that's holding you back up into the air, as if you're scattering ashes, the wind carrying them to the heavens to resolve. Feel a spaciousness that your Goddess can fill. Looking to the horizon or the moon, call your goddess spirit back. Sweeping your hands outwards then in towards your heart, say thrice, "Come Goddess (insert your name.)" Imagine all your fragments returning from people, places, beliefs that you lost yourself in. Tracing a love-heart shape on the ground around you, encircling your body, say thrice, "Fill me with love." Close your eyes and smile to yourself. Feel complete. Visualise five women who have helped you. Name them, thank them and offer them a flower, shell or pebble which you place around the heart's outline. Say, "Thank you Goddesses, for granting me grace, guidance, abundance, attraction, health, wealth, happiness, power, purpose, peace, strength, security, calm, and contentment." Imagine the sea, sky and soil is the goddess's body, nurturing and protecting you. She envelops you in her empowering energy. Her shakti streams through your veins. Breathe in her blessings. Feel the goddess embracing you like angel wings.

Plug into your power.

You will never fully experience your goddess energy unless you activate it. We can do endless rituals and affirmations saying, "I am a goddess" - but continue to be used, abused, and unappreciated. You need to think and act like a goddess. As Picasso said, "There are only two types of women - goddesses and doormats." Goddesses are clear about their boundaries and abilities, setting high standards for honouring themselves and others. So stop selling yourself short, don't be a doormat, step into your glorious spotlight. Say you're a goddess and show yourself you're a goddess... with elevating action. Don't spend a minute more in destructive or unconstructive patterns. Draining energy with dead-end relationships, unhealthy habits, and negativity retards your goddess from growth. Nourish her with affirmative action as well as affirmations. *

* Goddess qualities

Being a goddess is all about attitude, not appearance. It is about 'being together', not just appearing to be together. Women tend to look outside to validate themselves, but reaching inside is where a woman's wonders are found. Looking for your goddess in make-up, clothes, beauty products, or diets is pointless if you don't release her from within. Qualities that a goddess exudes include:

- impenetrable self-acceptance
- centred, confident, and content in herself
- expresses her unique essence in all she does
- trusts her intuition implicitly
- follows her conscience above convention
- owns her choices, accepts consequences, and never has a pity-party
- lives, laughs, and loves vibrantly
- sees everything as a valuable lesson, everyone as a teacher
- always feels divinely protected and provided for
- elevates and assists others
- treats her body and environment like a temple
- living example of grace, compassion, and conscious living
- teaches people how to treat her with respect
- shows love to herself and others

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