



# The Goddess Course

## *Week 1. Introduction to the Goddess Course.*

The Goddess lives in every woman- She is healer, mother the creator of new life, giver of love, nurturer, wise, intuitive, connected to everything and all that is. Understanding, trusting herself. The Goddess image is NOT to be mistaken with the ego-centered “Hollywood Diva” image. The goddess lives in nature, that deep inner source of love and creativity within all of us. She cares for herself and with the same degree of intensity she cares and nurtures others, and those whose life she touches. She is the earth mother; she is the fire of the sun, water spirit of the oceans and rivers. The Goddess is every where, is every thing.

### *Goddess as Feminine Energy*

The Goddess energy is the unlimited source of the divine feminine aspect of creation and the universe. She is depicted as a woman in the same way God is depicted as a man, images of these male and female energies are created in order for us to relate in as humanly way as possible. Women will tend to relate better to the image of Goddess, birth, female sexuality and child bearing. Archetypes such as Mary the Mother of Jesus where looked at as prime role models of the Goddess, powerful yet humble, divine yet simple an unassuming.

### *Connecting to the Goddess/es*

**Dian-y-glass** (pronounced dy-an-ee-glas) We connect to Dian-y-glass goddess of the Blue skies for anything we need, she who looks over all things from above will give us clear vision and guidance in times of depletion or loss.

Dian-y-glass can be invoked to grant us material as well as spiritual wants/needs. She is an unlimited source of energy, we see her image in the vastness of the blue sky, the purity of the white clouds and the spirit of all things that fly and can reach beyond the confines of the earth.

**Gaia** We connected to Gaia- Goddess of the earth, mother of the earth, nurturer of all natural things connected to the earth. We ground ourselves and released any negativity into the earth beneath us by standing barefoot on grass, breathing deeply and focusing on our intentions to heal ourselves and others, rather than hold onto negative energies in our body and mind, we ask the mother Gaia to alleviate the burden of residual energies into the earth for recycling into the plant life a new growth- the energy will be transmuted into positive life force.

### *Rituals*

Before commencing any ritual we must clear the mind, and open with prayer to the Great Mother of all creation. We do this to invoke the divine energies and make sure we work only with the purest intentions - LOVE & LIGHT. (Please find copy of the Prayer attached to this document.)

Focusing on our desire- Abundance and material goods

Verbalise aloud **‘So mote it be’** after every prayer and request we make to the Goddess/God. This translated into simple English means, “It will be made manifest by the go Goddess just as I have requested” (provided it does not harm or go against universal law) trusting that all we have asked the divine powers for shall be made manifest our into reality.



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## *A simple incantation for abundance*

We focused on what we want to bring into reality by relaxing and visualizing our desire/s.

**Tools & Ingredients-** Water in a small bowl and a pinch of soil from the earth or salt added to the water (Soil can be taken from a pot plant)

Poetry is every thing when working in magic, a simple incantation together with a prayer and strong intent will work wonders. We read the following invocation for abundance.

“In this moment there is no Yesterday”  
In this moment there no Tomorrow  
In this moment there is only NOW  
And I am grateful to the Goddess for all I have NOW  
Goddess of Abundance come to me comes to me.” (Repeat 3 xs)

## *Absent Healing*

We take part in healing with the unlimited source of universal white light available to us from the goddess energy.

**Step 1.** Close the eyes, relax back in your seat, take some long deep breaths in and out, and focus on your intentions together with the desired outcome.

**Step 2.** Hold your palms up in front of you, visualize a huge white tube over your head & body with the unlimited source of white light pouring down your body saturating you with the healing power of the white light.

**Step 3.** Say the name of an individual or individuals and bring an image of this person/s into your mind, if you find it hard to visualize just say their name aloud or to yourself and send them white healing light.

**Step 4.** Invoke the UNIVERSAL HEALING ANGELS to carry the white healing light to your loved one/s. Make sure you state what the healing is for, what do they need to be healed for?

**Step 5.** Draw the healing light back into yourself and visualize it clearing and healing every cell and fibre of your being. Focus on the healing power of the Universal Healers and white light.

**Step 6:** Thank the Universal Healers from the depths of your heart and release them until further healing is required. What we think about and focus on with our body & mind is what we get.

## *Book of Shadows*

Every Goddess keeps a Book of Shadows or magical journal. The importance of recording your spells, prayers, poetry, and anything else you wish to record is for keepsake and later referral as you monitor your progress from week to week, year by year.

**Goddess Show & Tell:** - every week as part of class discussions. Anything from mum's favorite muffin recipes to how to have multiple orgasms! You choose what you would like to share. You might even like to bring in your art work, embroidery or poem you wrote over the week... Sky's the limit.

*An example: As I was walking through park on my morning walk, I asked the goddess to show me a sign that my lover would return to me soon. I found a rose that someone had thrown out*

 *The Moon Goddess Shines*   
*The Goddess Course*

*Moon Goddess Notes:*

*Goddess Home work*

Is part of the course to give you greater self awareness as the moon goddess helps us release insecurities and other issues you might be experiencing in life. Inner growth and healing will be experienced throughout the course.

*Moon Goddess .H.W.*

**In your journal, note book or P.C. record any ambitions or aspirations you had as:-**

**a) As a child. b) As a young adult c) Current life goals you have not yet come to realize. Compare your revelations with what you have achieved in life thus far.**