

Goddess Embodiment

Ten Steps To Embody the Goddess

*As
practiced
at Goddess
Yoga
Retreats
worldwide*

Goddess
YOGA
Retreat

Goddess Embodiment

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Ten Steps To Embody the Goddess

Discover:

What Are Embodiment Practices?
The Benefits of Embodiment Practices
Why We Embody the Goddess

1. Creating Sacred Space - Your Goddess Circle
2. Centering and Meditation - Goddess Stories
3. Using Tarot to Inspire Your Practice
4. Goddess Yoga Warm Up
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7. Journaling
8. Using Affirmations
9. Opening the Circle
10. Gratitude and Nourishment



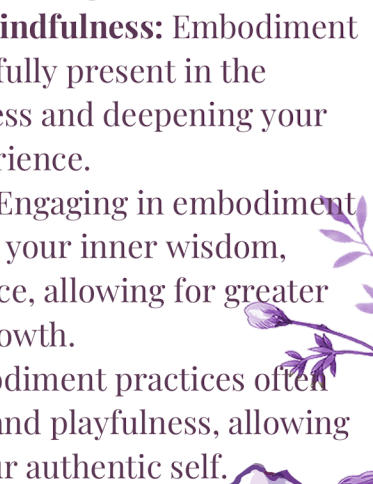
What Are Embodiment Practices?

Embodiment practices are activities that invite us to fully inhabit and connect with our physical bodies. They encompass a wide range of disciplines such as yoga, dance, somatic movement, and mindfulness techniques that encourage us to tune into the sensations, movements, and expressions of our bodies. Through these practices, we cultivate a deep sense of presence, awareness, and connection with ourselves.

Embodiment practices allow us to explore and honor the wisdom and intelligence held within our bodies, promoting physical well-being, emotional release, self-expression, and an overall sense of integration and wholeness. They offer a pathway to deepen our relationship with ourselves and the world around us, fostering a profound sense of embodiment, authenticity, and vitality in our lives.



The Benefits of Embodiment Practices


- **Increased body awareness:** Embodiment practices help you develop a deeper connection with your body, allowing you to become more aware of its sensations, movements, and needs.
 - **Stress reduction:** Engaging in embodiment practices such as yoga, dance, or somatic movement can help reduce stress levels by promoting relaxation, releasing tension, and fostering a sense of calm.
 - **Improved self-expression:** Embodiment practices provide a creative outlet for self-expression, allowing you to express emotions, thoughts, and desires through movement, gestures, and postures.
 - **Enhanced mind-body connection:** These practices facilitate a stronger connection between your mind and body, promoting a greater sense of integration and harmony between the two.
 - **Increased body confidence:** Embodiment practices can help you develop a positive body image and enhance self-confidence by fostering acceptance, appreciation, and love for your body.
 - **Emotional release and healing:** Embodied movement allows for the release and expression of emotions held within the body, promoting emotional healing and well-being.
 - **Improved flexibility, strength, and balance:** Many embodiment practices involve physical movements that contribute to improved flexibility, strength, and balance, enhancing overall physical well-being.
 - **Cultivation of presence and mindfulness:** Embodiment practices encourage you to be fully present in the moment, cultivating mindfulness and deepening your awareness of the present experience.
 - **Connection to inner wisdom:** Engaging in embodiment practices can help you tap into your inner wisdom, intuition, and innate intelligence, allowing for greater self-discovery and personal growth.
 - **Joy and self-expression:** Embodiment practices often bring a sense of joy, freedom, and playfulness, allowing you to explore and express your authentic self.
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Why We Embody the Goddess

Goddess embodiment practices serve as a beautiful vehicle for connecting with and liberating our divine feminine essence. By embodying the archetypal qualities and energies of goddesses, we tap into a rich tapestry of wisdom, power, and grace.

These practices invite us to embrace our innate feminine qualities, celebrating our intuition, nurturing nature, sensuality, and creative expression. Through movement, meditation, ritual, and self-care, we deepen our connection to the divine feminine within, unlocking our authentic selves and honoring the sacredness of our bodies.

Goddess embodiment practices offer a transformative journey of **self-discovery**, **self-love**, and **empowerment**, allowing us to reclaim and embody the divine feminine in all its beauty and strength.



1. Creating The Sacred Space

Making Your Goddess Circle

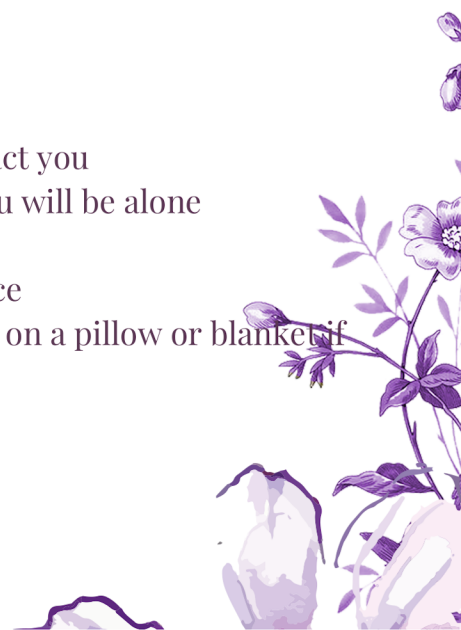
When we create a sacred space, our goddess circle, we are purifying the energy and creating an energetic boundary around ourselves, within which we can do our work. You can also use physical items to make the circle, which will supercharge the energy and make your sacred space even more beautiful!

Whether it's to calm down, increase focus, or strengthen our resolve, we can use the elements to support ourselves in everything we do. I'm going to recommend special combinations of elements but you can use any ones you want!

Set up your space each time in a way that you can really be with yourself, no matter where you are. This means switching off any distractions, because extra sensory inputs from the external, are going to diminish the sensory awareness of your own internal landscape.

Before you begin your meditation, tarot card readings and movement practice, create this beautiful Goddess circle with these elements, so that you can do your work inside of it. Have fun with it, and you can always modify these suggestions to what feels right for you. This is about your creative, divine feminine expression!

You may need to:

- Turn off any computer tabs
 - Turn off your phone
 - Turn off anything that could distract you
 - Choose a time where you know you will be alone
 - Avoid multitasking
 - Ensure that you have room to dance
 - Make sure you can sit comfortably on a pillow or blanket if you desire
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Materials & Supplies - The Elements

Everything in our environment can be organized into five separate categories, or elements: earth, fire, water, air and spirit. Everything around us also carries its own energetic frequency. Here are some of my favorites:

Water Element: Goddess Water Recipes

Earth Element: Crystals, flowers, seashells, stones, sand, earth

Air Element: Incense, sage, palo santo, etc.

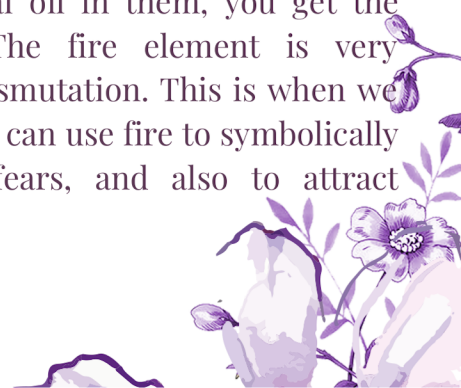
Fire Element: A candle or small cauldron

Goddess water: Goddess water is purified water that you can charge with the frequencies of your choice. You can add essential oils, infuse the water with crystals, and even charge the water under the moonlight or the sun. All of these energies will be absorbed by the water, which you can then use for many different purposes!

Goddess crystals and flowers: Crystals are earth elements that carry powerful vibrations. Some promote love and compassion, while others can absorb negative energies or even repel them. By having them near you while you do your inner work, you can positively affect the space around you as well as your emotions and your intuition. Flowers, also an earth element, are a beautiful part of any Goddess Circle. Like a wreath, you can use them with your crystals to physically create the circle in your space.

Goddess incense: Incense represents the element of air, and can also provide you with a wonderful aromatherapy experience. Some incense such as sage will purify the space around you. Other herbs such as lavender, have healing and calming properties that can support your self-healing and blossoming soul. We will recommend our favorites for each module!

Goddess candles: Candles represent the element of fire, and when you use candles with essential oil in them, you get the added benefit of aromatherapy. The fire element is very important because it represents transmutation. This is when we transform one thing into another. We can use fire to symbolically burn away negative thoughts or fears, and also to attract whatever it is we are manifesting!





This is how I like to make my goddess circles, but you can make yours however you choose!

- Turn on some beautiful music
- Place your elements in the center of the space where you will be working.
- Light a candle while thinking about what you want to manifest - I like to use five candles, one for each direction (north, south, east and west) and one for my work in the center of the circle
- Place one candle in each of the "four corners" of your circle walking in a clockwise direction
- Continue walking the circle and place flowers, crystals and seashells along your path, so that you are creating a physical circle on the floor
- Create a small beautiful collection of crystals and flowers around the candle in each of the four corners
- Light your incense and continue walking the circle cleansing the space
- You may like to sing or use a bell to cleanse the energetic space as well
- Return to the center and find a comfortable position
- Light the final candle or cauldron and do a small embodiment practice and meditation to open up your connection to the divine source.





2. Centering and Meditation - Goddess Stories

Divine Feminine Archetypes to Inspire You

I like to choose a goddess to inspire and walk with me on my journey. You can listen to my goddess stories that I have created for you on youtube, use a goddess book, or choose an oracle card from a goddess deck. There is no right or wrong way, just choose whatever feels right for you!

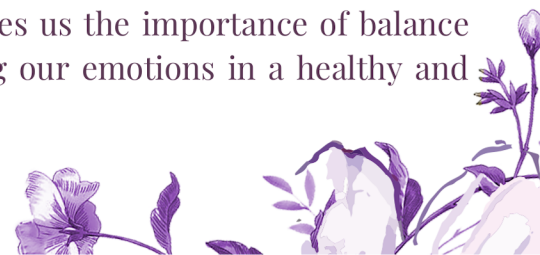
You can find the video here: <https://youtu.be/jTlZy4F8GkQ>

Yemaya - Goddess of the 7 Seas

Once upon a time, a mesmerizing Goddess named Yemaya emerged gracefully from the depths of the Atlantic ocean, her presence brimming with healing and serenity. As the waters flowed from her divine womb, she blessed the Earth with the precious gift of water, nurturing all life it touches. Adorned in an ethereal gown of blue and white, with delicate shells, pearls, and shimmering silver, she radiated beauty under the enchanting crescent moon. With every gentle wave, she infused the ocean's surface with her maternal wisdom, offering solace and rejuvenation to all who seek her embrace.

Goddess Yemaya, the guardian of the sea and the nurturing mother of all, wraps women and children in her tender and protective energy. Her love flows abundantly, enveloping us in a soothing embrace during our journey of healing and recovery from emotional wounds and traumas. Her presence is a beacon of comfort, ensuring that even in the face of pain and hardship, we are never alone. She whispers words of solace, guiding us to find strength within ourselves and reminding us that we are capable of overcoming any challenges that come our way.

In the rare moments when her anger ignites, Yemaya's power manifests in the form of turbulent storms upon the sea. Yet, her temper is slow to ignite, for she embodies the grace and patience of a loving mother. Her anger serves as a reminder of her protective nature, fiercely guarding the ones she holds dear. Through her storms, she teaches us the importance of balance and the necessity of expressing our emotions in a healthy and transformative manner.



2. Centering and Meditation - Goddess Stories Part 2



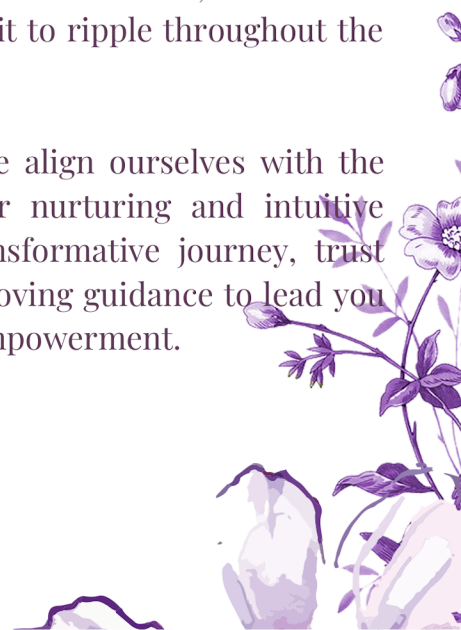
Yemaya, holds the power to awaken our deepest dreams, desires, and emotions. As we journey further into the realm of Yemaya, we discover the importance of paying attention to our emotions. This nurturing goddess embraces the vast range of our feelings, encouraging us to acknowledge and honor both the joyful and challenging ones. By creating a safe space for emotional expression, we align ourselves with her compassionate energy.

Water, the life-giving force that courses through Yemaya's domain, becomes our pathway to her essence. By immersing ourselves in the rhythmic sounds and fluid movements of water, we find calmness and rejuvenation. Whether it's spending time near a tranquil river, enjoying the soothing embrace of a bath, or setting intentions while washing our hands, we invite Yemaya's healing energy into our lives.

Yemaya ignites our creative flames, urging us to express our authentic selves. Engaging in various art forms, such as painting, dancing, and singing, unleashes our artistic spirit. Embracing the joy and freedom of self-expression, we tap into the depths of our being, where Yemaya's creative energy resides.

To fully embody Yemaya, we must cultivate nurturing relationships. As the embodiment of motherhood and compassion, she encourages us to extend acts of kindness and care to others. By nurturing our own children, supporting loved ones, or volunteering in our communities, we become vessels for Yemaya's love, allowing it to ripple throughout the world.

As we embrace these practices, we align ourselves with the energy of Yemaya, awakening our nurturing and intuitive aspects. In this personal and transformative journey, trust your intuition and allow Yemaya's loving guidance to lead you on the path of self-discovery and empowerment.



3. Using Tarot to Inspire Your Practice

Channeling Messages from the Divine

1. Choose a Tarot Card Spread
2. Cleanse your cards with sage or palo santo
3. Focus on your intention
4. Shuffle your cards thoroughly
5. Either choose the "jumpers" or pull them intuitively
6. Reflect on the meaning of the cards and allow your intuition to guide you - we often receive messages that are not the exact meaning of the cards
7. You may use another deck to clarify the meanings


A Simple 3 Card Spread

Position 1: The Current Situation

Position 2: The Challenge or Lesson

Position 3: The Unifying Force or Advice

As you continue your practice, keep the lessons of the tarot card reading in mind and listen to your body and intuition.



4. The Goddess Yoga Warm Up

5 Minutes to Feel Great!

You can find a video of the warm up Youtube channel:
<https://youtu.be/WiWblHswe3U>

Head Isolations

Head isolations: 8 forward and backward (“yes”)

Head isolations: 8 ear to shoulder right and left

Head isolations: 8 side to side (“no”)

Head circles on a full 8: right and left (two times)

Shoulder Isolations

Shoulders up and down: 8

Shoulders forward and backward: 4

4 Shoulder circles to the back

4 Shoulder circles to the front

4 Shoulder circles alternating to the back

4 Shoulder circles alternating to the front

Rib Cage Isolations

Chest forward and back: 8

Chest side to side left and right: 8

Chest circles to the right: 4

Chest circles to the left: 4

Hip Isolations

Hips forward and back: 8

Hips side to side left and right: 8

Hip circles to the right: 4

Hip circles to the left: 4

Body roll to the right: 2

Body roll to the left: 2

Feet and Ankle Isolations:

8 paddles right and left on 8 counts, two slow plies on 4 counts

First time making wrist circles

Second time making elbow circles

Third time with Samba arms

Fourth time with wing arms over head, plies with peacock arms

Fifth time bringing arms back down, plies with arms down at sides



4. The Goddess Yoga Warm Up: Part 2

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- Side bends
- Back bend
- Hanging over (full port de corps en avant) alternating knee bends with twist
- Rolling back up the spine with straight knees to standing, opening arms overhead from 5th to second position
- Open the legs to a wide grand plie in second, with hands on knees
- Spine Twisting shoulder to opposite knee right and left: 4 times
- Plie in wide second with hands on floor: 2 times
- Rolling up the spine to standing with arms “pulling off the sweater”



5. Dancing to Embody the Goddess

Expressing Your Creativity and Divine Beauty

After the warm up, continue dancing and expressing your beautiful creative energy! Don't worry about how it looks or what is "right or wrong" just enjoy the feeling of the movement!

Surrender

(lyrics)

**We agreed to put our swords away
To exchange control for surrender
For surrender
L'existence precede l'essence
Surrender**

**I was walking alone in the meadows of my creative mind
I turned to look and you were there
We can make the world we dream of
Here, take my hand
Let's dive**

**Surrender
L'existence precede l'essence**





6. Grounding and Sound Bath Meditation

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Bringing Your Energy Back into the 3D

Find the "Enchanted Forest" guided meditation & music here: https://youtu.be/KpstudjsD_U

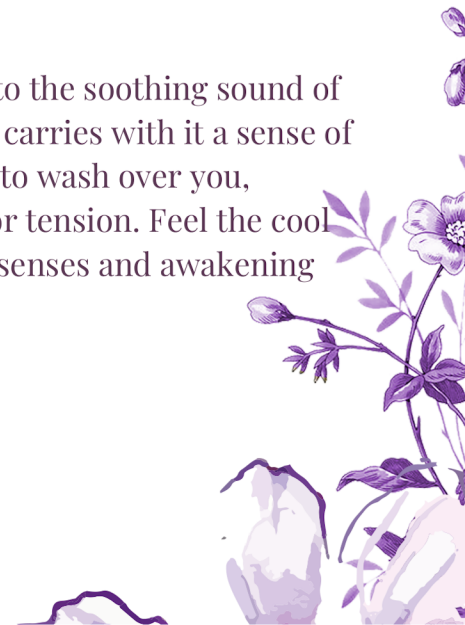
When you are finished dancing, pull your energy back into yourself and gently lay down on your back in shavasana. You may want to lay on a yoga mat and cover yourself with a blanket. Allow the meditation to guide you.

Find yourself in a tranquil and serene forest, surrounded by the enchanting melodies of singing birds and the gentle murmur of a nearby brook. As you begin to walk along the path, feel the soft earth beneath your feet, connecting you to the grounding energy of the natural world. Breathe in deeply, inhaling the pure, rejuvenating air that fills your lungs with each inhalation.

As you continue your journey, you notice the vibrant colors of the forest around you – the lush green leaves, the vibrant wildflowers, and the dancing sunlight filtering through the branches above. Allow yourself to be fully present in this moment, opening your senses to the beauty that surrounds you.

As the chorus of singing birds fills the air, their melodies uplift your spirit and awaken a deep sense of joy within you. Imagine their songs echoing in your heart, harmonizing with the rhythm of your breath. With each step, you feel a growing connection to the healing energy of nature and the gentle presence of the goddess Yemaya.

Approaching the small brook, listen to the soothing sound of water flowing over smooth stones. It carries with it a sense of purity and renewal. Allow the sound to wash over you, cleansing away any lingering stress or tension. Feel the cool mist on your skin, invigorating your senses and awakening your inner vitality.



6. Grounding and Sound Bath Meditation: Part 2



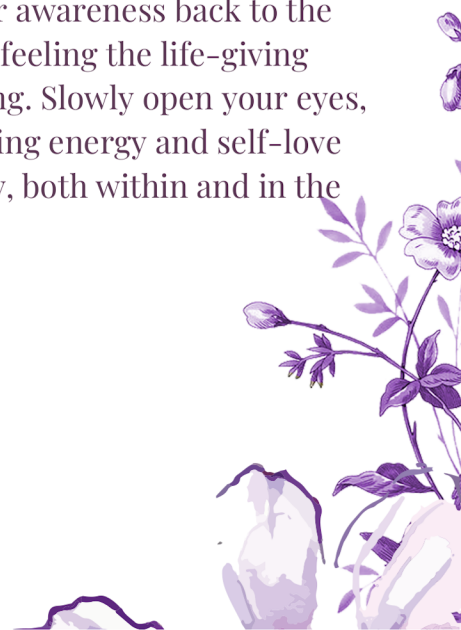
As you reach the heart of the forest, find a comfortable spot to sit or lie down. Close your eyes and turn your attention inward. Visualize a shimmering, turquoise light enveloping your heart space, emanating from the loving energy of Goddess Yemaya. Feel the warmth and compassion radiating from her presence, embracing you in a nurturing embrace.

As you immerse yourself in the healing energy of Yemaya, invite any emotions or wounds that reside within your heart to come forward. Allow them to surface gently, knowing that you are safe and supported. With each breath, release any pain or self-doubt that no longer serves you. Visualize these burdens dissolving into the light, leaving you feeling lighter and more at peace.

Now, with an open heart, call upon the goddess Yemaya to infuse you with her healing and self-love. Feel her energy flowing through you, bathing every cell of your being in her divine essence. Allow her unconditional love to wash away any self-criticism or judgment, replacing it with deep self-acceptance and appreciation.

Take a few moments to simply rest in this space of healing and self-love. Allow the energy of the forest, the singing birds, and the flowing brook to continue nourishing your soul. Know that you can return to this sacred place within your heart whenever you need solace, guidance, or a reminder of your inherent worth.

When you are ready, gently bring your awareness back to the present moment. Take a deep breath, feeling the life-giving energy of the forest infusing your being. Slowly open your eyes, carrying the essence of Yemaya's healing energy and self-love with you as you continue your journey, both within and in the world around you.





7. Journaling Reflections

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Discovering my Inner Goddess

I am now ready to receive the loving messages of the heart.

What were the messages you received through your tarot card reading?

How did you feel during and after your dance?

What messages, visions or feelings came to you during your meditation?

What are the loving qualities and strengths that you are ready to embrace to start living a life of love and fulfillment?



8. Using Affirmations

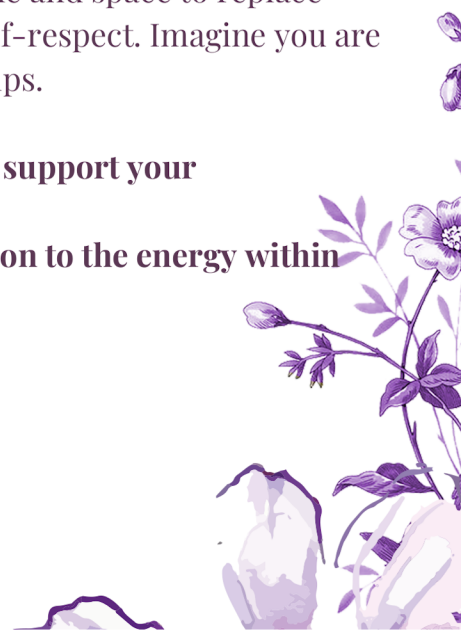
Putting Your Intentions into Practice

Affirmations are anything that you say and think. They generally form the subconscious mind and when they are positive, they open the door to change. They are the internal dialogue that you have with yourself. Unfortunately, it's the negative thoughts/affirmations that drive most people's thinking. These may be habitual thinking patterns learned from childhood, or any other external judgements we may have received. This means that your thought patterns may not be in alignment with your desires.

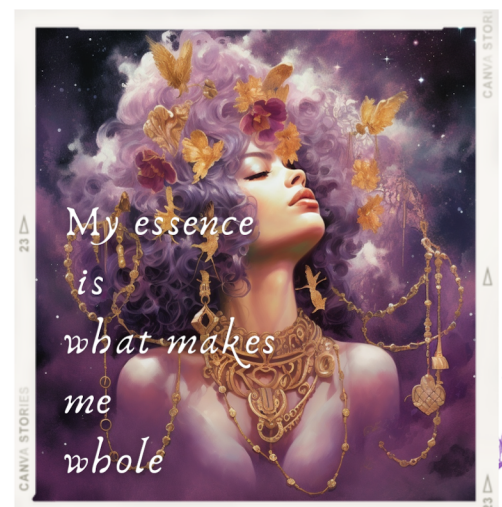
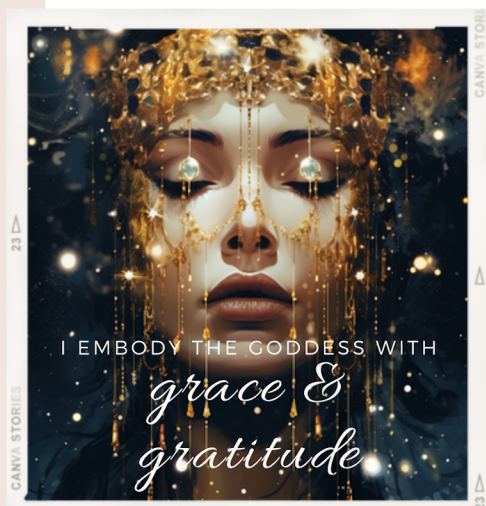
This is why it is very important to pay close attention to your inner dialogue. Eliminating negative talk and replacing it with talk that empowers and enhances your life is an important step toward manifesting experiences that support your desired life. Choose words that are rich, powerful and healthy.

When you practice affirmations, you are consciously taking the time to choose words that will alter the way you perceive yourself. However, choosing the words that uplift and empower your divineness is just the first step. Just because you say to yourself "I am love" or "I am enough," for example, does not necessarily mean that you really believe this.

When we say affirmations, it is important to pay attention to your heart space. Make note of any feelings of discomfort, self-judgement, shame or any other negative emotions and thoughts that may arise. Then ask yourself where these feelings may be coming from and give yourself the time and space to replace them with feelings of self-love and self-respect. Imagine you are speaking to your inner child if this helps.

- 1. Choose 1-3 affirmations that best support your empowerment journey.**
 - 2. Speak them aloud and pay attention to the energy within and around you**
- 

8. Using Affirmations - Part 2



9. Opening the Circle with Gratitude

Putting Your Intentions into Practice

1. **Expressing Gratitude:** Before you finish your practice, take a moment to express gratitude for all of the beautiful things you have in your life. If the goddess brought you channeled messages, thank her for her guidance. If your inner child spoke to you and shared her love and fears, thank her. However you choose to do it, it is important to take the time to express gratitude.
2. **Opening the Circle:** Walk the circle in the reverse direction and blow out the candles and collect your sacred items. Feel the energy opening and clearing. You may also thank all of the elements that guided you in your journey.
3. **Take a photo of your tarot cards:** Fun trick! I like to take a photo of my tarot card readings so that I can always refer back to them later!



10. Self Care and Nourishment

Feeding Your Body as Love Language

Now is the time to celebrate with a healthy meal! Enjoy this heart chakra smoothie bowl recipe or create your own! Remember your body is your temple, so feed it beautiful and nourishing foods with vibrant colors and energy!



Balance Your Heart Chakra Smoothie Bowl

Heart chakra ingredients to bring love into your life

INGREDIENTS

- 1/2 large avocado
- 1 banana, sliced (frozen for thicker consistency)
- 1 cup frozen strawberries
- One bunch of spinach
- 1/2 cup of coconut water
- Juice of one lime
- Ice (a handful or as desired for thickness)

Topping

- shredded coconut
- kiwi fruit sliced
- banana sliced
- fresh strawberries
- chia seeds

PROCEDURE

1. Blend all of the ingredients together at high speed.
2. Add in ice for thicker consistency.
3. Pour into a bowl along with toppings.

Serve with Green Tea (optional is to find one infused with rose petals).

