



Goddess
Winter Sadhana

Winter Solstice to Full Moon

TRANSCENDENCE

YOU ARE THE TEMPLE.
THE RITUAL IS YOUR PRACTICE.
TRANSCENDENCE IS THE GIFT OF SPIRIT.



*At a time when the collective is busy doing,
we are dedicating 38 days to the ease of being...
if only for a few mindful moments each day.*



AN OFFERING:

WINTER GODDESS SADHANA

2021 — 2022

BY LEESA WILSON | THE GYPSY PRIESTESS

WINTER GODDESS SADHANA SUPPORT GROUP

TABLE OF CONTENTS:

INTRODUCTION

PREPARATION

DAY 1	STILLNESS	SHE WHO IS QUIETLY INTROSPECTIVE
DAY 2	GRACE	SHE WHO IS RELAXED ELEGANCE & HONORABLE
DAY 3	DISCIPLINE	SHE WHO COMMITS TO SACRED RITUAL
DAY 4	PURPOSE	SHE WHO ALIGNS WITH HER SOUL MISSION
DAY 5	DELIGHT	SHE WHO IS GRATEFUL & JOYFULLY ABUNDANT
DAY 6	FLEXIBILITY	SHE WHO ALLOWS FLOW
DAY 7	BREATHE	SHE WHO IS AT REST & FULLY AWARE
DAY 8	DREAM	SHE WHO ENVISIONS HER GOALS
DAY 9	EMBRACE	SHE WHO IS SELF-SUPPORTIVE & HOLDS SACRED SPACE
DAY 10	INTEGRITY	SHE WHO IS HONEST & WHOLE
DAY 11	CELEBRATION	SHE WHO GIVES, SHARES & IS OPEN TO RECEIVE
DAY 12	AUTHENTICITY	SHE WHO HAS SELF-WORTH, SELF-ESTEEM & DIGNITY
DAY 13	HARMONY	SHE WHO PRAYS & SEES HERSELF AS ONE AND ALL
DAY 14	CONNECTION	SHE WHO GROUNDS & BALANCES HER ENERGY
DAY 15	POSSIBILITY	SHE WHO OPENS FOR GROWTH, MYSTERY & CHANGE
DAY 16	ENJOYMENT	SHE WHO REJOICES & IS FULL OF MIRTH
DAY 17	TRUST	SHE WHO ACCEPTS DIVINE ORDER/CHAOS & KEEPS FAITH
DAY 18	RELEASE	SHE WHO FORGIVES, SURRENDERS & SETS HERSELF FREE
DAY 19	RESILIENCE	SHE WHO CARES FOR HERSELF WITH A POSITIVE ATTITUDE
DAY 20	IMAGINATION	SHE WHO IS INSPIRED, PLAYFUL & FULL OF WONDER
DAY 21	SOULFULNESS	SHE WHO LISTENS TO HER HEART & HONORS HER INTUITION
DAY 22	WISDOM	SHE WHO HEARS INNER KNOWING AS DIVINE GUIDANCE
DAY 23	SERENITY	SHE WHO IS CLEAR OF MIND & TRANQUIL
DAY 24	AWARENESS	SHE WHO IS WITNESS — OBSERVING INSTEAD OF JUDGING
DAY 25	FORBEARANCE	SHE WHO IS PATIENT, FAIR & SELF-COMPOSED
DAY 26	CLARITY	SHE WHO HAS CRYSTAL VISION & A HIGHER PERSPECTIVE
DAY 27	NOURISHMENT	SHE WHO SELF CARES/COMFORTS & CHERISHES WELLNESS
DAY 28	DANCE	SHE WHO MOVES ENERGY/SPIRIT & EXPRESSES SENSUALITY
DAY 29	ENCOURAGEMENT	SHE WHO IS BRAVE, CONFIDENT & HOPEFUL
DAY 30	REFLECTION	SHE WHO CONTEMPLATES DEPTH & VASTNESS OF HER BEINGNESS
DAY 31	EMPOWERMENT	SHE WHO IS SOVEREIGN & HEEDS HER INNER AUTHORITY
DAY 32	MINDFULNESS	SHE WHO IS CONSCIOUS & PRESENT IN THE NOW MOMENT
DAY 33	COMPASSION	SHE WHO IS LOVING KINDNESS & UNDERSTANDS NAMASTE
DAY 34	BENEFICENCE	SHE WHO HAS GOODWILL, CONTRIBUTES & IS OF SERVICE
DAY 35	THRIVE	SHE WHO FLOURISHES BY BEING AUTHENTIC, HAPPY & EXPANSIVE
DAY 36	ILLUMINATION	SHE WHO IS ENLIGHTENED & SHINES BRIGHTLY
DAY 37	MAGICK	SHE WHO USES SERENDIPITY & HER WILL TO CREATE FOR GOOD
DAY 38	SACREDNESS	SHE WHO IS PRECIOUS, BELOVED & HOLY TRANSCENDENT

CLOSURE

INTRODUCTION

WINTER GODDESS SADHANA AND THE GIFT OF TRANSCENDENCE

*Sadhana is the ritual act of living in devotion to the Divine.
The mystical process of transcendence occurs little by little
during the daily practice of aligning and becoming one with Divine consciousness.*

— Leesa, *The Gypsy Priestess*



WINTER GODDESS SADHANA:

A 38 DAY JOURNEY WITH PRACTICAL AND SPIRITUAL SIGN POSTS TO GUIDE THE WAY INTO THE DEPTHS OF YOUR OWN INNER SANCTUARY AND BACK OUT AGAIN INTO THE BRIGHT LIGHT OF A MAGICKAL NEW YEAR — FOR THE PURPOSE OF RECLAIMING YOUR MOST PRECIOUS SOUL ESSENCE, TRANSCENDENCE AND OTHER DIVINE HIDDEN TREASURES WHICH GRANT YOU THE ABSOLUTE AUTHORITY TO TRULY SPARKLE AND SHINE WITH RESTORED JOY, INNER PEACE, ENERGY, PASSION AND SOVEREIGNTY.

EACH KEYWORD, QUOTE, IMAGE AND 'SHE WHO...' STATEMENT, WAS THOUGHTFULLY CHOSEN TO HELP YOU REMEMBER AND EMBODY ASPECTS OF THE GODDESS WITHIN YOURSELF IN WAYS THAT LEAD EVER DEEPER INTO THE TRUTH OF YOUR AUTHENTIC BEING. LOVINGLY DESIGNED TO CREATE SACRED SPACE AND GENTLY SUPPORT YOUR DAILY PRACTICE, WINTER GODDESS SADHANA IS INTENDED TO BE PERSONALLY EXPERIENCED IN MEANINGFUL WAYS AS YOU OPEN YOUR MIND AND WHOLEHEARTEDLY ENGAGE WITH THE DAILY PROMPTS.

SADHANA IS A GIFT WE GIVE TO OURSELVES: THROUGH SACRED INTENT, A PEACEFUL MIND AND MEDITATIVE ACTS OF ALLOWING AND UNFOLDING, WE EMBARK UPON A PERSONAL JOURNEY INWARD AND BECOME THE GIFT OF TRANSCENDENCE. MAY THIS SADHANA EMPOWER YOUR AUTHENTIC SOUL ESSENCE TO AWAKEN, GROW, EMERGE AND BLOSSOM IN WILD, PLAYFUL, UNEXPECTED, AND MEANINGFUL WAYS. AS YOU SHOW UP DAILY TO PRACTICE BEING-NESS, SELF LOVE, SELF ACCEPTANCE, SELF NURTURING, OBSERVATION, DEEP INNER QUIET, STILLNESS AND SELF CONFIDENCE, REMEMBER WHO YOU ARE: *UNITY OF CONSCIOUSNESS WITH THE DIVINE.* AND, HONOR THE HOLINESS OF YOUR UNIQUE AND PRECIOUS SPIRIT AS TRANSCENDENCE, ITSELF.

WHAT IS SADHANA?

साधना — SĀDHANĀ (OR, SADHNA) IN SANSKRIT MEANS *TO BE FULFILLED*. *ARE YOU READY TO BE FULFILLED?!*

SADHANA: A METHODOICAL, DISCIPLINED AND REPEATED SPIRITUAL PRACTICE OF AWARENESS, OBSERVATION AND REFLECTION UNDERTAKEN WITH FOCUS, DEDICATION AND DEVOTION IN PURSUIT OF A SACRED GOAL: FREEDOM FROM LIMITATION, BONDAGE OR ATTACHMENT; THE ATTAINMENT OF KNOWLEDGE OR WISDOM; SELF REALIZATION; OR SAMADHI. IN SANSKRIT, समाधी SAMADHI MEANS *PUT TOGETHER COMPLETELY*. IT IS THE HIGHEST STATE OF MEDITATIVE CONSCIOUSNESS, VIBRATION AND *TOTAL SELF-COLLECTEDNESS* ANYONE CAN ACHIEVE AND STILL REMAIN IN A HUMAN BODY. THIS SUBLIME STATE OF BLISS AND *UNITY WITH THE DIVINE* OCCURS WHEN INDIVIDUAL AND UNIVERSAL CONSCIOUSNESS COME TOGETHER AND MERGE AS ONE.



I CREATED THIS SYMBOL TO ILLUSTRATE THAT SADHANA IS THE FIRM FOUNDATION WHICH SUPPORTS US ON OUR INDIVIDUAL JOURNEY WITHIN; IT UPLIFTS AND HOLDS SACRED SPACE FOR US AS WE FIND OUR BALANCE AND REMEMBER THE DANCE OF TRANSCENDENCE. BY ENTERING INTO OUR HEART CENTER AND MERGING INTO ONENESS WITH THE DIVINE, WE ARE ABLE TO LIVE WITH SOULFUL INTENTION AND EXPERIENCE THE BLISS OF SAMADHI.

ALSO KNOWN AS A *MAGICKAL PROCEDURE, THE CURE, METHOD OF TREATMENT, PSYCHIC EXERCISE, MEANS TO COMPLETION OR PERFECTION, ALIGNED, ADORATION, PROCUREMENT* (AS IN ACQUIRE OR RECEIVE), AND *A PRACTICE THAT SUSTAINS PHYSICAL AND SPIRITUAL HEALTH* — SADHANA IS HOLY MEDICINE FOR THE MIND, BODY AND SPIRIT! BY CONSISTENTLY SETTING ASIDE SACRED TIME WITH CONSCIOUS INTENT TO PRACTICE SADHANA, VIA MINDFUL TECHNIQUES &/OR SACRED ACTS —SUCH AS MANTRA, BREATHWORK, CHANTING, DANCE, YOGA, TANTRA, MEDITATION, PRAYER, MUDRA, READING SACRED LITERATURE, FASTING, OR ANYTHING THAT BRINGS US INTO A STATE OF LOVE AND PROFOUND CONSCIOUS AWARENESS— DEEPENING PEACE, TRUE HEALING, EXTRA SENSORY PERCEPTION, OPENING OF THE CHAKRAS/KUNDALINI AWAKENING, PROFOUND LIFE CHANGES, PROPHETIC DREAMS, EPIPHANIES, SAMADHI, INTEGRATION AND TRANSFORMATION OF MIND, BODY AND SPIRIT ARE MOST LIKELY TO OCCUR.

ALWAYS REMEMBER:

LOVE IS THE JOURNEY OF SADHANA. BEGIN THE DAY WITH LOVE. LET LOVE BE EVERYTHING YOU THINK AND DO. LOVE IS THE WAY TO SAMADHI. END THE DAY WITH LOVE. TRULY, LOVE IS THE WAY OF TRANSCENDENCE.

ALTHOUGH SADHANA IS THE MOST POWERFUL FORCE FOR INFLUENCING THE COLLECTIVE CONSCIOUSNESS, ESPECIALLY WHEN PRACTICED WITH OTHERS, ULTIMATELY, IT IS A UNIQUELY PERSONAL INNER EXPERIENCE FOR DIVINE SELF AWARENESS. THEREFORE, THE RITUAL OF SADHANA CAN BE SIMPLE, OR AS ELABORATE AS ONE DESIRES OR NEEDS IT TO BE. YET, EVEN WHILE PRACTICING SADHANA ALONE, OUR CONSCIOUSNESS IS ALWAYS CONNECTED TO THE COLLECTIVE CONSCIOUSNESS. WE ARE NEVER TRULY EVER ALONE. COUNTLESS OTHERS ALL OVER THE WORLD ARE IN PRACTICE WITH US. WE ARE ONE. WHAT WE THINK AND DO IS KNOWN AND FELT BY THE COLLECTIVE. WHAT WE SHARE MATTERS. THIS IS WHY WE SET SACRED INTENTIONS FOR OUR DAILY PRACTICE - TO BE CLEAR WITHIN OUR OWN HEART AND MIND, AND TO MAKE ENERGETICALLY KNOWN WHAT IT IS WE ARE CHOOSING TO CONTRIBUTE TO THE WHOLE WHILE FULLY AWARE OF THE MEANING OF NAMASTE:

THE DIVINE WITHIN ME HONORS THE DIVINE WITHIN EVERYONE AND EVERYTHING.

WE DEDICATE WINTER GODDESS SADHANA TO TRANSCENDENCE.

WHAT IS TRANSCENDENCE?

THE DICTIONARY DEFINES TRANSCENDENCE AS:

EXISTENCE OR EXPERIENCE BEYOND THE NORMAL OR PHYSICAL LEVEL.

TRANSCENDENCE IS **NOT** A VERB, IT IS A NOUN; PROVING THAT THERE IS NOTHING TO DO OR ACHIEVE:

OUR VERY ESSENCE, THE SOULFUL, SENSUAL, DIVINE PART OF US THAT IS INTERCONNECTED WITH NATURE, AND EVERYONE, AND EVERYTHING, *IS* TRANSCENDENCE!

SADHANA PROVIDES AN OPPORTUNITY TO BECOME STILL AND QUIET WITHIN SO WE MAY CONNECT WITH AND EXPERIENCE OUR TRUEST ESSENCE FOR THE PURPOSE OF RISING ABOVE WHATEVER HINDERS US FROM LIVING AS AUTHENTICALLY AND JOYFULLY AS WE DESIRE AND DESERVE. TRANSCENDENCE DISSOLVES FEAR BASED THOUGHTS THAT CAUSE US TO FEEL ALONE AND BELIEVE THAT WE ARE UNLOVED OR SEPARATE FROM THE DIVINE. IT REINFORCES THE TRUTH THAT WE ARE INFINITELY AND ABSOLUTELY LOVED, SACRED, WORTHY — DESPITE HOW WE MAY FEEL OR WHAT WE MAY THINK OR EXPERIENCE. THIS KNOWLEDGE FREES US FROM STRUGGLE, SELF DOUBT, LONELINESS AND FEAR, PROVIDING A CLEAR PATHWAY TO TRUE HAPPINESS, DEEPER MEANING IN LIFE, HEALTHY SELF ACCEPTANCE/SELF-CONFIDENCE, AND OUR TRUE SOUL PURPOSE.

THOUGH A FOCUS WORD IS ASSIGNED FOR EACH DAY OF WINTER GODDESS SADHANA, AND INDIVIDUALLY, WE CHOOSE TO WHAT WE WILL DEDICATE OUR DAILY PRACTICE, **TRANSCENDENCE** SHALL BE OUR AGREED UPON UNDERLYING ENERGY OF GOODNESS, TRUTH AND BEAUTY WEAVING THROUGH EACH PRESENT MOMENT. AS WE FOCUS OUR ATTENTION UPON OUR OWN PERSONAL TRANSCENDENCE WITH AN ATTITUDE OF OPENNESS AND CURIOSITY, SEEKING TO ENGAGE WITH OUR HIGHEST SELF, WE WILL SIMULTANEOUSLY BE CONTRIBUTING ENERGETICALLY TO THE HIGHEST GOOD OF THE COLLECTIVE WHOLE. REMEMBER: WHATEVER IS FOR YOUR HIGHEST GOOD IS ALSO FOR THE HIGHEST GOOD OF ALL. SO CHOOSE WITH YOUR OWN WELL-BEING AND JOY IN MIND. IT'S NOT SELFISH TO DO SO. THE MORE YOU ARE FULFILLED, THE MORE YOU ARE ABLE TO SHARE, AND JOYFULLY SO! THIS IS THE TRUE POWER AND BLESSING OF TRANSCENDENCE. KNOWING THAT WE ARE MORE POWERFUL AND BENEVOLENT THAN WE EVER CAN IMAGINE. WE SOMETIMES FORGET THIS... WE FORGET TO BE KIND, AND GRACIOUS, AND DEDICATED TO BEING OUR MOST AUTHENTIC EXPRESSION OF THE DIVINE. OFTEN WE SEE OTHERS STRUGGLING AND WE MISTAKENLY SACRIFICE OUR JOY, OUR ABUNDANCE, OUR CONNECTION TO SOURCE BECAUSE WE ARE UNABLE TO FILL THEM UP, OR UNKNOWING OF HOW TO HELP THEM RECONNECT. WE FORGET TO PAY ATTENTION TO WHAT FILLS OUR BEING TO THE BRIM WITH DELIGHT. WHEN WE ARE TRULY FULFILLED, IT OVERFLOWS AND FILLS THE DIVINE, THE EARTH AND EVERY LIVING THING WITH JOY.

HOW IS TRANSCENDENCE LIKE A BOWL OF APRICOTS? *Shining in a sweet brightness like golden velvet. -John Ruskin*

INTUITIVELY DRAWN TO THE PHOTOGRAPH, I DISCOVER: APRICOTS ARE LINKED TO VENUS, THE GODDESS OF LOVE; THE ELEMENT OF WATER; AND THE ENERGY OF PEACE. IN SPAIN, APRICOTS ARE BELIEVED TO AWAKEN PASSION. ROME DUBBED THEM: *PRECIOUS ONE. MOON OF THE FAITH* IN ARABIC. THEY SYMBOLIZE THE DIVINE FEMININE, THE YONI, BEAUTY, GOOD FORTUNE, LONG LIFE AND ROBUST HEALTH, PROSPERITY, PERSEVERANCE UNDER CHALLENGING CONDITIONS, VICTORY, OPTIMISM, A POSITIVE OUTLOOK ON LIFE, AND HAPPINESS. EATEN, THEY PROMOTE EYE HEALTH AND FORTIFY THE HEART AND BLOOD. IN COLOUR THERAPY APRICOT *REMINDS US OF OUR TRUE SELF*, ENCOURAGES ENLIGHTENMENT, SPIRITUAL GROWTH AND REPRESENTS TRUTH, ADMIRATION, EMOTIONAL EXPANSION AND HEALING. IT IS USED TO IMPROVE PERSPECTIVE, DILIGENCE, AND INVENTIVENESS. IN REGARDS TO THE SACRAL CHAKRA: IT RELATES TO SELF-RESPECT AND CREATIVE 'ME' TIME.

WHERE DOES GODDESS BELONG IN WINTER SADHANA?

THOUGH IT MAY APPEAR ON THE TITLE PAGE OF THIS WINTER GODDESS SADHANA GUIDEBOOK COVER, THAT GODDESS WAS ADDED AS AN AFTER-THOUGHT, ALMOST FORGOTTEN, AND SQUEEZED IN AT THE LAST MOMENT — IT WAS NOT IN ERROR. IT WAS INTENTIONAL, TO INDICATE THE ELEVATED STATUS OF SHE WHO... IS IN EVERY THING AROUND AND WITHIN US. HER ENERGY AND ESSENCE IS EVERYWHERE, BUT OFTEN SO SUBTLE, HIDDEN, OR QUIET THAT SOME MAY OVERLOOK IT, AND OTHERS DENY IT ENTIRELY. THE COVER ART WAS PURPOSEFULLY CREATED TO LURE YOUR EYE TO THE WORD GODDESS, MUCH LIKE THIS SADHANA WAS DESIGNED TO INVITE YOU TO DRAW NEARER TO HER ENERGY AND PRESENCE WITHIN YOURSELF AND YOUR ONE OF A KIND LIFE.

THE DIVINE FEMININE IS FELT AND EXPRESSED IN THE WINTER OF THE YEAR MOST OFTEN AS GRANDMOTHER, SORCERESS, CRONE, HAG, OR DARK MOTHER ENERGY. ONE MUST ENTER THE UNKNOWN OR VENTURE INTO UNCHARTED TERRAIN TO FIND HER. WE MUST LISTEN IN STILLNESS TO HEAR HER VOICE, AND TRAVERSE THE DARK DEPTHS OF OUR OWN INNER BEING TO TRULY KNOW HER OR LEARN HER WISE WOMAN WAYS. AT TIMES WE RUSH TO HER WITH JOY, RECOGNIZING HER INSTANTLY. OTHER TIMES SHE IS STRANGELY UNFAMILIAR, TOO FRIGHTENING TO GAZE UPON! YET, WE MUST SEE HER WITH EYES OF LOVE, AS IT IS EXTREMELY DISRESPECTFUL AND RUDE TO LOOK AWAY. THIS IS THE GIFT SHE BRINGS TO US FOR SADHANA: THE GIFT OF SOFT EYES - SEEING WITH COMPASSION AND FROM A DIFFERENT PERSPECTIVE. BEYOND THE SCARY THINGS, THE OLD, DISOWNED ASPECTS, THE LOST OR FORGOTTEN OR WOUNDED PARTS, THE SCARS, THE FRAGILITY OR BROKENNESS - TO SEE AND ACKNOWLEDGE THE TRUTH, THE BEAUTY, THE GRACE, AND THE EXQUISITE BLESSINGS HIDDEN THEREIN.

EACH DAY OF WINTER GODDESS SADHANA SHE WILL APPEAR IN A WAY THAT ALLOWS YOU TO SEE BEYOND THE ILLUSIONS, THE FEARS, THE LIES, PAIN OR SORROW. SHE WILL HOLD UP A MIRROR AND YOU WILL SEE SHE WHO... REVEALS HERSELF IN WAYS THAT ALLOW YOU TO SEE AND BELIEVE IN YOUR OWN STRENGTH, WISDOM, BEAUTY, POWER AND EVERY ENDURING QUALITY THAT YOU INNATELY POSSESS — SO YOU CAN REMEMBER WHAT YOU HAVE FORGOTTEN, RECLAIM WHAT HAS BEEN STOLEN, FIND WHAT YOU HAVE MISPLACED, BREAK THROUGH LIMITATIONS AND RELEASE THE FEAR OF AGING. SHE ENCOURAGES YOU TO LOVINGLY RECOGNIZE WHO YOU TRULY ARE. *Be brave. SHE SAYS Begin to embrace change. Fearlessly choose to cultivate your magickal powers, your ancient wisdom and your true, everlasting, radiant beauty! Rest, my daughter, centered in your loving and unconditional heart, hold sacred space for your precious body; and with awareness choose peace. love and unity in all things - Trust that all is well. It is...*

DIVINE FEMININE ENERGY IS MOST NEEDED AT THIS TIME TO AWAKEN, BALANCE AND HEAL THE COLLECTIVE CONSCIOUSNESS. SHE IS HERE IN THIS WINTER GODDESS SADHANA TO HELP US GROW, BLOSSOM AND THRIVE. IT IS TIME FOR US TO UNEQUIVOCALLY TRANSCEND THE ENERGIES THAT HAVE BEEN HURTING AND HOLDING US BACK FOR FAR TOO LONG. THE ENERGIES THAT KEEP US IN FEAR, THAT KEEP US FROM KNOWING, USING OR FEELING SAFE ENOUGH TO TRUST AND EMBODY OUR RIGHTFUL POWER. **NOT POWER OVER - SHAKTI POWER!** POWER TO HEAL, CREATE, NURTURE AND DANCE. THE POWER TO BE IN OUR BODY - TO ENJOY ITS PLEASURES, ITS SOFTNESS, ITS SENSUALITY, ITS WISDOM. DIVINE FEMININE SHAKTI POWER MANIFESTS IN MANY WAYS, BUT THESE FIVE ARE MOST IN ALIGNMENT WITH WINTER GODDESS SADHANA: **THE POWER TO BE CONSCIOUS; THE POWER TO FEEL ECSTASY; THE POWER OF WILL OR DESIRE; THE POWER TO KNOW; AND THE POWER TO ACT.**

सिद्धि SANSKRIT FOR FULFILLMENT, ACCOMPLISHMENT, EVER READY OR GODDESS, IS A LIST OF SUPERNATURAL POWERS CALLED SIDDHI, OF WHICH, PATANJALI WROTE, ARE ATTAINED UPON MASTERY OF CONCENTRATION, MEDITATION AND SAMADHI, SIMULTANEOUSLY, AT WILL. IT IS MY SINCERE HOPE AND SACRED INTENTION FOR CREATING THIS WINTER GODDESS SADHANA THAT GODDESS IN ALL HER MANY EXPRESSIONS, ASPECTS, AND POWER, INSPIRES YOU DURING YOUR DAILY PRACTICE TO BECOME YOUR MOST DIVINELY RADIANT VERSION OF GODDESS EMBODIMENT, OF SHE WHO IS PURE TRANSCENDENCE, AND, OF SHE WHO IS UTTERLY FULFILLED.

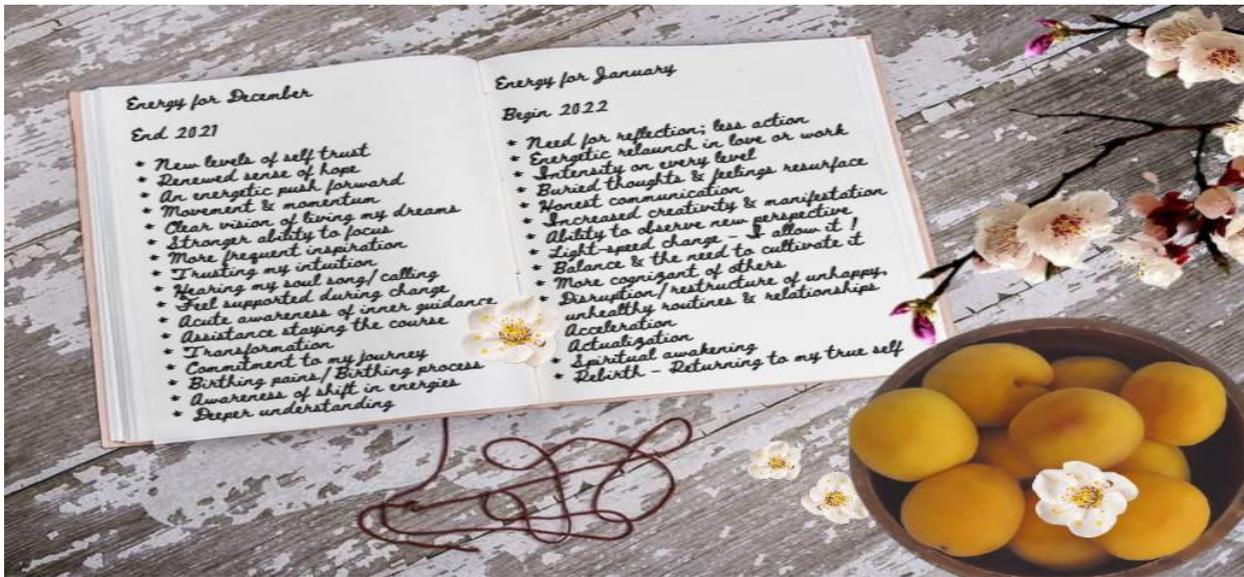
WHAT IS THE TIMELINE SIGNIFICANCE OF THE WINTER GODDESS SADHANA?

THIS SADHANA BEGINS ON THE WINTER SOLSTICE IN 2021 AND ENDS ON THE FIRST FULL MOON IN 2022. THIS IS SAID TO BE A HIGHLY AUSPICIOUS TIME FOR BOTH SADHANA AND TRANSCENDENCE! READ ABOUT IT IN MY [GYPSY MOON NEWS](#) BLOG. THE SIGNIFICANCE OF BEGINNING SADHANA ON THE WINTER SOLSTICE IS THAT THE ENERGY OF THE SHORTEST DAY AND LONGEST NIGHT OF THE YEAR, BY NATURE, IS INVITING US TO GO WITHIN. IT IS TIME TO SLOW DOWN, REST AND REFLECT. IN THIS WOMB-LIKE ENERGY WHERE IT IS DARK AND QUIET, THE YEARNING OF OUR SOUL CAN BE NURTURED. THERE IS NO NEED TO HURRY OR FORCE ANYTHING. THIS IS A TIME TO SIMPLY BE... TO ALLOW THE ENERGIES TO GATHER AND GRADUALLY BUILD UP, GROW AND BECOME, UNTIL THE INSPIRATION, DREAM AND SECRET DESIRES WE HOLD INSIDE ARE READY TO BE BIRTHED.

ENDING ON THE FIRST FULL MOON OF THE 2022 NEW YEAR IS MEANINGFUL ON SO MANY LEVELS! TO BEGIN, THE ENERGY OF EVERY FULL MOON IS SUMMED UP IN THREE WORDS: RECHARGE, REFLECT AND RECONNECT. IT IS A TIME OF CULMINATION AND OFTEN FEELS LIKE A COLLECTIVE *SIGH* — AS ENERGIES PEAK, AND RELEASE. THE ENERGY OF THIS FULL MOON IS IDEAL FOR ACKNOWLEDGING ALL THAT WE WILL HAVE OVERCOME IN 2021 AND FOR CELEBRATING ALL THAT WILL COME INTO BEING IN 2022. THOUGHT TO POSSESS CELESTIAL POWER (EMOTIONALLY, PHYSICALLY, SPIRITUALLY, MENTALLY — PAST, PRESENT AND FUTURE) THE FIRST MOON ALLOWS US TO HARNESS ALL THE POSITIVE LUNAR ENERGIES WHILE RELEASING ALL THAT IS NOT FOR OUR HIGHEST GOOD. KNOWN AS THE *SPIRIT MOON* BY THE OJIBWE TRIBE, THE FIRST MOON OF THE YEAR IN 2022 WILL BE IN THE FEMININE CANCERIAN SIGN OF HOME. THEREFORE, THE POSITIVE LUNAR ENERGIES OF THIS MOON INCLUDE: SELF-CARE, NURTURING, ART, ROMANCE, HARMONY, HEALING, CLEANSING, MANIFESTATION RELATED TO CREATIVITY, NOURISHMENT AND INTUITION, CREATING/FOSTERING HEALTHY RELATIONSHIPS, AND LOVINGLY CARING FOR SELF, OTHERS, OUR LIVING ENVIRONMENTS, MOTHER EARTH, AND ALL LIFE.

THE SABIAN SYMBOL OF CANCER AT 27° (THE PLACEMENT OF THIS CONSTELLATION DURING THE FULL MOON) IS SEEN AS: *A STORM IN A CANYON FILLED WITH EXPENSIVE HOMES*. THIS VISUAL IMMEDIATELY BRINGS TO MIND THE NEED TO BE ON HIGHER GROUND! WHICH IS EXACTLY WHERE WE WILL BE AT THE END OF OUR SADHANA. HAVING COMMITTED DAILY TO OUR PERSONAL SADHANA PRACTICE, WE WILL EACH BE MORE CLOSELY IN ALIGNMENT WITH OUR TRUEST NATURE, AND THEREFORE, EVEN MORE PREPARED TO STAND IN OUR AUTHENTIC PLACE OF POWER WITH AN EVER DEEPENING SENSE OF PEACE, EASE AND COMPASSION. PROCESSING OUR UNIQUE EXPERIENCES OF 'CRISIS LEADING TO TRANSFORMATION' (AS THIS DEGREE OF CANCER IS ALSO KNOWN) IS THE IMPETUS OF OUR TRANSCENDENCE. HAVING JOURNEYED DEEP WITHIN, WE NO LONGER FEAR OUR SHADOWS, FOR WE ARE CHOOSING TO OBSERVE WITH COMPASSION INSTEAD OF JUDGING FROM A PLACE OF SHAME, FEAR, GUILT OR BLAME. THIS SHIFT IN OUR PERSPECTIVE IS LIBERATING. AND NOW, WE MAY BE READY TO FEEL ALL THE FEELINGS (THAT OFTEN COME RUSHING TO THE SURFACE AT THIS TIME) AND SIMULTANEOUSLY, FEEL SAFE AT HOME IN OUR HEART CENTERED PLACE OF INNER PEACE. THIS IS BECAUSE WE HAVE HONORED THE DIVINE WITHIN AND WITHOUT BY CREATING SACRED SPACE AND TIME FOR OUR HIGHEST WELL-BEING AMID THE CHAOS OF UNCONTROLLABLE FORCES, CIRCUMSTANCES AND SITUATIONS OF OUR DAILY LIFE. OUR INNER SENSE OF UNITY BRIDGES 2021 TO 2022 IN A NEW WAY. IT JOINS NOT ONLY BODY, MIND AND SPIRIT WITH THE DIVINE, BUT ALSO, OUR OLD VIBRATION/REALITY TRANSCENDS INTO OUR NEW VIBRATION/REALITY - ONE FULL OF INFINITE POSSIBILITY. DURING OUR SADHANA PRACTICE WE ARE CREATING OUR NEW REALITY! WE ARE THE BRIDGE BRINGING CONSCIOUSNESS OF BEING INTO THE MANIFESTED NEW YEAR REALITY WE DESIRE. ENDING THE WINTER GODDESS SADHANA ON THIS PARTICULAR FULL MOON SYMBOLICALLY BRINGS US HOME: TO OUR TRUEST SELF AND TO OUR PROFOUND CONNECTION WITH THE DIVINE, OUR SOULS DREAM AND ONE ANOTHER. THIS IS THE UNIFYING, UPLIFTING AND MAGICKAL POWER OF TRANSCENDENCE. LET'S USE THE ENERGIES OF THIS TIME CONSCIOUSLY, IN TRULY CREATIVE WAYS.

WHAT ENERGIES ARE WE BRIDGING DURING WINTER GODDESS SADHANA?



APRICOT BLOSSOMS ARE SAID TO BRING GOOD LUCK FOR THE NEW YEAR!

Surrendering to universal energy is the best way to lead a happy, harmonious, serene, balanced, truthful & peaceful life.

— Dr Purushothaman Kollam

WINTER GODDESS SADHANA IS DIVINELY TIMED AND UTTERLY MAGICKAL IN EVERY WAY.

AFTER I CHANNLED THE MEDITATIVE INSIGHT FOR 2022: **TRANSCENDENCE**, I STUMBLED UPON AN OLD (2013), BUT VALIDATING MESSAGE FROM SADHGURU IN WHICH HE SHARED THAT THE ENERGIES DURING THE WINTER SOLSTICE TO THE FIRST FULL MOON ARE KNOWN AS: **COLLECTING THE CREAM OF SADHANA**. WHAT HE SAID IS JUST SO UTTERLY SYNCHRONISTIC WITH EVERYTHING I HAD ENVISIONED!!! AND, IN THAT MOMENT, I VOWED TO *ALWAYS HONOR MY INNER-KNOWING*. (I HOPE YOU WILL VOW TO HONOR YOURS, TOO!)

HE SAID THIS PHASE OF THE YEAR FROM WINTER SOLSTICE TO THE FULL MOON *is in many ways the most fruitful for those who are striving to transcend*. HE REMINDED US THAT THIS IS THE TIME TO HONOR OUR BODY WISDOM AND BE AT EASE. SO, LET'S REST/RELAX THE BODY DURING SADHANA. REMEMBER: WE ARE TRANSCENDENCE. WE NEED ONLY TO BE AND RISE TO THE SURFACE OF OUR DIVINE CONSCIOUSNESS. AFTERWARD, WE CAN GATHER THE CREAM OF SADHANA BY TAKING NOTE OF ALL THE WAYS WE'VE GROWN, LEARNED, CHANGED AND BECOME MORE OF WHO WE TRULY ARE. I SENSE THAT 2022 WILL BE A PROFOUND YEAR FOR GATHERING ALL THE SWEETEST ASPECTS OF OUR AUTHENTIC SELF, OUR INSIGHTS AND GIFTS, AND FINDING WAYS TO SHARE THEM JOYFULLY WITH OTHERS IN THE WORLD, FOR THE HIGHEST GOOD OF US ALL.

I FEEL CERTAIN THAT THE SIGNIFICANCE OF THE TIMING OF THIS WINTER GODDESS SADHANA SHALL BE FURTHER REVEALED TO US IN PRIVATELY MEANINGFUL WAYS THROUGHOUT OUR DAILY PRACTICE AND VIA OUR PERSONAL EXPERIENCES OF SADHANA. SADHANA HAS AN EVOCATIVE WAY OF IMPARTING DEEP MAGICK, PURE ENLIGHTENMENT, AND A PROFOUND SENSE OF BLISS! MAY IT BE SO FOR US ALL.

NOW... **LET'S PREPARE FOR SADHANA.**

PREPARATION

*sadhana is where you sit,
dwell in the thoughts and words of the soul,
and peel away all your non-reality with the vastness of your spirit.*

— Yogi Bhajan



TO PREPARE FOR SADHANA ONE NEED ONLY CLAIM A PLACE TO BE AND BREATHE. TRULY, IT'S THAT SIMPLE! SIMPLICITY ALLOWS FOR FREEDOM, SPONTANEITY AND EFFORTLESS SERENITY, WHICH IS ESPECIALLY LOVELY IF YOU'RE OVER BURDENED BY THE DETAILS OF YOUR LIFE; IF YOU'RE TRAVELING, CAMPING, OR IN TRANSITION; IF YOU ARE WEARY OF 'THINGS' OR RIGID STRUCTURE; IF YOU CRAVE SPACIOUSNESS, AND CLARITY THAT ONLY A SENSE OF NOTHINGNESS CAN OFFER; IF THE LAST THING YOU WANT OR NEED IS ANOTHER 'TO-DO'; IF YOU DON'T WANT DISTRACTION, EXCESS STIMULATION, OR VISUAL CLUTTER; IF YOU SEEK ABSOLUTE PRIVACY, &/OR YOU DON'T WANT TO EXPLAIN WHAT YOU'RE DOING, OR WHY... THERE ARE MANY REASONS A BASIC SADHANA PRACTICE MIGHT BE PREFERRED. IN TRUTH, A SIMPLE SADHANA UTTERLY FORCES ONE TO FOCUS WITHIN - ON STILLNESS, ON BREATH, ON LISTENING, ON FEELING, ON THOUGHT, ON THE DIVINE, AND ON SIMPLY BEING.

YET, AN ELABORATE SADHANA CAN PROVIDE STRUCTURE, BEAUTY, COMFORT, SUPPORT, SYMBOLIC MEANING, JOY OR MAGICK BY SETTING THE MOOD/INTENTION, AND EVEN GIVING DEEP PURPOSE TO YOUR PRACTICE. BECAUSE HONESTLY, THERE WILL BE DAYS YOU MAY PREFER TO SLEEP, OR FEEL LIKE QUITTING, OR THINK YOU DON'T HAVE TIME, OR ANY NUMBER OF OTHER REASONS YOU MAY COME UP WITH TO FORGO YOUR SADHANA. DAILY PRACTICE IS A LIFE/SOUL ENRICHING GIFT YOU GIVE TO YOURSELF, BUT IT DOES REQUIRE DEDICATION, SELF DISCIPLINE, AND WELL, *PRACTICE*... SO, IF CREATING A SADHANA THAT IS PLEASING, INSPIRING, PROVIDES A RITUAL FLOW, KEEPS YOU FOCUSED, AND FEELS GOOD SO YOU ACTUALLY LOOK FORWARD TO YOUR DAILY PRACTICE, THEN IT IS WORTH THE TIME OR EFFORT TO PLAN, ARRANGE AND CREATE SACRED SPACE TO DO SO. THE BEAUTY OF SADHANA IS THAT IT IS A GIFT YOU GIVE TO YOURSELF. IT CAN BE SIMPLE, OR ELABORATE, OR A COMBINATION THEREOF, OR ANYWHERE IN BETWEEN... IT IS YOUR PRACTICE, SO IT CAN BE EXACTLY AS YOU WANT IT TO BE. WHAT IT CONSISTS OF, HOW YOU PRACTICE, WHAT TIME YOU HAVE VOWED TO BEGIN, HOW LONG YOU PRACTICE EACH DAY, WHERE YOU PRACTICE, WHAT IT LOOKS LIKE, FEELS LIKE AND THE REASONS YOU ARE DOING SO, ARE COMPLETELY UP TO YOU. THOUGH, YOU WILL NEED TO BE CLEAR ON THE DETAILS BEFORE YOU BEGIN SO THAT YOU KNOW WHAT YOU ARE COMMITTING TO, AND CAN GET INTO THE FLOW ONCE YOU DO BEGIN. RHYTHMIC CONSISTENCY MATTERS; WHAT YOU DO, NOT AS MUCH...

Your energy in the morning is a clean slate, and you get a chance each day to build it up the way you want.

— Mridula Singh

REMEMBER, SADHANA IS A DAILY SPIRITUAL PRACTICE. IT IS YOUR PERSONAL EFFORT TO KNOW YOURSELF ON DEEPER LEVELS, CENTER AND BALANCE, COMMUNICATE WITH THE DIVINE WITHIN AND ALL AROUND YOU, AND FOCUS ENERGY (TOWARD A GOAL, WELL-BEING, SELF-IMPROVEMENT, ETC.).



PLEASE TAKE TIME TO CONSIDER THE BASICS, AND ASK YOURSELF:

- ★ WHAT DO I WANT OR NEED MOST AT THIS TIME IN MY LIFE?
- ★ HOW MUCH TIME CAN I DEVOTE EACH DAY TO MYSELF?
- ★ WHAT TIME EACH DAY WILL I BEGIN MY PRACTICE?
- ★ WHERE SHALL I PRACTICE?
- ★ WHAT WILL BE MY PERSONAL FOCUS DURING WINTER GODDESS SADHANA?
- ★ TO WHAT WILL I OFFICIALLY DEDICATE MY 38 DAY PRACTICE?
- ★ DO I WANT TO JOIN THE WINTER GODDESS SADHANA PRIVATE GROUP/SISTERHOOD?

THE BASICS OF SADHANA PRACTICE:

WHAT DO YOU MOST WANT OR NEED AT THIS TIME IN YOUR LIFE?

DO YOU NEED TO MOVE YOUR BODY MORE? DO YOU NEED A CREATIVE OUTLET? DO YOU WANT A DEEPER SENSE OF INNER PURPOSE, BALANCE OR COMPOSURE? DO YOU WANT TO BE HEALTHIER OR HAPPIER? DO YOU WANT TO CHANGE SOMETHING ABOUT YOURSELF? DO YOU WANT TO BECOME STRONGER, MORE CONFIDENT? DO YOU WANT MORE SECURITY, COMFORT OR ABUNDANCE? DO YOU WANT TO BE MORE LOVING, HAVE A DEEPER CONNECTION WITH A HIGHER POWER, TRUST YOUR INNER KNOWING AND VOICE OF TRUTH, GAIN WISDOM OR UNDERSTANDING? THIS IS A VERY PERSONAL QUESTION. IT IS APPROPRIATE TO CONSIDER YOUR TRUEST NEEDS OR WANTS. SO, BE SELFISH - CONSIDER HOW YOU CAN PROFIT OR PLEASE YOURSELF. YOU CAN THINK OF OTHERS, THE WORLD AT LARGE, OR ACTS OF SERVICE WHEN DETERMINING YOUR DEDICATION.

HOW WORTHY DO YOU FEEL? TRULY...

YOUR ANSWER MAY GIVE INSIGHT INTO HOW MUCH TIME YOU ARE WILLING TO SPEND WITH YOURSELF IN SADHANA. WHETHER YOU DEVOTE 10 MINUTES OR 3 HOURS TO YOURSELF DAILY IS NOT TRULY CONTINGENT ON TIME RESTRAINTS, BUT ON HOW WORTHY YOU FEEL AND HOW WILLING YOU ARE TO NURTURE AND CARE FOR YOURSELF. BE GENTLE WITH YOURSELF WHILE CONSIDERING THIS TRUTH. KEEP YOUR EXPECTATIONS OF SADHANA PLEASURABLE. TRY NOT TO OVEREXTEND YOURSELF, BUT START WHERE YOU ARE - WITH WHAT FEELS COMFORTABLE, DOABLE AND SINCERE. YOU CAN ALWAYS LINGER LONGER WHEN AND WHERE YOU FEEL THE DESIRE TO GO DEEPER AS YOUR SADHANA UNFOLDS. SOME DAYS IT WILL FEEL EASIER TO STAY IN THE FLOW WITH YOUR PRACTICE; OTHER DAYS YOU MAY STRUGGLE TO SIT STILL, FOCUS OR BE PRESENT. THOUGH THE DURATION OF YOUR PRACTICE IS FLEXIBLE, THE TIME YOU BEGIN YOUR DAILY PRACTICE IS TO REMAIN STABLE.

WHAT IS THE BEST TIME FOR YOUR DAILY SPIRITUAL PRACTICE?

THIS QUESTION IS IMPORTANT TO CONSIDER BEFORE BEGINNING ANY SADHANA PRACTICE, BECAUSE IN ORDER TO REINFORCE SELF-DISCIPLINE, CREATE A NEW RITUAL, AND STAY TRUE TO YOURSELF AND YOUR COMMITMENT, YOU MAKE A VRATE, OR VOW TO BEGIN PRACTICE AT THE SAME TIME EACH AND EVERY DAY.

TRADITIONALLY, SADHANA IS PRACTICED DURING THE EARLY MORNING PRE-DAWN (OR IMMEDIATELY AFTER SUNSET). THERE ARE 2 ½-3 HOURS BEFORE SUNRISE WHEN ALL IS SILENT AND STILL AND PURE IN THE WORLD, CHARMINGLY KNOWN AS A *TIME OF NECTAR* OR THE *AMBROSIAL HOURS*. [SOME CALL IT: BRAHMA MUHURTA; MEANING *THE CREATOR'S HOUR* - WHICH BEGINS 1 HOUR AND 36 MINUTES BEFORE SUNRISE AND ENDS 48 MINUTES BEFORE SUNRISE]. WHICHEVER EPITHET RESONATES, IT IS AN AUSPICIOUS TIME TO BE IN UNITY WITH THE GODDESS, PRAY, PRACTICE YOGA, MEDITATE, WORSHIP OR ENGAGE IN SPIRITUAL CONTEMPLATION. WHILE DOING SO DURING THIS MYSTIC TIME, IT'S SAID ONE CAN TASTE HER HOLY SWEETNESS, BECOME EMPOWERED, AND BE SUSTAINED BY THE NECTAR RECEIVED. *HAVE YOU TASTED HER SWEETNESS?*

NATURALLY, WAKING UP EARLY WHEN IT'S DARK OUTSIDE, CAN CAUSE THE EGO TO COMPLAIN AND TRY TO FIND EXCUSES AS TO WHY IT'S PREFERABLE TO STAY IN BED. YET, THE SOUL SELF WITHIN US (IF GIVEN A VOICE) ENCOURAGES US TO IGNORE THIS CHILDISH OUTBURST, AND IT REJOICES WHEN WE DO, AS THE EXPERIENCE RECHARGES, REVITALIZES AND GIVES STAMINA TO OUR BODY, MIND AND SPIRIT THROUGHOUT THE DAY.

THIS LONG STANDING AND WIDELY HELD BELIEF: *God/dess, or angels encircle the earth during the ambrosial hours and bestow blessings upon those who are awake to receive...* PROMISES, THAT BY SIMPLY AWAKENING AT THIS TIME OF MORNING WE ABSORB THE DIVINE ENERGIES PRESENT UPON THE EARTH! PERHAPS IT INSPIRED THE SAYINGS: *You snooze, you lose. & Early to bed, early to rise, makes one healthy, wealthy and wise.*

THIS WISDOM IS MYSTICAL, BUT ALSO REALISTIC. WHEN WE ARE EXPOSED TO THESE DIVINE UNSEEN FORCES (IN PART, INFRARED LIGHT WAVES AND MOTHER EARTH'S OWN ELECTROMAGNETIC ENERGY FIELD) WHICH ARE AT AN OPTIMUM ENERGY LEVEL BETWEEN 3-6AM, OUR ELECTROMAGNETIC ENERGY FIELD (i.e. OUR HEART, AURA AND CHAKRA CENTERS) RECEIVES THESE WAVES OF ENERGY AND HARMONICALLY ALIGNS — OUR HEART OPENS, OUR AURA CLEARS, AND OUR CHAKRAS BEGIN SPINNING IN A CIRCULAR MOTION BRINGING THEM BACK INTO BALANCE AND RESTORING THEIR PROPER FUNCTIONS. THIS, IN TURN, OPENS THE RESPONSIVE CHANNELS OF COMMUNICATION BETWEEN OUR BRAIN, SPINE, AND CENTRAL NERVOUS SYSTEM, CREATING UNITY THROUGHOUT OUR ENTIRE BODY. AYURVEDA TEACHES THAT THIS IS THE IDEAL TIME AND WAY TO *RECREATE* OURSELVES, AS THESE ENERGIES HAVE AN AMAZINGLY PROFOUND EFFECT WHEN USED FOR OUR BETTERMENT! THE WHOLENESS OF OUR BEING — OUR PHYSICAL, MENTAL, EMOTIONAL, SPIRITUAL AND ETHERIC BODIES ARE RELIANT UPON GROUNDING WITH THE EARTH AND BEING IN HARMONIC RESONANCE WITH HER ENERGIES, TO FULFILL THEIR INTENDED PURPOSES. WHEN OUR HEART, AURA AND CHAKRAS ARE IN ALIGNMENT, OPEN AND RECEIVING THESE ENERGY WAVES OF INVISIBLE LIGHT AND DIVINE ESSENCE, THEY BEGIN TO HEAL, COME INTO BALANCE AND PROPER WORKING ORDER, BENEFICIALLY INFLUENCING EVERY ASPECT OF OUR BEING. CONSEQUENTLY, OUR ABILITY TO SENSE, EXPERIENCE AND UNDERSTAND INVITES AND FOSTERS FURTHER ALIGNMENT WITHIN OURSELVES, AND WITH GODDESS, OTHERS, THE EARTH, AND UNIVERSE. OUR ABILITY TO INTUITIVELY COMMUNICATE HEIGHTENS, ALLOWING US TO BECOME HIGHLY COMPETENT IN PRACTICAL, NON-PHYSICAL AND INTERCONNECTED WAYS. THEREFORE, GETTING OUT OF OUR COZY BED DURING THIS OPPORTUNE TIME TO PRACTICE SADHANA, IS NOT ONLY FOR OUR ULTIMATE HEALTH AND WELL-BEING, BUT IT IS FOR THE HIGHEST GOOD OF ALL. STILL HESITANT? IT'S OKAY. NO JUDGEMENT. IT IS A HUGE LIFESTYLE CHANGE TO GO TO BED EARLY ENOUGH, TO WAKE UP THIS EARLY; BUT IT DOES HAVE MERIT.

THE ENERGIES OF EARLY MORNING ARE INEXORABLY TIED TO OUR CIRCADIAN RHYTHM; BUT WE LIVE IN AN AGE OF OVERSTIMULATION AND ARTIFICIAL LIGHT; WE HAVE FORGOTTEN HOW TO LISTEN TO OUR BODIES, OUR OWN INTERNAL CLOCKS, AND THE NATURAL RHYTHM OF LIFE. THE NATURAL CIRCADIAN RHYTHM OF SLEEP CORRELATES WITH A 8PM TO 4AM WINDOW. ACCORDING TO THE AYURVEDIC CLOCK, THE AMBROSIAL HOUR OCCURS DURING VATA TIME; A PERIOD WHEN THE BODY IS FREE OF FATIGUE, AND THE QUALITIES OF FRESHNESS, LIGHTNESS AND EXHILARATION ARE TANGIBLE, INFLUENTIAL, AND GENTLY PERVADE THE BRAIN, MIND, AND BODY. DURING THIS TIME ON THE CHINESE BODY CLOCK, THE LUNGS AND LARGE INTESTINES ARE HIGHLIGHTED, INDICATING AN IDEAL TIME TO PRACTICE DEEP BREATHING, TO INHALE SPIRIT AND CLEANSE THE LUNGS. FOLLOWED BY MEDITATION, BEFORE EMPTYING THE BOWELS. BOTH THE LUNGS AND THE LARGE INTESTINES FALL UNDER THE ELEMENT OF METAL, WHICH SUPPORTS OUR NEED FOR RITUAL ROUTINE TO KEEP US BALANCED AND TO GIVE STRUCTURE TO OUR LIFE. THESE ANCIENT CLOCKS PURPOSELY AWAKEN US AT THIS TIME SO WE CAN ENERGETICALLY AND BENEFICIALLY SET THE TONE AND FOUNDATION FOR THE ENTIRE DAY.

AT THIS MAGICKAL TIME OF MORNING, INFRARED LIGHT RAYS ATTUNE TO THE LONGER THETA BRAIN WAVES, WHICH ARE PRESENT IN OUR BRAIN DURING DEEP REM SLEEP, AND DURING MEDITATION. IF WE ARE SLEEPING DURING THIS TIME, THE ENERGIES WORK TO HELP US SUBCONSCIOUSLY PROCESS AND RELEASE PAST TRAUMA VIA DREAMS. IF WE ARE AWAKE, WE RECEIVE THE HEALING BLESSINGS PREVIOUSLY MENTIONED. IF THAT'S NOT GENEROUS ENOUGH, THE THERAPEUTIC BENEFITS ALSO INCLUDE: DETOXIFICATION, SKIN PURIFICATION, PAIN RELIEF, REDUCTION OF MUSCLE TENSION, IMPROVED CIRCULATION, WEIGHT LOSS, LOWERED BLOOD PRESSURE AND LOWERED EFFECTS OF DIABETES, BOOSTED THYROID FUNCTION, AND AN ENHANCED IMMUNE SYSTEM. BEING CONSCIOUSLY AWARE DURING THE AMBROSIAL HOUR IS EXCELLENT FOR CREATIVITY AND ACCESSING THE IMAGINATION. IT'S IDEAL TO READ, STUDY, MEMORIZE OR PONDER IN-DEPTH SPIRITUAL CONCEPTS (FOR BETTER RETENTION THROUGHOUT THE DAY); AND TO USE INTUITIVE CLARITY TO CONNECT WITH GODDESS, AS THE ENERGIES ARE WIDE OPEN, PRESENTING A CLEAR LINE OF COMMUNICATION. QUESTIONS? ASK NOW...

FOR MANY, INCLUDING MYSELF, THE THOUGHT OF WAKING UP AND GETTING OUT OF BED AT THIS 'UNGODLY' HOUR OF MORNING TO DO *ANYTHING*, IS AN UNWELCOME ONE... AND, YET, THIS ONLY DEMONSTRATES JUST HOW ASKEWED THOUGHTS CAN BE - DID IT NOT REGISTER? *THIS IS THE MOST HOLY TIME OF DAY!* THE DIVINE ENERGIES SHOW UP EVERY DAY TO ABUNDANTLY BLESS US (IF WE'RE AWAKE!!!) SO, LET'S WAKE UP BEFORE THE DAY BEGINS, SHOW UP FOR SADHANA PRACTICE, AND WITH AN OPEN HEART AND MIND, RECEIVE OUR GIFTS!

WHERE AND HOW WILL YOU CREATE SACRED SPACE TO PRACTICE?

CHOOSE A PLACE WHERE YOU WILL HAVE QUIET, UNINTERRUPTED TIME ALONE; FEEL COMFORTABLE, BUT NOT BE TEMPTED TO FALL BACK TO SLEEP. CONSIDER YOUR NEEDS: WILL YOU HAVE ROOM TO STRETCH OUT IF YOU WANT TO PRACTICE YOGA, SPIN AROUND OR DANCE? DO YOU WANT TO BE INDOORS OR OUTSIDE IN NATURE? YOU CAN PRACTICE ON THE KITCHEN FLOOR, IN A CLOSET, IN A SECLUDED CORNER, IN A ROOM WITH A VIEW, UNDER A TREE, ON THE PORCH, OR ANYWHERE... DESIGNATING AN INVITING PLACE TO PRACTICE CREATES A RITUAL WHICH ALLOWS US TO REMAIN MOTIVATED AND CONSISTENT THROUGHOUT THE DURATION OF OUR SADHANA. BLESS YOUR SPACE, MAKE IT SACRED BY CLEANSING, CLEARING AND/OR ARRANGING IT FOR YOUR INTENDED PURPOSE. ADORN IT IN WAYS THAT FEEL SPIRITUALLY MEANINGFUL. BUILD AN ALTAR. LAY DOWN A YOGA MAT, MEDITATION PILLOWS, OR A SHEEP SKIN RUG - ANYTHING THAT PROVIDES A COMFORTABLE PLACE TO SIT UPRIGHT AND BE, BREATHE OR MEDITATE WITHOUT TEMPTING YOU TO GET SO COZY, YOU DOZE OFF. YET, COMFORT IS IMPORTANT TO THE BODY, SO MAKE YOUR SACRED SPACE PLEASING AND ENJOYABLE. THE SOUNDS OF NATURE, SOFT CHANTING, SINGING BOWLS, A WATER FOUNTAIN, WIND CHIMES, MEDITATION MUSIC AND COMPLETE SILENCE, EACH ADD TO A SENSUAL SENSE OF SACREDNESS AND HELP YOU CREATE QUIETNESS WITHIN YOURSELF. CREATING A SERENE, SACRED SPACE OR CHOOSING A PURE PLACE IN NATURE INVITES YOU TO REST, FIND SOLACE WITHIN, AND TRUST THAT YOU ARE SAFE WHILE PRACTICING SADHANA.

WHAT WILL BE YOUR FOCUS FOR WINTER GODDESS SADHANA?

IF *energy flows where attention goes* AND *your focus determines your reality...* WHAT IS YOUR FOCUS FOR WINTER GODDESS SADHANA? DO YOU WANT TO CREATE A HEALTHY NEW HABIT? OR, MOVE YOUR BODY MORE? DO YOU WANT TO LEARN TO MEDITATE? OR, MASTER A YOGA ASANA? DO YOU DREAM OF BEING FEARLESS, LETTING GO OF STRESS, HAVING MORE SELF COMPOSURE, OR A KINDER INNER VOICE? DO YOU DESIRE TO BE FREE, TRULY LOVE AND ACCEPT YOUR BODY, STRENGTHEN YOUR WILL, OR COMMUNE WITH A PARTICULAR ASPECT OF GODDESS? WHATEVER YOU WANT TO BE, HAVE, RECEIVE, GAIN, FEEL OR EXPERIENCE CAN BE YOUR FOCUS FOR SADHANA. **CHOOSE ONE.** THOUGH IT IS TEMPTING TO WANT MANY THINGS AT ONCE, IT IS FAR MORE POTENT TO FOCUS ENERGY AND ATTENTION ON ONE THING AT A TIME. SADHANA IS NOT THE TIME TO MULTI-TASK. DIVERTING ATTENTION IN TOO MANY DIRECTIONS WEAKENS YOUR FLOW OF ENERGY - WHICH CAN LEAD TO FEELING FRUSTRATED, DEPRESSED, TIRED, ANXIOUS, SCATTERED, UNFULFILLED OR DISTRACTED. DURING THIS SADHANA WE ARE CALLING IN THE ENERGY OF EASE. WE WANT TO FEEL CALM WHILE REMAINING CENTERED, OPEN TO THE PRESENCE OF GODDESS, AND OBSERVANT. HAVING ONLY ONE FOCUS GIVES OUR ATTENTION A PLACE TO REST. WE WANT TO FIND A RESTING PLACE DURING SADHANA. FOCUSING HELPS US PREPARE FOR SADHANA. IT IS A TOOL FOR CREATING AN OUTLINE, PLANNING ACTIVITIES, DETERMINING WHICH YOGA ASANAS, MUDRAS, MANTRAS, OR CHANTS TO PRACTICE, GATHERING SPIRITUAL LITERATURE/MATERIALS, AND INTENTIONALLY CHOOSING WHATEVER WE DESIRE FOR OUR PRACTICE. WE WANT OUR FOCUS TO BE DREAMY, NOT SHARP. SADHANA IS NOT A RACE, A TEST, A COMPETITION, A BOOTCAMP, OR A MEANS TO AN END. IT IS A SACRED JOURNEY. THINK OF YOUR FOCUS AS THE THEME, A TREASURE MAP, OR AN ITINERARY FOR YOUR EXPERIENCE..

WHEN PREPARED AND ONCE OUR PRACTICE BEGINS, WE SURRENDER. OUR FOCUS BECOMES OUR OFFERING. WE FOCUS ON BEING, ON LISTENING, ON MOVING IN UNISON WITH THE ENERGIES IN THE PRESENT MOMENT. THE STRUCTURE WE PLAN AND CREATE FOR OURSELVES HELPS US TO TRUST THE PROCESS. WE LEAN INTO IT, KNOWING IT HOLDS US IN OUR SACRED SPACE. IT PROVIDES A TRUSTED ROUTINE FOR OUR BODY AND SERENE RITUAL FOR OUR MIND, SO WE CAN REST AND ENJOY THE EXPERIENCE. THIS IS A PROCESS OF ALLOWING - TO BE IN THE FLOW, ATTENTIVE TO OUR TRUE SELF, RETURNING OUR AWARENESS TO THE DIVINE IN THE EVER UNFOLDING NOW MOMENT. SADHANA IS NOT A TIME TO STRIVE OR TRY TO ATTAIN; IT IS A TIME TO BE, TO LISTEN, TO FEEL/EXPERIENCE AND OPEN UP TO RECEIVE. REMEMBER: IT IS THE GIFT WE GIVE TO OURSELVES.

WHAT WILL BE THE OFFICIAL DEDICATION OF YOUR 38 DAY PRACTICE?

BEFORE ANSWERING THIS QUESTION, REMEMBER: SADHANA GENERATES DIVINE POWER WHICH INFLUENCES THE COLLECTIVE CONSCIOUSNESS. DURING OUR DAILY PRACTICE WE PERSONALLY GATHER MORE THAN WE NEED. WITH THIS AWARENESS, AND BECAUSE OUR SPIRITS LONG TO SHARE WITH OTHERS AND DO GOOD IN THE WORLD, WE MAKE THE CONSCIOUS CHOICE WITH SACRED INTENTION TO ASSIGN A PURPOSE AND GIVE DIRECTION TO THE EXCESS POWER WE WILL ACCUMULATE. CONSIDER: WHAT 'BEYOND YOURSELF', LARGER PURPOSE, GOAL, PROJECT, CAUSE, NEED, OR HOPE FOR OTHERS, FUTURE GENERATIONS, THE EARTH, OR ANY THING IN THE WORLD, DO YOU FEEL CALLED TO BLESS WITH YOUR ENERGETIC SUPPORT - THROUGH YOUR COMMITTED PRACTICE OF THIS 38 DAY WINTER GODDESS SADHANA? HONOR THE FIRST THING THAT COMES TO MIND, NO MATTER HOW LOFTY. THEN, DAILY BEFORE BEGINNING, DEDICATE YOUR PRACTICE (EITHER BY WRITING IT DOWN, OR SPEAKING IT ALOUD/SILENTLY). WHEN THE DAY COMES THAT YOU ARE TOO TIRED OR UNMOTIVATED TO PRACTICE YOUR DAILY SADHANA, REMEMBER YOUR DEDICATION AND CONTINUE ON.... BE INSPIRED BY KNOWING THAT YOUR PRACTICE JUST MIGHT: *ELIMINATE WORLD HUNGER; FORGIVE ALL DEBT; CREATE A NEW REALITY; STOP CHILD-TRAFFICKING; BRING PEACE OF EARTH, ENLIGHTEN ALL OF MANKIND; SHIFT THE PARADIGM TO ONE OF LOVE, JOY & ABUNDANCE FOR ALL; CURE EVERY DISEASE; REWRITE HISTORY; BUILD WORLD-WIDE SUSTAINABLE COMMUNITIES; RESTORE THE PURITY OF THE OCEANS; RESOLVE INJUSTICE; RESTORE LUSCIOUS RAINFORESTS; REVERSE GMO DAMAGE; EMPOWER WOMEN; OR EVEN, SAVE THE WORLD!*

HAVING CONSIDERED THE BASIC QUESTIONS, THE FOLLOWING CHECKLISTS MAY BE HELPFUL FOR PLANNING YOUR WINTER GODDESS SADHANA. CHECK WHATEVER INSPIRES, OR IS WORTH CONSIDERING.

WAYS TO BEGIN SADHANA PRACTICE

- WAKE UP GENTLY - **USE A GENTLE, PLEASANT ALARM, IF NEEDED**
- WASH FACE AND EYES - **COOL WATER FOR ALERTNESS**
- MAKE BED - **REDUCES TEMPTATION TO CRAWL BACK IN**
- AROMATHERAPY - **USE ROSEMARY, CITRUS, SAGE, MINT, GINGER, OR EUCALYPTUS ESSENTIAL OILS TO WAKE UP**
- TAKE A QUICK SHOWER - **BODY BRUSH BEFOREHAND TO STIMULATE LYMPH SYSTEM**
- USE NETI POT - **TO CLEAR SINUSES BEFORE PRACTICING BREATHING EXERCISES**
- OIL PULL OR RINSE MOUTH WITH WARM SEA SALT WATER
- MASSAGE FEET WITH SESAME OIL - **ENERGIZES, REDUCES STRESS, IMPROVES DIGESTION AND CIRCULATION**
- DRESS COMFORTABLY - **HAVE SOCKS, SHAWL, SWEATER, ETC, WITHIN REACH, IF NEEDED**
- LIGHT CANDLES OR TURN ON A SOFT LIGHT - **NO HARSH, BRIGHT LIGHTS - USE SCARF TO SOFTEN**
- OPEN CURTAINS TO WITNESS THE ARRIVAL OF DAWN
- OPEN A WINDOW FOR FRESH AIR - **A LITTLE, OR MORE, AS DESIRED**
- STAND BAREFOOT UPON THE EARTH FOR A FEW MOMENTS - **GROUNDING/ENHANCES GENERAL HEALTH**
- DRINK A GLASS OF WARM LEMON WATER - **ENHANCES GENERAL HEALTH/AGNI - GATEKEEPER OF LIFE**
- SIP TEA OR COFFEE - **TO WAKE UP**
- DRINK HEALING WATER - **1 CUP WATER, 1-2Tbsp BRAGGS APPLE CIDER VINEGAR, 1 Tbsp RAW HONEY, A DASH OF CAYENNE PEPPER**
- MEDITATE IN THE DARKNESS UNTIL SUNRISE - **YOU ARE THE LIGHT!**
- SOFT MUSIC - **IF DESIRED - LOW VOLUME**
- TEND TO ALTAR - **LIGHT CANDLE, SPEAK PRAYER, OFFER DEDICATION, ETC.**
- YOU ARE THE ALTAR - **SPEAK KIND AND LOVING WORDS TO YOURSELF - REMIND YOURSELF OF YOUR TALENTS/ GIFTS**
- SIT QUIETLY, ACKNOWLEDGE YOUR BODY, HONOR ITS VOICE AND LISTEN
- BREATHE - **PRACTICE SLOW DEEP BREATHING, OR OTHER TECHNIQUES**
- SIT, WRAP YOUR ARMS AROUND YOURSELF, GENTLY ROCK - **COMFORTING/SELF-NURTURING**
- SING/CHANT OR PRAY ALOUD
- CHANT MANTRA WITH MALA - **JAPA YOGA - 108 BEADS/REPETITIONS BRINGS UNIVERSAL HARMONY & BLISS**
- CHANT PRAYER - **AT LEAST 11 TIMES**
- JOURNAL - **MORNING PAGES**
- KISS YOUR HANDS - **LOVE YOURSELF**
- CLOSE EYES AND LISTEN - **ALLOW THOUGHTS TO COME AND GO.**
- PRACTICE MINDFULNESS
- STARE AT FLICKERING CANDLE, KEEPING MIND CLEAR
- DANCE, SPIN, TWIRL OR MOVE YOUR BODY FREE FLOW STYLE
- DRINK A SMOOTHIE OR EAT SOME FRUIT
- ENJOY THE QUIET - **ALLOW MIND TO WANDER**
- SCAN BODY - LISTEN, LEARN ITS LANGUAGE - **HOW DOES IT COMMUNICATE?**
- BATHE - MEDITATE IN THE WARM WATER - **USE EPSOM OR PINK SEA SALTS &/OR ROSE, LAVENDER OR CHAMOMILE ESSENTIAL OILS**
- SPEAK AFFIRMATIONS OR ASK YOURSELF 'AFFIRMATIONS'
- SMILE AND THINK GOOD THOUGHTS
- MIRROR LOVE - **HOLD A MIRROR, LOOK INTO EYES, ACKNOWLEDGE THE DIVINE WITHIN, SPEAK WORDS OF LOVE.**
- CHOOSE A FOCUS WORD FOR THE DAY - **WRITE LOTS OF POSITIVE, FEEL-GOOD WORDS ON SLIPS OF PAPER & SELECT ONE DAILY.**

WAYS TO CONTINUE THE FLOW DURING DAILY SADHANA PRACTICE

- PRACTICE YOGA - **SUN OR MOON SALUTATIONS**
- PRACTICE SLOW FLOWING MOVEMENTS - **TO STRETCH BODY, GET BLOOD FLOWING**
- PRACTICE A YOGA ASANA ROUTINE - **ON YOUR OWN OR WITH A VIDEO**
- READ, STUDY OR RECITE SPIRITUAL LITERATURE
- WRITE A LOVE LETTER TO THE GODDESS - **OR, YOUR INNER GODDESS**
- PRACTICE KIRTAN KRIYA - **EXCELLENT FOR BRAIN HEALTH**
- PRACTICE HEART CROSS KIRTAN KRIYA - **HEALING INNER CHILD/TRAUMA**
- MEDITATE - **30 MINUTES OR LONGER**
- KEEP HYDRATED - **DRINKING 4 GLASSES OF WATER BEFORE NOON**
- PERFORM SELF CARE OR SELF LOVE RITUAL
- GARDEN OR TEND TO PLANTS IN MEDITATIVE SILENCE
- GO FOR A WALK - **IN SILENCE**
- COMMUNE WITH NATURE - **BE MINDFUL OF SIGNS & WONDERS**
- BE CREATIVE - **DRAW, PAINT, FINGER PAINT, MAKE SOMETHING, TRY SOMETHING NEW**
- TAKE A VOW OF SILENCE - **DURING MORNING SADHANA**
- NOURISH YOURSELF - **EAT SOMETHING LIGHT, VIBRANT AND HEALTHY**
- BE PLAYFUL - **DAYDREAM, IMAGINE A NEW WAY OF DRESSING/BEING, PLAN SOMETHING FUN!**
- ASK FOR WHAT YOU WANT OR NEED - **LISTEN & WATCH FOR GUIDANCE**
- ACTIVATE YOUR LIGHT BODY
- PRACTICE GRATITUDE - **WRITE DOWN OR SPEAK WHAT YOU'RE THANKFUL FOR**
- IMAGINE A RAINBOW - **FOCUS ON EACH COLOUR AT A TIME & LISTEN FOR GUIDANCE**
- CHAKRA MEDITATION - **VISUALIZE, LISTEN FOR MESSAGES, IMAGINE THEM BALANCED & WORKING PROPERLY**
- PRACTICE TAPPING - **EMOTIONAL FREEDOM TECHNIQUE (EFT) - RELIEVES PAIN & EMOTIONAL DISTRESS**
- WRITE POETRY OR HAIKU - **HONOR YOUR INNER VOICE**
- WATCH THE SUNRISE
- CONSULT AN ORACLE - **CHOOSE 1-3 CARES FOR WISDOM, GUIDANCE OR DAILY FOCUS**
- PRACTICE CONSCIOUS STILLNESS - **FOCUS ON BREATH & SPEAK CALMLY TO BODY - REMIND IT: YOU'RE SAFE**
- GO DEEP WITHIN - **RECONNECT WITH THE DIVINE FEMININE**

WHICH ONES RESONATED, EXCITED OR INSPIRED, OR FELT GOOD?

DID ANY OF THESE RESONATE WITH YOU? PERHAPS YOU'VE PRACTICED SOME BEFORE? IF THE EXPERIENCE WAS ENJOYABLE, CONSIDER ADDING A FEW TO YOUR DAILY PRACTICE. DID ANYTHING EXCITE OR INSPIRE YOU? BE BRAVE AND STEP OUT OF YOUR COMFORT ZONE BY CHOOSING ONE THAT YOU HAVE NOT TRIED, YET. OR, USE THE INSPIRATION AND THINK OF YOUR OWN! ADD THINGS THAT FEEL GOOD, SO WHEN YOU WAKE UP EARLY TO PRACTICE YOU HAVE A PLEASANT EXPERIENCE TO PROVIDE SUPPORTIVE STRUCTURE DURING YOUR DAILY SADHANA. ARE YOU READY TO CREATE YOUR WINTER GODDESS SADHANA PLAN? I HOPE SO! DURING YOUR DAILY PRACTICES YOU CAN FINE TUNE, ADJUST AND RE-ARRANGE ACCORDING TO YOUR PREFERENCES AND NEEDS SO YOU'RE IN A GENTLE FLOW. IF YOU'RE THINKING: *Help!* OR FEELING: *I'm still a little unsure how to prepare...* PLEASE DON'T PANIC. TAKE A DEEP BREATH AND KNOW THAT IF YOU DO ABSOLUTELY NOTHING BUT READ AND CONTEMPLATE EACH OF THE DAILY KEYWORDS AS THEY ARE PRESENTED, THAT IS ENOUGH. SADHANA IS SIMPLY A TIME TO QUIETEN AND BE PRESENT WITH YOURSELF - BODY, MIND AND SPIRIT... TRULY. ALL THAT IS REQUIRED IS TO SHOW UP AND ABSORB THE ENERGY OF LOVE AND THE GIFTS OF SPIRIT.

The earth, water and light, fruits and flowers, to her were not merely physical phenomena to be turned to use and then left aside. They were necessary to her in the attainment of her ideal of perfection, as every note is necessary to the completeness of the symphony.

— Rabindranath Tagore, *Sadhana*

4 EXAMPLES OF WINTER GODDESS SADHANA:

A VERY BASIC WINTER GODDESS SADHANA

- ★ 5:00am WAKE - BASIC TOILETRIES
- ★ 5:05am SIP TEA - CONTEMPLATE DAILY GUIDANCE
- ★ 5:10am BREATHE - LISTEN & PRACTICE MINDFULNESS
- ★ 5:30am SIMPLE STRETCHING EXERCISES
- ★ 5:40am PRAYER - JOURNAL
- ★ 5:45am CLEAR MIND & WATCH SUNRISE
- ★ 6:00am ACKNOWLEDGE BLESSINGS, SET INTENTIONS & BEGIN DAY

A BASIC WINTER GODDESS SADHANA:

- ★ 4:30am WAKE - BASIC TOILETRIES
- ★ 4:40am CONTEMPLATE DAILY GUIDANCE
- ★ 4:45am DRINK LEMON WATER
- ★ 4:50am PRAYER OR QUIET CENTERING
- ★ 5:00am MEDITATION
- ★ 5:30am BREATHE - WITH AWARENESS
- ★ 5:35am GROUND & GO FOR A WALK
- ★ 5:55am SPEAK GRATITUDE & JOURNAL
- ★ 6:00am SET INTENTION FOR THE DAY

AN ELABORATE WINTER GODDESS SADHANA

- ★ 4:00am WAKE - BASIC TOILETRIES - GIVE DEDICATION
 - MORNING PRAYER
- ★ 4:10am CONTEMPLATE DAILY GUIDANCE
SIP WARM LEMON WATER
READ SPIRITUAL LITERATURE - **MEMORIZE FAVORITE PASSAGE FROM SELECTED BOOK**
BREATHE CONSCIOUSLY
STRETCH
- ★ 4:30am QUIET INNER LISTENING
 - SCAN BODY
 - VISUALIZE CHAKRAS & LISTEN FOR MESSAGES
- ★ 4:45am HEART CROSS KIRTAN KRIYA
- ★ 4:55am GUIDED MEDITATION - **AVAILABLE ON YOUTUBE**
- ★ 5:20am TURN ON GODDESS MUSIC & DANCE
 - CHANNEL AN ASPECT OF GODDESS
 - EMBODY HER WHILE DANCING
- ★ 5:30am LIGHT CANDLE
LEAVE OFFERING ON ALTAR
- ★ 5:35am LAY A SHEET UPON EARTH & GROUND BODY - **REMOVE CLOTHING, IF POSSIBLE (COVER WITH BLANKET)**
 - WATCH THE SKY
 - LISTEN FOR VOICE OF GODDESS
 - AT SUNRISE - SING HER PRAISES
- ★ 6:00am JOURNAL
- ★ 6:30am ACKNOWLEDGE BLESSINGS WITH GRATITUDE - BEGIN DAY

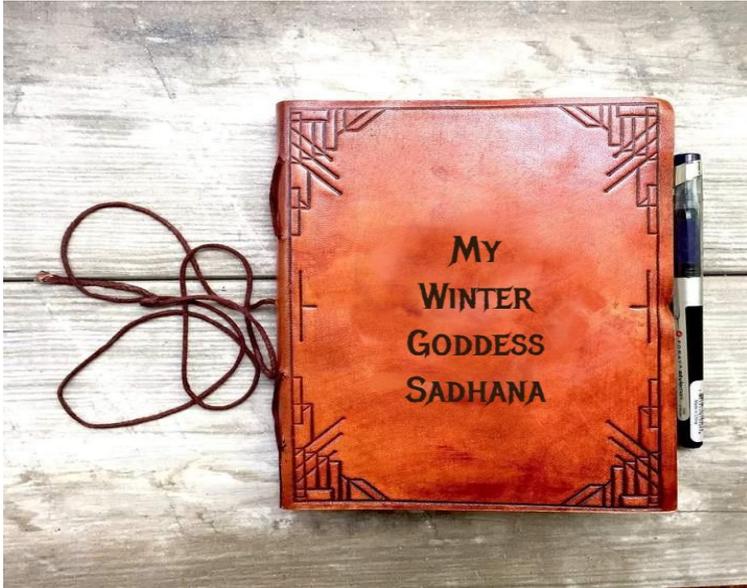
A VERY ELABORATE WINTER GODDESS SADHANA

- ★ 3:00 am WAKE - DEDICATE PRACTICE
 - WASH FACE WITH COOL WATER
 - MAKE BED
 - OPEN CURTAINS & CRACK WINDOW
 - LIGHT CANDLE
- ★ 3:15am WRITE MORNING PAGES
- ★ 3:40am DRINK WARM LEMON WATER
 - CONTEMPLATE DAILY GUIDANCE
 - BREATHE IN ROSE ESSENTIAL OILS, & DEEP BREATHING EXERCISES
 - MASSAGE FEET WITH WARM OIL
 - SPEAK WORDS OF LOVE AND AFFIRMATION TO SELF
- ★ 3:50am PRACTICE KIRTAN KRIYA - 11 minutes
- ★ 4:05am STRETCH
 - BODY BRUSH - *in long upward strokes toward heart - avoiding breast and yoni*
 - QUICK SHOWER
 - MIRROR WORK - *look into eyes & send loving energy*
 - MOISTURIZE SKIN - *with healing intention*
 - DRESS COMFORTABLY
 - GATHER SOCKS & SHAWL
- ★ 4:30am SIT IN DARKNESS - *visualize inner light radiating brightly*
- ★ 4:35am TEND TO ALTAR
 - LIGHT CANDLE - *speak prayer or recite affirmation*
 - SPEAK PRAYER
 - LEAVE OFFERING - *small gift, food, gemstone, lock of hair, a secret missive*
 - ANOINT THIRD EYE WITH OIL - *use frankincense for clarity - clear vision*
 - READ INSPIRATIONAL PASSAGE FROM SPIRITUAL LITERATURE
 - STUDY/APPLY TO MEMORY A TOPIC OF INTEREST
 - ASK QUESTIONS OF THE DIVINE & LISTEN FOR ANSWERS
 - LISTEN TO INNER GUIDANCE FOR DEEPER UNDERSTANDING
- ★ 4:50am PRACTICE YOGA ASANAS
- ★ 5:30am MEDITATE
- ★ 6:00am GO FOR A WALK
 - TAKE A VOW OF SILENCE WHILE IN NATURE
 - LISTEN TO NATURE - *watch for signs*
 - PLACE HANDS ON EARTH AND GIVE THANKS
- ★ 6:30am SIT UNDER TREE OR UPON SOFT GROUND
 - WRITE IN JOURNAL
 - LISTEN FOR MESSAGE FROM GAIA
 - BE MINDFUL OF BIRDS, INSECTS, ANIMALS
- ★ 7:00am NOURISH BODY - *eat mindfully, bless your food*
 - ABSTAIN FROM ALCOHOL OR OTHER UNHEALTHY SUBSTANCES DURING SADHANA
 - KEEP HYDRATED - *drink 4 glasses of water before noon; speak blessings over water before drinking*
- ★ 7:20am GARDEN OR WATER HOUSEPLANTS
 - SPEAK TO THEM WITH LOVE
- ★ 7:40am CONTEMPLATE SEASONAL ENERGIES & MAKE PLANS - *for the day/week, a gathering or a dinner party*
- ★ 8:00am BE CREATIVE - *paint, rearrange living space, bake cookies, write poetry*
- ★ 9:30am COUNT BLESSINGS - ASK FOR ORACAL GUIDANCE - BEGIN DAY

*Only those of tranquil minds, and none else, can attain abiding joy,
by realising within their souls the Being who manifests one essence in a multiplicity of forms.*

— Rabindranath Tagore, Sadhana

ADDITIONAL NOTES FOR WINTER GODDESS SADHANA



USEFUL ITEMS FOR PRACTICE:

- ★ journal
- ★ yoga mat
- ★ meditation pillows
- ★ candles & incense
- ★ inspirational books
- ★ fresh lemons
- ★ 25 watt or red spectrum lightbulb
- ★ natural body brush
- ★ essential oils
- ★ singing bowl
- ★ the Insight Timer app

JOURNAL TO:

- ★ keep record of your journey
- ★ explore keywords & insight
- ★ remember wisdom, signs, gifts & intuitive messages received
- ★ write poetry or prayers
- ★ express thoughts & feelings
- ★ be creative
- ★ plan &/or dream
- ★ gather or memorize sacred text
- ★ acknowledge gratitude
- ★ review progress afterward



KEEPING A JOURNAL DURING WINTER GODDESS SADHANA ALLOWS US TO MAKE SENSE OF OUR EXPERIENCES, HONOR THE SOLITARY NATURE OF OUR INNER PROCESS, REMEMBER OUR SACRED PRACTICE, AND GIVE SPACE FOR OUR INTUITION, AUTHENTIC EXPRESSION AND SPIRITUAL POWER TO FREELY REVEAL ITSELF TO US. IT IS SO IMPORTANT THAT WE TRULY TREASURE AND SAFEGUARD OUR JOURNAL, AS IT WILL HOLD PRECIOUS ASPECTS OF WHO WE ARE AND WHO WE ARE BECOMING. LET'S KEEP OUR INNERMOST FEELINGS, PRIVATE EXPERIENCES, AND SECRET THOUGHTS PROTECTED FROM UNINVITED VIEWING FOR INTEGRITY'S SAKE - AS OUR TRUE VOICE AND INNER WISDOM DO NOT APPRECIATE CENSORSHIP. IF WE SENSE THAT WE ARE BEING WATCHED, WE TEND TO BE LESS AUTHENTIC. REMEMBER: WE ARE PURE TRANSCENDENCE! WE DO NOT NEED VALIDATION TO SHINE!

The female energy is crucial to the balance and awareness of the collective, and to the growth and the transcendence of the individual.

— Sonia Gomes, UPLIFT/Restoring the Sacred Feminine

GODDESS CHANT

GODDESS

SHE WHO IS WISDOM, BEAUTY AND GRACE
SHE WHO IS COMPASSION, FORGIVENESS AND TRUST
SHE WHO IS LIBERTY, SOVEREIGNTY AND PEACE
SHE WHO IS MYSTERIOUS, CREATIVE AND WILD
SHE WHO IS KIND, POWERFUL AND FIERCE
SHE WHO IS HOLY, PLEASURE AND FLOW
SHE WHO IS BRAVE, GENTLE AND STRONG
I FIND YOU WITHIN MYSELF
I AM ONE EMBODYING SHE WHO IS DIVINE
GODDESS! WE ARE ONE: UNITED AND WHOLE.

CHANTING IS AN ANCIENT ART THAT CALMS BOTH MIND AND SOUL. IT HAS BEEN SCIENTIFICALLY PROVEN THAT CHANTING MANTRAS, LIKE: OM (PRONOUNCED AUM - SOUNDS LIKE FOUR SYLLABLES - THE LAST IS A LONG HUM) FOR 10 MINUTES RELAXES, RELIEVES ANXIETY, STRESS AND SYMPTOMS OF DEPRESSION. IT ALSO LOWERS BLOOD PRESSURE AND RESTORES THE NATURAL RHYTHM OF THE HEART. IT INFLUENCES BOTH HEMISPHERES OF THE BRAIN WHICH IMPROVES FOCUS, ATTENTION, MEMORY AND POSITIVE MOOD EVEN IF WE DON'T UNDERSTAND THE WORDS THAT WE ARE CHANTING. CHANTING, SINGING AND HUMMING ARE BENEFICIAL TO OUR HEALTH.

WHICH DIRECTION TO FACE DURING MEDITATION OR CHANT

EAST	ELEMENT OF AIR	FOR WEALTH - INSPIRATION - NEW BEGINNING - BREATH
SOUTH	ELEMENT OF FIRE	FOR CHANGE - TRANSFORMATION - ACTION - COMFORT
WEST	ELEMENT OF WATER	FOR LETTING GO - TO REPLENISH - TO REST - REFLECTION
NORTH	ELEMENT OF EARTH	FOR LEARNING - KNOWLEDGE/WISDOM - GUIDANCE - BALANCE

GODDESS POSE - UTKATA KONASANA

UTKATA IN SANSKRIT MEANS *POWERFUL, WILD, FIERCE, IMMENSE*. **GODDESS, INDEED!**



WHEN PRACTICING GODDESS POSE, FOCUS ON THE DIVINE FEMININE WITHIN, ON GAINING BALANCE AND STRENGTH, AND EMBODYING SHAKTI POWER AND YOUR OWN INNER WISE WOMAN. THIS POSE STRENGTHENS THE MULADHARA OR ROOT CHAKRA; FOR COURAGE, EMPOWERMENT, HEALTH, SECURITY AND CHI. OPEN YOUR MIND, BODY AND SPIRIT UP TO THE UNIVERSE AND IMAGINE BEING ROOTED DEEP INTO THE MOTHER EARTH. POSE MODIFICATION INCLUDES PRACTICING WHILE LYING DOWN OR SITTING IN A STURDY CHAIR.. BE GENTLE. LISTEN TO YOUR BODY WHILE HOLDING POSE 5-10 DEEP BREATHS.

SADHANA PREPARATION IN REVIEW:

1. CREATE SACRED SPACE
2. SET TIME TO PRACTICE
3. CHOOSE DEDICATION, FOCUS/GOAL OR SERVICE
4. COMMIT TO SADHANA JOURNEY
5. PREDETERMINE/OUTLINE SADHANA PRACTICE SCHEDULE
6. GATHER NEEDED ITEMS
7. VOW TO SHOW UP FOR YOURSELF
8. READ & CONTEMPLATE KEYWORD/GUIDE DAILY FOR 38 DAYS
9. JOURNAL - BREATHE - OPEN TO RECEIVE - BE TRANSCENDENCE

DIVINE MOTHER PRAYER

O Divine Mother

May all my speech and idle talk be mantra.

All actions of my hands be mudra.

All eating and drinking be the offer of oblations unto Thee.

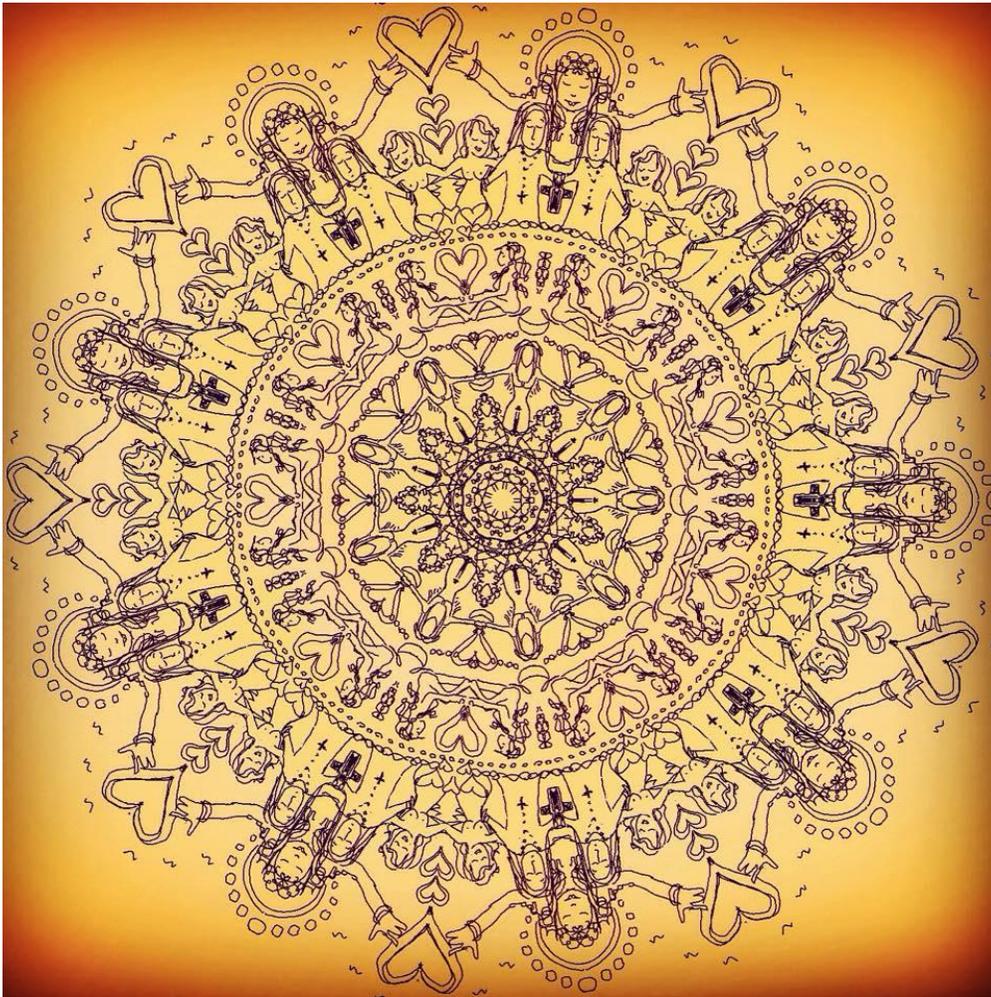
All lying down prostrations before Thee.

May all pleasure be as dedicating my entire self unto Thee.

May everything I do be taken as Thy worship.

O Divine Mother

PRAYER IS A WAY TO PRACTICE STILLNESS



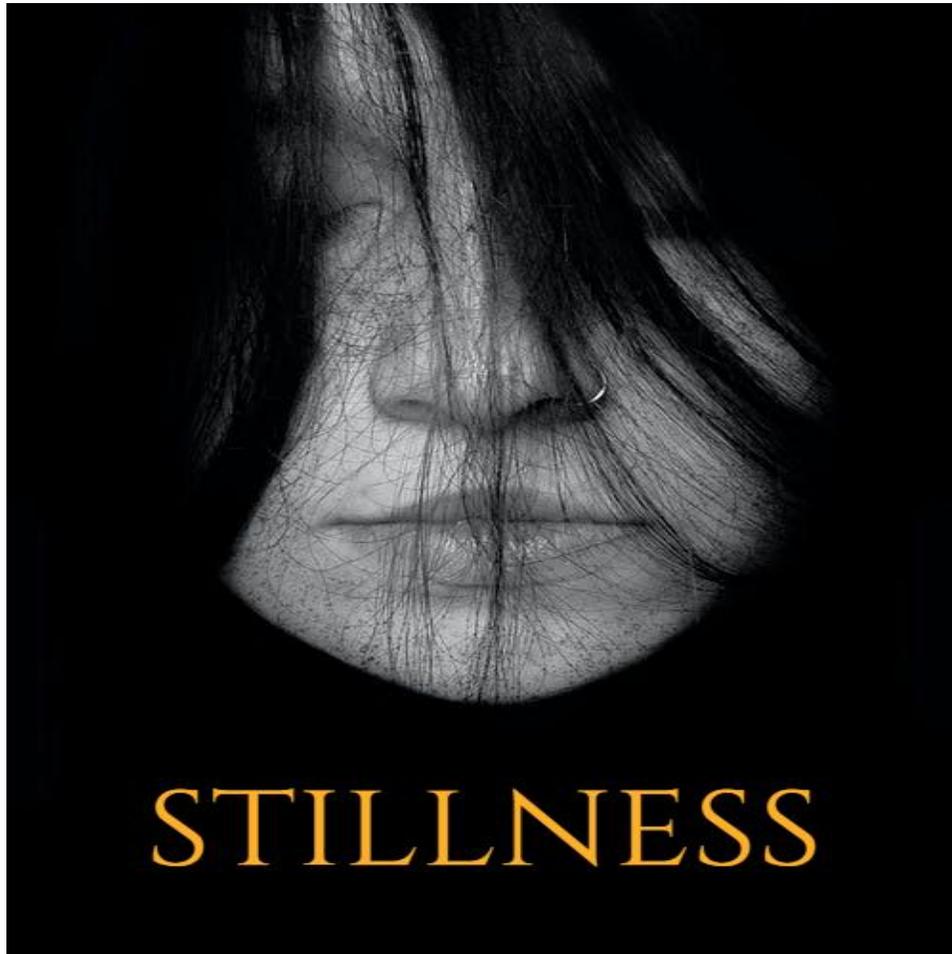
We Are One - created 2015 for The Gypsy Priestess by Lisbeth Cheever-Gessaman @ She Who Is Art

THIS WORK OF ART WAS CREATED ESPECIALLY FOR ME, AS A GIFT FROM MY BELOVED SOUL SISTER, LISBETH CHEEVER-GESSAMAN. IT REPRESENTS THE CIRCLE OF SISTERHOOD I HOPE TO CREATE BY SHARING WINTER GODDESS SADHANA WITH YOU. **O DIVINE MOTHER**, BY SWAMI SIVANANDA RADHA IS MY FAVORITE PRAYER. FOR OVER SEVEN YEARS, THESE ARE THE WORDS I WHISPER DAILY UPON WAKING.

MAY IT BE A BLESSING TO YOU. MAY WE ALL BE INFINITELY BLESSED.

DAY 1

STILLNESS



SHE WHO IS QUIETLY INTROSPECTIVE.

THE GODDESS HESYKHIA (OR HESYCHIA) IS THE DAIMONA OF QUIET, REST, SILENCE AND STILLNESS.

CALL UPON HER WHEN YOUR MIND IS RACING, WHEN YOU ARE FEELING OVER-STIMULATED, STRESSED, TOO RESTLESS TO SLEEP, ANXIOUS OR FRUSTRATED. SHE WILL GUIDE YOU TO THE PLACE OF STILLNESS THAT DWELLS WITHIN YOUR OWN MIND, BODY AND SPIRIT. HEED HER WISDOM WHEN SHE GENTLY REMINDS YOU THAT STILLNESS IS NOT NECESSARILY BEING MOTIONLESS, BUT BEING PEACEFUL IN ALL THAT YOU EXPERIENCE..

HOW WILL YOU PRACTICE STILLNESS TODAY?

*Within you, there is a stillness and sanctuary
to which you can retreat at any time and be yourself.*
— Hermann Hesse

DAY 2

GRACE



SHE WHO IS RELAXED ELEGANCE & HONORABLE

THE GODDESS AGLAEA (OR AGLAÍA) IS THE GODDESS OF GRACE, CHARM AND SPLENDOR.

CALL UPON AGLAEA WHEN YOU ARE FEELING AWKWARD OR CLUMSY, THINKING UNKIND THOUGHTS OF SOMEONE (INCLUDING YOURSELF), WHEN YOUR SKIN OR EYES LOOK DULL, OR YOU WANT TO FEEL ELEGANT. SHE WILL HELP RESTORE INNER BALANCE, A LOVING ATTITUDE AND THE GLOW OF GOOD HEALTH SO YOU CAN BEHAVE, THINK AND FEEL LIKE THE RADIANT GODDESS YOU ARE!

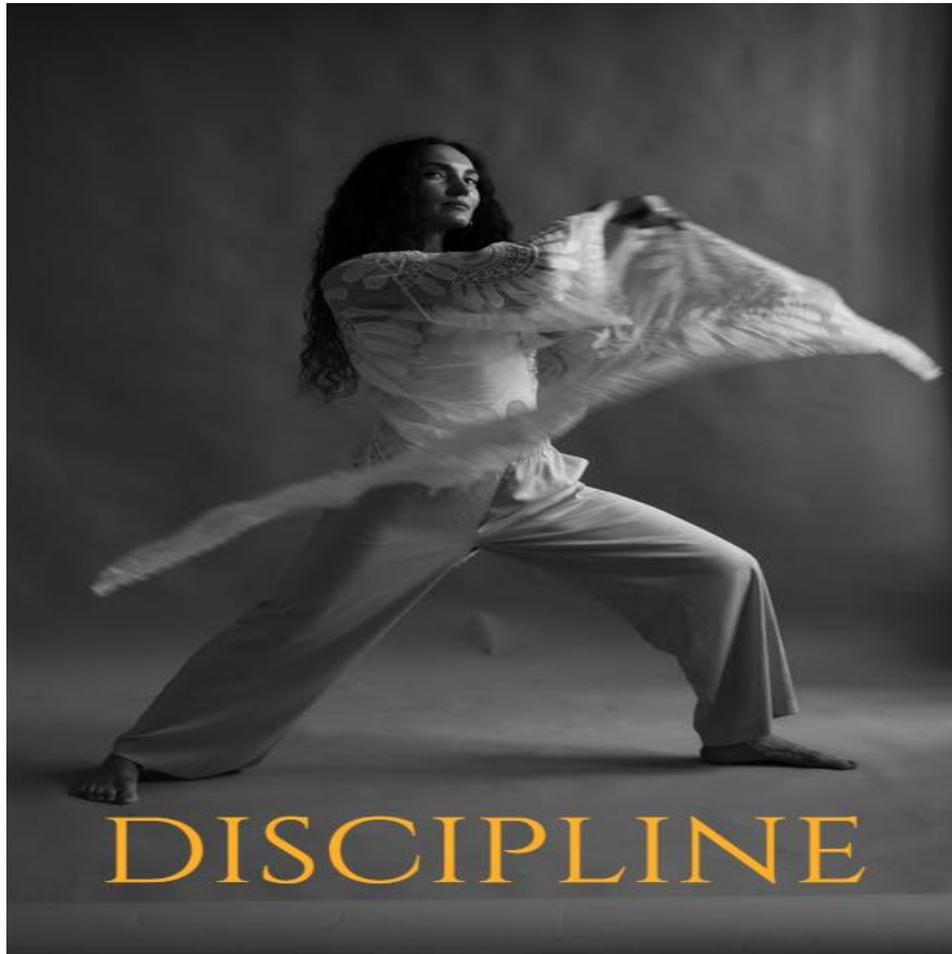
HOW WILL YOU PRACTICE GRACE TODAY?

*I do not at all understand the mystery of grace -
only that it meets us where we are but does not leave us where it found us.*

— Anne Lamott

DAY 3

DISCIPLINE



SHE WHO COMMITS TO SACRED RITUAL

THE GODDESS DISCIPLINA IS THE PERSONIFICATION OF DISCIPLINE, SELF-CONTROL, PRACTICE AND ORDER.

CALL UPON DISCIPLINA WHEN YOU ARE STRUGGLING TO REMAIN FAITHFUL TO SADHANA (OR ANY PROMISE YOU MAKE TO YOURSELF), WHEN YOU ARE INDECISIVE OR FEELING OPPRESSED. SHE WILL DIRECT YOU TO THE KNOWLEDGE NEEDED TO STAY MOTIVATED OR TO TRAIN PROPERLY TO PRACTICE. FOLLOW HER LEAD AND STAY FOCUSED, TRUE TO YOUR SACRED PATH, AND KEEP A BALANCED, ORDERLY FLOW IN YOUR DAILY ROUTINE.

HOW WILL YOU PRACTICE DISCIPLINE TODAY?

*Character contributes to beauty. It fortifies a woman as her youth fades.
A mode of conduct, a standard of courage, discipline, fortitude, and integrity can do a great deal to make a woman beautiful.
— Jacqueline Bisset*

DAY 4
PURPOSE



SHE WHO ALIGNS WITH HER SOUL MISSION

THE GODDESS LAKSHMI IS THE DIVINE SHAKTI POWER THAT TRANSFORMS DREAMS INTO REALITY.

CALL UPON LAKSHMI TO HELP YOU DISCOVER YOUR TRUE PURPOSE, TO ALIGN MORE PERFECTLY WITH YOUR SOUL ESSENCE, AND TO CREATE THE SELF SUSTAINING LIFE YOU ENVISION FOR YOURSELF. ASK HER TO HELP YOU MAKE LIFE WORTH LIVING BY REKINDLING YOUR DEEPEST DESIRES; AS DESIRES LEAD THE WAY TO YOUR PURPOSE. FOLLOW YOUR DESIRES. SHE REWARDS HARD WORK, DEVOTION AND SINCERITY WITH NOT ONLY ABUNDANCE, BUT ALSO WITH BOUNTIFUL INNER WEALTH AND SPIRITUAL SUCCESS.

HOW WILL YOU PRACTICE YOUR PURPOSE TODAY?

Your purpose in life is to find your purpose and give your whole heart and soul to it.
— Gautama Buddha

DAY 5
DELIGHT



SHE WHO IS GRATEFUL & JOYFULLY ABUNDANT

THE GODDESS HEDONE IS QUEEN OF THE FAIRIES AND THE SPIRIT OF PLEASURE, ENJOYMENT AND DELIGHT.

CALL UPON HEDONE WHEN YOU ARE FEELING LISTLESS, DEPRESSED OR HAVE A NEGATIVE ATTITUDE OR DARK THOUGHTS. SHE WILL OPEN YOUR EYES TO THE MAGICK ALL AROUND AND WITHIN YOU; JUST LOOK BEYOND THE VEILS OF ILLUSION. JOY LIVES IN YOU! DELIGHT ALWAYS BUBBLES UP FROM SOMEWHERE DEEP INSIDE. BE GRATEFUL AND FOLLOW HER INTO THE WOODS, AMONG WILDFLOWERS, OR ALONG THE WATER'S EDGE. SHE INVITES YOU TO COME DANCE IN THE MOONLIGHT, OR SPEND TIME WITH THE ANIMALS OR CHILDREN...

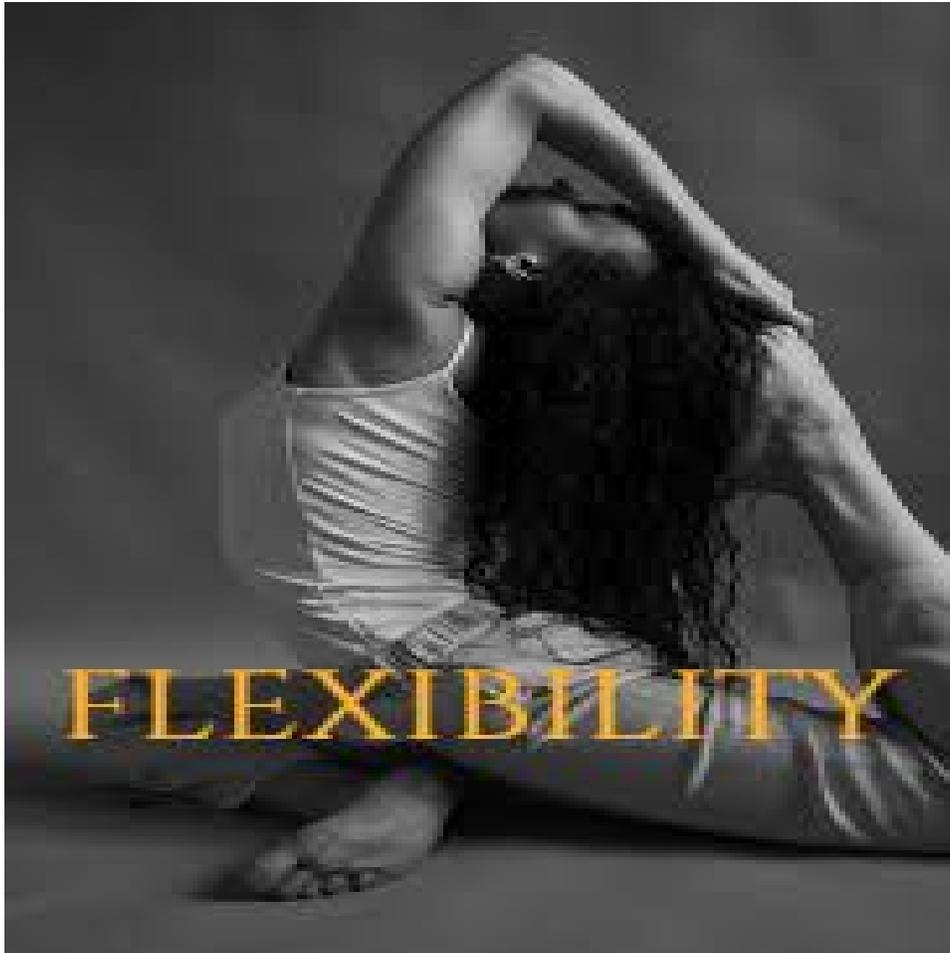
HOW WILL YOU PRACTICE DELIGHT TODAY?

*Dedicate yourself to the good you deserve and desire for yourself.
Give yourself peace of mind. You deserve to be happy. You deserve delight.*

— Mark Victor Hansen

DAY 6

FLEXIBILITY



SHE WHO ALLOWS FLOW

THE GODDESS OBA IS THE POWER OF MOVEMENT, PROTECTION, ENERGY, AND FLEXIBILITY.

CALL ON OBA WHEN YOU NEED TO SURRENDER OR LET GO, WHEN YOU FEEL STUCK, SLUGGISH OR HEAVY, WHEN YOU NEED HELP WITH A PROBLEM, FINISHING A PROJECT OR GOAL, OR WHEN YOU FEEL JEALOUS, NOT GOOD ENOUGH OR STAGNANT IN ANY AREA OF YOUR BEING OR LIFE. SHE WILL ENCOURAGE YOU TO GET YOUR BODY MOVING, STRETCH YOUR MIND, AND STEER YOUR THOUGHTS IN A NEW DIRECTION. SHE WILL SHOW YOU HOW TO FIND YOUR INNER POWER TO GO WITH THE FLOW AND MOVE EFFORTLESSLY WITH/THROUGH AND BEYOND WHAT IS. TRUST HER. IN TIME YOU SEE: IT WILL HURT LESS, YOU WILL BE STRONGER, AND SO MUCH HAPPIER!

Yielding flexibility is a virtue of an ever-expanding heart.

— Molly Friedenfeld

DAY 7
BREATHE



SHE WHO IS AT REST & FULLY AWARE

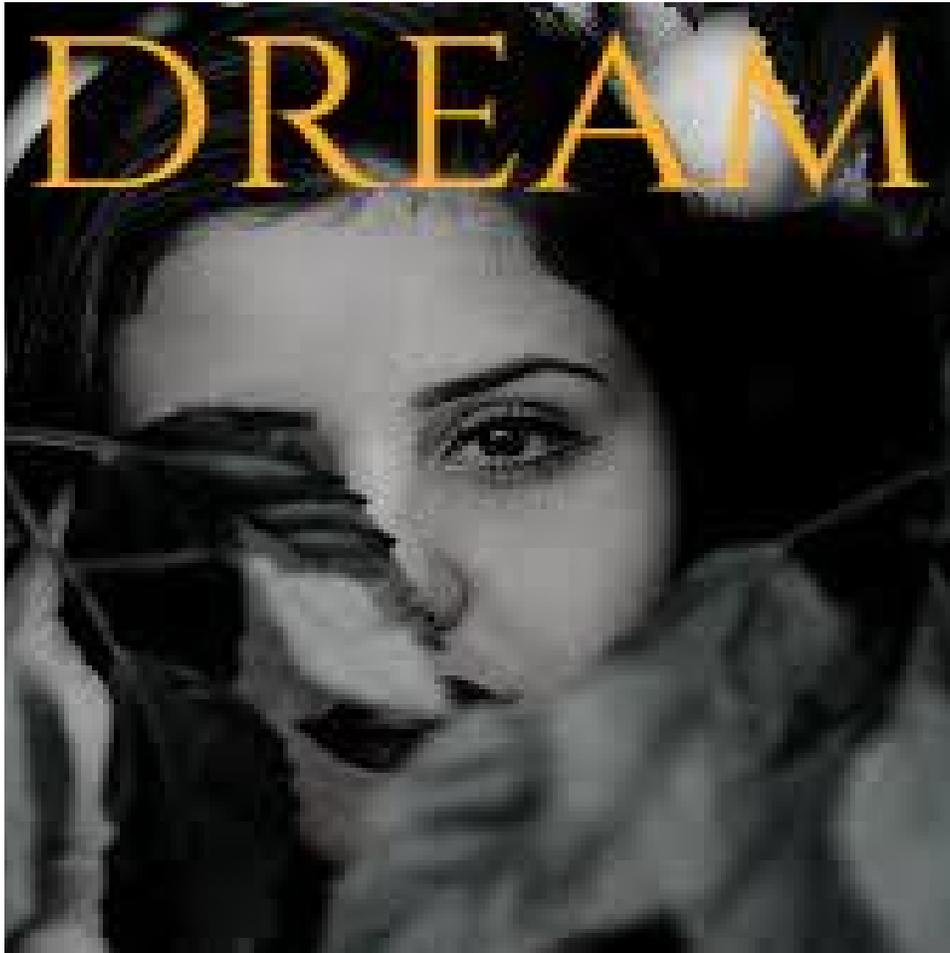
THE GODDESS USHAS IS THE ESSENCE OF DAWN, THE LIFE OF ALL LIFE, THE BREATH OF ALL BREATHS..

CALL ON USHAS WHEN YOU ARE OUT OF BREATH, WHEN YOU'RE WEARY FROM RUNNING AROUND, DOING TOO MUCH, TOO FAST, AND ALL AT ONCE. SIT QUIETLY WITH HER WHEN YOU FIRST AWAKEN AND BEGIN YOUR DAILY PRACTICE. TAKE TIME TO BE AWARE OF AND GRATEFUL FOR YOUR BREATH. BREATH IS THE GIFT OF LIFE SHE GIVES TO US. CONSCIOUS BREATHING HAS THE POWER TO BRING HER FULLY INTO YOUR BODY. BREATHE IN HER PEACE. REST FOR A WHILE IN HER GENTLE PRESENCE BEFORE THE BUSYNESS OF THE DAY BEGINS.

HOW WILL YOU PRACTICE BREATHING TODAY?

*Breathing is meditation; life is a meditation.
You have to breathe in order to live, so breathing is how you get in touch with the sacred space of your heart.*
— Willow Smith

DAY 8
DREAM



SHE WHO ENVISIONS HER GOALS

THE GODDESS OF DREAMS AND HOPE, MARI HOLDS US TOGETHER IN THE DARKNESS.

THOUGH HER NAME IS UNSPEAKABLE -VISUALLY A SYMBOLIC GLYPH- CALL UPON THE ONE WHO WALKS WITH US WHILE WE DREAM... WHEN YOU ARE AFRAID, UNSURE OR LOST, IF YOU SEEK A VISION OR NEED A RAY OF HOPE IN THE DARKNESS, IF YOU HAVE GOALS THAT REQUIRE INNER VISION TO SEE THEM INTO MANIFESTED REALITY. HER POWER IS GREAT BUT OFTEN MISUNDERSTOOD. SHE HOLDS US AS WE HOLD OUR DREAM SEEDS IN THE WOMB OF OUR SPIRIT BEING... SHE GUIDES US THROUGH THE DARK NIGHT OF THE SOUL. CALL HER MARI, SHE WILL COME.

HOW WILL YOU PRACTICE BIRTHING YOUR DREAMS?

To accomplish great things, we must not only act, but also dream; not only plan, but also believe.

— Anatole France

DAY 9

EMBRACE



SHE WHO IS SELF-SUPPORTIVE & HOLDS SACRED SPACE

GAIA IS THE PERSONIFICATION OF THE EARTH AS MOTHER; UPON HER ANCIENT BODY ALL THINGS DWELL.

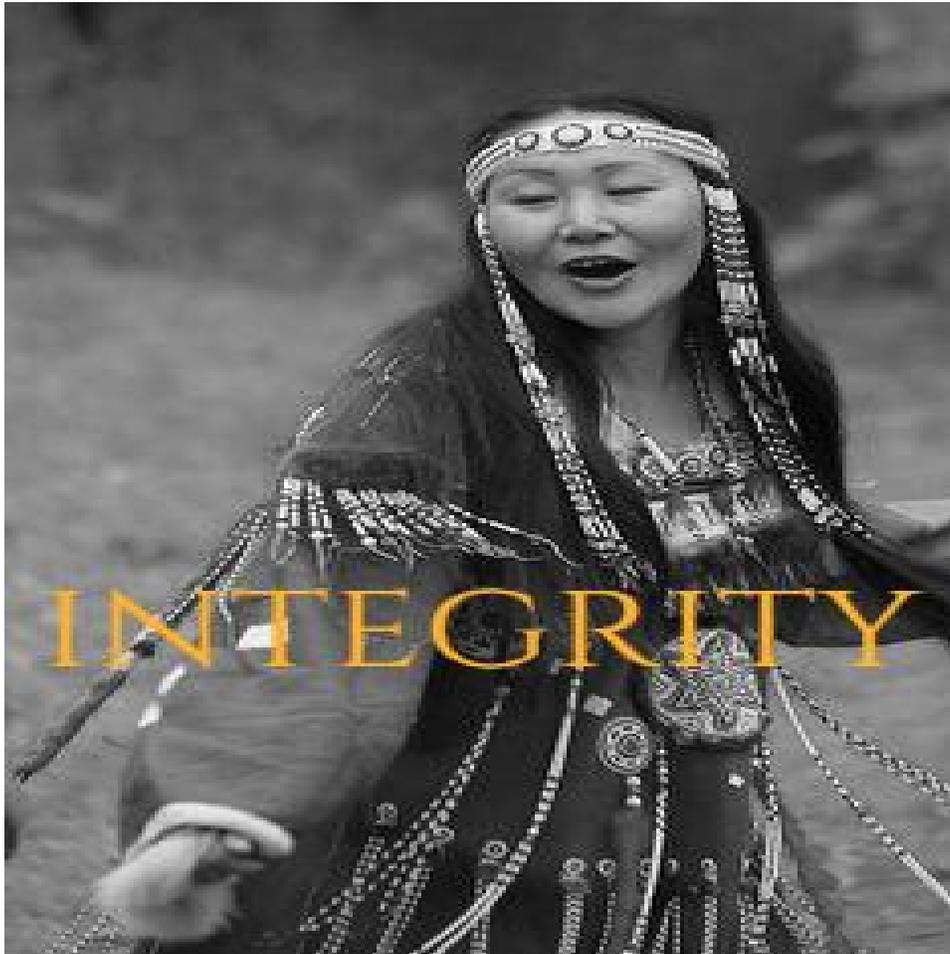
CALL UPON MOTHER EARTH WHEN YOU ARE IN NEED OF MOTHERLY LOVE, STRENGTH, COURAGE, CONFIDENCE AND SUPPORT. HER HEART IS ALWAYS OPEN, READY TO EMBRACE AND HOLD YOU. SHE TEACHES THE MYSTERIES OF LIFE, HOW TO LIVE IN HARMONY WITH HER CYCLES, WHERE TO FIND SHELTER AND SUSTENANCE, AND HOW TO LIVE IN SACRED SPACE WITH HER AND ALL OUR RELATIONS. SHE WANTS YOU TO TRUST IN HER, IN YOURSELF. IT BRINGS HER GREAT JOY WHEN YOU SPEND TIME WITH HER. SHE SINGS YOUR NAME. CAN YOU HEAR HER?

HOW WILL YOU PRACTICE EMBRACING TODAY?

Sometimes it's necessary to embrace the magic, to find out what's real in life, and in one's own heart.

— Sarah Addison Allen

DAY 10
INTEGRITY



SHE WHO IS HONEST & WHOLE

MAAT IS THE POWERFUL BUT COMPASSIONATE GODDESS OF TRUTH, DISCERNMENT, WHOLENESS AND INTEGRITY.

CALL UPON MAAT WHEN YOU SEEK YOUR HIGHEST GOOD, WHEN YOU WANT TO SHED LIGHT UPON A SITUATION, IF YOU ARE UNSURE OR CONFUSED, AND SEEK GUIDANCE OR A MENTOR. THERE IS NO NEED TO BE AFRAID OF SHADOWS THOUGHTS, IF YOU LET TRUTH GUIDE YOUR PATH. BE WISE. BE TRUE TO YOURSELF. REMEMBER WHO YOU ARE! IF YOUR HEART IS PURE, HAPPINESS WILL RADIATE FROM YOUR FACE, SHOWING OTHERS THE WAY.

HOW WILL YOU PRACTICE INTEGRITY TODAY?

Be faithful to that which exists within yourself.
— Andre Gide

DAY 11
CELEBRATION



SHE WHO GIVES, SHARES & IS OPEN TO RECEIVE

THE GODDESS LAETITIA IS THE SPIRIT OF ABUNDANCE, JOY, GLADNESS, GAIETY AND CELEBRATION.

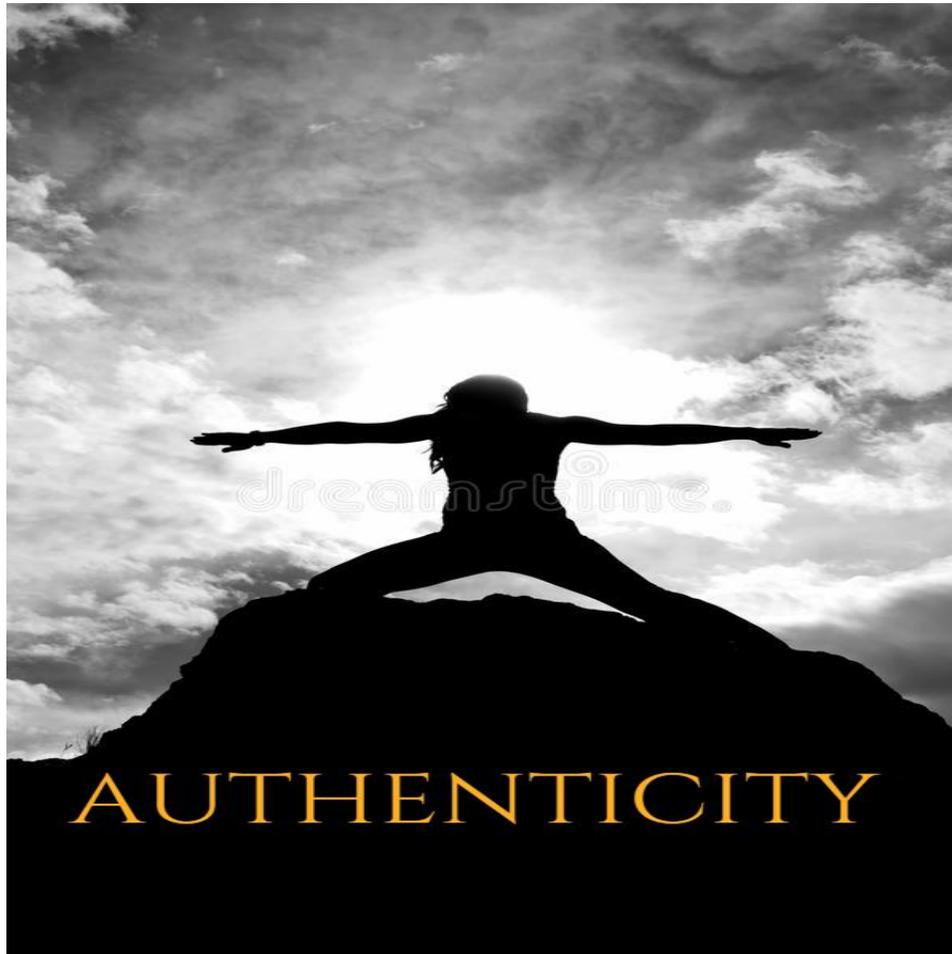
CALL UPON HER WHEN YOU HAVE SOMETHING WONDERFUL TO SHARE (GOOD NEWS, FORTUNE, A BOUNTIFUL HARVEST), IF YOU ARE ABOUT TO EMBARK UPON A NEW ADVENTURE, IF YOU ARE IN NEED OF GOOD LUCK, FERTILITY, OR TO RELEASE UNDUE FEAR. LAETITIA DELIGHTEDLY ENCOURAGES YOU TO CELEBRATE GREAT AND SMALL ACCOMPLISHMENTS, OPEN YOUR HEART AND MIND TO RECEIVE NEW POSSIBILITIES, AND TO BE HAPPY.

HOW WILL YOU PRACTICE CELEBRATING TODAY?

Celebrate what you want to see more of.
— Tom Pete

DAY 12

AUTHENTICITY



SHE WHO HAS SELF-WORTH, SELF-ESTEEM & DIGNITY

ISIS IS THE GODDESS OF HEALING, PERSPECTIVE, LOVE, SPIRITUALITY AND REBIRTH.

CALL UPON ISIS WHEN YOU NEED TO CHANGE DESTRUCTIVE VIEWS, LOVE YOURSELF MORE, REMEMBER YOUR WORTH, RECLAIM YOUR SENSE OF MAGICK, AND HAVE HOPE FOR THE FUTURE. SHE WILL HELP HEAL FALSE BELIEFS ABOUT YOUR LOOKS, YOUR ABILITIES OR PAST, AND EMPOWER YOU TO BE FAITHFUL TO YOURSELF AND YOUR DREAMS. ISIS WANTS YOU TO LIVE KNOWING YOUR WORTH AND ENJOYING BEING YOUR TRUE SELF,

HOW WILL YOU PRACTICE BEING AUTHENTIC TODAY?

*Authenticity is a collection of choices that we have to make every day.
It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.*

— Brene Brown

DAY 13

HARMONY



SHE WHO PRAYS & SEES HERSELF AS ONE AND ALL

GODDESS HOMONOIA OF ONE HEART, ONE LOVE, HARMONY, UNANIMITY, CONCORD AND UNITY OF MIND.

CALL UPON HOMONOIA WHEN YOU FEEL ALONE, OUT OF SORTS, UNLOVED, FEARFUL OF LOSING CONNECTION WITH THOSE YOU LOVE OR YOURSELF. SHE WILL HELP YOU TO REMEMBER THAT YOUR HEART IS DIVINE, AND THAT YOUR SONG IS A VITAL PART OF THE UNIVERSE. PRAY TO HER, ASKING WHAT YOU SECRETLY DESIRE. LISTEN AND YOU WILL HEAR HER. SPEAK YOUR DEEPEST LOVE BACK TO YOU IN EVERY FLOWER, BIRDSONG, AND RAIN.

HOW WILL YOU PRACTICE RECEIVING HARMONY TODAY?

Harmony is a beautiful balance between mind, body and soul measured in tender peaceful moments.

— Melanie Koulouris

DAY 14
CONNECTION



SHE WHO GROUNDS & BALANCES HER ENERGY

THE BUTTERFLY MAIDEN IS A KACHINA OR SPIRIT OF BEAUTY, FERTILITY, NATURE, REBIRTH AND BALANCE.

CALL UPON HER TO RESTORE YOUR INNER BALANCE, TO EFFORTLESSLY RESOLVE PROBLEMS, TO HEAL PAST TRAUMA, AND TO FEEL A DEEPER CONNECTION TO YOUR SOUL SELF, THE EARTH AND OTHERS. ASK, AND SHE WILL TEACH YOU THE WISDOM OF TRANSFORMATION AND THE BEAUTY OF BEING IN YOUR WOMAN'S BODY

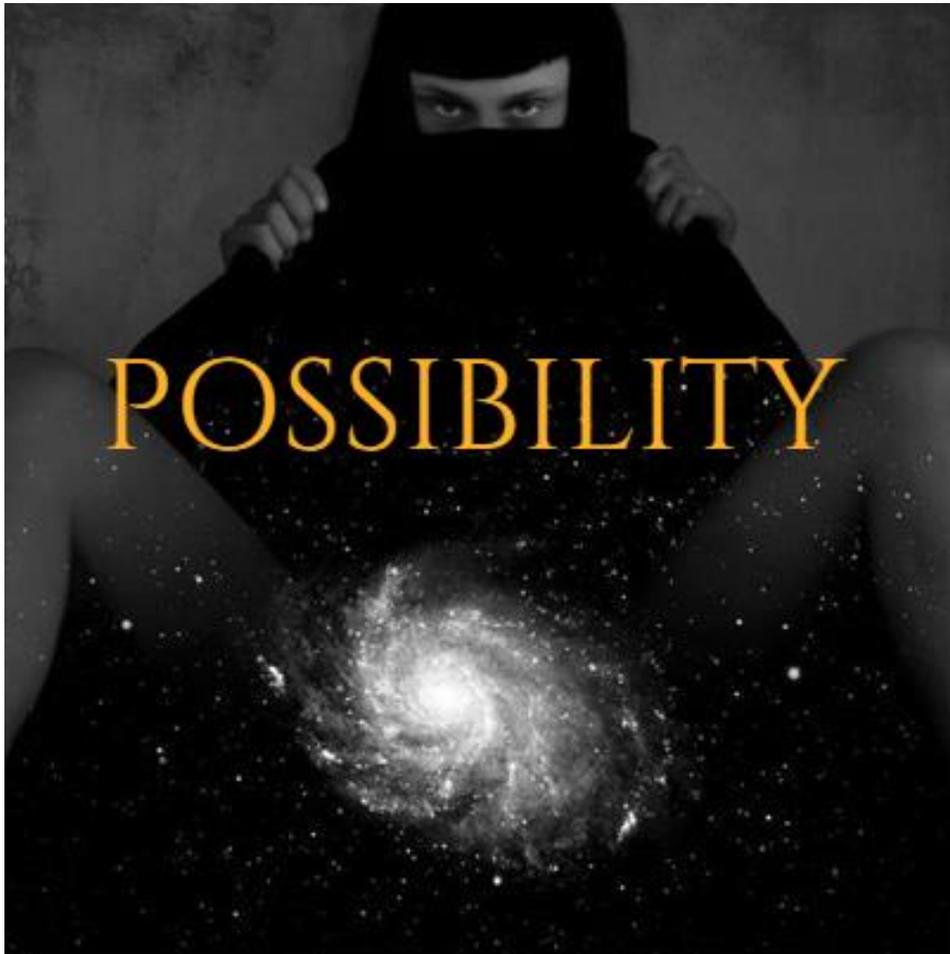
HOW WILL YOU PRACTICE CONNECTING TODAY?

Healing yourself is connected with healing others.

— Yoko Ono

DAY 15

POSSIBILITY



SHE WHO OPENS FOR GROWTH, MYSTERY & CHANGE

CERIDWEN IS THE GODDESS OF CHANGE, POWER, REBIRTH, TRANSFORMATION AND THE CAULDRON.

CALL UPON CERIDWEN WHEN YOU ARE READY FOR SOMETHING MAGICKAL TO HAPPEN, TO STIR THINGS UP IN YOUR LIFE, WHEN THINGS HAVE BEEN STUCK IN AN UNHEALTHY CYCLE FOR FAR TOO LONG, OR WHEN YOU ARE READY TO DELVE INTO YOUR OWN DEEP MYSTERIES. TELL HER THAT YOU ARE READY TO GROW, THAT YOU ARE NO LONGER ALLOWING FEAR TO HOLD YOU BACK, AND THAT YOU ARE OPEN TO INFINITE POSSIBILITIES.

HOW WILL YOU PRACTICE OPENING TO POSSIBILITY TODAY?

*Dear Goddess, Give me the courage to choose unknown possibility over known dead ends.
— Rachael Maddox*

DAY 16

ENJOYMENT



SHE WHO REJOICES & IS FULL OF MIRTH

BAUBO IS THE BAWDY, SEXUALLY LIBERATED GODDESS OF MIRTH WHO IS WISE AND FUN LOVING.

CALL UPON BAUBO WHEN YOU ARE FEELING UPTIGHT, SEXUALLY REPRESSED OR YOU'RE TAKING EVERYTHING JUST A LITTLE TOO SERIOUSLY. SHE WILL BE HAPPY TO GET YOU OUT OF YOUR RUT, AND MAYBE EVEN MAKE YOU BLUSH! OPEN UP TO HER STRANGE FLAVOR OF WISDOM AND STEP OUT OF YOUR COMFORT ZONE FOR A WHILE. IT'S LIBERATING TO EXPRESS YOURSELF IN IRREVERENT AND BLATANTLY HONEST WAYS... SHE THINKS YOU NEED A GOOD BELLY LAUGH! IT'S GOOD FOR THE SOUL TO LAUGH UNCONTROLLABLY AND YOU DESERVE TO ENJOY IT!

HOW WILL YOU PRACTICE ENJOYMENT TODAY?

I finally figured out the only reason to be alive is to enjoy it.

— Rita Mae Brown

DAY 17
TRUST



SHE WHO ACCEPTS DIVINE ORDER/CHAOS & KEEPS FAITH

GODDESS DURGA IS A DIVINE FORCE, OR ENERGY THAT PRESERVES RIGHTEOUSNESS IN THE UNIVERSE.

CALL UPON DURGA IF YOU HAVE LOST FAITH IN YOURSELF, NEED ASSISTANCE RELEASING FEAR/DELUSION, A NEGATIVE HABIT, OR ADDICTION. SHE IS READY AND WILLING TO SUPPORT YOU TO LEAD THE WAY, TO BELIEVE IN YOURSELF OR TO BECOME YOUR OWN S-HERO. SHE ENCOURAGES YOU TO DO BETTER FOR YOURSELF AND REMINDS YOU TO TRUST THAT ALL IS IN PERFECT DIVINE ORDER; DESPITE APPEARANCES, ALL IS WELL.

HOW WILL YOU PRACTICE TRUSTING TODAY?

None of us knows what might happen even the next minute, yet still we go forward. Because we trust. Because we have faith.
— Paulo Coelho

DAY 18
RELEASE



SHE WHO FORGIVES, SURRENDERS & SETS HERSELF FREE

GODDESS SEDNA OF PROVIDENCE, NATURE, THANKFULNESS, ABUNDANCE AND FORGIVENESS.

CALL UPON SEDNA WHEN YOU HAVE MADE A MISTAKE, CHOSEN THE WRONG PATH, SUFFER, FEEL UGLY, BROKEN OR HAVE LOST PARTS OF YOURSELF. IF YOU HAVE BEEN TRAUMATIZED, ARE IMPAIRED IN ANY WAY, OR HAVE BEEN BETRAYED - SHE WANTS TO SHOW YOU THAT YOU ARE MORE POWERFUL THAN YOU KNOW, AND THAT YOU ARE ALWAYS WORTHY OF LOVE AND RESPECT NO MATTER HOW YOU HAVE BEEN TREATED. SHE SAYS IT IS TIME TO SET YOURSELF FREE. FORGIVE YOURSELF AND OTHERS, THEN, FOLLOW HER AND SHE WILL SHOW YOU WHERE YOUR TREASURE IS HIDING (HINT: IT'S WITHIN).

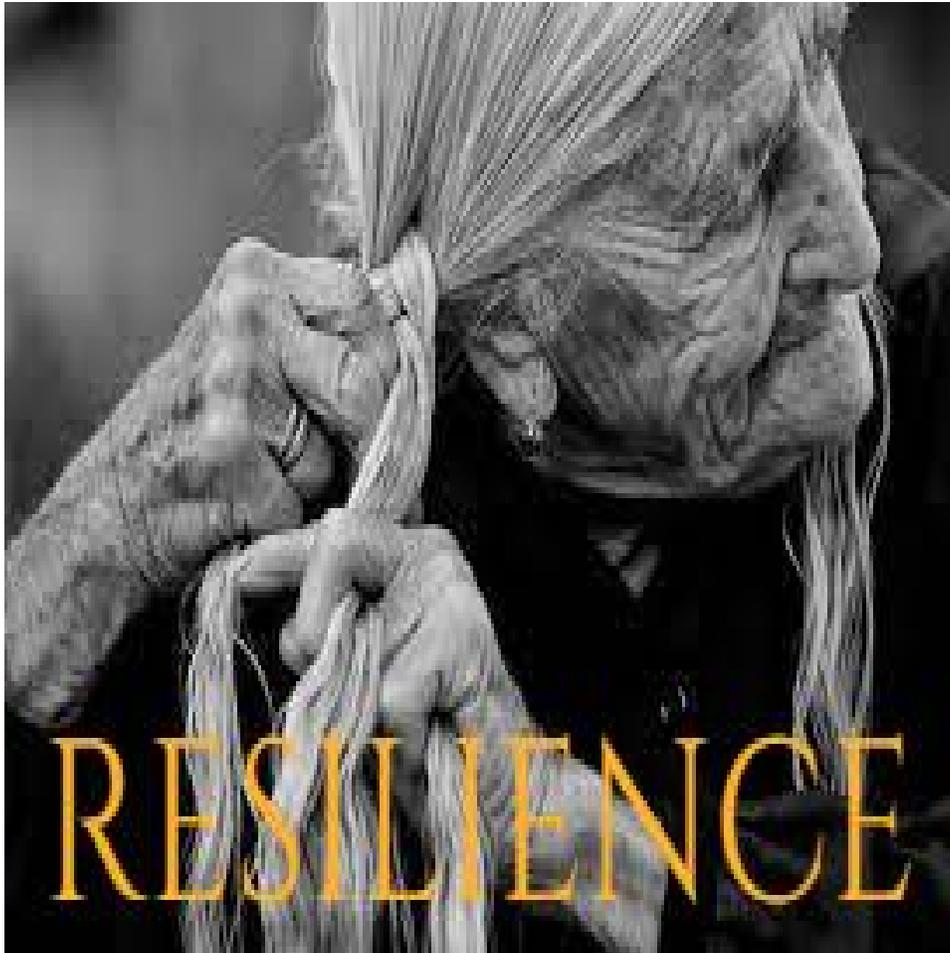
HOW WILL YOU PRACTICE RELEASING TODAY?

Bitterness imprisons life; love releases it.

— Harry Emerson Fosdick

DAY 19

RESILIENCE



SHE WHO CARES FOR HERSELF WITH A POSITIVE ATTITUDE

TAILTIU, THE GODDESS OF STRENGTH, VIGOR, ENDURANCE, SOVEREIGNTY, AND DETERMINATION.

CALL UPON TAILTIU WHEN YOU NEED TO MOVE MOUNTAINS, BRACE YOURSELF FOR SOME MONUMENTAL TASK AHEAD, WHEN SOMETHING OR SOMEONE YOU LOVE HAS DIED, IF YOU FEEL LIKE YOU ARE LOSING STRENGTH, AND WHEN YOU ARE ALMOST READY TO GIVE UP. SHE WILL GIVE YOU COURAGE TO CARRY ON, AND HELP YOU MAKE THE BEST OF ANY SITUATION. SHE SAYS KEEPING A POSITIVE MINDSET, GOOD SELF-CARE HABITS, AND LOVE MAKES ALL DAUGHTERS OF THE EARTH STRONG, RESILIENT, WILD, BEAUTIFUL, HEALTHY AND WELL-BALANCED.

HOW WILL YOU PRACTICE BEING RELIANT TODAY?

*Like tiny seeds with potent power to push through tough ground
and become mighty trees, we hold innate reserves of unimaginable strength. We are resilient.*

— Catherine DeVrye

DAY 20

IMAGINATION



SHE WHO IS INSPIRED, PLAYFUL & FULL OF WONDER

GODDESS SARASWATI EMBODIES THE ENERGY OF LEARNING, SPEECH, WISDOM AND CREATIVITY.

CALL UPON SARASWATI WHEN YOU WANT TO PLAY WITH THE CREATIVE SPARK, OPEN TO NEW WAYS OF BEING, LEARNING AND SPEAKING YOUR TRUTH. SHE DELIGHTS IN HELPING YOU FIND WAYS TO BE FREE, AND IN LOVE WITH YOUR MAGICK, SENSUALITY AND DIVINE FEMININE ESSENCE. BE INSPIRED BY NATURE, BY PLEASURE, BY PAIN, LIFE AND COMMUNICATE IT IN A UNIQUE WAY. HOW DOES IT MAKE YOU FEEL, WHAT HAS IT TAUGHT YOU, OR HOW HAS IT HELPED YOU GROW? LIFE IS FULL OF WONDER, AND YOU ARE ITS WONDERFUL EXPRESSION.

HOW WILL YOU PRACTICE USING YOUR IMAGINATION TODAY?

If you fall in love with the imagination, you understand that it is a free spirit. It will go anywhere, and it can do anything.

— Alice Walker

DAY 21
SOULFULNESS



SHE WHO LISTENS TO HER HEART & HONORS HER INTUITION

THE GODDESS HECATE REPRESENTS INTUITION, CHOICE, SOULFUL WISDOM, SHADOW AND LIGHT, AND VISION.

CALL UPON HECATE WHEN YOU WANT TO DISCOVER THE HEART OF A MATTER, WHEN YOU NEED TO MAKE SENSE OF OR SEE CLEARLY THE PAST, PRESENT AND FUTURE, WHEN YOUR SOULFUL SELF WANTS TO BE HEARD, WHEN YOU NEED LIFE AFFIRMING VALIDATION THAT YOU ARE MORE THAN FLESH AND BONE, IF YOU ARE READY TO MAKE A CHANGE, AND WHEN YOU SENSE THERE IS MORE TO LIFE. SHE PATIENTLY GUIDES YOU TO LISTEN TO YOUR OWN PRECIOUS HEART WISDOM AND TRUST THAT YOUR SPIRIT IS TRULY POETIC, DEEP AND BEAUTIFUL.

HOW WILL YOU PRACTICE HONORING YOUR SOULFULNESS TODAY?

The soul has been given its own ears to hear things that the mind does not understand.
— Rumi

DAY 22
WISDOM



SHE WHO HEARS INNER KNOWING AS DIVINE GUIDANCE

SOPHIA IS THE GODDESS OF DIVINE WISDOM, THE HOLY SPIRIT WITHIN, AND SPIRITUAL UNDERSTANDING.

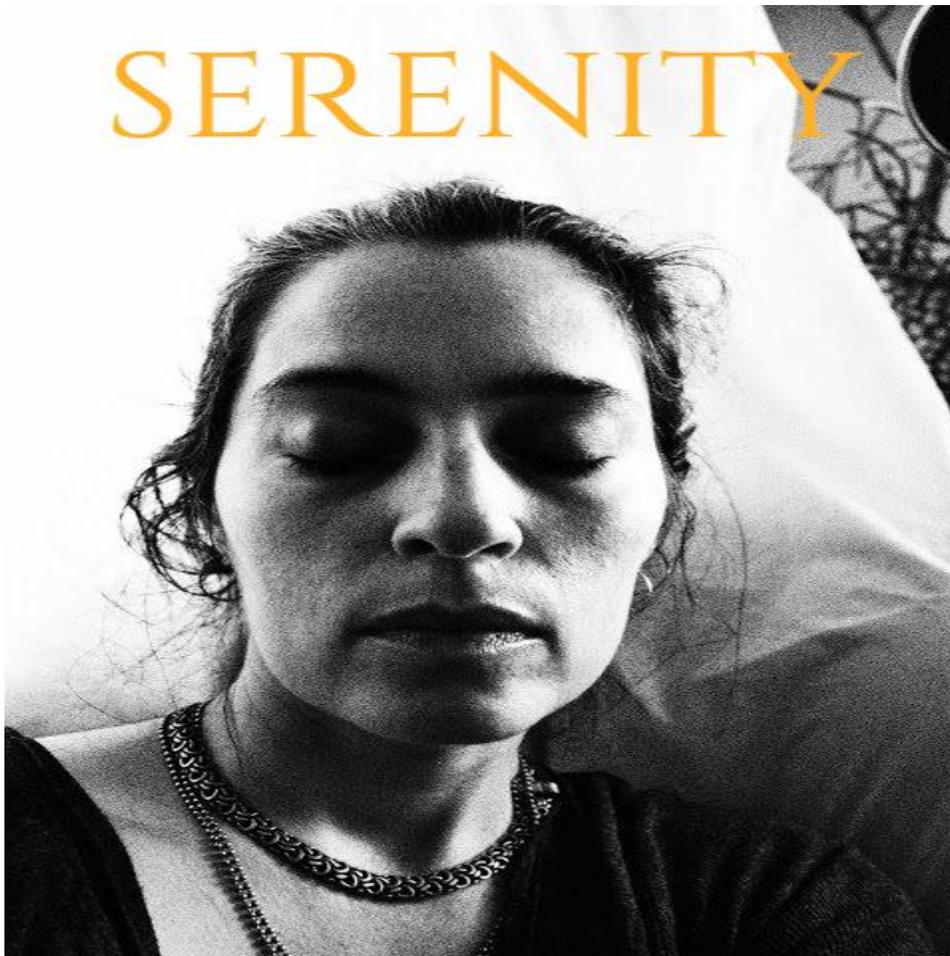
CALL UPON SOPHIA WHEN YOU NEED ANSWERS, GUIDANCE OR WHEN UNSURE HOW BEST TO ACT/THINK OR FOR HELP BEING TRUE TO YOURSELF. SHE WILL SHOW YOU HOW TO TRUST YOUR OWN INNER VOICE OF WISDOM AND FIND DIVINE ANSWERS ALL AROUND YOU. LISTEN WHEN YOU ARE HURT, SAD, OR AFRAID AND SHE WILL WHISPER: "COME" - "FOLLOW THE BRIGHT LIGHT OF YOUR OWN HEART", "BE BRAVE"... AND OTHER UPLIFTING AND PERSONALLY AFFIRMING STATEMENTS THAT REMIND YOU OF WHO YOU ARE AND THAT YOU ARE NEVER SEPARATE FROM LOVE. KNOW WITHOUT A SHADOW OF A DOUBT THAT SOPHIA IS WITH YOU ALWAYS. SHE IS!

HOW WILL YOU PRACTICE EMBODYING WISDOM TODAY?

Perhaps the secret of living well is not in having all the answers but in pursuing unanswerable questions in good company.
— Rachel Naomi Remen

DAY 23

SERENITY



SHE WHO IS CLEAR OF MIND & TRANQUIL

THE GODDESS HESTIA OF THE HEARTH, HOME OR SACRED PLACE TO DWELL, PEACE, AND FAMILY.

CALL UPON HESTIA WHEN YOU NEED INNER PEACE, DURING ARGUMENTS OR FAMILY DISPUTES, WHEN YOU ARE MOVING OR IN TRANSITION AND WANT TO FEEL SAFE AND WARM. CONTACT HER WHEN YOU ARE FEELING MAD, SCATTERED, OVER WROUGHT, OR PRESSURED IN ANY WAY. FOR CLARITY, PEACE AND FOCUS SHE REMINDS YOU TO MEDITATE WITH A CANDLE, WATCH THE FLAME AND RELEASE TENSION. NO MATTER WHERE YOU ARE, SHE IS THE HEART OF YOUR BODY TEMPLE. HER ENERGY AND POWER IS STRONG WITHIN YOU. FIND SERENITY WITHIN.

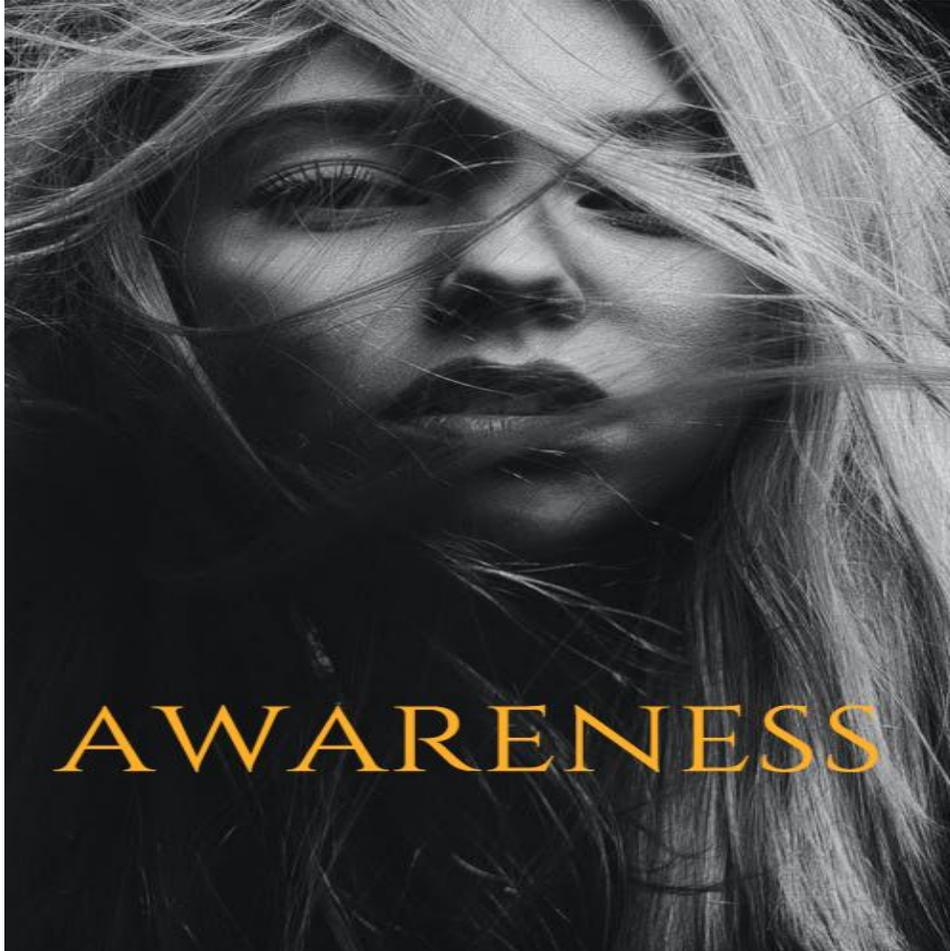
HOW WILL YOU PRACTICE SERENITY TODAY?

The mind can only reflect the true image of the Self when it is tranquil and wholly relaxed.

— Indra Devi

DAY 24

AWARENESS



SHE WHO IS WITNESS — OBSERVING INSTEAD OF JUDGING

GODDESS SAKSHI IS THE SUPREME BEING OF PURE AWARENESS, UNCHANGEABLE REALITY AND WITNESS.

CALL UPON SAKSHI WHEN YOU ARE FEELING OUT OF CONTROL IN YOUR EMOTIONS AND THOUGHTS, WHEN YOU SEEK TO RECEIVE DIVINE REASON, VIEW POINT OR SACRED HUMILITY, AND WHEN YOU FEEL A DEEP AND MEANINGFUL SENSE OF GRATITUDE FOR THE BEAUTY, MEANING AND WONDER OF LIFE. SPENDING TIME WITH SAKSHI IS THE GIFT OF SIMPLY BEING - BREATHING - CONSCIOUS OF ALL THAT IS AND NOTHINGNESS, BOTH. SHE OFFERS US THE INVALUABLE GIFT OF PRESENCE, OF BEING, OF ACKNOWLEDGING ONENESS WITH ALL IN LOVE.

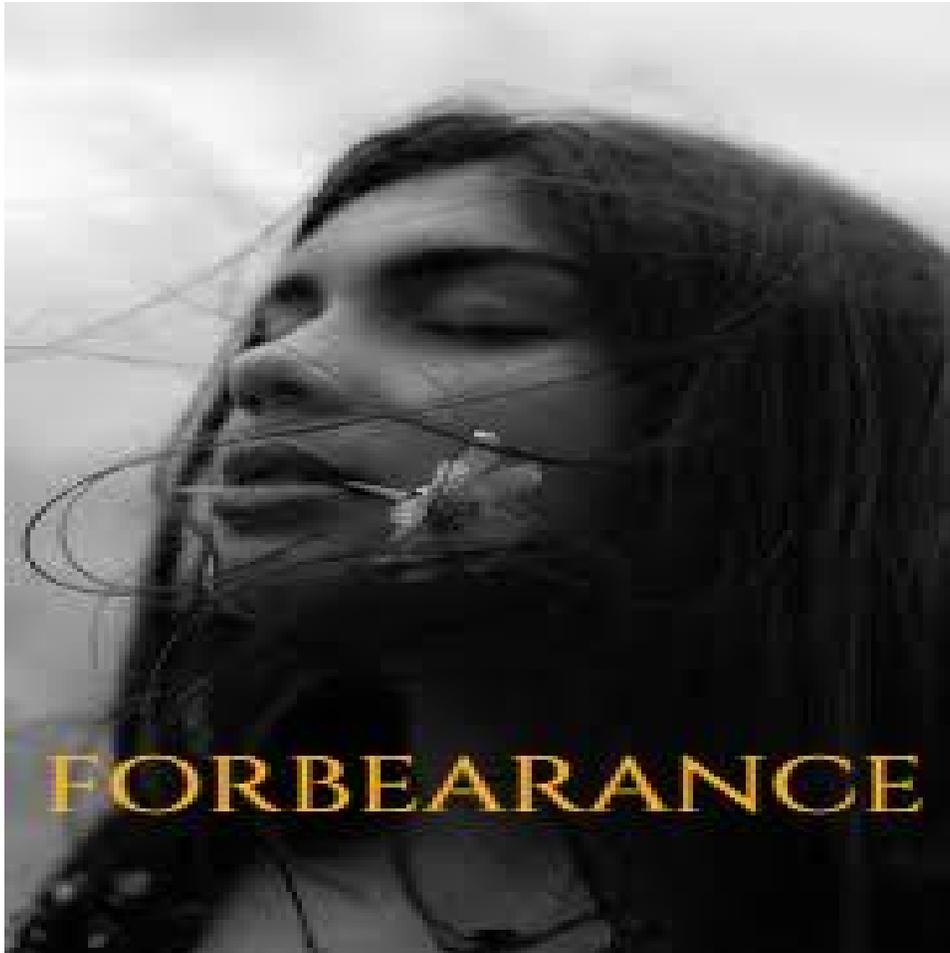
HOW WILL YOU PRACTICE AWARENESS TODAY?

Awareness is empowering.

— Rita Wilson

DAY 25

FORBEARANCE



SHE WHO IS PATIENT, FAIR & SELF-COMPOSED

THE GODDESS CLEMENTIA REPRESENTS MERCY, COMPASSION, GENTLENESS, FORBEARANCE, AND INNER PEACE.

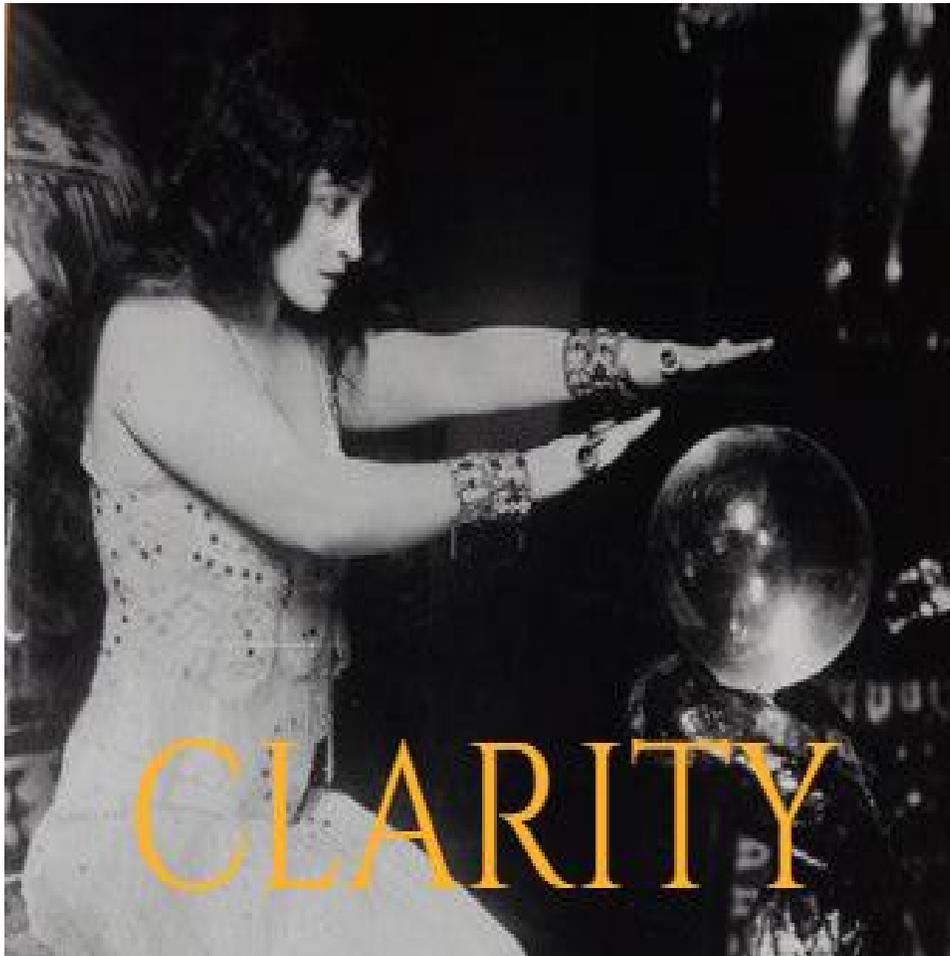
CALL UPON CLEMENTIA WHEN YOU NEED MORE PATIENCE, WHEN SOMETHING SEEMS SO UNFAIR, WHEN YOU LACK SELF-DISCIPLINE, INNER BALANCE AND THE ABILITY TO ACT WITH SINCERITY AND DIGNITY. SHE WILL GENTLY GUIDE YOU TO YOUR OWN INNER AUTHORITY AND SENSE OF BENEVOLENCE. HER VOICE IS SOFT, SO YOU MUST LISTEN CAREFULLY. HER WISDOM IS JUST AND FAIR AND BRILLIANT. PAY CLOSE ATTENTION; BE WISE.

HOW WILL YOU PRACTICE FORBEARANCE WITH YOURSELF AND OTHERS TODAY?

Forbearance is the root of quietness and assurance forever.

— Tokugawa Ieyasu

DAY 26
CLARITY



SHE WHO HAS CRYSTAL VISION & A HIGHER PERSPECTIVE

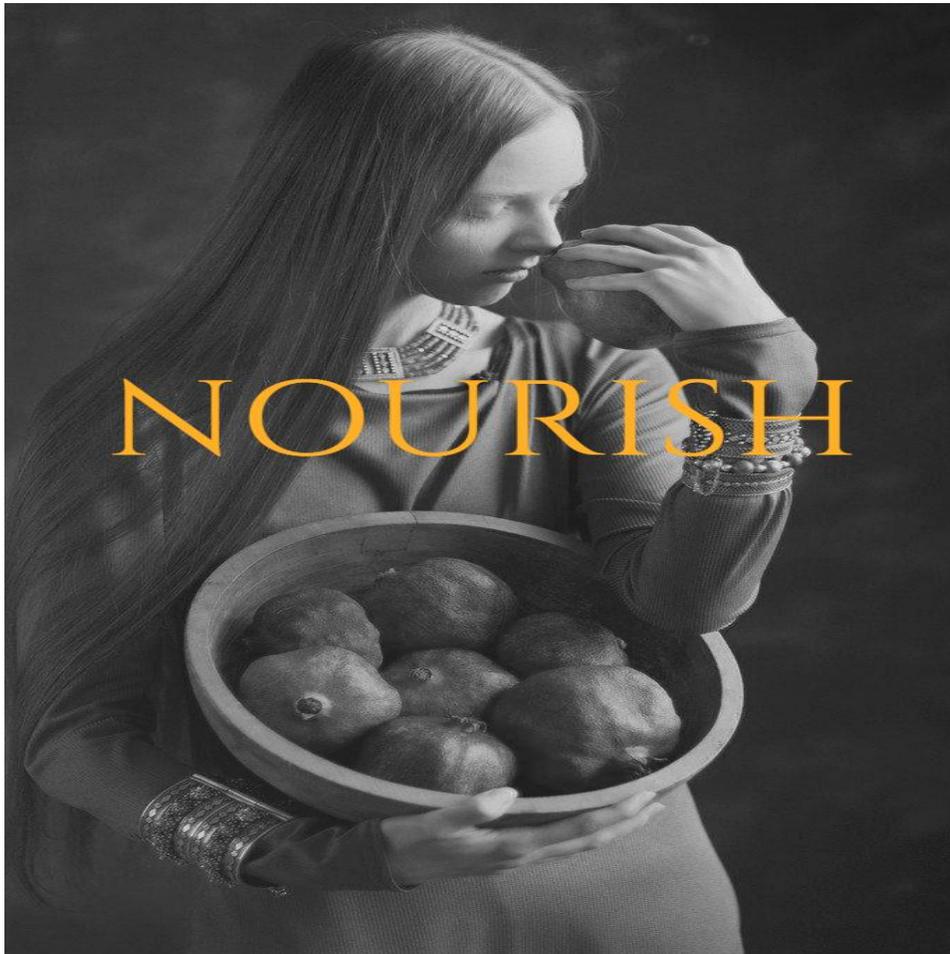
THE GODDESS THEIA IS THE PERSONIFICATION OF HEAVENLY LIFE, SIGHT, VISION, DIVINE PROPHECY, AETHER.

CALL UPON THEIA WHEN ALL SEEMS DARK IN YOUR WORLD, IF YOU HAVE ISSUES OR PROBLEMS WITH YOUR EYES WHEN YOU NEED A VISION OF HOPE OR UNDERSTANDING, AND WHENEVER YOU NEED TO KNOW WHAT'S TRUE OR SEE THE BIGGER PICTURE. SHE GRANTS CLARITY TO THOSE WHO SEEK THE TRUTH AND IS GENEROUS WITH THOSE WHO ARE PURE OF HEART AND MIND. LOOK UP INTO THE CLEAR BLUE SKY AND YOU MAY SEE HER THERE.

HOW WILL YOU PRACTICE USING YOUR GIFTS OF CLARITY TODAY?

Clarity is the moment we see without opening our eyes.
— Stephanie Banks

DAY 27
NOURISH



SHE WHO SELF CARES/COMFORTS & CHERISHES WELLNESS

THE GODDESS PARVATI IS THE POWER OF DEVOTION, FELICITY, FERTILITY, NOURISHMENT, WELL-BEING

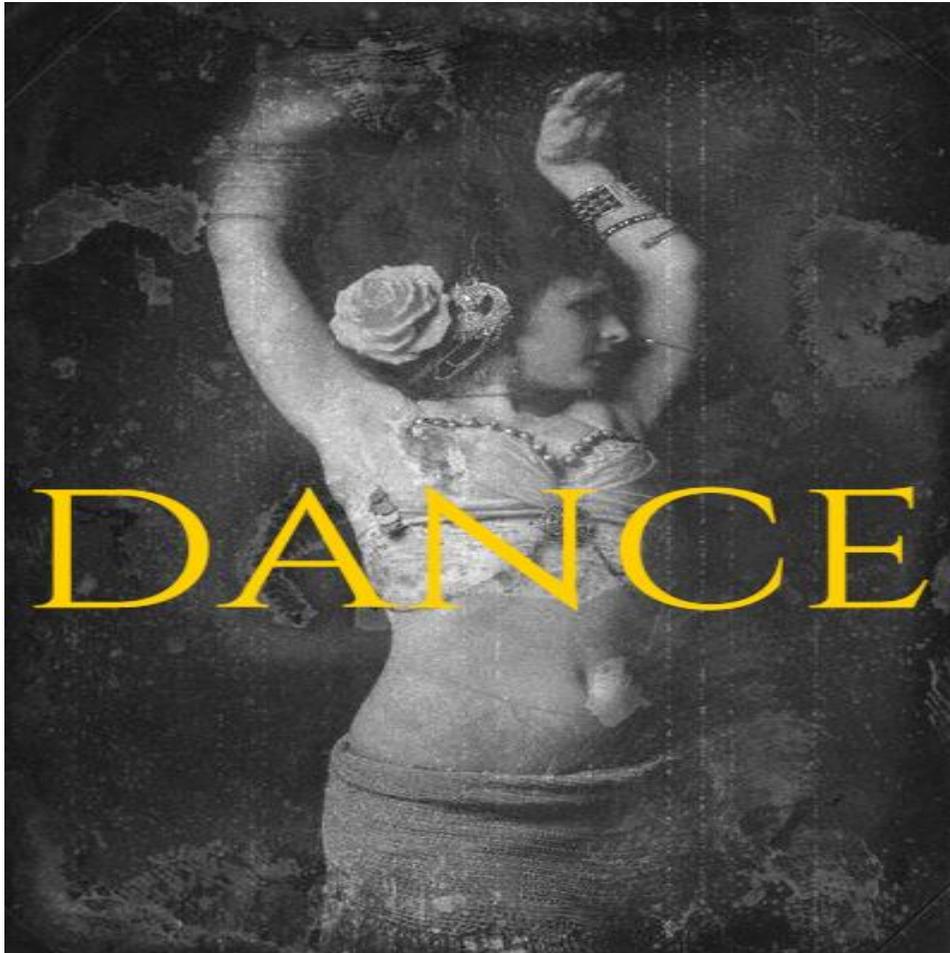
CALL UPON PARVATI, ALSO KNOWN AS ANNAPURNA WHEN YOU NEED DEEP NOURISHMENT FOR MIND, BODY AND SOUL, WHEN YOU FEEL EMPTY, ANXIOUS OR HAVE A DEEP, UNFULFILLED YEARNING, WHEN YOUR HEALTH IS OUT OF BALANCE, IF YOU HAVE ISSUES RELATED TO EATING OR WEIGHT, IF YOU HAVE NEED OF COMFORT, HAVE FORGOTTEN HOW TO CARE FOR YOURSELF IN A WAY THAT TRULY UPLIFTS, SUSTAINS AND BRINGS WELL-NESS. SHE IS THE ENERGY OF THE DIVINE MOTHER WHO OFFERS BOUNDLESS GIFTS IN TIMES OF NEED. LET YOUR PRAYER BE FOR THE NOURISHMENT THAT FILLS YOUR ENTIRE BEING WITH VITALITY, HAPPINESS AND OVERFLOWING LOVE.

HOW WILL YOU PRACTICE NOURISHING YOURSELF OR OTHERS TODAY?

Meditation is a way for nourishing and blossoming the divinity within you.

— Amit Ray

DAY 28
DANCE



SHE WHO MOVES ENERGY/SPIRIT & EXPRESSES SENSUALITY

GODDESS SHAKTI IS THE PURE ENERGY OF DIVINE FEMININE SENSUALITY, CREATION, SEXUALITY AND POWER.

CALL UPON HER WHEN YOU NEED TO FEEL ALIVE, WHEN YOU ARE TOO SELF-CONSCIOUS, WHEN YOU ARE TOO SELF CRITICAL OF YOUR BODY'S SHAPE, SIZE OR ANY OTHER DETAIL THAT YOU DISAPPROVE OF., WHEN YOU ARE FEELING ENERGETICALLY DEPRESSED, IF YOU HAVE FORGOTTEN HOW TO EXUDE YOUR INNATE SEXINESS. SHE WILL DANCE THROUGH YOU IF GIVEN THE OPPORTUNITY. OPEN YOURSELF UP TO SHAKTI POWER AND FEEL THE ENERGY OF LIFE SURGE THROUGH YOUR MIND, BODY AND SPIRIT IN NEW WAYS. EMBODY SHAKTI AND BE GLAD YOU ARE A WOMAN. YOU HAVE UNTAPPED POWER WITHIN. USE IT AS A NATURAL RESOURCE FOR BLISS.

HOW CAN YOU INCORPORATE DANCE INTO YOUR PRACTICE TODAY?

Dance is the hidden language of the soul.
— Martha Graham

DAY 29
BRAVE



SHE WHO IS COURAGEOUS, CONFIDENT & HOPEFUL

INANNA IS THE GODDESS OF FEARLESS LOVE, POWER, BEAUTY, SEX, JUSTICE, DETERMINATION AND COURAGE.

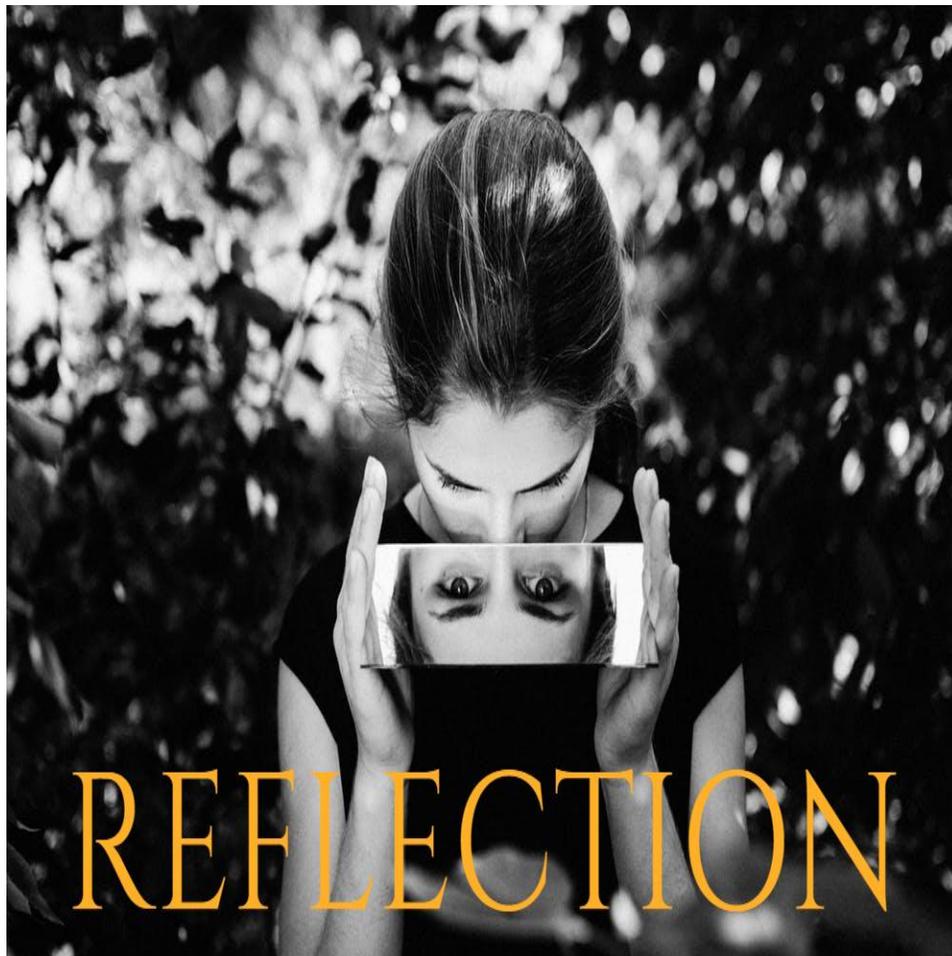
CALL UPON INANNA WHEN YOU ARE AFRAID, WHEN YOU ARE FACING THE UNKNOWN, WHEN LIFE CHANGES AND EVERYTHING YOU THOUGHT WAS REAL SUDDENLY COMES TO AN END, IF YOU WANT SOMETHING BADLY, IF YOU NEED COURAGE AND STRENGTH AND TO BE EMPOWERED. INANNA HAS BEEN THERE AND BACK. SHE WILL GUIDE YOU ALONG THE PATH THAT ALL BRAVE WOMEN MUST WALK TO BECOME THEIR AUTHENTIC SELF: QUEEN.

HOW WILL YOU PRACTICE BEING BRAVE TODAY?

*Dream, struggle, create, prevail. Be daring. Be brave. Be loving.
Be compassionate. Be strong. Be brilliant. Be beautiful.*

— Caterina Fake

DAY 30
REFLECTION



SHE WHO CONTEMPLATES DEPTH & VASTNESS OF HER BEINGNESS

THE GODDESS AMATERASU-ŌMIKAMI REPRESENTS THE SUN, ROYAL POWER, LIFE AND JOY, AND STRENGTH.

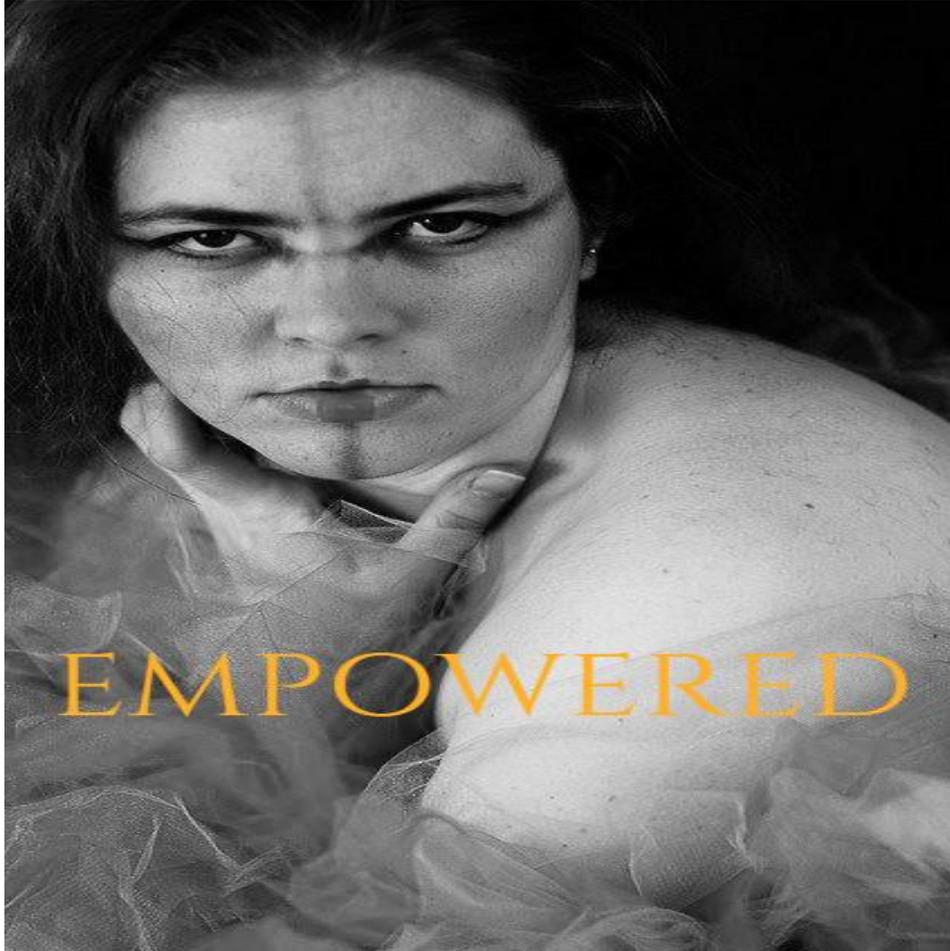
CALL UPON AMATERASU WHEN YOU WANT TO FEEL JOY AFTER HAVING SUFFERED DARK TIMES OR GREAT SORROW, IF YOU FEEL WEAK OR UNWORTHY, IF YOU HAVE FORGOTTEN THE VASTNESS OF ALL THAT YOU'VE EXPERIENCED IN THIS ONE LIFE TIME, IF YOU NEED A REMINDER OF YOUR BEAUTY, POWER AND PURPOSE, IF YOU FEEL SHALLOW OR ARE LIVING TOO CLOSE TO THE SURFACE. SHE WILL LEAD YOU INTO THE DEPTHS OF YOUR OWN BEING AND ILLUMINATE ALL THE GOLDEN TREASURES HIDING IN YOUR HEART AND MIND. SHE GENTLY PERSUADES YOU TO REMEMBER WHO YOU ARE! YOU ARE BRILLIANT AND BEAUTIFUL AND UTTERLY POWERFUL!

HOW WILL YOU PRACTICE BEING A PURE REFLECTION OF YOUR AUTHENTIC SELF TODAY?

Women need real moments of solitude and self-reflection to balance out how much of ourselves we give away.

— Barbara De Angelis

DAY 31
EMPOWERED



SHE WHO IS SOVEREIGN & HEEDS HER INNER AUTHORITY

THE GODDESS PELE OF PROTECTION, CREATIVITY, CHANGE, GENEROSITY AND SELF AUTHORITY.

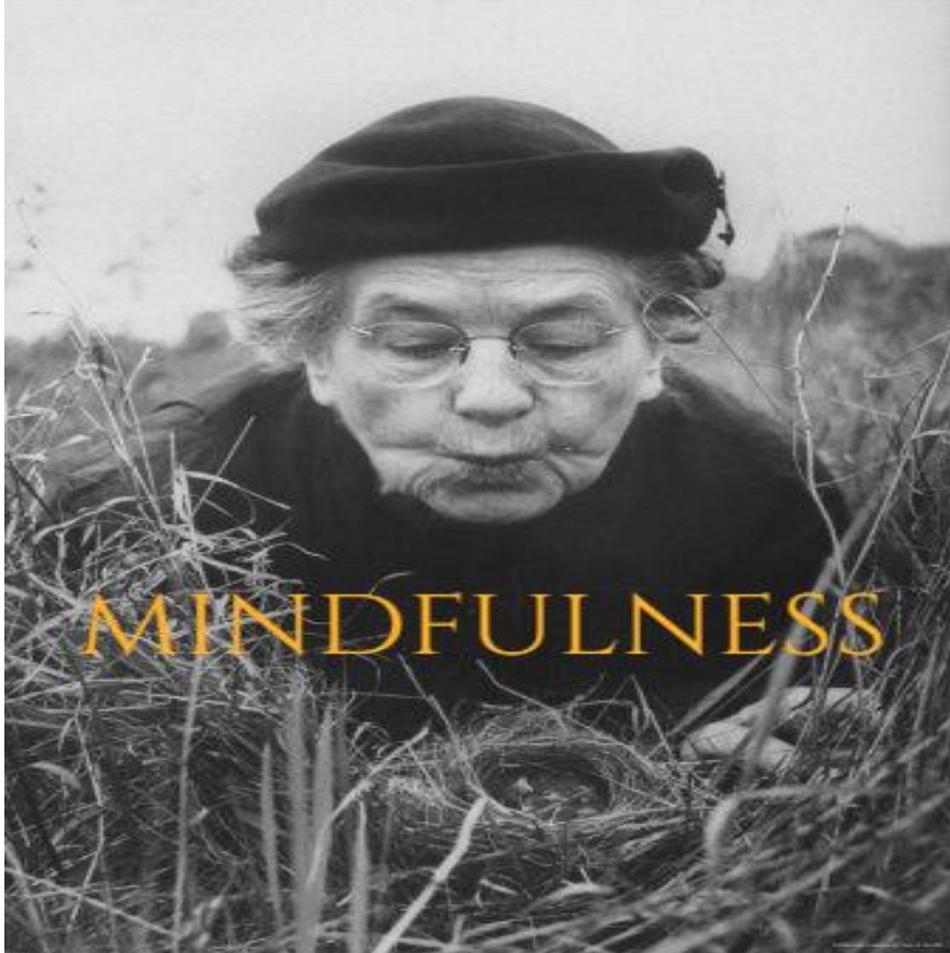
CALL UPON PELE WHEN YOU FEEL DISEMPOWERED, ANTI-SOCIAL, ADRIFT IN INNER TURMOIL, OR WHEN LIFE SITUATIONS ARE TOO HOT TO HANDLE ALONE. SHE WILL CREATE NEW GROUND UPON WHICH TO STAND, AND PROVIDE A FIRM FOUNDATION FOR YOU TO BUILD UPON. SHE WANTS TO SEE YOU DANCE AGAIN, AND OWN YOUR FEMALE POWER WITH PURPOSE, JOY AND AUTHENTIC AND SOVEREIGN AUTHORITY. SHE SAYS: DON'T BE AFRAID OF GETTING BURNED. YOU'VE GOT THIS! DELVE DEEP INTO YOUR INNER CAVES OF KNOWLEDGE; BE WISE.

HOW WILL YOU EMPOWER YOURSELF DURING PRACTICE TODAY?

We do not need magic to transform our world. We carry all of the power we need inside ourselves already.
— J.K. Rowling

DAY 32

MINDFULNESS



SHE WHO IS CONSCIOUS & PRESENT IN THE NOW MOMENT

THE GODDESS ARIANRHOD REPRESENTS FERTILITY, REBIRTH, THE WEAVING OF TIME AND FATE.

CALL UPON ARIANRHOD WHEN YOU FEEL LOST IN THOUGHT, HUMILIATED OR DISENGAGED FROM THE TRUTH OF WHO YOU ARE, IF YOU ARE TOO SPACEY OR CAN'T FOCUS, WHEN NEGATIVE EMOTIONS OVERWHELM REASON AND IF YOU WHENEVER YOU ARE FEELING STUBBORN. ARIANRHOD WILL HELP YOU PAY ATTENTION TO THE PRESENT MOMENT AND BE AWARE OF WHAT IS BEFORE YOU, SO GRATITUDE CAN FILL YOUR HEART AND PEACE CAN ENTER YOUR MIND. SHE WANTS YOU TO SEE THE BEAUTY, BLESSINGS AND MARVELS HAPPENING NOW.

HOW WILL YOU PRACTICE MINDFULNESS TODAY?

Be mindful. Be grateful. Be positive. Be true. Be kind.

— Roy T. Bennett

DAY 33
COMPASSION



SHE WHO IS LOVING KINDNESS & UNDERSTANDS NAMASTE

THE GODDESS KUAN YIN EXUDES GENTLENESS, COMPASSION, PEACE, KINDNESS AND A NATURE OF PURE LOVE.

CALL UPON KUAN YIN WHEN YOU ARE FEELING UPSET, FEARFUL OR UNWANTED. SHE IS ADEPT AT TEACHING THE SUBTLE BUT POWERFUL ART OF COMPASSION. USE IT TO ENCIRCLE AND EMBRACE YOURSELF AND OTHERS WHEN EVERYTHING HURTS OR MAKES YOU SAD. YOUR TEARS ARE PRECIOUS TO THIS GODDESS AND SHE SAVES EVERY SINGLE ONE, THEN TRANSFORMS THEM INTO THE SWEETEST NECTAR TO COMFORT AND SOOTHE ALL THAT HAS EVER CAUSED YOU HARM. BE PATIENT AND TRUST THAT WITH GRACE AND LOVE YOU WILL HEAL AND KNOW JOY.

HOW WILL YOU PRACTICE THE ART OF COMPASSION TODAY?

We can't heal the world today but we can begin with a voice of compassion, a heart of love, an act of kindness.

— Mary Davis

DAY 34

BENEFACTANCE



SHE WHO HAS GOODWILL, CONTRIBUTES & IS OF SERVICE

THE GODDESS ATHENA PERSONIFIES WISDOM AND GOOD COUNSEL FOR THE BENEFIT OF HUMANITY.

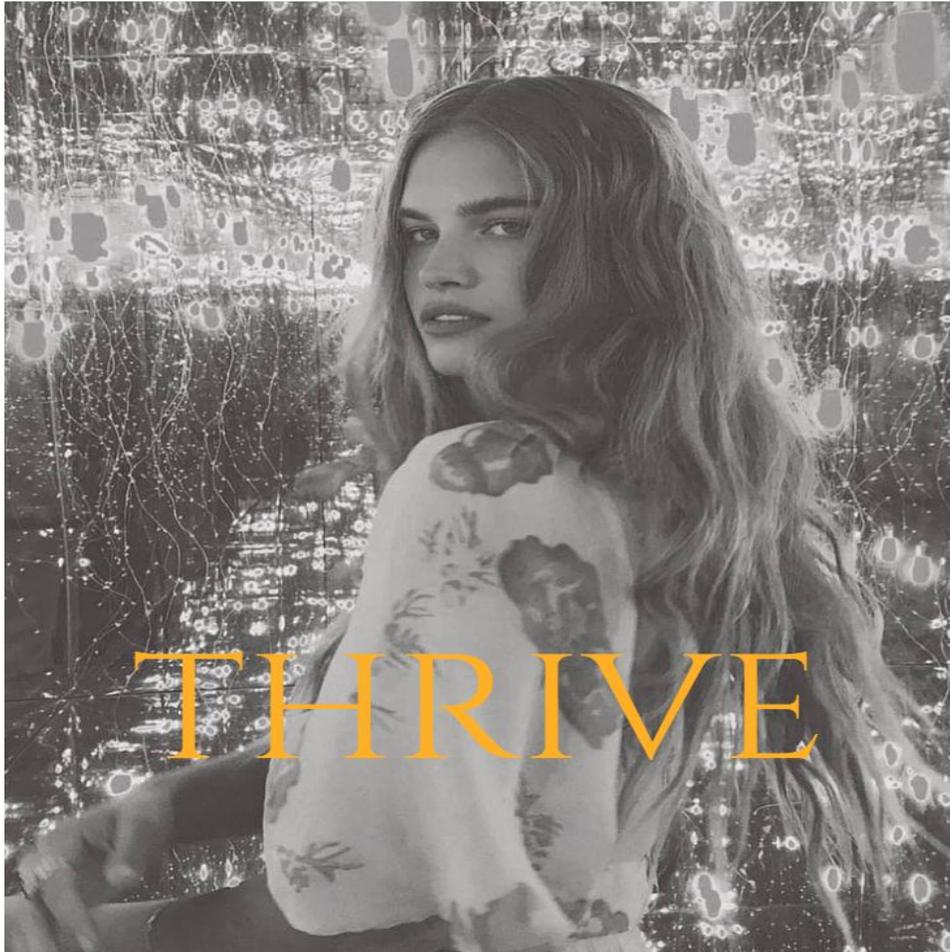
CALL UPON ATHENA WHEN YOU WANT TO DEFEND SOMEONE, STAND UP FOR SOMETHING, OR FACE ANY HEROIC ENDEAVOUR, IF YOU'VE BEEN OVERLY FOCUSED ON YOUR OWN NEEDS AND NEGLECTING THOSE YOU LOVE OR CARE ABOUT, WHEN YOU HAVE GIFTS OR TALENTS TO SHARE, BUT DON'T KNOW WHERE TO BEGIN OR HOW TO GET THEM OUT INTO THE WORLD. IF YOU WANT TO DO GOOD DEEDS OR ACTS OF SERVICE,. SHE WILL GUIDE YOUR PATH AND LEAD THE WAY. OPEN YOUR HEART AND ALLOW GOOD WILL TOWARDS OTHERS TO PROPEL YOU INTO ACTION WITHIN YOUR NEIGHBORHOOD OR IN THE COMMUNITY. REMEMBER: YOU ARE LOVE.

HOW WILL YOU PRACTICE BENEFACTANCE TODAY?

The simplest and most basic meaning of the symbol of the Goddess is the acknowledgment of the legitimacy of female power as a beneficent and independent power.

— Carol P. Christ

DAY 35
THRIVE



SHE WHO FLOURISHES BY BEING AUTHENTIC, HAPPY & EXPANSIVE

THE GODDESS FREYJA IS IN CHARGE OF LOVE AND DEATH, AND POSSESSES THE POWER OF DURABILITY.

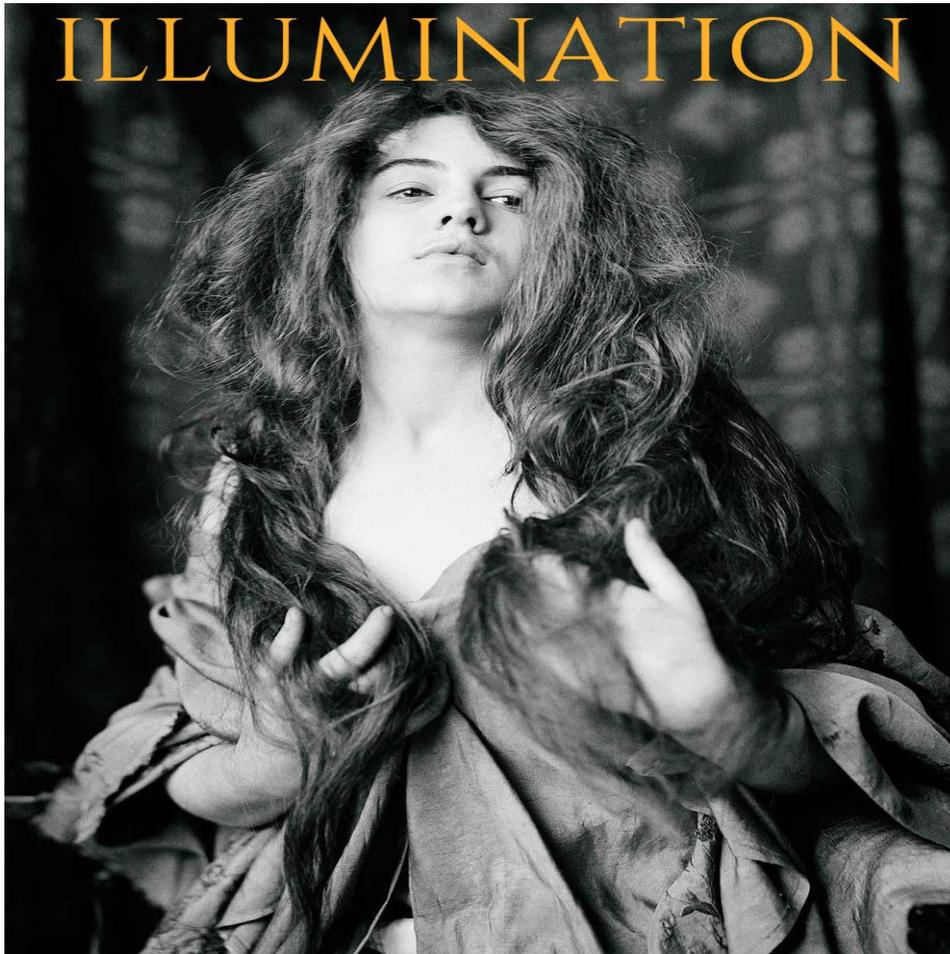
CALL UPON FREYJA WHEN YOU ARE FACING DEATH, BRINGING IN NEW LIFE, HAVE FERTILITY ISSUES, NEED STRENGTH OR YOU'RE WANTING SOMETHING RARE AND PRECIOUS AND ARE WILLING TO DO ANYTHING TO HAVE IT. FREYJA CAN SPEAK THE LANGUAGES OF THE TEN REALMS, SO IF YOU NEED WISDOM OR GUIDANCE BEYOND YOUR CAPABILITIES, SHE CAN BE YOUR GUIDE. SHE WILL SHOW YOU HOW TO FIND HIDDEN TREASURE, ENDURE ANYTHING AND FLOURISH IN THE MOST EXQUISITE WAYS. SHE SAYS STOP THINKING IN TERMS OF SURVIVAL. YOU DESERVE TO THRIVE IN EVERY AUTHENTIC AND BEAUTIFUL WAY THAT YOU DESIRE!

HOW WILL YOU PRACTICE THRIVING TODAY?

Thriving means enjoying a feeling of wholeness, satisfaction in your life and work, genuine love and trust in your relationships, pleasure in your body.
— Ellen Bass

DAY 36

ILLUMINATION



SHE WHO IS ENLIGHTENED & SHINES BRIGHTLY

THE GREEN TARA IS THE GODDESS WHO GUIDES AND INSPIRES SEEKERS TO SPIRITUAL ENLIGHTENMENT.

CALL UPON TARA WHEN YOU ARE SEEKING SPIRITUAL WISDOM, INNER CONNECTION TO SOURCE POWER, DEEP, NEVER ENDING LOVE, AND THE TYPE OF ILLUMINATION THAT ONLY MYSTICS KNOW. SHE WILL HELP YOU TO EMBODY VIRTUE AND TEACH YOU HOW TO FIERCELY PROTECT YOURSELF. YOU ARE THE LIGHT! SHE REMINDS YOU: SHINE BRIGHT! YOUR CONSCIOUSNESS HAS THE POWER TO FREE YOU FROM ALL FEAR AND DANGER. SHE INVITES YOU TO CONTEMPLATE YOUR SPIRITUAL GROWTH, PRACTICE MEDITATION. AND PRACTICE BEING LOVE.

HOW WILL YOU PRACTICE ILLUMINATION TODAY?

When you possess light within, you see it externally.

— Anas Nin

DAY 37
MAGICK



SHE WHO USES SERENDIPITY & HER WILL TO CREATE FOR GOOD

THE GODDESS CIRCE IS AN ENCHANTRESS WITH VAST KNOWLEDGE OF POTIONS, HERBS AND MAGICK.

CALL UPON CIRCE IF YOU WANT TO SEE THE TRUTH OF A SITUATION, BREAK THROUGH ILLUSIONS AND LIES, AND EMBODY THE MAGICK OF TRANSMUTATION. SHE IS SKILLED IN DARK MOON MAGICK AND ASKS YOU TO PAY CLOSE ATTENTION TO THE ENERGIES DURING THE NEW MOON, AS THIS IS THE TIME WHEN YOU CAN BEGIN OR CREATE ANY REALITY OR OUTCOME YOU DESIRE. KEEP YOUR INTENTIONS PURE AND FOR THE HIGHEST GOOD, LISTEN FOR WISDOM TO COME FROM UNEXPECTED SOURCES, AND BELIEVE IN THE POWER OF SERENDIPITY!

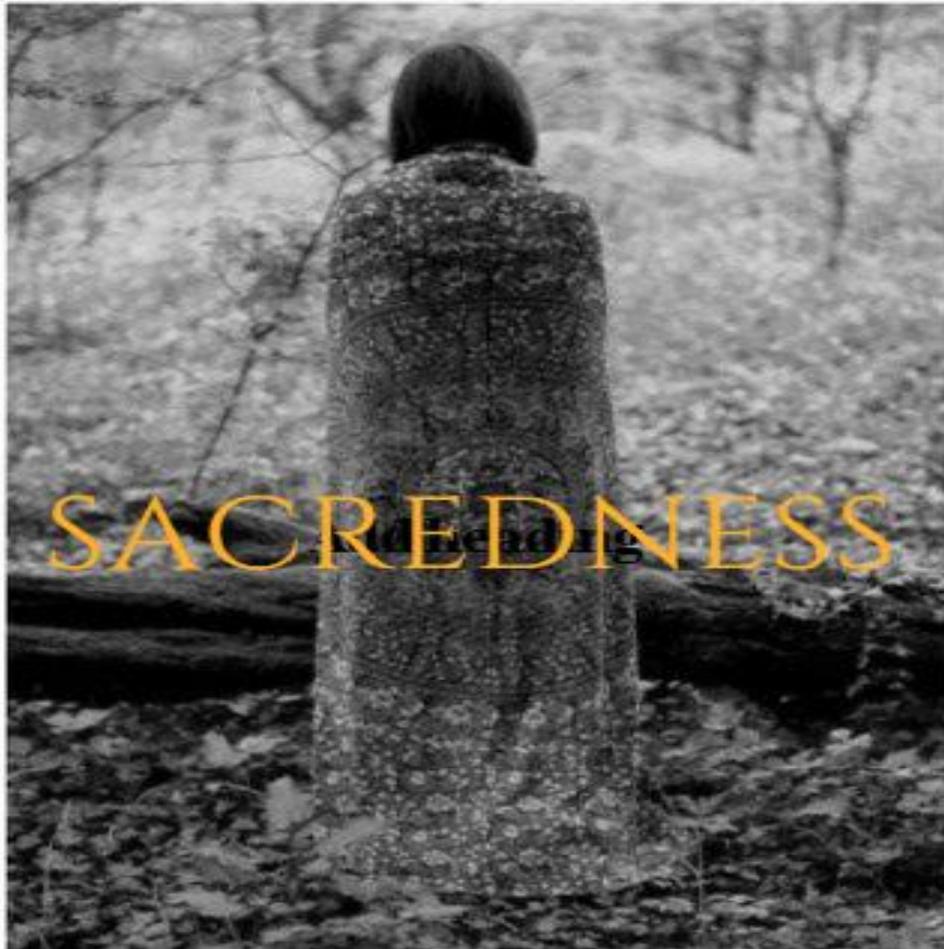
HOW WILL YOU PRACTICE GOOD AND BENEFICIAL MAGICK TODAY?

The world is full of magic things, patiently waiting for our senses to grow sharper.

— W.B. Yeats

DAY 38

SACREDNESS



SHE WHO IS PRECIOUS, BELOVED & HOLY TRANSCENDENT

THE GODDESS WITHIN YOU IS LOVE BEYOND YOUR COMPREHENSION AND PURE TRANSCENDENCE.

LOOK WITHIN FOR GUIDANCE, LISTEN TO YOUR OWN INNER VOICE OF WISDOM, FIND WAYS TO KNOW AND HONOR HER IN EVERYTHING YOU SAY, DO AND THINK. SHE IS THE DIVINE FEMININE WHO SLEEPS UNTIL YOU AWAKEN HER. A PROVERB SAYS THAT WHEN SLEEPING WOMEN WAKE, MOUNTAINS MOVE! HONOR HER UNIQUE BEAUTY, HER HOLY EXPRESSIONS AND SEEK HER CHARMING COMPANY AND WISE COUNCIL AS OFTEN AS POSSIBLE. LEARN TO DANCE WITH HER, MAKE ART AND LOVE WITH HER, SING HER PRAISES AND EMBODY EVERY GIFT SHE HAS FOR YOU. YOU ARE THE GODDESS AND THE GODDESS IS IN YOU. ALWAYS REMEMBER THIS TRUTH.

HOW WILL YOU PRACTICE SACREDNESS TODAY?

YOU... are a portal to the divine.
— Tehya Sky

CLOSURE:

WINTER GODDESS SADHANA 38 DAYS -

ENERGETICALLY, THE NUMBER 38 IS A SIGN OF FINANCIAL REWARD AND GOOD THINGS TO COME!

BUT, REMEMBER, WEALTH ISN'T CONFINED ONLY TO MONEY; TRUE WEALTH IS FREEDOM! IT'S THE ABILITY TO LIVE ON OUR OWN TERMS. WEALTH IS DEFINED AS *THE ACCUMULATION OF SCARCE RESOURCES*. HOW DOES THIS RELATE TO YOUR SADHANA? NOW IS THE TIME TO REVIEW YOUR JOURNAL AND LOOK FOR THE RICHES AND HIDDEN TREASURE FOUND WITHIN YOUR DAILY PRACTICE.

WEALTH IS SPIRITUAL IN NATURE, AND THEREFORE, IT IS THE ESSENCE OF BEING ABUNDANT! WHAT A POWERFUL OMEN FOR THE NEW YEAR! I SENSE THAT 2022, WE AS A WHOLE, WILL BE TRANSCENDING THE OLD EGO BASED FEAR, SELFISHNESS AND GREED ENERGIES RELATED TO WEALTH AND WILL FINALLY, BEGIN TO LIVE FROM A PLACE OF TRUE WEALTH: ENOUGH, ABUNDANCE AND GENEROSITY OF SPIRIT. THE FUTURE EMBRACES THE ATTITUDE AND REALITY OF "WIN WIN" FOR EVERYONE!

IF YOU WISH, CONTINUE YOUR SADHANA.

IF YOU CHOOSE TO PRACTICE FOR TWO MORE DAYS AND SEE HOW 40 DAYS WILL AFFECT YOUR HABITS; AND BEYOND:

40 DAYS: PRACTICE EVERY DAY FOR 40 DAYS STRAIGHT.

THIS WILL BREAK ANY NEGATIVE HABITS THAT BLOCK YOU FROM EXPANSION.

90 DAYS: PRACTICE EVERY DAY FOR 90 DAYS STRAIGHT.

THIS WILL ESTABLISH A NEW HABIT IN YOUR CONSCIOUS AND SUBCONSCIOUS MINDS AND WILL CHANGE YOU IN A VERY DEEP WAY.

120 DAYS: PRACTICE EVERY DAY FOR 120 DAYS STRAIGHT.

THIS WILL CONFIRM THE NEW HABIT OF CONSCIOUSNESS CREATED AND ITS POSITIVE BENEFITS GET INTEGRATED PERMANENTLY INTO YOUR PSYCHE.

1000 DAYS: PRACTICE EVERY DAY FOR 1000 DAYS STRAIGHT.

THIS WILL ALLOW YOU TO MASTER THE NEW HABIT OF CONSCIOUSNESS. NO MATTER WHAT THE CHALLENGE, YOU CAN CALL ON THIS NEW HABIT TO SERVE YOU.

Remember, a habit is a subconscious chain reaction between the mind, the glandular system and the nervous system. We develop habits at a very young age. Some of them serve our highest destiny. Some of them do not. By doing a 40, 90, 120 or 1000 day special sadhana, you can rewire that chain reaction. You can develop new, deeply ingrained habits that serve your highest good.
— 3HO

RECOMMENDED LINKS:

TO SET TIME FOR YOUR SADHANA PRACTICE;
KEEP TRACK OF PRACTICE,
AND FOR VIDEOS, CHANTS AND MEDITATIONS:
INSIGHT TIMER (FREE APP)
OR CHECK OUT IN YOUR PHONE APP STORE

SLOW, RELAXING YOGA/MEDITATION VIDEO:

PADMA SADHANA

HOW-TO GUIDANCE:

GODDESS POSE

INFINITE BLESSINGS AND BLISS.
LEESA | THE GYPSY PRIESTESS



2021 ALL RIGHTS RESERVED - LEESA WILSON | THE GYPSY PRIESTESS
NO PART OF THIS PDF MAY BE ALTERED, SOLD OR SHARED WITHOUT WRITTEN PERMISSION.

Please honor the gift I have gifted to you.

NAMASTE