



Spring, Summer, Autumn & Winter



The Goddess Moon

Dances around the Year.



Leesa Wilson

Preface



The Goddess Moon

*She is always changing, yet, ever the same.
She knows the power of holding, and of letting go.
She teaches us to trust the cycles of life, death, rest and rebirth.
Her ancient wisdom resides within each and every woman.*

*When we take time to awaken, heal, nurture, honor and celebrate our divine feminine essence,
we empower our authentic self to create space in our daily life, for our dreams to manifest.*

The Goddess Moon is a 28-Day Seasonal Guidebook,

*Is intended to be used monthly, each season, for one full moon cycle.
It is a simple yet effective tool for transformation.
Within these pages you will discover ways to recognize, engage, and embody the Goddess within.
The Goddess Moon Guidebook contains 28 ways to practice being soulful.
An open mind, a clear and sacred intent, and an attitude of infinite possibility are keys
that can open doors to the most mysterious, magical, and marvelous realms within yourself.*

The Goddess Moon is my gift to you!

*May it allow you to discover, recognize and celebrate the Goddess in yourself!
May it also allow you to dance through the days and seasons of your life
in ways that inspire, delight and bless you abundantly.*

*Lovingly,
Leesa | The Gypsy Priestess*

The Goddess Moon



Preparation

*Before beginning the 28-day cycle, prepare by cleansing body, mind and spirit.
These conscious acts help create and clear space in your routine, thoughts and soul.*

Bathing Ritual

*2 cups Epsom salt
13 drops lavender essential oil
13 drops rose essential oil
½ cup baking soda
1 ½ cups whole milk*

Speak or think words of LOVE while the water fills the tub.

Add each of the above ingredients to a very warm bath.

Before you slip into the scented water, acknowledge yourself as Goddess.

Lie back, close your eyes, and soak for 40 minutes.

Breathe in the fragrance and release all thought.

— Relax —

*Allow the water to restore, refresh and cleanse your beautiful body, mind and soul.
As the water drains away, know that you have been detoxed, and are now renewed.*



Grounding Exercises

Take a walk or gently stretch.

Drink a full glass of water.

Sit quietly for 5 minutes.

Breathe slowly, deeply, with sincere gratitude.



Affirmation:

I am a divine reflection of the Goddess.

The Goddess within me awakens daily.

I honor the divine within myself.

I allow myself to be nurtured and healed and loved.

Everything I am and say and do is in celebration of the Goddess within.



Chant Prayer:

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 Wild, Mysterious and Creative

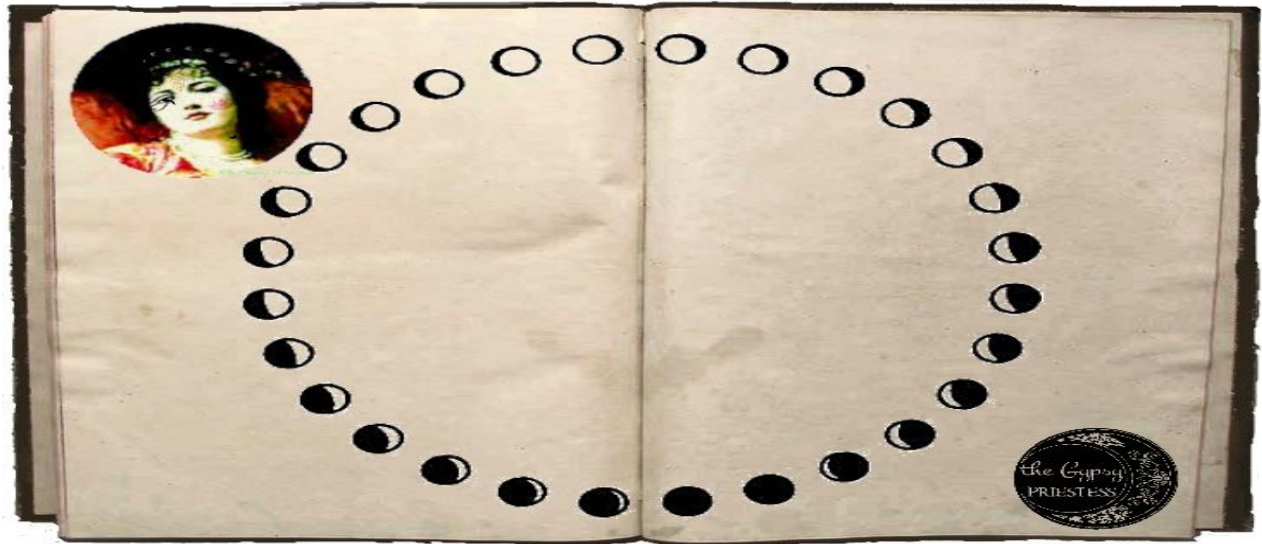
She Who Is Kind, Fierce and Powerful

She Who Is Holy, Pleasure and Flow

She Who Is Brave, Strong and Gentle

I find You Within Me.

Oh Goddess! We are One: United and Whole.



The Goddess Moon Journal

Keep a Goddess Moon journal.

By keeping record of your journey, you will discover your path of beauty, witness your growth, and become conscious of your ever deepening connection to the Goddess within.

Daily: When you awaken, read and willingly follow the prompt for the day. Be creative, honest, daring and open. Trust your instincts. Listen to your inner voice. Think of it as an adventure that will lead you to your center; to the place where your most desired treasure waits. This is where you will find holy ground in which to grow, thrive and flourish.

Every prompt given is meant to lift your vibration in a spiral direction. As you consider the guidance given, play with the energies and move past any fear or self doubt.

The prompts are purposely vague: force yourself to take action or free flow with spontaneity.

Either way, every time you repeat the moon cycle, you will have changed.

At the end of each cycle, reflect on what you have written. Hide it or Shine!

At the end of each season, each year - honor your inner Goddess. Celebrate!





The Goddess Moon: A 28 Day Guidebook



Day 1

Create sacred space to BE.



Day 2

Ask: What do I need most in this moment?



Day 3

Journal: Dreams/Desires.



Day 4

Dance naked.



Day 5

Eat something fresh, colourful, vibrant.



Day 6

Sing your soul song.



Day 7

Do something that makes you feel beautiful.



Day 8

Reach beyond your limitations.



Day 9

Speak your truth.



Day 10

Adorn yourself as befitting a Goddess.



Day 11

Express what feels most powerful, or true.



Day 12

Learn, try or experience something new.



Day 13

Place a symbolic item on your altar.



Day 14

Honor your womb space: Create/Manifest.



Day 15

What is your inner voice whispering? Listen.



Day 16

Stand or sit in a Goddess pose.



Day 17

Pray to your inner goddess; Ask what you will.



Day 18

Pamper and love your body.



Day 19

Give something away.



Day 20

Indulge your passion, desire, or playfulness.



Day 21

Use your imagination to make a change/decision.



Day 22

Take a nap, read, or be simply be idle.



Day 23

Gather with one sister, or your tribe.



Day 24

Do something outrageously WILD.



Day 25

Compliment or empower another woman.



Day 26

Embrace, or accept aging; Fear not death.



Day 27

Walk barefoot upon Mother Earth.



Day 28

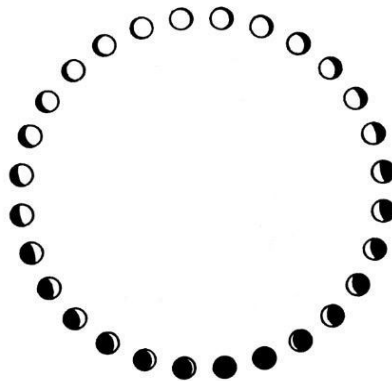
*Look in a mirror, see your beauty; say:
“I love you”.*



Remember:

*Listen each day to your own intuition as you contemplate the prompt.
Try to be authentic, and also, be willing to step out of your comfort/known zone.*

*Keep in mind that there is no right or wrong way to follow this list.
Remain true to yourself, while at the same time be willing to reinvent yourself!*



Seasonal Energies & Suggestions

*Each season offers unique opportunities to explore, play, express, act and live radiantly.
Keep the following energies in mind as you begin each 28 day cycle.*





Spring

Dawn | Fire | Spirit

Envision renewal. Make choices that bring new growth, fresh ideas, sweetness, a sense of playfulness, excitement and joy. Keep it light. Be adventurous. Trust yourself.



Summer

Noon | Water | Emotions

Feel love. Make choices that allow for wild pleasure, adventure, roots, and a heady sense of lushness, rejuvenation and laughter. Stay connected. Be passionate. Believe in yourself.



Autumn

Dusk | Earth | Body

Be introspective. Make choices that grant you stability, purpose, strength, and a sense of dreaminess, quiet and solitude. Remain grounded. Be flexible. Keep your promises.



Winter

Midnight | Air | Mind

Think freedom. Make choices that help you to release, unplug, disconnect, and allow you to go within with a holy sense of purpose. Stay determined. Be brave. Let go of expectation.

*I hope you enjoy The Goddess Moon 28 Day Guidebook,
Please join our ongoing Goddess Moon Journey group on facebook,
Please contact me with any questions or for additional guidance.*



The Goddess in me honors the Goddess in you.

Spring, Summer, Autumn & Winter



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Devoted to the Goddess

Dedicated to Empowering Women



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