



Course Outline

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Course Content

18 PDF

8 Video (Embedded in modules)

Extras

Goddess Oracle Cards

Moon Journal

Goddess Self Journal and Workbook

Goddess Self-Prompts Card Deck

Goddess Self Affirmation Card Deck

Attunements to the **value of \$250 / R4 500** (attunements can be passed on and charged for once received – there is no extra charge for attunements that accompany a course)

Awakening the Sacred Feminine Within

The Goddess is not only a mythic presence from ancient temples and sacred texts – she is also a living force within you. She is the breath of intuition, the pulse of the earth beneath your feet, the cycles of your body and the radiance of your soul's creative fire. In every culture and lineage, the Goddess has worn many faces – as mother, warrior, healer, priestess, lover, sage and destroyer of illusion.

To walk the Path of the Goddess is to remember. It is to reawaken ancient wisdom encoded in your body and spirit. It is to reclaim beauty, power and softness, not as opposites, but as sacred companions. This is not a path of perfection – it is a path of deep embodiment, where each phase of life, every emotion and each transition becomes part of your sacred unfolding.

In this course, you will meet Goddesses from various spiritual traditions, not as distant deities, but as archetypal energies that live within your own soul. These include Gaia, Isis, Kali, Aphrodite, Hecate, Lakshmi, Athena, Quan Yin and Brigid – among others. Through ritual, meditation, visualization, sacred movement and personal practice, you will come into intimate relationship with these energies and with yourself.

You will explore:

How to embody the spiritual essence of feminine archetypes through direct practice

Ways to work with sacred symbols, offerings and altar rituals to deepen connection

Sacred cycles, seasonal wisdom and the body as a living temple

Initiatory moments in your life as gateways to power, presence and transformation

Practices that awaken intuition, sensuality, emotional healing and creative voice

This is not a linear journey – it is a spiral. Each module invites you to spiral inward and outward, deepening your connection to your own sacred rhythm while weaving you into a greater mosaic of feminine wisdom.

You will be encouraged to move at your own pace, to rest when needed, to celebrate beauty when it arises, and to trust your intuition above all else. Your altar may be a mirror, a bowl of water, a single stone – whatever calls to your soul. Your offerings will come not only from your hands, but from your heart.

By the end of this sacred journey, you will not only know the Goddess – you will *remember* that you are Her.

Welcome to the path. Let it unfold with grace, mystery and truth.

Module 1

Introduction

She Who Remembers

Awakening the Sacred Feminine Within

Crossing the Threshold – Entering the Temple of the Goddess

The Goddesses in Our Modern Lives

Module 2

Cosmic Feminine Principle

The Cosmic Feminine Principle and Archetypal Reflection

Introduction to Feminine Archetypes as Soul Mirrors

Reclaiming Yin Qualities – Stillness, Receptivity, Intuition and Sacred Rest

Sacred Rest Exercise: “The Womb of Stillness”

Beginning to Sense Which Archetypal Energies Are Most Alive in Your Current Life Phase

The Goddess as Mirror of Your Soul

Aligning with Lunar and Inner Cycles as Sacred Timekeepers

Practice – Moon Journal

Ritual – Creating Your Mirror Altar

Reflection

Module 3

Gaia – Earth Embodiment and Sacred Reciprocity

Divine Message

Earth Embodiment as a Sacred Expression of the Divine Feminine

Breathwork Practice – Rooted Presence Breath

Ritual – Offering to the Living Earth

Whispers of Her Path – Story Glimpse

Essential Oil Ally – Vetiver

Spiritual Qualities and Energetic Imprint

Ways to Work with Vetiver

Contraindications and Safety

Mantra: Calling in the Presence of Gaia

Invocation to Gaia

Radiant Gift – Gaia

Shadow Aspect – The Weight of Disconnection

Sacred Integration – Living Gaia’s Presence

Video: GAIA Light Codes – Healing Song of the Earth | Pachamama

Mantra to Awaken the Soul

Module 4

Isis

Exploring the Mythic Power of Isis

Divine Message

Understanding the Sacred Role of Symbols and Energetic Protection

Calling Upon Isis for Inner Renewal and Soul Sovereignty

Breathwork Practice – Wings of Renewal

Ritual – The Talisman of Rebirth

Whispers of Her Path – Story Glimpse

Essential Oil Ally – Myrrh

Contraindications and Safety

Mantra

Radiant Gift

Shadow Aspect – Gathering the Scattered Self

Sacred Integration – Living the Alchemy of Isis

Video: Goddess Isis Transmission: Reclaiming the Fragmented Self

Module 5

Kali

Awakening the Fierce Grace of Liberation

Divine Message

Understanding the Transformational Fire of Kali

Meeting the Shadow with Compassion and Courage

Breathwork Practice – Breath of Sacred Rage

Ritual – Flame of Liberation

Whispers of Her Path – Story Glimpse

Essential Oil Ally – Black Pepper

Contraindications and Safety

Mantra

Radiant Gift

Shadow Aspect – Purging the False Self

Sacred Integration – Living the Path of Fierce Love

Video: Goddess Kali Transmission: Dancing with the Shadow

Module 6

Aphrodite – Reclaiming Sensuality as Sacred Expression

Divine Message

Honoring Beauty, Adornment and Pleasure as Gateways to the Divine

Awaken Creative Life Force Through Embodiment

Breathwork Practice – Rose Heart Breath

Ritual – Awakening the Inner Rose: A Devotional Self-Anointing Ceremony

Whispers of Her Path – Aphrodite

Essential Oil Ally – Rose Otto

Contraindications and Safety

Mantra

Radiant Gift of Aphrodite

Shadow Aspect

Video: Sacred Integration – Aphrodite

Module 7

Ixchel

Lunar Healing and Sacred Transitions

Learn to Navigate Life's Thresholds with Intuition, Grace, and Trust

Lunar Mysteries – Release, Renewal and Feminine Wisdom

Calling Upon Ixchel – Midwife of Inner Change, Creativity and Healing

Breathwork Practice – Lunar Release Breath

Ritual – Waters of Renewal – An Offering to Ixchel

Whispers of Her Path – Story Glimpse

Essential Oil Ally – Blue Lotus

Spiritual Qualities

Energetic Function

Ways to Work with Blue Lotus

Contraindications and Safety

Mantra

Radiant Gift

Shadow Aspect

Prompts for Reflection

Sacred Integration

Extra: Lunar Healing Journal

Video: Meditation for Manifesting with the Goddess Ixchel

Module 8

Arianrhod – Lunar Weaving and Ancestral Destiny

Divine Message

Calling Upon Arianrhod – Guiding Threads of Remembrance and Destiny

Ancestral Threads and the Spiral of Destiny

Feminine Sovereignty and the Right to Choose

Creating an Ancestral Altar

Invocation of Ancestral Presence

Breathwork Practice – Spiral Breath of the Silver Wheel

Ritual – Weaving the Thread of Destiny

Whispers of Her Path – Story Glimpse

Essential Oil Ally – Clary Sage

Contraindications and Safety

Mantra – Weaving the Silver Thread

Radiant Gift – Sovereignty and Soul Alignment

Shadow Aspect – The Wound of Worthiness and Cycles of Delay

Sacred Integration

Video: Celtic Moon Goddess Music

Module 9

Athena – Guardian of Wisdom, Discernment and Soul Strategy

Stepping Into the Inner Council of Clarity and Sovereign Thought

Divine Message

Athena – Wisdom, Clarity and Sacred Strategy

Calling Upon Inner Discernment and Soul-Led Vision

Strengthen Your Energetic Boundaries and Intuitive Strategy

Everyday Acts to Strengthen Sacred Boundaries

Breathwork Practice – Shield of Stillness

Ritual – The Mirror of Clear Sight

Whispers of Her Path – Story Glimpse

Essential Oil Ally – Rosemary

Contraindications and Safety

Mantra

Radiant Gift – The Inner Strategist Awakens

Shadow Aspect – The Control of the Mind and the Bypassing of the

Heart

Sacred Integration

Video: Athena the Wise Goddess Frequency

Module 10

Brigid – Sacred Flame and Creative Expression

Divine Message

Embrace Creativity as Prayer and Offering

Let Your Voice and Artistry Carry the Light of the Soul

Breathwork Practice – Flame of Inspiration Breath

Ritual – Tending the Flame of Devotion

Whispers of Her Path – Story Glimpse

Essential Oil Ally – Sweet Marjoram

Spiritual Qualities and Energetic Imprint

Suggestions for Use

Contraindications and Safety

Mantra

Radiant Gift – The Flame That Heals and Inspires

Shadow Aspect – The Burnout and the Burden

Reflection Questions

Sacred Integration – Tending the Flame in Daily Life

Journey to the Well of the Celtic Goddess Brigid – Guided Meditation

Module 11

Quan Yin – Compassion, Forgiveness and Emotional Healing

Divine Message

Practice – The Sacred Unbinding

Transmuting Sorrow into Nectar – The Alchemy of the Heart

Guided Reflection

Breathwork Practice – Lotus Heart Breath

Ritual – The Bowl of Compassion

Whispers of Her Path – The Thousand-Eyed Heart

Essential Oil Ally – Neroli

Contraindications and Safety

Mantra – Calling the Compassionate Heart

Radiant Gift – The Grace of Compassionate Presence

Shadow Aspect – The Weight of Endless Giving

Sacred Integration – Living Compassion as a Way of Being
Video: Goddess Kuan Yin Transmission: Clearing Cruelty, Spite and Envy with Light and Compassion

Module 12

The Temple Body – Embodiment as Sacred Practice
Divine Message – The Temple Body
Whispers of the Temple – Listening Through Movement and Stillness
Exercise – Listening Through Movement
Practice – Ritual Bathing or Anointing for Life Phase Integration
The Body's Altar – Creating a Daily Sanctuary
Living Reminder – Every Act a Prayer
Embodied Mantras – Speaking Truth into the Body
Choosing Your Mantra
How to Practice
Closing the Practice

Module 13

Sacred Cycles – Moon, Seasons and Inner Tides
Divine Message: Whisper of the Moon and Seasons
The Sacred Timing of Rest, Renewal, Creation and Release
Mirroring the Cosmos – Your Inner Tides as Celestial Reflections
The Seasons as Soul Teachers – Archetypes of Feminine Transformation
Ritual – Seasonal Altar of the Goddess
Practice – Moon & Season Mapping Journal
Ritual – Sacred Alignment Ceremony

Module 14

Living the Path of the Goddess
Divine Message
Sacred Living – Weaving the Divine into the Everyday
Embodied Devotion – Becoming the Offering
Sacred Rhythm Practice – Weaving Devotion Into Your Days
Daily Elements to Include
Suggested Weekly Flow
Personalizing Your Rhythm

Reflection
Ritual – Robing the Inner Priestess
Preparation
Robing with Reverence
Adorning the Temple
Anointing and Invocation
Mirror of the Soul
Closing the Circle
Integration and Reflection

Module 15

Crowning the Feminine – A Closing Rite of Integration
Divine Message
The Feminine as a Crowned Path
Blessing the Inner Feminine Roles
Ritual – Crowning the Feminine – A Rite of Integration
Meditation – Encircled by the Goddess
Essential Oil Ally – Frankincense (*Boswellia sacra*)
Spiritual Qualities
Energetic Function
Ways to Work With Frankincense
Contraindications and Safety

Module 16

The Dark Goddess – Descent, Shadow and Sacred Rebirth
Divine Message
Descent as Initiation
Embracing the Shadow with Compassion
Rebirth Through Sacred Surrender
Breathwork Practice – The Exhale of Surrender
Ritual – Entering the Womb of the Dark Mother
Whispers of Her Path – Story Glimpse
Essential Oil Ally – Myrrh
Spiritual Qualities and Energetic Imprint
Suggestions for Use
Contraindications and Safety
Mantra – A Voice from the Deep

Radiant Gift – Rebirth Through the Dark
Shadow Aspect – The Mirror of What You Fear
Reflection Prompts
Sacred Integration – Living the Descent with Grace

Module 17

Triple Goddess – Cycles of Becoming: Maiden, Mother and Crone
Divine Message
The Triple Goddess as a Living Cycle
Inner Seasons and the Sacred Feminine Spiral
Wholeness Through Integration, Not Perfection
Breathwork Practice – Spiral of the Threefold Self
Ritual – Walking the Spiral of Her Faces
Whispers of Her Path – Story Glimpse
Essential Oil Ally – Clary Sage
Spiritual Qualities and Energetic Imprint
Suggestions for Use
Contraindications and Safety
Mantra – Sacred Words of the Threefold Flame
Radiant Gift – The Spiral Wisdom of Wholeness
Shadow Aspect – The Fear of Change and the Fragmentation of Self
Sacred Integration – Living the Spiral in Daily Life

Module 18

The Ever-Unfolding Feminine – Honoring the Many Faces of the Goddess
Amaterasu (Japan)
Oshun (Yoruba tradition, West Africa)
Sedna (Inuit)
Danu (Celtic tradition)
Tara (Tibetan Buddhism)
Ishtar (Mesopotamia)
Hina (Polynesia)
Coyolxauhqui (Aztec)
Ritual – Calling Your Own Goddess Circle
Materials Needed
Preparation

Center Yourself
Call the Circle
Speak Your Intention
Sit in Silence
Journal Reflection
Closing the Ritual
Ongoing Practice

Attunements

Brigid's Flame Reiki – Value \$25 / R450

Founder: Joanna Rowan Mullane

Sacred Energies of Creativity, Healing, and Inner Fire

There is a fire that does not burn but illuminates – a flame that births poetry, courage, and healing. In this energy system, the ancient presence of Brigid returns not as myth, but as a living current of transformation within you.

Brigid's Flame Reiki is a Celtic-rooted energy system channeled by Joanna Rowan Mullane through a profound spiritual transmission from the Goddess Brigid. This is more than a Reiki modality – it is a remembrance of your soul's inner forge, a sacred return to purpose, creativity, and elemental wisdom.

This system is encoded with four original symbols, each representing one of Brigid's sacred roles: the Poet's Muse (inspiration), the Forge Craft (manifestation), the Hearth Fire (protection and rooted wholeness), and the Cauldron of Light (healing and herbal magic). With these symbols, the energy moves through your inner landscape to rekindle what has grown dim and to forge strength from within.

You may find this system particularly supportive if:

You feel called to reclaim your voice, creativity, or soul expression.

You are seeking energetic grounding, protection, and ancestral support.

You wish to align with the rhythms of Earth-based feminine wisdom.

You are drawn to Brighid as a spiritual guide, or work with the Celtic wheel of the year.

Each time you invoke Brighid's flame, you step into a field of empowerment – where inspiration flows, healing deepens, and your heart becomes the hearth of your becoming. This system may be especially powerful during Imbolc, times of creative birthing, or when navigating deep inner renewal.

This is not merely a system to work with – it is a path to live by, one symbol, one flame, one breath at a time.

Celtic Deities Manual Arianrhod – Value \$25 / R450

Founder: Elizabeth 'Midnightowl' Hibbel

At the edge of the stars, where silver light spins through the dark sky, Arianrhod stands as Weaver of Fate and Keeper of the Wheel. She is the celestial mother, the moon-priestess of Avalon, and the sovereign guide of time, karma, and soul memory. Her presence calls forth a deeper remembrance – not through force, but through the shimmering current of ancestral wisdom that flows through your bones.

Goddess Arianrhod Empowerment is a mystical energy system channeled by Elizabeth "Midnightowl" Hibbel, rooted in the Avalonian tradition and the timeless spiral of Celtic lore. This transmission connects you to the Silver Wheel – the sacred geometry of reincarnation, transformation, and cosmic order. Through her attunement, Arianrhod offers her support as you journey through your personal cycles of loss and renewal, shadow and sovereignty, forgetting and remembering.

This is not a linear path – but a spiral one. A return to your soul's ancient rhythm through the constellation of your own becoming.

You may find this system particularly supportive if:

You are working with themes of reincarnation, ancestral healing, or soul retrieval

You feel drawn to Avalon, the Moon, or the archetype of the Divine Feminine in her cyclical, powerful form

You are ready to reconnect with your own soul blueprint and walk more consciously within your fate and free will

Within this attunement, you are invited to remember who you are beneath the stories – to step into your own mythic narrative, held within the timeless embrace of the Goddess of the Silver Wheel. Arianrhod's energy holds both clarity and mystery, structure and softness – guiding you through the ever-turning wheel of birth, death, and rebirth with grace and courage.

Each invocation becomes a thread in your inner tapestry, weaving together past, present, and future into one radiant spiral of awakening.

This is a sacred gift – an invitation to walk with Arianrhod, to reclaim your name, your magic, and your rightful place among the stars.

Gaia Goddess Seasons – Value \$25 / R450

Founder: Gabriela Yasmin Szafman

At the heart of the Earth, a great mother pulses with timeless wisdom – her breath stirring the winds, her body nourishing the soil, her spirit enfolding every living being in grace. Gaea, the deep-breasted one, is not merely a myth – she is the ancient consciousness of the Earth herself, offering a path of renewal, empowerment, and return to wholeness.

Gaia – Goddess of the Seasons, Abundance, Fertility & Love Empowerment is a radiant energy system that attunes you to the living spirit of the Earth Mother. Channeled through the sacred lineage of Gabriela Yasmin Szafman, this system weaves the divine archetypes of abundance, fertility, love, and cyclical renewal into a field of healing

light. It is both nurturing and powerful – a sacred invitation to align your body, mind, and soul with the natural rhythms of creation.

This energy awakens the remembrance of your place within the divine plan. With every session, you are invited to root deeply into present-time awareness – to blossom in your femininity, to reclaim your power to create, and to restore harmony within and around you.

You may find this system particularly supportive if:

You seek to reconnect with the Earth and the divine feminine within

You long to restore your fertility – not only of the body, but of ideas, creativity, and sacred purpose

You are in a time of transition, craving stability, abundance, or a fresh beginning

You desire to awaken your intuitive gifts, enhance energy healing, or deepen your spiritual service

You wish to call in protection, love, or prosperity for yourself and others

Each time you call in the energies of Gaea, you step into sacred alignment – with the cycles of the seasons, the whisper of the wind, and the life-force that flows through all things. This is more than an attunement – it is a living communion with the spirit of the Earth, restoring vitality, power, and sacred purpose to your path.

This system includes present-time alignment activations, energy healing practices, attunement instructions for self and others (both in-person and at a distance), and a symbol to anchor the energy. You are gently guided into deeper grounding, intuitive clarity, and soul-empowered action – all under the loving gaze of the Great Mother.

Let each moment become an offering. Let your life be the bloom of her remembrance.

Holy Goddess Protection – Value \$150 / R2 700

Founder: Senay Yildirim

An energetic sanctuary of divine shielding, sacred empowerment, and feminine grace

In uncertain times, the need for energetic protection becomes more than a practice – it becomes a devotion. The *Holy Goddess Protection* attunement offers a sacred field of light woven from the Divine Feminine – a radiant mantle of peace, strength, and spiritual defense.

Channeled by Gabriela Yasmin Szafman, this energy draws upon the loving yet fierce presence of the Holy Goddess in Her many forms. It surrounds you with a nurturing shield while simultaneously activating your inner sovereignty, empowering you to walk in the world without fear, yet with discernment and inner authority.

This system is more than a buffer – it is a conscious alliance with Divine Feminine guardianship. You are not just protected – you are held, strengthened, and reminded of who you truly are beneath external influences and energetic interference.

You may find this system particularly supportive if:

You feel sensitive to negative energy, psychic overwhelm, or spiritual fatigue.

You are seeking a gentler, more feminine approach to energetic protection.

You long to reconnect with the protective face of the Goddess in a personal, living way.

Each time you invoke this energy, you deepen your alignment with sacred safety – not as a barrier, but as a sanctuary. You are invited to stand in your light, held in the grace of the Goddess, and walk forward with trust, intuition, and quiet power.

This is not a shield of separation – it is a cloak of remembrance, a

luminous presence of divine love guarding your sacred path.

Isis Blue Moon – Value \$25 / R450

Founder: Linda Vaughan

Cooling Light of the Goddess

There are times when the body, mind, or spirit becomes overheated – not only through physical inflammation, but through emotional overwhelm, energetic congestion, or psychic exhaustion. In these moments, a soothing touch from the Divine Mother can offer more than relief – it can offer remembrance.

Isis Blue Moon is a deeply cooling, cleansing, and recalibrating energy stream channeled by Linda Vaughan, gifted as part of the Ancient Spiritual Order of Isis. It carries the lunar essence of the Goddess – calm, vast, and tender, yet immensely powerful. This energy moves through the field like sacred moonlight, cooling what is inflamed, clearing what is dense, and gently freezing what is harmful until it releases its hold.

With each session, you are enveloped in radiant blue light – a sphere of Isian moon presence that can be spun through the chakras, aura, etheric body, and merkaba. Whether used to ease physical swelling, energetically clear a space, or soften spiritual heat, Isis Blue Moon offers a sanctuary of stillness within.

This system contains two levels of empowerment: one for the Practitioner, and a higher initiation into the Master Teacher level. It includes optional symbols such as the Throne Seal of Isis, the Ankh, the Knot of Isis, and the Sirius Star – each carrying a facet of her wisdom and legacy.

You may find this system particularly supportive if:

You are holding intense energetic or emotional heat and seek relief through sacred cooling.

You long to deepen your connection with the Goddess Isis in her lunar, Sirian, and multidimensional forms.

You are a practitioner or teacher of energy healing and feel called to include a gentle, celestial current of Isian moonlight in your work.

This energy is alive – a glowing presence that listens, responds, and wraps itself around you in radiant embrace. It can be chanted into being, visualized as a vast blue moon, or invoked through simple intention. Its touch is subtle but unmistakable – a returning to grace, a remembering of lineage, and a soft blessing from the starry waters of Isis herself.

This is not just a technique – it is a temple. A place to come home to.