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### The Workshop Series



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HOME WORKSHOPS FOR YOURSELF OR WITH FRIENDS

# GODDESS

## WORKSHOP SUZANNE CORBIE

A GUIDE TO DEVELOPING THE GODDESS IN YOU

## Introduction

The word Goddess means a female divine being and She has been around for many thousands of years.

For women, she represents the connection with our own spiritual essence, regardless of faith or creed. She helps us to acknowledge our shadow self, appreciate our power and discover the wisdom that is inherent in our souls.

For men, a connection with the Goddess helps them to understand the need to let go and relinquish control, to accept nurturing and compassion as powerful allies instead of weakness and to acknowledge their own need for love and their ability and strength to give it.

It is possible to invoke the Goddess by consciously making an effort to feel or sense her presence or bring her into our consciousness with the aid of meditation, visualisation, prayers and affirmations. I include some of these connected with each of the Goddesses we explore in this cd.



# AN INSPIRING AND EMPOWERING JOURNEY TO MEET WITH THE DIVINE



## Prayer for the Goddess

This prayer is from the Gnostic Gospels and is an excerpt from a prayer called Thunder; Perfect Mind

Play this whilst meditating on your own connection with the Goddess.



## Profile of Suzanne Corbie



Suzanne Corbie has been involved in Wicca and related spiritual groups for over 35 years and brings a wealth of esoteric knowledge and experience to her work. She regularly writes and teaches Wicca, the Divine Feminine and the ancient art of Tarot, both in London and near her home in Whitstable, Kent.

## The Virgin Maiden Goddess

There is widespread evidence of the worship of a Triple Goddess representing three phases of the moon which encompass the whole of a woman's life. This is the Moon Goddess, seen as Maiden, Mother and Crone. The cycle of three representing birth, growth and death bring an awareness of the cycles we travel through in our lives which teaches us to understand the process of change and the gifts each phase offers.



The Greek Maiden Goddess of the Moon is Artemis- the personification of an independent feminine spirit which enables a woman to seek her own goals on the terrain of her own choosing. Independent, wild and free, we see her as a young woman, running barefoot through the woods with animals following her. You sense her when you treasure your independence and freedom without fear or guilt and when you claim your inner spirit for yourself.

## The Mother Lunar Goddess

The full moon goddess has many names, Luna, Lucina, Selene, Isis and Diana amongst them. This goddess represents 'coming into fullness' - into your own power and the ability to create. The Egyptian Goddess Isis is a powerful Moon Goddess - Queen of Magic and Mystery. She is the ultimate Wife to Osiris, the Egyptian god of vegetation and the Underworld and Mother to Horus, who overthrew the dark God Set. As befitting a moon goddess she also ruled the seas, was powerful in her own right and knew the dark secret mysteries of magic - A perfect combination of all phases of the Goddess of the Moon.

We connect with the Full Moon Mother Goddess when we create something from ourselves, when we discover our own power, transform our lives and when we fulfil our inner potential - the magical transformation that happens in the dark within ourselves yet shines forth as we give it birth.

## The Dark Goddess HEKATE

Hekate is the dark side of the moon goddess - she represents the crone, or the keeper of wisdom. She was always associated with gateways - places of transformation, where life met death and thus crossroads were her sacred place.

Other 'dark Goddesses' are the Morrigan and Kali, both of whom are connected to death. The presence of a goddess that presides over death and dying demonstrates the ancient acceptance of death as part of the cycle of life.

We seek Hekate's wisdom when we are visited by dark times such as bereavement, divorce, heartbreak, abandonment and loneliness and when we face our own 'dark' shadow selves.

## The Goddess of Love

Aphrodite, the Greek Goddess of Love and beauty whom the Romans called Venus was the most powerful of Goddesses and was frequently known as 'Golden Aphrodite' and a 'lover of laughter'. Doves, roses, apples and swans were attributed to her as well as gardens.

Many of us call upon Aphrodite more than other Goddesses because without love, life has little meaning, so a lack of love in our lives can become all consuming. Before we can attract love into our lives, we have to love ourselves - hence the mirror being one of Aphrodite's symbols.

## Bringing the Goddess into your life

The Goddess comes to us all in so many unique and personal ways and so, in seeking her, invite her into your heart; When you are at the seaside, call upon Yemanja, goddess of the Sea for her magic to enter your life, when you are walking through the woods, call upon Artemis to teach you the language of nature and wildlife, when you are studying for an exam or going for a difficult business meeting, call upon Athene to help you keep a clear mind and when you are going away with your lover, take some scented oil and ask Aphrodite to be with you!

There are many more Goddesses; Goddesses of creativity, of magic, of spring, summer, autumn and winter, of birth, of earth, air, fire and water, of heaven and of home; to discover them is the beginning of a life-long love affair with the divine feminine. I hope that this cd has helped you to discover a small part of yourself where the Goddess may dwell. May she forever keep you in her loving embrace.

