

ALVICO (Tréviso) n. 820 • Veduta Generale e Lago

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she was herself again.
And voices soft and sweet.
in my heart I know
fragments of the soul,
My Open Heart

Caring For Yourself Creative Goddess Style

Go past a day at the spa into
your authentic truth

Created by Cathy J Lawson

Introduction

Welcome courageous sister! Your search for a more authentic way to live has brought you to the Goddess. This is a practice of embodying Love. First for ourselves and then for others. Go beyond the day spa into our deep truths to remember we are Divine Feminine and reconstruct our mindset. The Goddess mindset is resilience, tenacity, and compassion. It is seeing ourselves honestly without judgement and knowing our own deep wisdom will illuminate our path.

The divine truth is we are a part of Source, Universe, God, that wanted to experience being in a human body. Our spirit wanted to explore what it felt like to forget we are love and what it takes for us to remember WE are Source. Tapping into our divinity using the Goddess archetype as a blueprint, brings wholeness and authentic love. We are able to see ourselves through the lens of Divine Feminine so we can follow our own path of authenticity.

It is with radical love for ourselves that sends ripples into our communities that changes our reality. The Goddess knows empowering herself to shift into a practice of unapologetic self-love is where the greatest difference can be created.

The Goddess creates her world both inside and out. She looks with compassion at the wounded inner child and binds those wounds first. She sees the layers of armor constructed around the human heart in anticipation of more emotional trauma that may show up as toxic behavior. With the resilience and compassion of love, the Goddess peels back each layer of that defense system. With each layer of fear brought into the light of our inner wisdom, authentic love has more room to heal and grow.

The Goddess path offers tools of rest, gratitude, organization, mindfulness, empowerment, celebrations, rituals, inner work, and reflection as we commit to our authentic self-care. We know life is a bumpy ride and it's great to have the tools to fix the flat tire and keep moving forward. Having Goddess to cloak ourselves in times of grief or frustration does help us to remember we are not victims. We know how to step back, observe, heal, and learn the lesson within the experience.

I have chosen twelve aspects of Goddess Style self-care that have created big changes in my perspectives and experience. This is my truth I am sharing with you so take the parts that resonate with you and dive into the parts that make you really uncomfortable. Those are the areas of your passion and wounding that need your full attention. Getting real with ourselves is not a comfortable skip down a beautifully constructed street to enlightenment. Rather, it is a path through beautiful experiences, dark nights of the soul, climbing mountains, and seeing through new eyes each day.

Always be quick to forgive yourself when the tendency is to judge. This is not something you have to "live up to" or expect perfection. Living through Goddess is a daily practice of putting yourself first. Take joy in your breakthroughs and mental shifts. Acknowledge the negative (unproductive) areas in your life that need to be loved more, but don't beat yourself up. The first step toward change is knowing where and that you can. This path is one step at a time. You aren't given a map on this trip but faith that the Universe will show you the right step to take in the moment.

There is a lot of information in this little booklet and it skims the surface of each facet of Goddess. My authentic path includes faith practices, witchcraft, energy work, and creative expression. By sharing my path, you are able to say "yes" or "no" to this blueprint. This is a starting point for you; not a holy

document to follow explicitly. Do not expect to do everything all the time in order. I recommend using the monthly focuses in order as they build on each other, but this is your unique relationship with Goddess so make it just that! Your path will not look like mine even if the essential tools for navigation are the same for us both. This is your treasure map to living your authentic truth. I am here to encourage you on your path and point you back into your wisdom.

How to Use this Booklet

Each month has a Goddess aspect for you to explore. There are weekday practices to support Goddess that align with the energetic intentions of each day. It will be in the consistent small practices that you are able to see the magic inside you.

Skim the booklet so you get a foundation of what the ideas are. At the start of each month read through the focus and practices. Use a notebook or mixed media visual journal to write down first impressions, what practices will best serve you, and keep track of your progress. The journal becomes your conversation with your inner wisdom. Your private unfiltered conversations, rants, and tears are safe in your journal. This is where you are going to process your beliefs and change your mindset. There is no other practice that brings clarity like getting your thoughts out and onto paper. We need more space in our psyche for new ways of being and our old programming is taking up that space. Get it out so better stuff can get in.

Journals, like life, are messy. Use your journal but don't expect to create a masterpiece of logical layouts. There will be beautiful words and images you delight in on some pages and others will house scribbled profanities of grief/anger. Get a cheap journal so you aren't afraid of messing it up.

I have 10 mixed media pads and 9 altered books that cover over 10 years of my life exploring my authentic truth. I am proud of

every page no matter what it may look like because it is in these pages, I have found the Goddess in me. Journals have saved my sanity through several major health conditions, divorce, and a recent break in my armor (and mind) that tore me open to my core. They are badges of honor to my resilience and desire for a more authentic expression of Divine Female in me.

Every Goddess needs a safe space to feel and express herself. Practice being the perfect safe space for you in your journals.

I will be offering more in-depth conversations on my social media platforms to enhance each month's focus. There will be directions for creating and using visual journals on my website along with other creative projects. You can get Goddess vibes in your email with a monthly newsletter. Find it all on my website:

WWW.YOURINNERART.COM

YOURINNERART@GMAIL.COM

Moon Cycle

New Moon - Blank page, new beginnings, unlimited potential, planting seeds of intention, organizing & planning.

Waxing Moon - Fresh energy, focus on details, sprouting seeds of intention, sending your desires out into the Universe.

First Quarter - Pushing forward, intentions taking root, challenges, action.

Waxing Gibbous - Patience, edit & refine, gestation, nurturing, observe & align.

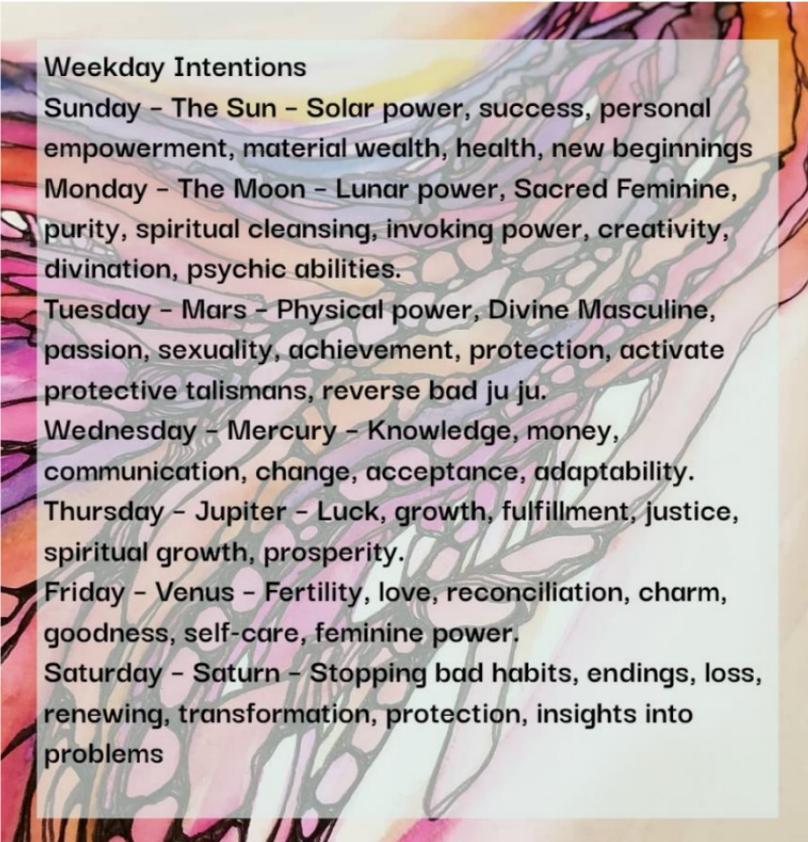
Full Moon - Peak energy, blessings, joy & gratitude, harvest fully grown intentions.

Waning Gibbons - Release & receive, service, think about goals, gratitude.

Last Quarter - Transition, readjustment, forgiveness, release patterns that harm.

Waning Moon - Surrender, rest & restore, reflection, intuition, empty feeling





Weekday Intentions

Sunday - The Sun - Solar power, success, personal empowerment, material wealth, health, new beginnings

Monday - The Moon - Lunar power, Sacred Feminine, purity, spiritual cleansing, invoking power, creativity, divination, psychic abilities.

Tuesday - Mars - Physical power, Divine Masculine, passion, sexuality, achievement, protection, activate protective talismans, reverse bad ju ju.

Wednesday - Mercury - Knowledge, money, communication, change, acceptance, adaptability.

Thursday - Jupiter - Luck, growth, fulfillment, justice, spiritual growth, prosperity.

Friday - Venus - Fertility, love, reconciliation, charm, goodness, self-care, feminine power.

Saturday - Saturn - Stopping bad habits, endings, loss, renewing, transformation, protection, insights into problems

JANUARY

REST AND RECHARGE

A Goddess puts herself first when she is tired and needs rest. Goddess energy speaks of balance and caring for ourselves without guilt. The Goddess in us calls us to retreat into the nurturing energy of stillness and quiet.

Let's start with the most important and simple thing you can do to rest & recharge – the breath. It is the easiest way to pause and become mindful. If you want to tune into your authentic Goddess self, then mindful breath will help you listen to that voice inside you that speaks of your personal truth. Being mindful and attentive to your mind/body/spirit truth is the goal of this authentic Goddess path. Know thy self and love thy self unconditionally will be your mantra.

Let's do some mindful breaths: Take a deep breath and feel it in your nose. Feel it inflate your lungs. See your abdomen expand with this invisible life force. Breath in self-love and exhale judgement. You can think those exact words without knowing how to “do” those aspects of self-care yet. This starts your journey into seeing yourself as Goddess, witch, or divine feminine.

Taking 4 -6 deep breaths and focusing on the air moving in and out is a very powerful tool in your toolbox. Breath in life energy and exhale anything that does not serve you. Allow your breath to travel down into the earth when you inhale. As you exhale, bring that grounding energy up through your body. Use this technique for centering and grounding. Breath brings you back to center.

I'm sure there were pesky thoughts flying around in your head. They will always be there even as you practice mindfulness and

resting. You won't be able to escape them so learning to let them fly through your head is a better goal. Don't follow them and get caught up thinking about whatever random thought pops up. As you practice mindful breath, it becomes more comfortable, thoughts will fly away faster and not be so loud. Don't expect to be silent in mindfulness or meditation. Use this as the first unconditional acceptance of yourself. You don't have to meditate perfectly so accept that you're doing the best you can.

Your brain is a super computer and your self-talk is the program it will run. ~Ken Kwick

Here's a secret: we aren't called to be perfect; we're called to be our unique selves. We can put down the expectations we think are there for us to live up to. Be you and do you because the world needs the unique magic of individuals. Fitting ourselves in a mold someone else thought up is a slow and miserable death.

RESTING WITHOUT GUILT

Why rest besides the obvious? Well, your spirit/higher self/ true self speaks in those times of quiet. It is in the resting you will find your true voice. You will remember your power and your magic. Practice listening to the voice that talks to you with love and encouragement. Follow the voice that speaks of your beauty and of the ways you will find rest, and how to bring your energy back to recharge. Self-care is different for everyone – find your sacred path in the quiet.

Here is the big question - Can you really rest without feeling guilty? Whose voice is on repeat telling you you're lazy? We are conditioned from a young age to follow the prescribed "right"

path from so many different people and rest usually isn't high on the list.

As women, we have an even more difficult time not being everything to everyone. Resting while there's a chore to do around the house, a family member that needs something, or a group that needs help is not acceptable in our society. It's a pipe dream that we can have it all and keep ourselves sane.

Mindfulness, rest, and recharging ask us to pare down our to-do lists so we can spend quality time with ourselves. We cannot recharge if we are giving all our energy to others. Practicing resting without guilt even for an hour is great progress into Goddess Self-Care!

Be mindful of the to do lists and the "I should's" as you rest. Remember they come from what we have learned is the right thing to do, but that right thing might not be right for you.

This is where journaling can make a big difference in your ability to see what is the right thing for you to focus on. When thoughts pop into your head, write them down and ask yourself these questions:

- How do I feel with this thought?
- What voice is talking to me?
- Is this something that I really need to do for my own good?
- Is this true for me?

Now journal about what REST means to you.

- What did rest look like when you were growing up?
- What actually brings you rest?
- What are your daydreams about rest?

Awareness is a life changer and once you are aware that a lot of your guilt comes from other's expectations, you will be able to lay down those expectations to make space for true rest.

RECHARGING

Now that you are aware of the importance in resting, it's time to be aware of what activities bring you energy so that you can recharge.

One huge aspect of recharging is the self-talk you engage in. How can you get true rest to recharge if you are constantly criticizing yourself? I have been practicing complimenting myself for a while and even though it didn't feel "right" at first but now I take time to celebrate every little thing about myself. It still feels weird sometimes, but it feels better to compliment myself. Practice extreme compassion with yourself to begin the healing process.

You see, self-care starts in your mind and then flows into your life. Recharging your batteries occurs when you are able to understand you are worth it. That's where affirmations help a great deal. They help to retrain your brain to be more compassionate towards yourself. The compassion brings the down-deep rest and recharging we all crave. It's time for you to get uncomfortably selfish about your time, energy, and activities.

During the month of January, take inventory of your sleeping habits, nutrition, how many projects you take on, do you say yes when you want to say no, and how often do you worry about things out of your control? When you start to say "yes" to anything, stop and practice your breath. Think about what that "yes" really means for you and your time. Become aware of your conditioned responses. Rest, observe your thoughts, and

practice positive affirmations during this wonderful month of hibernation.

Practices

Sundays: This is the historic day of rest during the week so practice extreme rest in any way you can. Take one day where you let your whole mind/body/spirit relax. Put down expectations of what you should and shouldn't do on Sundays. Be aware of your conditioned responses and follow those threads to the source and then to the source of the source (which is usually fear of some sort).

Affirmation: I am created from love. I am loveable. I listen to the inner voice of wisdom inside me that nourishes me. I will put down the guilt of not being what I think I "should" be. I will throw out the word "should".

Mondays: Call in your power and call back your energy. You are Sacred Feminine. You are Goddess. You have the power to create and hold life inside you. Practice communicating with your power. Focus on the idea of being powerful. Love is the ultimate source of power so think about a big bubble of love that covers your whole body. Envision yourself in this bubble. How would you act if your superpower was love shooting out of you? Your affirmation is daydreaming about the power of love.

Tuesdays: Recharge your power. If you want to use crystals or the bracelet from the kit set your choice of talisman in the window during the day so the sun hits it. This sends energy into it and you can choose to believe that using it will help you to remember your power. Stand in the sun yourself and envision the rays recharging your internal battery.

Wednesdays: Having a plan is one of the best ways to recharge. Going through the day without a particular focus ends up being

a zombie day of going through the motions without much thought. or you may get caught up in the drama of everything around you. A plan brings energy, focus, and a clear path. Use this month to pick a focus (anything) and build a plan for your time around that. We need a purpose to be fully engaged with ourselves. The myth in the Western societies is that we find our purpose around making money, being known by as many people as possible, with fun as the ultimate goal. All of that comes from outside ourselves and is usually unobtainable. Your purpose is yours to decide. It can be as simple and quiet as you'd like or big and loud. We are all unique and our purposes will all be different. Pick a focus/intention/goal to embody. Try it on and live in it. See if it fits the way you want. Keep it if it is comfy for your soul or try something different if it's too itchy. So, pick a thing, embody it, and plan it into your day.

Thursdays: The affirmations are: I hear my true voice deep inside me. I am love. I choose to believe that following my true North will lead me on the right path. Love guides me to loving myself first.

Fridays: Tune into your sensual truth. This physical world brings the blessings of sensuality that we don't experience as spirit so experience it here and now. What do you find sensual? Do you take time to use your 5 senses? Find out what turns your passions on and not just for sex but to bring pleasure into the mundane. The affirmations are: _____ makes me feel good. I love listening to _____. I love the taste of _____. _____ feels wonderful on my skin. My favorite smells are _____.

Saturdays: Reflect on what you've learned about yourself this past week and make a list of your insights. What made you really uncomfortable? What helped you feel more at ease? What were the hardest affirmations to say?