

The Goddess Within

Getting Back In Touch

By Jenna Logan

Everywhere you look these days, the Goddess is there. Long forsaken in favor of more 'practical' modes to get through daily life, if we nourish her but a little, all will be forgiven and she will gladly restore us to our full potential.

Make no mistake though, the Goddess can be a very scary concept. Modern beliefs have put her somewhere among the myth and folklore of earlier ages. The true status of women has been buried there as well. To reclaim her is to recall the power of our gender. The truth is that the Goddess continues within, waiting patiently for us to realize how empty we are without her. Even in her diminished state, she is what gives us - women - our animation. She is the very thing about us that fascinates men. Our laughter is her song; our intelligence, her wisdom; our love of ourselves, our families, the earth, life - her gratification. Our passion returns as we acknowledge the many gifts she brings to us.

The Goddess is all things at once - wild and calm; old and young; foolhardy and wise; clumsy and sensual; bitchy and sweet. Once we come to know all of these sides of our inner self she leads us also to the realization that the 'good' sides and the shadow sides are not actually opposites at all. They are simply part of the nature of being a woman. No matter where you are at any given time, it is OK! It is natural, normal, glorious you! In this season of the new moon, what better time to reexamine ourselves and learn more about these shadows?

Getting back in touch takes different forms for different people. The personal rituals associated with the Goddess can be uncomfortable for those of Judeo-Christian belief just as the more solemn, less 'radical' approach can be a let-down for others. One must choose what feels right and go along with it, wherever it may lead you. Here are a few suggestions to help generate ideas. Many of these are great stress relievers, too.

1. **Begin A Journal** - It is a good idea to begin a journal when you embark on an inner journey of this kind so that you can look back and see how you have changed - for better or worse. Some people make an entry every day. Others make entries once a week or even less frequently. Just do what feels most comfortable for you.
2. **Take A Walk** - As you take each step, imagine you are going within to meet your own inner Goddess. See and feel her presence all around you in nature, in the earth, in the sky. When you get home, enjoy your favorite hot drink and allow the deep feeling to stay with you as you go on with other activities.
3. **Take A Bath** - Light your favorite candle or some incense, ease into a warm, bubbly bathtub and pamper yourself. Scrub away the rough spots. Let all the tension soak away. When you get out, cover your whole body slowly and reverently with skin moisturizer.

Honoring the physical body in this way honors the inner Goddess as well.

4. **Build A Nook** - Assembling a small 'nook' with some favorite things - candles, incense, photos of loved ones - provides a place to focus your attention on nourishing your Goddess self. The objects you put there are symbols of that quality within that allows you to feel deeply and live fully.
5. **Meditate / Pray** - Take time each day to quiet your thoughts and be still. It seems hard, but if you can manage to do it, the peace of this practice will stay with you through even the toughest days. You could begin by imagining yourself meeting your inner Goddess beside a clear pool and having a conversation. Where your meditation or prayer goes from there is entirely up to you.
6. **Design A Ritual** - Personal ritual can be a very powerful thing in your life. Unfortunately, modern thinking has associated the practice with superstition and witchcraft. Nothing could be further from the truth. Don't be afraid to take some time to design a ritual for yourself. You could use such things as candles, incense, food, drink, rocks - or any of the activities in the list above. Carry out your ritual consciously and with attention. If you stop thinking about what you are doing, you have only allowed yourself to fall into another mundane routine. Have some fun with it if you like, it need not be serious to be meaningful. Ritual only needs to be meaningful to be effective.
7. **Read A Book** - Learning about how to be in touch with the Goddess is easy. Several informative books have been written by women who walk the Goddess path every day. Here are two suggestions:

1. *The Book Of Goddesses* - By Kris Waldherr

A great introduction to many Goddesses of old, from many different cultures. The artwork is beautiful and the book is suited to both adults and children.

2. *Women Who Run With The Wolves* - By Clarissa Pinkola Estes

This amazing compilation will help a beginning Goddess seeker come back into contact with what it means to be a woman. This is a very enlightening book for men, too.

With these simple ideas, may you begin to find the joy within yourself that is the Goddess. May the peace of new moon be with you all!

Coming in the Spring Issue: The Goddess Within Part II - Learning where to invest your time and energy to nurture the Goddess.

*Originally published at www.moondance.org (2002) under the pseudonym, Jenna Logan.