

The Goddess Within

Investing Time and Energy to Nurture Her

By Jenna Logan

“We all begin as a bundle of bones lost somewhere in a desert, a dismantled skeleton that lies under the sand. It is our work to recover the parts. It is a painstaking process best done when the shadows are just right, for it takes much looking.” (Estes, 1995)

What we are looking for is the indestructible life force, the bones. The very essence of our feminine being. The Goddess. In this time of the crescent moon, we must look to bring our learning to fruition and learn more. We are preparing to make positive changes in how we look at the world with the new understanding of the Goddess within.

Child, Maiden, Mother, Crone. These transient phases of our lives bring new views, profound realizations and also subtle changes in the role of the Goddess. However, she is never limited to any one role. An example would be when a little girl utters something profound, beyond her years from the Crone. The Child Goddess comes to a mother who takes a few minutes to get down on the floor to play with her little ones. The Maiden Goddess shows forth in all new beginnings. The Mother Goddess visits the little girl who is learning how to care for her dolly.

The Goddess makes her presence known in whatever way she sees fit, in whatever way is most empowering to us at the time. She is the instigator of change and the enforcer of truth, no matter how hard it may be to bear. But she is also the supporter. She nurtures us in ways that feed our passion and gives us the tools to shape our lives consciously.

THE CHILD GODDESS

As children, we each have our own adventurous spirit. The Goddess remains unbridled for a time. As we are conditioned to tame ourselves to the socially acceptable behaviors of our society, we tend to apply the same constraints to our inner Goddess in an effort to gain approval and love from those around us. Therefore, the domain of the Child Goddess resides mainly in play, where we employ our imagination to preserve something we instinctively do not wish to lose.

Nurturing the Child Goddess requires that we invest wholeheartedly in our dreams. There are so many who walk about aimlessly, unclear about what they want. Investing in dreams begins with defining and affirming your goals. Following through requires taking an action step every day that moves you in the direction you want to go. Children should be encouraged to invest in their dreams early in life. This will give them a sense of direction and purpose right from beginning.

THE MAIDEN GODDESS

During the adolescent years, we outgrow the child and allow the Maiden Goddess aspect into our lives out of sheer desperation. At a time when we are in a state of physical and mental

disorientation due to hormonal development, we may allow our wild nature to come forth once again to lead us through this very difficult 'dark' period. The adventures we undergo become lessons we carry with us always. The domain of the Maiden Goddess lies in exploration, learning and new beginnings. These activities are required for the young, naive, inexperienced Maiden to come of age.

To nurture the Maiden Goddess in our lives, we invest in education of all kinds. In learning to produce, create, solve problems and achieve goals, we expand our skills in all areas of life and are better able to realize our highest aspirations.

THE MOTHER GODDESS

The Mother Goddess can be extremely complicated and profound. She is deep, sustaining and rich. She is present in all women, even those who do not bear children. Each and every woman has her own unique way of expressing the Goddess, either knowingly or unknowingly. During this time in our lives the domain of the Mother Goddess is in nurturing all things around us. Plants, children, spouses, parents and others in the wider circles of our association. However, this aspect of the Goddess no longer resides only near hearth and home. The workplace has become more of a focus for women, and the Goddess is exploring new roles and meanings within that additional facet in womens' lives.

To nurture the Mother Goddess, we invest in cleaning up clutter. Most people live with cluttered desks, cluttered schedules, cluttered lives. Eliminate things that restrict the flow in your surroundings. File those piles and clean out those closets. Give what you don't use and don't need to goodwill. The results will surprise you - more focus, organization, concentration and freedom.

THE GODDESS CRONE

The Goddess Crone is perhaps the most difficult to face, especially as we grow older. An old woman is bowed by years of burdens and she appears fragile. But if we look at her through the eyes of the Goddess, she is seen as she truly is - she is beautiful. Every wrinkle, earned. Wizeden grin and shining eyes looking merrily back at us. She knows things that we do not! We can learn from her. She will teach us anything we ask, for the domain of the Goddess Crone lies in sharing.

To nurture the Goddess Crone, we invest in effective communication in all aspects of our lives, especially with ourselves. With her many years of experience, the Crone has developed a large and efficient network. If we are conscientious in nurturing her, the vast treasure of information there will be at our disposal to help us live up to our fullest potential.

As we nurture the Goddess within, more and more of the old bones become visible. As we continue to invest our time and energy in healthy ways, we breathe life back into the bones. They flesh out and rejuvenate. We transform ourselves into who we truly are.

May you begin your best investments with heartfelt commitment, and may you continue to nurture that joy within yourself that is the Goddess!

Next Issue: Challenging limiting beliefs that can defeat our efforts to nurture the Goddess in our lives.

Works Cited

Estes, C. P. (1995). *Women Who Run With The Wolves*. New York, Toronto: Balantine Books, a division of Random House, Inc., Random House of Canada Limited.

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