

BLESSED
BE

A ONE MONTH JOURNEY TO OPEN UP AND CONNECT TO THE GODDESS

INANNA

BY
ELIN HEJLL
PRIESTESS OF AVALON

WELCOME, DEAR FRIEND!

Before we start

You are so very welcome here. I am delighted that you have chosen to give yourself this opportunity to grow, to deepen your connection to Goddess and to make your spirituality a priority.

This is a one month course, but remember, you can do it over and over again.

Be kind to yourself.

You might "miss" a day or two or more! That is OK. You are doing this for yourself.

Goddess is not going anywhere.

To just stop, breathe and connect for just a few seconds is sometimes all we can do, and maybe all we need.

If you can not do the moon meditations on "the right" days, don't worry. This is your journey. Sometimes it is difficult to fit everything in. Breathe.

Know that things are as they should be and that you are taking one step at a time, when you can. A small step every day.

But at the same time, do your best to give yourself the time you need. This is for you. Your journey. Your choice.

Do it with love. Be patient. Be kind to yourself.

What you will need:

An altar space (I will help you)

An oracle deck/tarot deck/runes

Time for yourself

A journal



GROUNDING AND CENTERING

Welcome, friend!

It is so wonderful that you are here!

You have made the intention to grow, to deepen your connection to yourself and to Goddess and to move into a new phase in your life.

That is truly wonderful!

It is magical.

When we make the decision that our own wellbeing and our connection to Source is one of the most important things in life, apart from the basics such as shelter and food obviously, we can truly commit to making the changes necessary to make that our priority.

I use the word Source, Goddess, She and Universe when I talk of the all encompassing creating force, but in my understanding and experience that can be changed to any other word that feels good to you.

This first month you will be focusing on releasing what you no longer need and opening up to a new beginning.

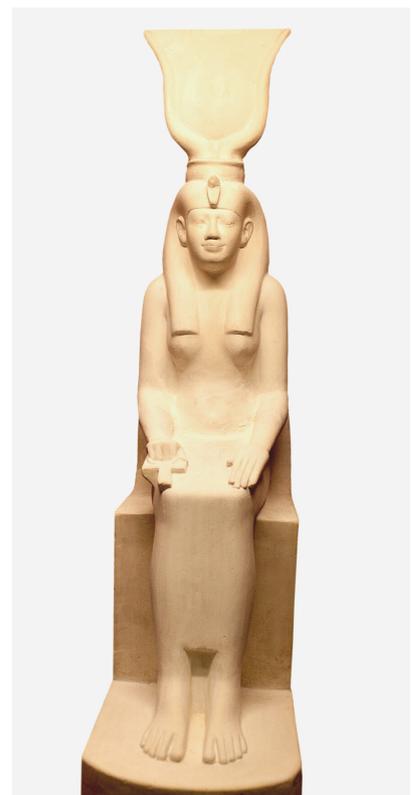
This is symbolised by the Goddess Inanna, who went into the underworld and stayed there for three days before returning to the light.

I have created this course so that you start at the full moon. If it is impossible to start on the exact day, then a day on either side is also fine.

If you don't have a moon calendar, then just look up when the next full moon is online.

Then, get ready!

(I am so excited as I write this!!!!)



YOU ALTAR - YOUR FOCUS POINT

How to create a sacred altar space

You might already have an altar.

If you do you might want to change it so that you make a clear intention of your work you are about to start.

A good thing to do is to take everything off, give it a good cleanse with some warm water, and then smudge it with sage, and then re-decorate it.

If you do not already have an altar, I suggest that you create one. It does not have to be a huge thing. Just a place that you know is your altar space. It can be a side table with a candle on, it can be your bedside table, a shelf or window sill.

Somewhere where you can light a candle and spend time in front of. If you don't want to have a whole thing with statues, flowers, crystals or whatever, you can always bring out the things you want for each meditation/prayer/ceremony.

Some suggestions for your altar

Goddess statues

Goddess images

Crystals

Incense/sage

A cup or chalice with water

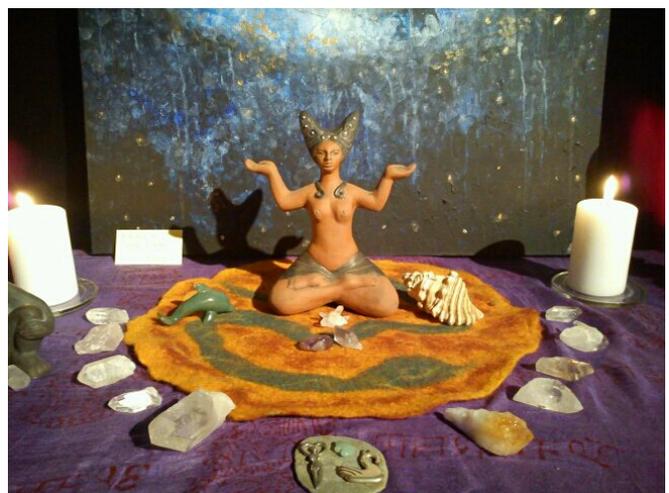
A candle

Twigs

Stones

Leaves

Shells



The main altar from a Temple weekend at the Stockholm Goddess Temple

CALLING IN THE GODDESS

She is here.

In this course I am inviting you to call in Goddess.

To really call Her into your life and your very being.

This is a personal relationship, so it can look and feel differently to all of us.

She will offer you wisdom, She will show you a mirror so that you can see things you might not want to see, things you could release that you no longer need.

Yes, it can be frightening, and heartbreaking, but remember that the essence of Goddess is love.

It can feel forceful at times, but that is just because of Her transformational powers.

She is love.

Never forget.

*What do you want
to call in?*



WHAT DO YOU WANT TO CALL IN?

She is listening.

When you work with Inanna this month, sit with your journal for a while and think about what you want to call in.

What do you want to release?

Look at the journalling questions below and see if you have any thoughts and write them down.

What do you want to achieve?

What do you want to strengthen and call in?

What do you want to let go of?

What holds you back?

Where are you stuck?

Do you know how you can release that?

What intention do you want to set for this journey you are embarking on?

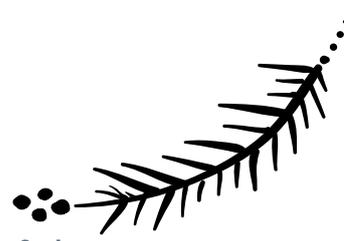
What are your fears and dreams?

How will you make sure you allow yourself the space you need for the work you will be doing?

When you think of Inanna, what thoughts, feelings and images come to you?



A DAILY PRACTICE



Doing a daily ritual when working with Goddess is very powerful. It does not have to be elaborate or long. Just a few minutes at your altar, a few deep breaths in total presence, a short prayer, moving your body, whatever you have time for.

What is important is your presence.

You being totally there, in the moment so that the connection can happen.

So that you can feel Her.

Below are some suggestions for you to try. I have recorded them for you in case you feel that it is easier to stay focused that way. In fact, it might be easier to start by listening to them as that might help you go deeper. Then you can do them on your own. You decide.

Inanna Daily Practice 1:

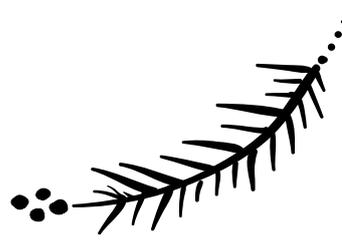
Sit at your altar and say a short prayer to Inanna and ask Her to walk with you today. If you have more time, take a few deep breaths, be still and ask her if there is anything she wants you to know and wait for an answer, or pull a card from an Oracle or Tarot deck. This might require some time. It can not be rushed.

Inanna Daily practice 2:

Centre and ground. Start focusing on your breath. Now imagine breathing light in to your heart, and on the out breath sending it down into the earth. Do this for at least a couple of minutes. Really visualise the light as it moves through your body. Imagine the light coming in cleansing your heart and as it goes out it connects you to Mother Earth and Inanna.

After a while you can start to breathe in the energy from Inanna up to your heart, and then release. Do this for a couple of minutes or so.

ONE MORE...



Inanna Daily Practice 3:

For this ritual you will need a bowl or a cup of water.

To start with, take a few moments to ground and centre. You may want to check in with your body and see if you can feel any tension or any other sensations. Then focus on your breath for a moment, maybe taking a few deeper breaths, noticing the sensations in your chest, belly and nostrils.

When you are ready, bring the bowl to just in front of your mouth. Then speak your prayers and wishes into the water, charging it.

You may wish to say something like:

Inanna, help me release the masks I wear.

Help me release the veils I wear that hide me from the world. That hide my true self. Help me to release them one by one.

Help me to stand in my power, in freedom, in love and strength.

Help me to feel you with every breath, every heartbeat and with every step.

Help me to know you and feel you in my heart.

Take a few deep breaths, and when you are ready drink the water and feel the power filling you.

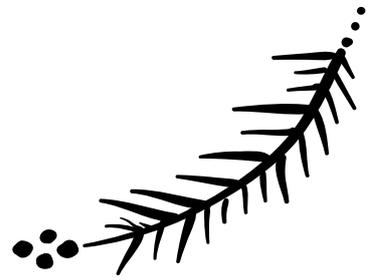
When you are ready, thank Inanna and open your eyes.

Journalling

Write your thoughts and prayers in your journal. Notice if Inanna comes into your mind and thoughts during the day, and what those thoughts are about. Write about your rituals, how you experience Her and if you pull tarot cards, what their message is.

Draw images. Write poetry.

HOW TO WORK WITH THIS COURSE



How to begin

Start on a full moon with the Full Moon Ceremony. In preparation for this I want you to write a love letter to yourself. Yes, I do.

How does this feel for you? Easy? Scary? Challenging?

Breathe. Take some time in front of your altar, or outside in nature.

Close your eyes and think of what your essence, your core, your Divine Self would say to you. Breathe through any challenges or blockages that may come up.

You know that you are loved. You know that you are love. Listen to your essence, that Divine part within you. She knows.

It can be small things or large things, like: *I love myself because I got out of bed this morning! I love the feeling I get when I laugh out loud! I love that I allow myself to relax in a warm bath. I love my eyes and my hands. I love that I have committed myself to doing this course! I love that I made it through my education! I feel so strong because of that! I love my whole self, my spirit and my mind.*

Write as little or as much as you can and then bring that letter to the ceremony.

Every day

Do one of the daily practices or the breathing exercise/meditation.

Dark moon ceremony

If you can, prepare by taking a bath with salts, or smudge yourself with sage. If none of those are possible spend some time breathing in white light and feel it cleansing you. On the out breath, imagine all you no longer need disappearing.

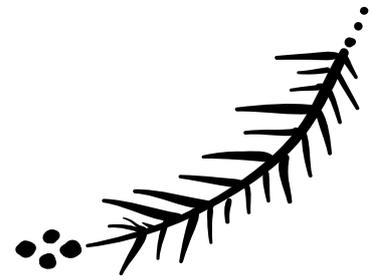
This is a descent into the darkness, to find the light on the way out.

Then listen to the recording of the sacred ceremony.

Next step

If you choose to do the next part of this journey, with Morgan Le Fey, then write a letter of gratitude to Inanna, to be used in next month's ceremony.

INANNA



Inanna is a Sumerian Mother Goddess and known as the Queen of Heaven. She is closely connected to the Moon and the planet Venus.

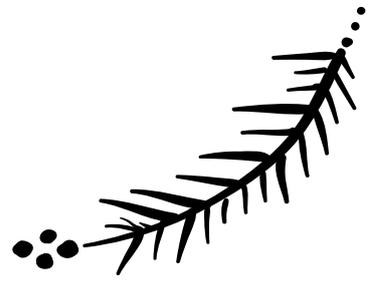
Inanna is the Goddess of Death and Destruction. She also represents the raw, wild, sometimes destructive power of nature.

On the next page you can read a short version of the myth about her, and you can read more about it in books and online, but I believe that we all experience Her energy differently depending on who we are and what we are going through. She also brings us different wisdom at different times, so I believe that we don't need to know everything about Her. We will know Her when we meet Her in meditation and ceremony.

"Inanna's origins are very very old and date back well into the Neolithic age. It is believed that the Goddess-revering Al 'Ubaid culture brought Her imagery with them when they settled in the region south west of the Euphrates river as early as the 6th millennium BCE, i.e. 8,000 years ago. Her earliest temple was discovered in Uruk (Erech), Inanna's main and longest lasting place of worship, and dates back to about 5,000 BCE."

<https://goddessinspired.wordpress.com/2012/06/10/inanna-sumerian-mother-goddess-queen-of-heaven-and-earth/>

THE MYTH OF INANNA



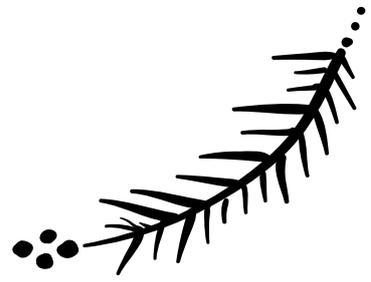
The most famous myth about Inanna is the story of her descent into and return from the Underworld. She goes down to visit her older sister Ereshkigal, the queen of the Underworld. On the way down she passes through seven gateways and is required to take off one garment at each gate so that she arrives naked. This is symbolic of how, as we descend into the underworld within, we need to let go, to release and to surrender to get to our essence and our true self.

But when Inanna arrives she is killed by the seven judges of the Underworld. Three days later, Ninshubur, Inanna's companion pleads with all the gods to bring Inanna back to life, but all of them refuse. So she goes to Enki, Inanna's father, who sends two beings to rescue her.

They escort Inanna out of the Underworld and she is brought back to life. But one that has dwelt in the Underworld is not let off the hook that easily! The guardians of the Underworld demand a replacement for her. They try to take Inanna's son and Ninshubur among others, but then Inanna finds her lover Dumuzid wearing his finest outfits and she is enraged since he is not mourning her properly, and so the guardians drag him down to the Underworld as Inanna's replacement. Later Dumuzid is allowed to return to heaven for half the year while his sister Geshtinanna remains in the Underworld for the other half, resulting in the cycle of the seasons.

So just like Inanna, we must let go and surrender of what no longer serves us so that we can rise again, stronger than before.

MORE



Thank you so much for taking this course and journeying with Inanna!
Know that there are so many of us around the world who are on the
same path as you.

A path of self-awareness.
Of practicing presence.
Of opening to Goddess.

If you enjoyed this you might want to take the next step:
A one month journey with Morgan Le Fey!
You can find the details on my website.

Find me

www.elinhejll.com

Facebook

Priestessing Mindfully
Stockholms Gudinetempel

Instagram

priestessingmindfully
avalonsprastinna