

Re-ignite your soul connection to
the Divine Feminine



Welcome, welcome, dear friend!

I am so glad that you have come here and decided to give yourself this gift of connecting or re-connecting with Goddess.

Goddess, the Divine Feminine, She, the creating force of the Universe...whatever you call Her is all around us and in every cell of our bodies.

She is the energy that reminds us that we are sacred, that we are strong, and that we can find peace in every moment. She is within us when we dance, when we sing, create, love and rage. She is all our emotions. She hears us when we call Her. She holds us through the darkness and celebrates with us when we dance with joy and when we cry with grief..

She is the one of 10,000 names and faces. She is found all over the world. And She is waking up. She is already awake. We just have to remember, celebrate and find space to connect.

That is what this course is about. Remembering, re-connecting and re-igniting.



During this week you will be doing ceremony, meditation and connecting with nature. All these activities are meant to help you awaken once more to your own sacredness. As you find it in yourself you will re-connect to Goddess, who is both within and without.

During this week there is no specific day that I suggest you spend time in nature, but since nature is where you most effortlessly connect to Goddess and Source I encourage you to spend as much time as you can there!

It can be five minutes in a park at lunchtime. It can be an hour's walk through the woods, it can be sitting in your garden having a cup of tea. Just be there. Connect. Breathe. Ground and centre and see what thoughts and images and emotions come to you.

I use both the word Goddess and Source to describe the creating force of the Universe. Source is such a beautiful word encompassing everything, where we come from, the life-giving energy that flows through everything, and where we go back to.

This course is created so that you will have time for everything even if you have a busy life with little time for yourself. Some things can be done while you get ready in the morning, a few breaths to centre, a short prayer. Some days include a ceremony or a meditation. That day the practice might be about 10-15 minutes. I hope that with some planning you will be able to allow yourself that time.

Think of it as a gift to yourself.



Grounding and centering

In this course I ask you at times to start by grounding and centering. You may do this naturally, but I want to explain what I mean in case you are not sure.

Grounding can be done in many ways, by breathing, doing yoga, having a massage, eating...it all depends where you are at and what you are feeling.

A good way to ground and centre before a meditation or ceremony is to spend some time just breathing and connecting to your body. Checking in with how your body is feeling right now. Looking for tension, any tingling sensations or anything else. Just noticing them as they are. Focusing on what you are sitting on, and how that feels.

And returning to your breath.

The reason I ask you to ground and centre is because you can not be present if you are not grounded, and then you will not get as much out of the meditation as you otherwise could.

You might need a bit of practice, but I will guide you at the start of every recorded meditation so that you will learn to recognise what it feels like for you to be grounded.



All you need for the course is a candle, some things for your altar and a journal.

Now, on with the course!!

I hope you will enjoy it!

And remember, if you have any questions at all, please contact me via Facebook at LadySparkle.

With blessings.

Elin



Day 1 - Intention

Welcome to day 1!

This first day is about setting your intention and making a commitment.
A commitment to yourself.

It is also my strong suggestion that you create an altar, if you do not have one already. An altar acts like a point of focus and it is something you can physically see. It does not have to be much: a candle, flowers, crystals, oracle cards, incense, whatever you feel like. Just lighting a new candle for this week is enough, if that is all you can do. If you already have an altar, perhaps you want to add something new to it, or rearrange it for this week so that you let the energy of your commitment and of this course in.

Setting your intention

Now it is time to set your intention. It is the intention for this week and for why you are taking this course. Write down a few sentences of what your commitment you are making is.

It could be becoming more present and mindful in your daily life.
It could be re-igniting a lost connection to Goddess.
It might be exploring what the Divine Feminine is for you.
It can be so many things. Listen to your heart.

And since this is just a short course it is good if you think of this as the beginning of a journey, a discovery, an adventure, a way of coming back closer to yourself.



Intention ceremony

Once you know what your intention is, do this ceremony.

Sit down at your altar. Light your candle. Close your eyes and take a few conscious breaths. Make sure you feel present. Check in with how your body is feeling, look for any tension and breathe into that space. Sit in stillness and breathe for a couple of minutes. A good way to ground and centre is to breathe in, counting to four, and breath out, counting to four.

When you are ready, continue.

You are going to call Goddess in. To call Her in you simply talk to Her.

You may wish to say something like:

Great Goddess

Mother of All

I call to you and ask you to be here with me.

In my heart, soul and body.

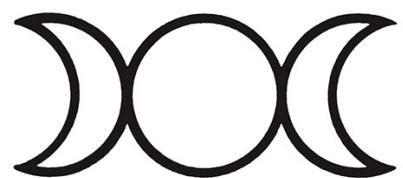
Then you state your commitment and ask for her blessing. Take as much time you want. You may have a lot to say, or you may just have a few words. Try to feel Her presence. She is there.

When you have finished, sit for a minute or so, checking in on what is happening in your mind and body. Just breathing.

When you are finished, blow out your candle.



You may wish to write a few words, thoughts or emotions down in a journal so that you can keep track of your journey. You may also wish to write a few words and thoughts about this first day.



Day 2 - Presence

Day two is about presence. It is about your presence. If you can be present, and grounded in yourself and your body then that brings Goddess closer. Or, to explain it better, when you are more present you are better able to sense Her, see Her signs and hear Her whispers on the wind.

During the day, try to stay present and mindful as much as possible. As you go about your day try to notice the beauty around you. Really see it. Hear it. Smell it.

So how do you stay present? If things get stressful, stop, breathe and centre. Close your eyes if possible and just feel your own presence and energy. Bring your focus back to your breath and the sensations in your body. Feel your breath. Feel the sensations in your hands and legs. Feel the ground under your feet. Then open your eyes and notice what is around you.

The reason we are focusing on presence today is because if we are not present in ourselves we can not hear Goddess or feel Her energies. When we know ourselves, and when we can stop and feel what is happening in our bodies then we open up our own energies and our hearts to what is around us.

In our busy societies our instinct is usually to shut down, to close off our energies because there are so many things happening everywhere. There are too many people around. There are too many impressions everywhere, especially if you live in a city.

So we need to re-learn to come back to ourselves, to our souls. To be heart-centred. We can do this by breathing. By physically stopping. By turning off our phone. By meditating.



A lot of us think that we take a break when we check our phones for updates on social media, that it is relaxing. In fact it adds stress to our brain. So perhaps this week, see if you can stop yourself from checking your phone as often as you usually do. Just see what it feels like.

To do today:

1. Some time during the morning, take a moment or two and breathe and center. Re-affirm your commitment that you made yesterday. Ask Goddess to walk with you during this day. If you have the time, do this at your altar.
2. At lunchtime: Go somewhere where you can be alone for just a minute. A bathroom is fine!

Take a few breaths. Check in with yourself and make sure you are here and now. Right at this moment. See if you can check in and see what is happening in your body. What sensations are there? What feelings? Feel the floor or ground under your feet. Feel your breath entering and leaving your body.

Say a short prayer, for example:

Goddess, walk with me this day. Bless me with your love.

Allow me to know you within me as well as in everything around me.

I breathe you in.

If possible, take more breaks to check in with yourself. You can do it on the bus, at your desk, or just as you walk home from work.



3. In the evening you may wish to sit down at your altar for a few minutes. Light the candle if you like. You can do some breathing and just checking in with your body and your emotions.

Once again, try to stay present sensing what is happening to you right at this moment.

You may wish to say a short prayer of gratitude. You might be grateful for this day, for your friends, for your home, for the weather, for the love around you, for the trees...anything! It can be huge and it can be small!

4. Write down your experiences of this day. What did you see, what did you hear? Were you present or did you find your mind wandering, worrying or stressing a lot? If you found it hard to stay present, then do not beat yourself up about it! Just notice that it happened. If you can, see if you can remember where your focus went if it was not in the present moment.

When we learn to notice where our focus is we can also learn to bring it back to the Now.

I wish you a lovely day!



Day 3 - The elements

Welcome to day 3! Any teaching about Goddess and Goddess energies is not complete without the elements of air, fire, water and earth. Since this is only an introduction we will not have time to delve deep into each of them (I have a whole other course on that!) but I want to offer you a small taste.

Different traditions place the elements in different directions, and to me there is no right or wrong way. You will know what fits you. You will feel it. I had tried to work with them as they are placed in Wicca and other types of witchcraft at first, but I could never remember where they went! When I was introduced to the directions of the elements as placed on the Wheel of Ana as I started my training to become a Priestess of Avalon it all fell into place. It felt natural.

You choose a way that suits you. You will know.

In my tradition air is in the north, fire in the east, water in the south and earth in the west.

These elements are, as you know, all around us. They are also within us, and there are different qualities associated with each element. Different Goddesses are also connected to one or more of the elements. Gaia, for example is connected to earth, Pele is connected to fire and Ran is connected to water.

There is a chant that goes:

*Earth, my body
water, my blood
Air, my breath
and Fire, my spirit*

which explains how they flow through us.



What the elements represent:

AIR: the mind, withdrawal, meditation, the breath, stillness, rest

FIRE: passion, excitement, creativity, new beginnings, love

WATER: the emotions, flow, ease

EARTH: the body, the earth, grounding

Are you drawn to any particular element? Perhaps write a bit about your thoughts in your journal. Is there one element that you do not feel connected to? Why do you think that is?

Take some time today as you go about your day and try to notice the elements around you. Is it windy? Can you feel the breeze on your face? How is your breathing today?

How much fire is in you today? Do you feel passionate about something? Perhaps take an extra look at the candle flame on your altar. Watch it dance.

Are you conscious of the water you are drinking? Have you walked past a river or a lake today?

What is the landscape like where you live? What have you been eating today? Have you been looking after yourself?

You do not need to answer all these questions, but they might help you to think about the elements around you and within you.

I would also like you to listen to the meditation *The elements*.

In the morning, take a few moments to connect to Goddess and to yourself by taking a few deep breaths and stating your intention for the day. It can be the intention you made for the week or it can be that you wish to learn more about the elements, or that you wish to walk proud and speak your truth. Whatever comes to you. This is your day.



Connecting to the elements is essential as we walk with Goddess. We are connected to them, and so are the seasons, our planet and Goddess herself.

So today:

1. State your intention.
2. Explore the elements.
3. Listen to the meditation (The elements)

If you are interested in continuing to walk this path you can continue with Awaken to the elements which is a five week online course where, after an introductory week, you will spend one week connecting deeply with, and exploring, each of the elements. You can find it on my website www.elinhejll.com

Many blessings on your day!



Day 4- Goddess of 10,000 names

On day four we open our eyes and minds to Goddesses all over the world!

Do you feel called to a specific Goddess?

All Goddesses are one, but we can experience them as different ones because of their different energies. We usually say that She is the One of 10,000 faces or 10,000 names. You may know some or a lot of them: Diana, Kerridwen, Kali, Aphrodite, Gaia, Rhiannon, Freja. There are Goddesses in every culture. You may feel a call to Goddesses in your culture and country, or to Goddesses on the other side of the world.

Not only are there Goddesses associated with different countries and places, but also to the seasons and the elements.

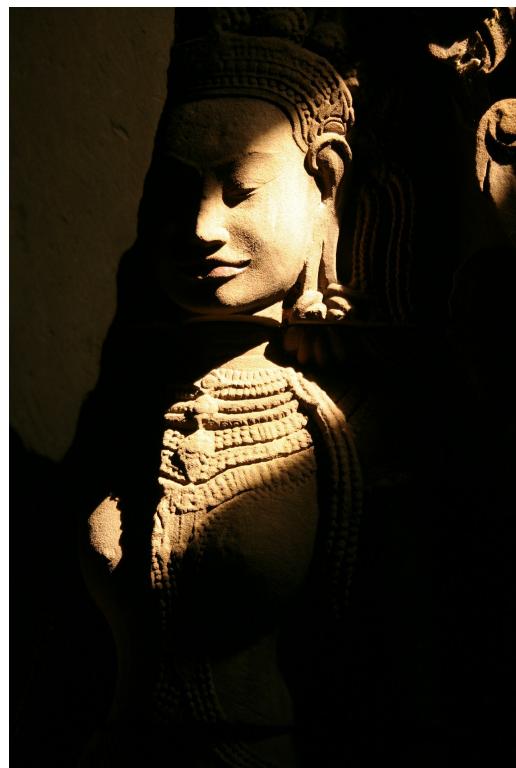
Today you may wish to do some research on a specific Goddess. Just look up some facts, like where She is from, what Her qualities are and so on. It could be someone you already know a bit about, or someone new! You may wish to write down what you learn in your journal.

Later today you are going to listen to a guided visualisation/meditation. When you go into the meditation you may set an intention that the Goddess you have been researching is the one who will come to you, but you do not need to decide that. Being open to any Goddess is also great!



So, to do today:

1. Say a short prayer in the morning. Perhaps asking for Her blessing as you go about your day.
2. Do some research on a specific Goddess, or more than one if you like!
3. Listen to the guided visualisation called A sacred meeting.
4. Write about your experience in your journal.



Day 5- Your sacred body

On day five we focus on our body. We all feel differently about our bodies. In this society we live in it is easy to dislike our bodies because it does not look like the bodies in the ads and magazines. But we need to remember that we are sacred.

Your body is a sacred temple. It is the home of your beautiful soul.

The earth is the body of the Goddess.

Your body is also the body of the Goddess.

Therefore it is sacred.

Today, start the day by grounding and centering.

If you have time, light a candle and sit for a minute with your eyes closed and breathe. Feel the air entering and leaving your body through your nose. Feel your belly rising and falling with every breath. Sense your own energy and presence. Feel the presence of your body. Your body holds you, supports you, helps you in so many ways. Give gratitude to it.

There could be a whole course on loving your body, but this is not it.

Just remember that it is sacred.

You are sacred.

You are whole and you are complete just as you are.



Ceremony to honour the sacredness of your body

Today you are going to need at least about 10-15 minutes on your own. You are going to do a ceremony where you call Goddess into your body through movement. Maybe you are used to moving, dancing, or exercising. Perhaps you are not. This is an invitation to come back and re-discover the sacredness in your body.

To prepare, find some music that makes you feel good. I would advise you to choose something quite slow, something that you can move to and really stay present. I want you to imagine that you are in a temple during this ceremony, so something that gives you that sacred feeling. My suggestions are Jennifer Berezan's Returning (available on Spotify, as a CD, and on YouTube), something by Deva Premal, Loreena McKennitt, Snatam Kaur, or search for "temple music", "meditation", "mantras" or something similar on YouTube. You may also have something on your mind already that you feel is appropriate.



Ceremony

Read through the ceremony first so that you are familiar with it.

To start off, sit down at your altar. Light a candle, and perhaps some incense and just breathe for a minute or so. Finding your presence, returning to the here and now.

You may wish to speak to Goddess, to ask for Her presence and guidance, for Her to be in your body, in your breath and in your heart.

I would like you to imagine yourself in a temple. You are a Priestess. This is your space. You feel safe in this space.

When you are ready, put on the music you have chosen and stand up. Close your eyes for a while. Keep breathing and allow your body to start moving. Give it time. remember, this is your sacred space. You are sacred.

Move, dance, and stay present. Feel the beauty of how your body moves. No one is watching. No one is judging, because there is nothing to judge. You are pure beauty.

Dance...move... until you are finished. Stand in stillness for a few moments and notice the sensations in your body. Can you feel anything? Tingling? Do you feel hot? Cold? Happy? Sad?

All emotions and sensations are welcome. Just notice them and let the be as they are.

Give thanks to yourself. Your beautiful self.

Take some time to write down your experience in your journal or the workbook. Ground yourself by drinking some water or eating something. Blow out the candle.



Day 6 - Your sacred centre

Welcome to day six!

Goddess resides in your body, in your heart and in your soul. Today we are going to welcome Her into your most sacred space: Your womb.

Your womb is a magnificent centre of power. Please note that if you have had your womb removed the energy is still there, and just as powerful.

I believe that when we are disconnected from our womb (and our yoni), when we ignore her whispers, we remain disconnected from a huge part of ourselves. I feel that as women, it is time to honour her again and re-connect so that we can once more listen to her wisdom, her secrets and her stories.

There are so many excellent books on working with your womb, your yoni and your sexuality and I will give you a few tips on what to read if you feel drawn to it. We are going to gently connect to our womb space through meditation and breathing today.



1. Start the day with a short morning prayer. If you have time, do it at your altar. Centre and ground and set your intention to walk with Goddess, to sense her in your body.
2. Listen to the Womb Meditation. (11 minutes)
It is best if you can lie down for this one.
3. Write about your experience in your journal. You may note different feelings that came up for you. Take your time and listen to yourself.



Day 7 - Call yourself in

Welcome to day seven! Today you are going to do a ceremony to call yourself in and to give thanks for this week, for the connection to yourself and to Goddess. Goddess is within you, She is you.

When I say "call yourself in", what do I mean?

For me, to call ourselves in, is to call back all the parts of us that we have neglected or forgotten. We call back our strength, our power, all our emotions, and give ourselves permission to express them! It calls back the soft, vulnerable parts of ourselves. We might not experience an enormous change right away, but for me it is important to symbolically say to ourselves that we welcome every part of ourselves.

To start the day you may wish to say a prayer. It can be a prayer of gratitude or a prayer asking for help to connect even deeper. It can be a prayer for strength, for presence, or for peace. Whatever you feel you need today, take a few moments to sit down. Ground, centre, light your candle and then spend a few minutes with yourself and your prayer.

Reflecting on your journey

I would also like you to spend some time reflecting on the past week. How has it been for you? What have you discovered? Was there anything you especially enjoyed, or did not enjoy at all? Have you noticed anything new about yourself? How do you feel about walking this path, the pagan path? How is your connection to Goddess today? Has it changed in any way? What do you think will be your next step.



Ceremony/guided meditation

Today you will need about 10-15 minutes by yourself to do this ceremony.

Turn your phone off and make sure you are not disturbed.

Light a candle and sit down comfortably. Listen to the guided meditation *Call yourself in.*

Well done!

You have now completed the course!! Amazing work! I hope you have enjoyed this taster course, this re-discovery, re-charge or re-awakening.

I invite you to do the exercises, ceremonies and meditations here again. Meditating every day is incredibly beneficial. Meditating whenever you can is also amazing.

You should do things that make you feel good.

Things that make you feel present.

Things that make you feel amazing, inspired, energised and connected to yourself, Goddess and Mother Nature.



Some things you can do and keep doing are:

Celebrate life everyday. You are alive. The plants are alive. The air is alive!
Connect to the elements!

Stop and look at the trees, leaves, branches. Find beauty. Make it your mission.
Breathe it in.

Meditate (Plan it! Set a times. Make it a habit.)

Walk outside, spend time in nature

Dance and move your body!

Give yourself a gift to celebrate yourself whenever you feel like it.

I am sending you many, many blessings on your journey!

With love,

Elin





For more information go to www.elinhejll.com



Further explorations

Please feel free to connect with me via e-mail or on social media.

You can find me at

Instagram: priestessingmindfully

Facebook: Priestessing Mindfully

www.elinhejll.com

Further reading:

Priestess of Avalon, Priestess of the Goddess - Kathy Jones

Pussy - Regena Tomashauer

Love your lady landscape - Lisa Lister

Witch - Lisa Lister

Rise, Sister, Rise - Rebecca Campbell



All music used for the meditations was written and recorded by

Rebecca Reads Recordings

Find her on Fiverr.com as [Rebecca_reads](#)

