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## Choosing the Goddess Warrior

Humankind alone is  
called to co-create.

*Hildegard*

Do you know you have the ability to create a new life?

Power is accepting responsibility for creating your own situations and knowing that you have the knowledge and insight to transmute each experience into wisdom.

Our greatest power is choice. We have a right to choose, and without manipulating, create what we want. We have the power to say what is important in our lives. We always have choices, but do we really accept ourselves enough to choose? Ask yourself:

What do I have to do to take conscious charge of my life and follow the light of my soul?"

Choose consciously what adds love and value to your life, what supports your aliveness, and what nurtures you. Chose, by rallying your soul's Guardian: that part dedicated to being your own person. Goethe said, "Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it."

Our true nature is powerful, creative, and loving. We exist independent of the opinions of others. Whether we are aware of it or not, we weave our own universe from the thoughts we think, the decisions we make, the actions we take, and the beliefs and expectations we have.

Our purpose is to make the contribution we want to make. Our deepest satisfaction comes from contributing to others and doing something about our life.

## Honoring the Virgin Goddess

The first thing to do is rejoice in your own shining individuality and believe in yourself. A positive self-regard is essential. You are a Divine Child, so trust yourself and become a living star in your own eyes. “To thine own self be true” was the message of Hamlet. Recognize your personal worth by honoring your own uniqueness and expressing yourself through writing.

Give yourself plenty of time to answer the following questions in your journal:

What are my strengths?

What makes me distinct from others?

What are my natural abilities and talents, those things I enjoy doing?

What are my weaknesses?

How can I compensate for these failings?

What are those things that are not working in my life?

Do I freely choose to do what I want to do and say, or do I spend my time pleasing and placating others?

Examine all of your activities on a typical day, then ask yourself, do I like this and/or that?

Awaken your Virgin Goddess by learning to focus your attention on what matters to you. Untouched by others, this separate self needs no one to experience a sense of complete-

ness. Hear the Virgin's voice that says, "I've got to be me." "I've got to do my thing." "I have virtue and integrity and I will not compromise what I know." She is your pure essence.

You live from her when you learn to say, "No" to what you don't want and, "Yes" to what you do want. Do not put your dreams aside to help others with theirs or dissipate your creative force in relationships, so that nothing is left for you. Promise yourself to do what is right for you, not just what others may want you to do, or what you think you should do out of a sense of obligation. Otherwise, you get lost in the less productive currents of the life force and unconsciously slip into roles that others create for you. One client said she was 22 before she first asked, "When will I have my own opinion, instead of just parroting the words and thoughts of others?"

You empower your Virgin by going within, seeking knowledge, and joining with others of like-mind. (More on the archetypal Virgin goddesses in Chapters 11, 12 and 14.)

## Overcoming the Obstacles

Awakening female power means acting from the light of the soul. Like the little tigress, our soul's light is often covered with a blanket of tradition. As we prepare for power, we must also prepare for contest.

For millennia, women have been conditioned to seek approval, to submit, and to subordinate themselves to their male peers. Tradition encouraged women to project their creative energy onto their men instead of wielding it themselves. Women were to keep their creativity within the family circle and out of the "real world." This pattern has changed dramatically,

but as Congresswoman Patricia Schoeder recently called to our attention by quoting a United Nations report: “Women of the world still provide two thirds of all the hours worked upon the planet, receive but 10 percent of the wages, and control only 1 percent of the property.”

Deeply ingrained social attitudes in both men and women have created unconscious behavior patterns that subtly and continuously devalue the role of women. It comes in dozens of ways, but the message is always the same: “You’re just not as good.” This attitude is a serious handicap. Many of us have fallen victim of this notion and continually limit ourselves. We believe what we were told, and do what others want us to do. We put the needs of everyone else first.

Our mothers and grandmothers perpetuated these beliefs. Once I made a big issue about how, when my mother would visit, she would change and wash my brother’s bed sheets, but not mine. Mothers program their daughters by the way they train their sons.

There are real and imagined barriers that keep us from awakening our power and going for what we want.

What are the barriers that keep you from achieving your goals? If you’re not living in joy and don’t have what you want, it should be obvious you are struggling with limiting beliefs.

## Probing Your Belief Systems

Question your beliefs, what you were told, your values, and your lifestyle. Search yourself to see if you operate within a limiting cage of sabotage.

Do voices from the past cloud your vision?

Did someone tell you, it's a man's world and you are second best"? Beliefs like, "I'm not enough," or "others are better," imprison us behind the bars of our self-imposed limitations.

Since our experiences reflect our beliefs, any limiting beliefs will be mirrored in our relationships and/or our bodies. We create illnesses and attract people who show us what we resist in ourselves. People do to us what we do to ourselves. Our ability to choose becomes ensnared in these veils of learned behavior patterns. Yet, we can change our beliefs and learn new ones.

In my past, I had some painful lessons concerning a compulsive urge to serve others. I alternated feeling my place was either "to help fix things" or "subordinate myself." The beliefs behind these behaviors were: "To be loved, I must submit and please" or "If I express my dynamic powerful self, I'll lose love." These are oppressive thoughts for anyone! My new aphorism is, "as my power increases, so does my joy and love in my relationships." The truth is that all people are Divine and whole, having both a feminine and masculine nature. It's great to be loving and compassionate, and also intelligent and dynamic.

Where we put our attention determines the nature of the experiences we draw to us. The amount of attention we give something is equal to the amount of feeling behind it. If there is fear present, it becomes an especially powerful web that ensnares us in survival, avoidance, and struggle. Our freedom comes by penetrating beliefs. Describe a belief and clear any strong emotions concerning it, and it loses its power.

Observe your limiting beliefs. Define it.

What is the pattern?

What did your family and your culture tell you?

Are there conflicting voices within you?

How does it restrict you?

What is its pain? Experience it. How does it feel?

What is its texture?

What does it keep saying to you?

Placing attention on it gives you the opportunity to let it go. Relinquish the pain. Grieve it and make space for your healing.

## Understanding Emotional Bonding

Women programming is reinforced by their emotional make-up. Women are often uncomfortable when asserting themselves, even if they are in a position of authority. Carol Gilligan's *In A Different Voice* explains why. She finds that men tend to fantasize about what they will do to someone, whereas women fantasize about what will be done to them. The problem begins in infancy: A baby girl fixes her identity while still bonded to her mother, but a baby boy must grow up and separate from his mother in order to fix his identity with his father. This variation in bonding patterns is the principal reason women seek closeness and dependency through relationships while men tend to seek separateness and autonomy. Whether we are aware of it or not, these basic tendencies color everyone's behavior.

We break these bonding patterns by accepting responsibility for ourselves in each moment, by listening to our bodies, our feelings, our intuition, and our thoughts.

## Lilly's Story

Lilly and Todd's relationship mirrors this bonding dichotomy. When Todd talked about his relationship with Lilly, it was clear that they had a telepathic agreement between them. Lilly, like many women, learned to win her mate's approval by supporting him and relinquishing her own powers of choice. Todd had first thought this quite natural. In Todd's words, "Girls always agree to be 'second banana,' because they know men can turn ape and beat up on them." Being "top banana" appealed to Todd, at least for a while. He said, "I liked having someone around who always lets me have things my own way."

Unfortunately, neither knew how debilitating this arrangement would become for Lilly. Over the years Lilly grew more passive, subservient, and helpless. Todd was disgusted with her simpering, but he had to admit, that step-by-step, he had trained her for the role by not letting her express her feelings. She feared his intimidation and stopped acting from her own authority. She tried hard not to do anything that would upset him. She was afraid, that if she asserted her own will, she would be "frozen out," unloved and unwanted. This imbalance of power destroyed all hope of their ever finding happiness. Eventually, they separated.

Lilly then was able to quickly find joy in her independent Virgin self. Shortly after separating from Todd, her mother died, and her only daughter went off to college. She now

faced only one relationship: the one with herself. She opened her mind and worked on her process, which included exercise, meditation and therapy. She found joyful peace in having her own little home and her support system.

Lilly said, “I surrendered to a higher power, for I knew I couldn’t do it alone. I started taking care of myself, instead of always taking care of others.” Lilly stopped looking for gratification outside herself, and found it waiting patiently within. She became mindfully conscious and realized she was an interesting and enjoyable companion. After she found herself, she went on to find a loving and dynamic relationship with a year-long friend who became her lover and then eventually her husband.

Life challenges are designed to build our strength.

What are the obstacles that deprive you of power?

Whatever the blockages, we can release them by reclaiming the potential within us. We must look upon our obstacles, not as insufferable plagues, but as opportunities for growth. Sometimes we can avoid obstacles, but when we cannot, it is a time of learning, and we must not look away.

## Moving Beyond the Past

In the past, women lived the old Lunar/Venusian myth of being categorized as either Madonnas or Whores. They were either stuffed into the mother role or looked upon as sex toys. Awakening the many faces of the Goddess is a sure way to go beyond these worn out female roles.



Men have enjoyed a more solar existence. They are shored up by the myth of a strong, war-like Mars. The Old Male archetype is competitive and out for himself. His way is to control and overpower, but statistically he dies sooner. He “lives in his head and gonads, denying anyone, including himself access to his feelings and dependencies. He allows anger, but all other emotions are considered a weakness.

Such men, especially, need support during this time of transition. They experience pain if they do and pain if they don't. If they act from their feminine nature, they may suffer social and perhaps economic loss: however, if they do not, they suffer physical and emotional damage.

The Feminist Movement stimulated women's fight for equal rights. Angeles Arrien said it should have been called the “Anima Movement,” for many of these women were like a woman within a man. In the push to be strong, independent thinkers, many women found power and transcended the old stigmas, only to become like the Old Male. This life-sustaining movement of the past is merging into the life-generating Goddess Movement, as we learn to temper our power with love.

One of my clients, an aging Jewish Mother, inherited her husband's art gallery when he suddenly died. She felt very insecure, for the only preparation she received was the advice her husband gave her on his deathbed: “Run the business the same way you run the family. Don't try to be a man. Just do it the way you always do it.” That is what she did and it worked wonderfully. She had to make sure that “cash in” balanced “cash out,” but more profoundly she treated her employees as part of her family and they served her like they would serve their own

mothers. Female power is the power of caring. It is about opening our hearts and loving—realizing we are one family and yet complete within ourselves.

How do we, armed only with our female power, fight a society dominated by the Old Male?

How can we face these patriarchal fathers and change the face of society?

Jesus said, “The meek shall inherit the earth.” Young David wrote poetry, sang and danced before God, but went on to face Goliath and win. It was a frail poet who turned the tide of war, not the mighty masculine horde of Israel. Although our task seems overwhelming, it is not, if we start with ourselves and carry balance into every activity and every relationship. This means focusing inside and acting on what comes from within through our words and actions. Despite our intense programming, if we trust in ourselves, we can embrace adversity with a sense of curiosity and adventure. And if we have a winning mindset we’ll win. The principal benefit of each conquest is always greater understanding.

## Jo’s Story

Jo suffers from agoraphobia (a morbid fear of open or public places) and wrote to me about her feelings of helplessness. She said her life was VERY restricted and controlled. She described it as a “living hell.” Early in life, Jo was conditioned to be ruled by fear and to take care of everyone else at her own expense. Over the years her lifestyle slowly sucked her into this devastating disease. She had scarcely left her home in over fifteen

years. She rarely even went shopping. Finally, at 53, she began to question authority, saying, “It was only recently that I ever even thought about what might happen if I did this or that. Before it was just that some great-unknown-horrible-thing will happen if I do such and such.”

At 18 Jo married to get away from a cold and bitter home life; only to find herself under the rule of an authoritarian husband. He refused to let her work or have friends over and demanded she serve his every whim. She said, “It was easier to give in and do what he wanted than to suffer the consequences. He never raised a hand to me, but the psychological beatings are indescribable.” She didn’t know she had a choice and thought that pleasing others was the only way to get personal recognition and some feeling of self-importance. Now she realizes, “This is wrong. A person cannot ever find happiness through other people. You have to be happy with yourself first.” She added, “I used to think having people care for me was the most important thing in the world, but now I know that it is more important to have respect for myself. If you’re depended on the responses of others, you are always at someone else’s mercy, but if you set your own standards, you have control over your own life.”

Jo’s comment, “Every time a person gives in, they give up their views, and eventually they lose a part of themselves,” is painfully true. We cheat ourselves as well as others by allowing them to program our decisions, opinions, and choices. In essence, we become less whole.

For Jo, breaking her patterns was a painful practice, but she is breaking them and is now healing. Jo learned she had the

choice to say no to someone's request when it was not what she wanted to do. She said no to getting up at five in the morning to make her husband breakfast. That was a big step, but saying no to a local bully and taking him to court was a major step.

For years Jo had been harassed by an alcoholic neighbor, an Old Male type, who frequently went out of his way to make her isolation even more unbearable. After his latest drunken threats and despite her phobia and her desire for peace, she had him arrested and appeared in court to testify. Jo was exhibiting bravery, because she was much afraid, but did it anyway. Confidence comes by taking action. She said, "It isn't so much the winning or losing that's important, but just taking the bull by the horns for a change and attacking an issue, instead of running from it."

Her hardships have pushed her back into life and provided the opportunities for her to bring forth the person she is inside. She realized she must thank this bully for being a catalyst for her new-found strength. She also saw how his behavior was a part of his conditioning and she pitied him. Still, justice must prevail and she made her protest by taking a stand against his obtrusive behavior and won.

She learned that by just choosing—little choices made in the moment—she could calm her fearful phobic Inner Child with her powerful wise Inner Woman and act with composure and confidence. Her willingness to take action and follow her feelings, even though it was a stretch, proved empowering. Now, she can stand up to authority figures, and is even able to go into crowded public places by herself.

## Beware of the “Moon Palace”

If we do not make choices for ourselves, we do not own our light. We become a suspended floating offspring—a resident of the “Moon Palace.” Poet and author Robert Bly tells an Eskimo fairy tale:

*Many women become stranded, a long way from Earth, in a place called the Moon Palace. It is a realm where we see only by reflected light; the light of others, not our own. Women go there when they feel separated from life and not citizens of the Great Existence. They get there by not taking responsibility for their own growth.*

*The story says to take hold of the rope, and with your eyes closed, slide down. However, before your feet touch the Earth, you must open your eyes and jump, otherwise you will become a spider entrenched in a web.*

This tale stresses the importance of opening your eyes and jumping before you land. It is important that you choose to wake up. Those who refuse, bind themselves within a world of their own denial. They rather live unconsciously than actively participate in life—they lose touch with their feet and turn into spiders. They live a life of endless tragedy, bound within their own webs, which they spin from inexhaustible supply of complaints and intrigue.

Bly believes that as many as half the women in the U.S. are semi-permanent residents of the Moon Palace. Many women live there for years. Some are married and yet feel tremendous loneliness. They may be surrounded by babies, families, and friends, yet they are still uninterested in life. This separateness

is a major issue that has not yet been adequately addressed by the Feminist Movement.

If you feel disconnected and suspended from Earth, Take hold of the invisible Goddess force within, Slide down with open your Eyes.

Discover your Wise One within, (see Chapter 12) and be escorted through the crossroads of life. Trust that you will find your line to freedom and those answers you seek.

Embrace your Goddess connection and begin relating to your world from the inside out. Know there is support—just ask. Go inside to your beautiful fertile valley and your deep inner pond. Let the Goddess guide you to your inner source of joyful creativity.

## Getting Grounded

To break free of the inertia and irresponsibility of the Moon Palace, call upon the aid of your Warrior and get grounded. Grounded is a term that means you are connected to your body, your environment and to your own truth.

Lora, a dynamic corporate executive who makes over a hundred thousand dollars a year said, “The secret of my power is being grounded.” Before Lora learned the benefits of “presence,” she was flighty. She would not always pay attention to what was going on; her mind would daydream and drift away.

Consequently she did not always know what she felt, nor could she act from her true center. Lora said, “I would slip out of my body into fantasy, because it was often too painful to stay with what I was really feeling. But, escaping out of the body proved to be a temporary relief at best. This means of solving

my problems often made me sick because I could not read my body's messages." Lora then added, "Being grounded is a real choice for health."

Just by choosing to concentrate in the moment and doing a daily grounding ritual, she is alert and present. Lora is now being taken seriously. She said, "Not only have I been seen in the business world, but more importantly, being grounded has connected me with my own creativity. Only by being present has spontaneous right action been allowed to take place." Remember, grounding means deciding to stay focused in the moment and doing a daily ritual such as the following active imagery:

Breathe in and breathe out deeply and rhythmically. Soften your body; soften your mind. Imagine there is a cord coming from the base of your spine, going down deep into the earth.

Connect the cord to the center of the earth.

Breathe the reddish brown earth energy into your feet.

Then bring the cord back from the center of the earth through your body, threading along the spine, passing your stomach, your throat, your head, and out into the ceiling and the sky.

Now, imagine that cord is a funnel and open your head.

Bring in the light of the cosmic sun. Feel your head being flooded with celestial rays.

Now, feel your feet on the ground and your head in the heavens, but focus your energy into your center, wherever you may sense it to be.

Breathe into your center. Say I am one with my body, my environment and my truth. I am one with the Goddess.

Harness your personal energy by expressing yourself a little at a time. One step at a time is how you become the master of your own life. You can break your conditioning and release your natural resistance by knowing that you have choices—little choices in the moment. You stay out of the Moon Palace when you learn to be courageously patient, dare to follow your personal vision, and are persistent at “keeping on.” We can break those past patterns by identifying with the Goddess Warrior.

## Embodying the Goddess Warrior

A Goddess Warrior’s purpose is to live, love and co-create in harmony with the Great Goddess.

Co-creation means asking for what we want, but being receptive and surrendering to a Higher Will. Each of us is a unique expression of the Divine. Let us all create with love, moving beyond our little personal world and work to save the Earth. “No easy task,” you may say. Indeed it’s true, but not for the reason you may think. To transform humanity, you first transform yourself. Change yourself and the rest takes care of itself.

Being a Goddess means trusting in the Divine connection. It is knowing that we are blessed with light and creative resources. It means adopting an attitude of receptivity, acceptance and appreciation. The world of the Goddess is one of abundance and attraction. It comes alive when we choose to act from our inner impulses, for only then are we in harmony with the universe.



A positive attitude is everything. Don't allow yourself to wallow in emotional swamp lands. Watch that you don't hold your feelings back. Instead, find ways to express emotions without dumping them on others. Take care of yourself and be around people who make you feel alive.

Being a Warrior means choosing and re-choosing to participate in your own processes with gentleness and awareness in every moment. It means Being-Here Now! The word "Warrior" implies compassionate leadership and a strategy of presence. If you choose the Goddess Warrior's path, you will need a plan of action that operates within the Tao—the Will of the Goddess.

## Setting and Reaching Goals

What do you want to get out of life?

Can you define your personal goals?

Without setting goals, you remain limited. With goals you strengthen your power and your control over your life. It is easy, once you learn to focus on the changes you want to make and stay in the present while achieving them. You need to observe your limitations and then take action toward overcoming those restrictions. James Fadiman in his book, *Unlimit Your Life, Setting and Getting Goals*, said, "If you know where you want to go and are determined to get there, nothing can prevent you, once you are willing to start, willing to continue, and willing to deserve the rewards."

Are you willing to allow yourself to have your choices?

Success is only a state of mind. Our power to succeed is directly linked to our self-confidence. In the final analysis, it

is who we believe we are that most affects our performance in the world. Be aware, however, that moving beyond what is comfortable and familiar may create an identity crisis, causing an unconscious slow down. Radical changes in lifestyle may affect how safe we feel. We may even become sick as we begin to experience this change toward success and power. The important key is: Don't stop! When you don't allow yourself to quit or turn back, you will ultimately be successful at whatever you attempt to do. Remember that Edison had thousands of failures before finding the right filament to make a light bulb.

It is time to bring our dreams out into the world and co-create with the Divine. Dare to manifest your soul's power. Know it is safe and necessary. As you open to believing in yourself and your ability to co-create with the Divine, you allow your heart's desire to come to you. Choose what you want and then be unattached to the outcome. Go the way of the Goddess Warrior. Everyone who does ultimately wins.

Memorize the following Goddess Warrior's affirmation to identify with your soul's Guardian.

I am a Goddess Warrior,  
A mixture of Divinity and strength.  
I am faith and courage.  
I am being and doing.  
I am Love and Will.  
I am the Great Adventurer,  
Feminine and masculine, shining in One.  
Integration is my goal,  
Creation, my pleasure, and  
A centered self, my mode of play.

Motivated to express my inner creativity,  
And follow my heart's desire,  
I move with purpose and surrender,  
To actualize my individuality,  
Within the circle of humanity.  
Let me do my work in the world.  
Let the illumination of my heart be  
Divine Love serving Devine Will...  
Let wholeness and enlightenment  
Be my way.  
Living behind a shield of love and integrity,  
Spontaneously in the present,  
Doing perfect actions,  
I conquer and forgive my adversaries, and  
Become a Living Light.

## Awakening Female Power

## 2

# Seeing Beyond the Present Myth

Soulmaking requires that we die to one story  
and be reborn to a larger one.

Jean Houston

The greatest challenge faced by all Goddess Warriors is to release the past and follow their grandest vision into the future. The question is:

“Is your grandest vision grand enough?”

Awakening female power is learning to see beyond your range of present possibilities. A tale told by Sri Ramakrishna about a frog who lived in a well will explain what I mean:

*Once upon a time there was a frog who lived happily within the shelter of a deep well. Her home was safe and comfortable. She had been born there and, as far back as she could remember, she had always lived there. She knew all there was to know about her well and was only too happy to tell anyone who came for water.*

*One day the well frog saw a sailor fetching water. When he lowered his jug into the well, something jumped out and landed with a loud splash. The little well frog could hardly believe her eyes, for there climbing up onto her rock was another frog.*

*“Where did you come from?” asked the well frog.*

*“I came from the ocean—it’s a very big place.”*

*“Really, how big? Is it this big?” the well frog asked, as she leaped to a rock halfway across the well.*

*“Much larger—I mean it’s enormous,” was the ocean frog’s reply.*

*Preposterous, thought the well frog. She puffed herself up, marshaled all her strength, and made a mighty leap from one side, completely across the well, to a rock on the other side, proudly proclaiming, “Well, it possibly be larger than this.”*

To some extent we are all like well frogs, living within the safe confines of our limited mental, emotional, and perceptual structures.

## Exploring Your Personal Myth

Everyone’s life is a myth. Your personal myth is formed out of everything you do. It is a snapshot of your individual human development. Coded within your personal myth are layers upon layers of personality programming, universes existing within universes. Each person’s mythical reality is different. Finding the elements of your personal myth is what propels your spirit forward and sustains you in this world. Your personal myth defines the scope of your evolutionary journey, yet it also serves as a perimeter defense system, insulating you from the experience of the outside world. As the quest for identify unravels like a personal yarn, it leads you along a winding trail, through the grand pageant of your personal stories, interests, values, and dreams. Finally you gaze within the mystery of your own immortal soul.

Observe yourself with your friends and with others.  
What are your stories?

What are those anecdotes that you love to tell?

Your stories are alive, dynamic, and full of emotional imagination. They form the structure of your “well frog,” your memories and beliefs. They are what you exchange with others, which are in part, directly related to who is listening. You tell different stories to your doctor than you might tell to an acquaintance at a party. It does not matter who is listening, your stories are reevaluated and enlivened every time you tell them. Your personal myth forms an unconscious bridge between you and your listener that transcends factual truth. You must discover your stories, not to change them, but to enrich and expand them in order to release the latent power within them.

## Examining the Childhood Messages

You can begin to understand your personal myth by examining your favorite mythological stories, fairy tales, and legends. Become your Inner Child.

Which childhood fables and fairy tales come to mind? These treasured allegories appealed to you as a child because each offered food for your emerging soul.

Immerse yourself in their special feeling and find their messages buried deep with your memories. You may discover that the entire cast of characters is all alive and well and still working for well-being, just as it has since you were a child. Some are the unlikeliest heroes.

I grew up watching Popeye on television. My cousins even called me “Olive Oyle” when I was a budding maiden. I resented the nickname but as I look back, I realize I was like Olive Oyle—lanky, gullible, naïve, and very female.

Popeye is an excellent example of a modern myth. He is a mild-mannered warrior who constantly fought the forces of evil, represented by his arch foes, Bluto and the Sea Hag. To me Bluto and the Sea Hag represent the outer world of brute patriarchal force and our inner depths of magical, dreamy, emotional self. Popeye tried everything to avoid conflict, but could never pass up an opportunity to defend the rights of the weak and innocent. He would go to great lengths not to get angry and always took a severe stomping before calling upon his per natural strength, which he invoked by eating spinach.

Eating spinach is doing what we may not want to do, but doing it anyway, because it is good for us. Spinach also embodies the “greening power,” or the natural, abundant, creative force of feminine Divinity (the catalyst that transforms all adversity).

Popeye had only one eye, which brings to mind the biblical passage where Christ says, “When the eye is one, the life is full of light.” There is also Popeye’s famous saying “I am’s what I am’s and that’s all what I am’s,” which is a spiritual message similar to that received by Moses. God’s reply, when Moses asked for His name, was “I Am That I Am.” Popeye was a true hero who taught me and millions of other children the lessons of duty, ethical perfection, and healthy living.



## Defining Your Sacred Wounds

Every personal myth has a sacred wound to heal. It is part of our mystical heritage.

Define your wounds, your special pains, for they reveal the larger story.

Your wounds could be an insecurity, a sensitivity, a personality trait, a dysfunctional family, a death of a loved one, or an end of a love affair. My wound was emotional neediness, which was a constant source of pain. Yet through this sacred wound I opened my love nature and found my calling. Jean Houston says, “Wounding is an invitation to our renaissance. The wound is the critical act through which the mortal achieves Divinity.”

Don't be afraid to experience your pain, for it is the seed from which your greater expansion grows. Let your pain lead you inward to discover the Divine. Any pain can be magically transmuted into a sacred wound if used as a tool for personal growth. By allowing your pathos to penetrate to the core of your being, you are finally healed.

A wound is often the magical ingredient that pushes us beyond the ramparts of the old obsolete stories that deny our full humanity. The wound is an indication that the old form is ready to die, despite the reluctance of the personality and a sign that our personal myth is beginning to flower.

## Answering, Who Am I?

When we search our minds for clues to who we are, it is like looking at chronologically arranged snapshots in a picture album. We see ourselves, not as we are, but as we were. As

Marshal McLuhan says, “We move into the future with our eyes glued to the rear view mirror.” Yet, to change, we have to stop seeing ourselves through these old eyes. We have to see who we are, not who we were.

Dig deep into yourself to find your basic essence and tone of being. Who are you?

Answering this question usually requires time and quietness. I once attended a three day workshop that was organized around answering just that simple question. It is not so simple, because there are many layers of personality programming that separate who we really are from who we think we are. Only after many hours and days of intense meditation and psychological processing did the deeper meaning unfold.

Defining your identity comes by learning what lies within your “Sphere of Self.”

How often do you define yourself by your roles?

For example, I’m a writer and a counselor. You are who you are, not what you do. Even if you think you know who you are, it is often difficult to verbalize. Swami Satchidananda said, “Anything you define, you will have to refine, because it was all fine in the beginning.” (Fine gold is pure gold.)

Where do you attach your identity?

Many people identify with their bodies, which is verified when they say, “I hurt,” instead of “My back hurts.” Others identify with their emotions and say, “I’m sad, instead of “I feel sad.” Still others identify with their mind and say, “I’m smart” instead of “I’ve got intelligence.”

Observe yourself in different situations to see how you react, how you look, and how you use your time.

## This Is Me

When I read that Jean Houston had separated the journey of soulmaking into three stages, I was delighted, for those three stages—This is Me, We Are, and I Am—were exactly the path I had been following. Understanding the first stage, “This Is Me,” comes from defining the personality through the personal myth. The astrological archetypes provide an excellent nomenclature for dissecting the personality and learning to distinguish between the many individual subpersonalities vying for attention. Some of our selves work well together, others may be locked in conflict, but each wants what they want.

Life is a psychological fairy tale, an ever-evolving mystical drama or shadow play, where you are both the star performer and principal audience.

Imagine yourself standing at the center of a temple. The walls of this Temple-of-Being, like those in a funhouse, are large distorted mirrors within which you (the Higher Self) view your several reflections. Each mirror allows only an imperfect view of your true nature. In an attempt to make sense of this variety of subpersonalities, your mind combines them all into a composite called the personality. Because this composite is all you have every “seen,” you accept its structure as real and call the enigma “I.”

These mirrors, brought to life your own interaction with them, are the many god/ess within. These animated beings lie hidden within your psyche as conscious, living spirits. They are

the source of your “human nature.” The Portuguese poet Fernando Pessoa once said, “In every corner of my soul there is an altar to a different god.” When personified, your subpersonalities become intelligent life forms that have voices, points of view, and modes of action uniquely their own. Each of the god/ess will grant you various boons and command you to make sacrifices in their honor. Each will lend you unique powers and weaknesses.

## The Inner Characters

There are several subpersonalities in my inner cast of characters. One of my strongest selves was my Inner Child, which I named Nelly. When I was younger she was rampant in my life. Although magical, she was also a timid, whiny, little nuisance I called Needy Nelly. Today I am grateful for her, because, by healing her, I found a sense of completeness and gained emotional security. Another sub personality is Mama Rosa, who wants to control my nurturing and giving. She is like a big breast that tried to feed the world, but she over functions and tries to fix things, which often has unfortunate results. The Mama influence on intimate relationships is deadly—she can kill sexuality. Then there is Prudence-Priscilla, my prissy, over-cautious innocent maiden, who is fearful and security-minded. Lusty Loretta is my sexy vamp; Scarlet, my Tantrika. Foxy Roxy is my dynamic performer, who loves creative expression. Sophia is my wise and centered self, and Kami is my consort goddess. There are many faces that make up our psyche.

Think about your subpersonalities.

Is there a Clara the Critic, Betty the Bidy, Brunhilda the Bitch, Pitiful Pearl, or Helpless Hanna?

Do you know your Wondrous Wanda, Magical Melinda, and your Gorgeous Goddess?

Sit down and define the many selves that constellate to form your personality.

Begin by giving each a special name, for to control something you must be able to name it.

How do your subpersonalities combine and interact to create an executive personality?

Who are the dominant players?

Which personality is crying for expression by sabotaging your life as a result of neglect?

## Who's In Charge?

We wear different subpersonalities, like changes of clothes. We “en-trance” into a web of diverse archetypes. That is why it is so important to know who is in charge. Try to look at every state of consciousness you have ever experience as a form of trance. Even normal waking consciousness is a type of trance, locking us into a mental energy flow that propels us through life. Our trances form the contents of our classic mind-sets. Each mind-set is like a house, filled with many rooms and stuffed with various contents.

Can you apply this metaphor: the psyche is a mansion of the mind,” and make a connection by examining your own home? See each room as a separate part of the personality.

See that our waking trance is only the main floor of our psyche and holds a limited amount of our mind-set. It includes our persona or the mask we wear to the world.

Can you see the kitchen as your Caretaker and the living room as your Entertainer? The study is for the Intellect, Critic, and Judge. The office is for the Worker—the writer, counselor, publisher, researcher, real estate agent, whatever. The bedroom is for the Lover. The other rooms may include a place for the musician, audio-visual artist, and a score of archetypical god/ess.

Allow the dark basement to represent the unconscious patterns that form the foundation of our being.

The basement is where we store all our hidden instinctual impulses—our indulgences, compulsions and addictions. Memories and imprints from the family come to us through the faces of our Inner Child, the Infant, the fearful Maiden, the Witch, the Savior, and the Beast.

Based upon the sparse contents of the room we inhabit, we form opinions—from moment to moment—about who and what we are. Dreaming is a nightly trance that we enter and, more often than not, we are unaware that the dreaming self had total amnesia. Our waking self may live in the more commodious rooms on the main floor but, like the rooms inhabited by our dreaming self, its “space” is still limited.

Remember, no matter how complete our present trance seems to be, it never holds very much of the total available to us. And, to stress the point: we only know what we experience, the rest we believe. For example, if from birth you had only lived in the kitchen, you would grow up to believe you were a cook. Everything in the kitchen, from cookbooks to the pots

and pans, would confirm that you were a cook. You could seek out all the highest wisdom stored in your room, but the only books available would be about cooking. You would not know any other world.

Beware of getting bound to only one sub personality! Being entranced with just one archetype is like being locked in just one room. Getting out is easy if you know you can, want to, and are prepared to move beyond your limited beliefs.

## Changing the Subpersonalities

Our subpersonalities change as we grow. For a while it was Nelly, Priscilla and Mama Rosa running the show. I was a timid woman/child. Needy Nelly's insecurity and shame made me fearful and cautious. Priscilla-Prudence's desire to be liked made me a pleaser who was vulnerable to authority types. Mama Rosa had me running between subservience and bossiness. Rosa finally lost her power when I healed my need to be needed. Awareness of my need to fix things helped me move beyond controlling others. These three, the "Unholy Alliance," as Walter refers to them, dominated my life until I worked through the emotional problems that gave them power over me.

One dream vividly showed me my problem and the solution: Three old biddies were giving me trouble. They threatened to burn my house down. I took them to the top floor and began teaching them to die. If I kept them upstairs they were manageable, but they damaged my upper floor. When I brought them down to the first floor, they were a complete nuisance—always under foot. At best, I could keep them at bay,

but guarding them always made me feel like the prisoner. I decide to build them nice basement apartments.

What this dream told me was my three troublesome sub-personalities wanted to live in the attic (the Higher Self), but since the attic and the main floor (the conscious self) were off limits, they really belonged beneath consciousness—somewhere private and hidden. They were part of my past and had once served me admirably but were now holding me back.

When I awoke, I remembered the three old sisters in Agatha Christi's mystery, *Nemesis*. The combined forces of Nelly, Prudence, and Mama Rosa were indeed my nemesis. They were a constellation of all my fears and obsessions that had merged into an aggregate I called "Mama Pris-n-Nelly."

Transforming them was a process of healing the mother, the maiden and the child. Once in mediation, I saw an image from *The Wizard of Oz*: like the Wicked Witch of the West, water was being thrown on Mama Pris-n-Nelly and she was melting, screaming all the way. What changed it for me was to stop letting the child, maiden and mother out in public. Instead, I consciously relate as woman. I have to privately nurture my inner nature, by allowing my loving Mother to honor my Inner Child. I transcend my Maiden's fears when I dare to act and move beyond caring if people like me.

To assist the transition, I had to wake up Dynamic Roxy, Centered Sophia, and my Goddess Kami and make them take center stage. Remember, being a Goddess Warrior calls for dynamic participation in life. It means living in a centered way. It is learning to trust and follow your heart and being committed to operate from love and integrity.



Becoming aware of the forces that pull upon you from within allows room for alternate means of expression. Since the “changing of the guard,” I am no longer locked in only a few rooms. Now it is more or less like having the run of the whole castle of the psyche.

## We Are

In the second phase of the journey, “We Are,” the wisdom of mythology connects us with the archetypal god/ess to explain the phrase “As without, so within.” These mythical deities are our inner psychological drives. All god/ess, both good and bad, “live and breathe and know their being” within the collective unconscious.

Jung described the collective unconscious as a constantly moving, ever-changing, deeply hidden consciousness, which lies beneath our normal awareness and underlies, supports, and informs all nature. These unseen networks are the archives that bind all living things together. This web is encoded with the essence of all human development, from the past to the future. It is a well that runs deeper than any individual experience. We are joined, to our benefit or detriment, through our archetypes. The key that releases us from collective bondage is our understanding of the archetypes themselves and our ability to relate their classical myths to our own personal myths.

This book is about invoking the Goddess, for there is a great advantage in awakening our inner powers and partaking of the invisible support of the universe. Invoke the Goddess by imagining that you are walking into different rooms and identifying with different aspects of your archetypal selves. The more you

play in these new rooms, the more you will experience their unique wisdom and power. This process opens vistas of creative bliss.

For instance, living with Walter helps me identify with Kami, the Hindu goddess Sivakama, whose name means “the desire that makes creation possible.” As the Consort Goddess of Lord Nataraja (Walter’s name given in initiation, meaning “universal dancer”) I am brought into the cosmic play of creation. As we delve into the Goddess, we open to our creative genius and our houses become mansions and eventually the temples of our souls.

## I Am

Despite how substantial these subpersonalities appear to the psyche, the many different selves within these rooms are not the true Self. We have subpersonalities as we have our children, but they are not us. We are not our bodies. We are not our emotions. We are not our thoughts, nor are we our experiences or the roles we play.

Satchindananda says that we are all actors in a Great Play and God is the Director. In Sanskrit this play is called *Lila*, which means “Divine sport.” In it, we each have our roles to play with make-up to fit every character. We see all types, yet under the make-up, they are all the same—all aspects of the Goddess. The message of the metaphor is to understand the different masks and outfits we wear. Yet, only when we strip away everything that separates us from others do we learn to identify with our original nature, our Goddess.

In the last stage we identify with “I Am,” and learn to live in Grace, as the Spirit of the universe itself. The little selves learn to identify with the Goddess. A Goddess Warrior’s challenge is to merge Spirit and matter, Creator and creation.

The quest for self-identity, at every stage of the way, is really the process of identification. We identify with the Goddess by surrendering to the Higher Will—trusting our unfoldment. Truth is revealed through knowing that everything is ordered and cared for by a Higher Power. We are all Goddesses and One in Spirit. Realizing this state is called liberation. It is freedom from bondage to any and all of our different selves.

When we identify with Spirit we live in the present and become an instrument of the Divine, taking no claim as our own. Satchidananda says that when we surrender to the Divine we are no longer like a wild unbroken horse, running after selfish desires, but instead we become a steed for the Divine Rider. We can work efficiently for the good of the whole and all will be provided.

It is the Divine Mother who creates the Goddess Warrior model through me, I reinforce this attitude each day by saying, “Let me be an instrument of Thy Will,” for only by awakening to the joy of my Higher Self have I found my grandest vision.

## Our Social Myths

Social myths are created from the aggregation of all our personal myths. Although many elements combine to make up a personal myth, its foundation is in our religious background and spiritual beliefs. For me and a vast number of “baby boomers,” this framework was a Judeo-Christian Norman Rockwell

image of the family supporting both church and state. Walter's myth was just the opposite. His predominant influence was the free wheeling Utopian dream of the flower children who created the "hippie movement" in the sixties.

What myth describes your background?

Each of these modern myths sets a slightly different stage upon which we enact our lives. Each gives us unique boons and individual trials to test our mettle. Society as a whole rises or falls based upon the outcome of each person's quest.

Our collective social myth is patriarchal. We live under an alpha-male system, which believes that a strong, tightly structured government assures survival against threats of destruction and loss of territory. Materialism has become a world religion. The stock market is its temple and financial success, its nirvana. The pressures of modern world economics have shaped today's business ethics to glorify greed and make holy-writ of the corporate policy of bottom line expediency. We have dwelt in the shadow of the threat of nuclear holocaust and the draining of Earth's resources. The U.S. is no longer the sterling symbol of a great democratic nation. To many, Uncle Sam has become a bully who assassinates world leaders and manipulates global markets for his own greedy imperial ends.

Society's problems must first be dealt with on an individual level, for we are all creatures who act as spokespersons of the human family. Society's ills only serve to reflect the consciousness of its people. To identify with the Goddess an inner healing is essential. Change may be met with great resistance, because changing ourselves is the hardest thing we will ever do—but change we must. Change is made easier when we

learn to focus in the moment and remember, “It’s a New Age. The time is right and we can make a difference!”

## Living the Grand Myth

Despite our current social problems, a Grand Myth is brewing in the cauldron of the human unconscious. We are birthing a consciousness revolution. Since Aquarius is the sign of group consciousness, many believe the second coming of Christ is already here, but that it is a group event. We as a group are learning we are Christ in essence—Divine beings.

It behooves us to discover our part in making this New Age a reality. An in-depth exploration of our being is required, for knowledge gained from self-exploration is essential if we are to rely more upon what we know intuitively and less upon what we were taught to believe. Ask yourself:

How can I take part in transforming the old and midwifing the new?

By rediscovering the old tools, we can learn to create newer ones. Our challenge is to merge the visionary with the practical, without losing sight of either.

Bridging the gap will take time; the separation is still very deep and wide. Yet rates of change and growth are accelerating through rapid global transportation and communications. The world is growing faster, smaller, and closer than every before.

Acknowledge yourself as the hero of your own myth. As you learn to understand your personal myth, a newer, more expansive myth evolves by which to live. Campbell says that the swirling, vibrant, blue-and-white photographs of Earth as

seen from outer space are our most powerful new mythological images.

When we see the Earth as a globe, we do not see its divisions, only its unity. In this new birth we are one planet, inhabited by one global family.

This transformation will happen only when we stop thinking in parochial terms and awaken to a planetary consciousness. When we become an “ocean frog,” we move beyond our little world of personal needs and ambitions and have the sense of being a part of the Great Destiny or Universal Plan.

The mystery Schools of the ancient Greeks instructed: “Know thyself” and take or do “Nothing in excess.” We have to know who we are. We have to know what is our heart’s desire. We have to be the very best that we can possibly be, acting with humility and nonattachment to the results of our labor. The simple (but not always easy) way is to sharpen our awareness in each moment, and trust in our own internal energy to guide us.