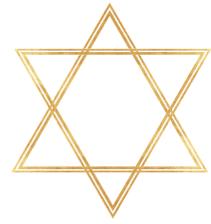




# Wealthy Goddess

## EMBODIMENT PLAN FLOW



### Aphrodite

#### Journal Prompts

- 1.) In what ways do you strive to be perfect and then fall short of your own expectations?
- 2.) *Who are the womxn that you compare yourself to, and when you compare yourself, what qualities do they represent? In what ways do you see those same qualities within yourself?*
- 3.) Where are you holding yourself out of love?
- 4.) *What is one change that you can bring into your life to create a relationship of unconditional love?*

#### 1.) Sacred Geometry & Chant

##### Six Petal Rosette

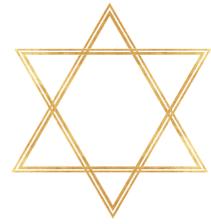


Visualize this sacred geometry at your third-eye centre, while you chant the Aphrodite Chant and hold the yoni mudra with your hands. This sacred geometry forms at the centre when 6 circles overlap. Each one of these rosettes makes up the sacred geometry known as the flower of life.



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## EMBODIMENT PLAN FLOW



### Aphrodite Chant

"Aphrodite - thy love, thy beauty - illuminate within me."

As you sing this chant, allow yourself to feel Aphrodite as she lives through you, so that as you feel her love, that you can call upon that same experience of love for yourself, as it grows within you.

{WATCH VIDEO}

### 2.) Yoni Mudra



Yoni in sanskrit means vagina. There are many different ways to practice a yoni mudra. In this gesture, the pinkies, ring fingers, and middle fingers cross and then interlock, while the thumbs extend up to the sky and the pointer fingers reach down to Earth. It is easy to see the resemblance of the physical yoni within this gesture. Aphrodite is the Goddess of Love and is the embodiment of sacred sexuality. She reminds us to come into intimacy with ourselves through the gateway of our yoni.

{WATCH VIDEO}



# Wealthy Goddess

## SADHANA PLAN FLOW



### 3.) Embodiment Practice

Self-anointing practice to create the visceral feeling of intimacy and unconditional love for yourself. This is a Priestessing ritual that has been practiced in the temples. To be anointed is a blessing, as the oil is prepared with prayers and intention. Massaging your body with this oil is like a kiss to your body. The key is to evoke feelings of love and adoration as you massage oil into your body.

{WATCH VIDEO}

### 4.) Aphrodite Visualization

Call in the Goddess of Love and embody her within. Feel how she lives in you and through you. Get naked with yourself to sensually experience the unconditional Love that surrounds you and is within you.

{LISTEN TO AUDIO}

