

Wealthy Goddess

SADHANA PLAN FLOW



Mary Magdalen

Journal Prompts

- 1.) What are the shackles that hold you in a mindset of scarcity? What are 3 steps that you can take to remove those shackles and liberate yourself?
- 2.) In what ways have you felt like you are 'too much?' Have there been times in your life in which you have showed up 100% as your authentic self and were judged for it?
- 3.) Do you allow yourself to show up as your authentic self 24/7? If not, what is the price that you pay by not allowing yourself to be seen in your fullness?

1.) Mantra & Sacred Geometry

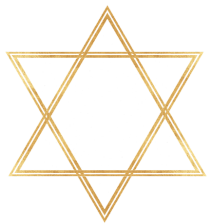
Vesica Pisces



Visualize this geometry during your chanting practice. The vesica pisces is a sacred geometry that symbolizes how creation is birthed through two overlapping circles. One circle, becomes two circles, becomes three circles, becomes one.

This geometry is associated with the Goddesses of Love who birth creation through their bodies, and as such, is a symbol associated with Mary Magdalen.

The space in-between the circles represents the yoni (vagina), as life is born through love-making with a woman's body.



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Maria Magdalena Chant

This heartfelt chant is meant to call Mary Magdalen into your life, so that you can feel her activate within you. I'd encourage you to say a prayer or intention before the chanting practice to let your highest Self and Mary Magdalen know what it is that you are hoping to get out of the practice. I encourage you to sing with a sense of devotion to your own womb awakening.

{WATCH VIDEO}

2.) Yoni Mudra



This mudra is a gesture associated with the vesica pisces, which is a symbol of Mary Magdalen. The shape inside of this mudra looks like a yoni. It is best practiced with the hands at the pelvis in front of the yoni. It is a sacred power spot on the female body, as it is a gateway to creation.

{WATCH VIDEO}



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3.) Shakti Dance Embodiment Practice

Shakti means power. It is the creative pulse of creation that moves through all things. It is the sacred matter that breathes movement into form. Shakti is a sexual energy that is activated through the body. When our body becomes stagnant, our shakti lies dormant like the coiled snake of kundalini at the base of the spine. When we move through dance, the cells activate and fill up with life-force energy. This Shakti fuels us, inspires us, excites us and charges our energy body, making us magnetic to abundance.

I encourage you to let go of any inhibitions or fears that you have. If you struggle with dance, do it in an enclosed space where no one can see you. This practice is for you. It can liberate you if you allow it too. Try to take up more space, to let go of your mind and to sense everything that arises. When we dance like this, we can create a state of ecstasy that charges us up with embodied life.

{WATCH VIDEO}

4.) Mary Magdalen Meditation

Meditation recording to call Mary Magdalen into your life as a guide and to take you through a journey of claiming your sovereignty as a conscious creator and Queen of your life.

{LISTEN TO AUDIO}

