



Dear Goddess, You need Sanctuary.

I know how full your life can feel during the Holiday Season. When you take stock of how much of your own time you spend doing for everyone else...

Shopping, wrapping, cooking, preparing, organizing, listing..

Self care? Honoring your diet? Working out? Meditation? Maintaining your health?

If you are a perfectionist or procrastinator and you feel dissatisfied with everything?



*There are many ways to experience yourself
as the divine being you truly are.*

I've spent more than 28 years cultivating my relationship with the Great Goddess, and her various forms.



As women we all go through various forms, right?

As a young-coming-of-age woman, we all came to know and honor the new-to-us power of creation (!) that was actually inside our bodies.

A powerful notion that is often forgotten, as if it has no value or is not to be mentioned..

..as many important things are.

I've revived, and been revived by, Goddess Sisters in our Red tent, discovering brand new ways to understand personal time cycles in a way to revive the Maiden-Goddess within, whenever we've lost our center.

As a Mother-Goddess, we learn that our sacred physical vessel could now, carry and nurture divinity..An unborn evolved child of possibility, created in love and erotic bliss..All children are sacred, and we are sacred as we bring them into the world..This is holy work, becoming a mother, and I personally enjoyed all three of my pregnancies and births with these principles. Each time we choose to become mother again we go deeper into the journey. I call it *the Mama Goddess Experience*.



Even if we do not carry and birth a child, women eventually pass into the Creative-Mother phase anyway. “Mothering” and “Birthing” look more like projects, creations, designs, businesses, art and alliances that involve nurturing others...

But, our Goddess-Sparkle Must be Nurtured as well.

We can honor the miraculous feminine mystique and all the creative qualities of the divine feminine that encompasses all of the limitless, beautiful, powerful, brilliant, luminous, complicated aspects of The Goddess.

This “Goddess Sparkle” is still accessible to you, even when you are feeling like a Scrooge. Promise. It’s your own personal *Goddess Experience*

*Here are 7 simple triggers
to flip the Sparkle-switch back on*

..So this Holiday season you can feel cheerful & creative, abundant & in-love, decisive & sensual, grounded & serene, wild & intoxicated, juicy or joyful...choose it all.

Just Like a Goddess .

1.Put on Great Music. Simple! Whether it's Holiday classics, remixed carols, Kirtan chanting, Groovy Heavy Metal, Old Disco, Electronica, Rock n' Roll, chamber music, african drumming, dub-step, hip-hop, or opera..put on something you know you already love while you:

- Deck the halls
- Drive around
- Get dressed up
- Get the guest room ready
- Wrap the presents

.Your Favorite Music creates a positive emotional experience even when you are feeling low or stressed out.



*You honor the goddess Saraswati when you enjoy
and appreciate the sweet sounds of music .*

Sri Saraswati at the Siddha Yoga Center

Music also has the magical power to enhance higher brain functions like;

- Spatial-temporal reasoning
- Mathematical abilities
- Emotional intelligence
- and memory performance.

Helping you figure it all out.

Just like Athena..

Goddess of Wisdom.



Music makes everything feel more
like recreation and less like work.
So....

Art: Gustav

Klimt-Athena

2. Move your body. Yeah You!

Physical Activity Stimulates more divine chemicals like Serotonin and Endorphins that leave you feeling happier and more relaxed and way less sensitive to pain than before

you went power-shopping, hauled the holiday dishes upstairs danced your ass off to jingle bell rock, or treated yourself to a great workout session.



*Feeling Strong and
Powerful like Artemis is a
definite plus.*

Art: Boris Vallejo

Besides, you **already know** you look hotter and feel better when you exercise regularly. It feels Deliciously Sensual and Great to get all sweaty and then...

3. Get Naked! (or was that get naked and then get all sensual and sweaty?)

Even if you are feeling resistant to getting all sweaty working out, just, turn up the heat a degree or two or stoke the fire in the wood burning stove and then get naked under a beautiful wrap of some kind.. a shawl, blanket veil..then position yourself in in front of mirror..



or
a



Slowly, seductively, revealing....posing, enjoying your image..

Which is your favorite side? Try different angles...Smile, flirt with your reflection..

What is your favorite feature?

- Your face?
- Your Hair?
- Your legs,
- hands,
- or breasts?



See yourself with eyes of Love. Enjoy the lovely image of yourself...

*You as the daughter of Aphrodite,
Goddess of Love and Beauty*



4. Sacred Self Care *Time to ramp up your routine...*

During these busy days, you can simply take Bathing to another level with aromatherapy in your bath or shower. Scent can transport you to the realms of the goddesses very quickly, especially when you use real essential oils, which are the scent-ual essence of plants and flowers. **Try a few drops of Lavender for Holiday Stress Reduction.**



My mother taught me about aromatherapy as a child, I learned to use them for skin care, wound healing, perfume making, and magic enhancement.

As an adult I continue the practices taught to me and added Aromatherapeutic Candlemaking to my repertoire. Candlelight is magical. Firelight is flattering, and sets a beautiful reverent tone to any environment. Light those candles while practicing sacred bathing, sacred ritual, naked mirror gazing and setting a festive Holiday scene..

When you are all done bathing, treat your body kindly...While your body is still warm, take the time to sensually rub in some luscious natural body cream or oil into your skin. The heat we use indoors is so drying to the skin. **I love coconut, kukui, primrose and almond oil...** This can be a ritual all by itself. Let yourself get carried away by the pleasurable feeling of a gentle massage on your own soft skin.



5. Walk Barefoot on the Earth

Placing your bare skin directly on the cold ground outside feels fantastic. But did you know that it physically grounds you the same way buildings and appliances are “grounded”? What happens is, that the second you place that bare foot on the ground, you discharge the buildup of free radicals buzzing around and within you.



Just touching the bare earth with your hands or feet actually transfers this energy into Gaia! This helps to keep your body healthier, younger, and more fit...but there's more.

*While that stream of energy transfers out, a stream of Earth
Mother's loving electrons comes in.*

These electrons help restore balance and harmony to your whole system. Since your whole system includes not just your muscle tissue and bones, but all of your brain tissue and pathways, you can experience dramatic stress-reduction instantly if you are open to it!
Hey While you're outside.....

6. Collect some Nature and Bring it in

First look around outside for some edible herb, plant or fruit. **This time of year you can find purslane, chickweed, rosehips, and more..** Take this gift of wild nourishment inside your body..Honor Gaia, again by collecting with reverence. Now you can look around for some evergreens, holly or other interesting greenery..



Put some in your hair! Greenery in your hair brings on a goddess state of mind, double-quick..(When There are none available, or you want them to last all night, silk hair Fascinators are a lovely alternative.) Put some Fragrant Pine Branches On your kitchen table, your altar, bedroom or bathroom .Or perhaps a smooth acorn or perfectly formed pinecone...What better way to honor the goddess' consort, in his many forms?.

These objects, placed with intention, help draw your wishes out into the world for manifestation....



7. Change

When you've done it all...When things still seem hard..

Learn something new..Follow amusement and joy, let them be your guide...your compass , leading you to a brand new world.Challenge your old, worn-out beliefs. Challenge your own current abilities,

Win.

Embody the Goddess Of Victory.



Create yourself...*again*. You are the Goddess, after all. These are just SOME of the many many ways to evoke the goddess and reduce stress this Holiday Season. .I love working with all of these as often as possible, no matter what the weather.

Go deeper, using intuition, healing, sacred ritual dances, and more in the Stress-Less Goddess Program. Find out more on www.Jessamina.com

Priestessing the Stress-Less Goddess inside all of women...

Let's have a great Holiday this year!

The Goddess is within you...You ARE the Goddess...always remember!...

