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7 Ways to Feel Like a Goddess In Autumn



Dear Goddess , thank you for coming inside this experience with me.

I know how full your life feels, now that the harvest has begun. The days seem shorter, *because they are!* It's becoming more apparent how much of your own time you are actually spending doing for everyone else...

What happens when you've HAD IT?.

When this human-woman-experience is all just too much?

When you are dissatisfied with everything?

De-Stressing is so important today. Everyday.

There are many ways to experience yourself as the divine being you truly are. This "Goddess Frequency" is still accessible to you, even when you are feeling like a crab. Promise. It's easy to create your own personal *Goddess Experience*

Here are 7 simple triggers to flip the switch on so you can feel creative, abundant, in-love, decisive, sensual, grounded and serene, wild and intoxicated, juicy or joyful...Just Like a Goddess.

1.Put on Great Music. Simple.Listen to Kirtan chanting, Groovy Heavy Metal, Old Disco, House Electronica, Rock n' Roll, chamber music, african drumming....something you *already love* while you haul around pumpkins, clean up the garden beds, or lounge by an outdoor fire. Your Favorite Music creates a positive emotional experience even when you are feeling low or stressed out over running errands or flipping the heat on. + 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 strategically . Just like Athena..Goddess of Wisdom.



Music can also make exercise feel more like recreation and less like work. Music can even enhance athletic performance, so....

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 worked out, went for a walk, divided your perennial plants, dug up your potatoes or danced your ass off.

Feeling Strong and Powerful like Artemis is a definite plus.



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?)

Either way, quick get in front a mirror..



Slowly, seductively..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.

Really Enjoy the image of yourself...as a daughter of Aphrodite,

Goddess Of Love and Beauty



This is no time to be shy or to play down your luminosity.

You are a Goddess.

Every time you see or say something positive in your reflection, you reinforce your self-love and beauty, and can project it out at your will.

Can you say your favorite affirmations to your reflection? Try it!

4. Sacred Self Care



Time to ramp up your routine...

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. 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. (Or when relaxing inside with your favorite blankie at night.)



When you are all
done with your
ritual bathing,

Enjoy the process of
drying and combing
your hair, luxuriating like
a sea nymph on the
shore..

Take the time to
sensually rub in some
luscious natural body
cream, suntan lotion or
oil into your skin for
softness.

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, as you express gratitude for your wonderful body.

5. Walk Barefoot on the Earth

Placing your bare skin directly on the earth feels fantastic. But did you know that it physically grounds you the same way buildings and appliances are “grounded”? 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 the earth!



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 some wild benefits across the board, if you are open to it!

While you're out there.....

6. Collect some Nature and Bring it in

First look around outside for some edible herb, plant or fruit. Take this gift of wild nourishment inside your body..Honor Gaia, again by collecting with reverence, Inhaling deeply the scent of fall, gathering up some colorful leaves, maybe put some in your hair,



Nature in your hair brings on a goddess state of mind, double-quick..When There isn't anything pretty available, or I want the effect to last all night,I create flower Fascinators as an alternative.

Put some branches On your kitchen table, your bedroom or bathroom .Or perhaps a smooth stone or perfectly formed acorn...Honor, beseech and give loving attention to the very attributes of beauty and perfection you wish to embody on a special shelf or altar.

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.

Each take just a few minutes each...I love working with all of these concepts and I hope you do too..



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

If you are having trouble remembering your divinity, [Let's talk!](#)

