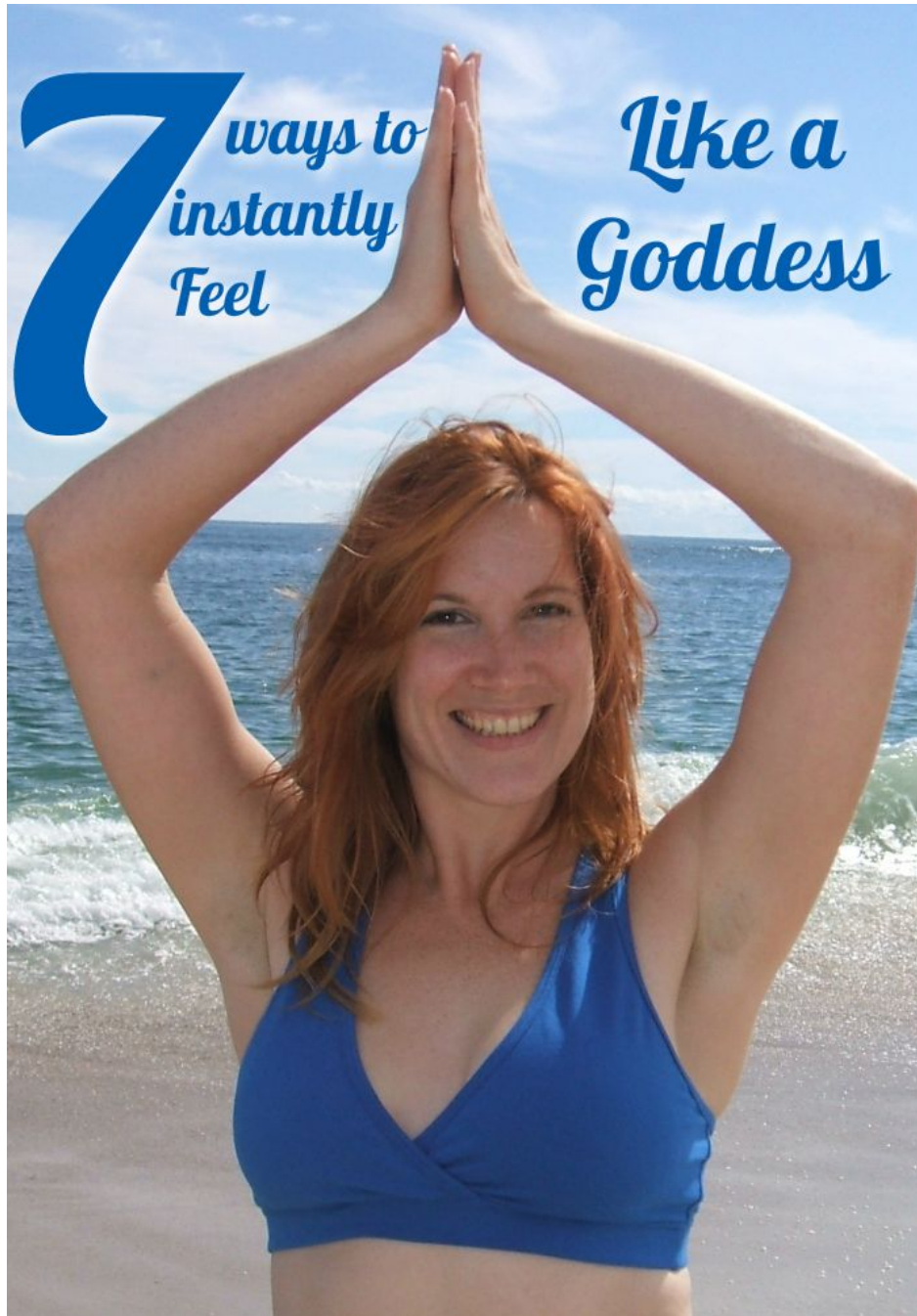


Jessamina Lanzilotta

7 Ways to Feel Like a Goddess In the Summertime



Dear Goddess,

The spring yields to the prolific bursting and blooming of the summertime..

The audacity of the colors, flowers and unrelenting sunshine dazzle us with their brilliance. Not feeling it yet?

There are simple ways to invite magic and inspiration to permeate your days with more light, warmth and cheerfulness. Here are Seven.

Each season is an opportunity for a new start.

There is an invitation, a new scent on the wind.



We begin to remember that inside our woman-body is a sacred and sensual, hot-fiery spark of the great divine. Nature and the cosmos, we are all one Goddess.

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

I've spent more than three decades cultivating my relationship with the Great Goddess, and her various forms... I realized early on, **human women go through various forms too!**

As teenagers (sometimes sooner) we are introduced to the new-to-us womanly shape, the safety or *non-safety* of *that*, sexuality, the desires & needs of our physical form & hormones, and the power of creation inside our bodies & what we are capable of. All powerful notions, but often just forgotten, so it's good to be reminded..

Just remember and honor it all as part of your sacred journey, even if those years were clouded with confusion, judgement, or shame.

The revival of the Goddess Sisters in Moonlodge/*Red tent Day retreats* helped me to understand feminine time cycles in a way that enlivens the young-Maiden-Goddess within us all. We can connect to this power whenever we've lost our center, creativity or vitality.

As a Mama-Goddess, we learn that our sacred physical vessel could now, carry and nurture divinity..life. An evolved spark of possibility, created in love and erotic bliss..All babies and children are sacred, and **we** are sacred as we carry them, bring them into the world and care for them..This is holy work, becoming a mother. I personally enjoyed all three of my healthy pregnancies and natural 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-Caretaker phase anyway. "Mothering" and "Birthing" look more like

projects, creations, designs, businesses, art **and** alliances that involve loving and nurturing others...

But, our own personal Goddess-Sparkle must be nurtured as well.

The wise woman within, our very own “inner Grandmother” knows how important it is to honor the miraculous and creative qualities of the divine feminine within us always-and-forever-amen.

There are, beautiful, powerful, brilliant, luminous, limitless sparkling Goddess aspects, and we can activate any them at will..

This “Goddess Sparkle” is totally accessible to you, even when you are feeling like a frenetic sourpuss.

Promise. Your GoddessTime is your own personal *Goddess Experience*.

Here are 7 simple ways to feel like a goddess in Summer

This season you can feel cheerful & creative, abundant & in-love with life again.

You can be decisive & sensual, grounded & serene, wild & intoxicated, juicy or joyful...all of it.

You can choose, enjoy and create it all.

Just Like a Goddess .



Awesome music is first.

Simple!

Whether it's Baroque, Kirtan, Groovy Heavy Metal, 70s Disco, Motown, Old school blues, Electronica, Rock n' Roll, chamber music, world drumming, dub-step, country, hick-hop, or opera..put on music you know, the stuff you already love while you:

- Sing crazy loud
- Declutter and organize your closet of everything that's too heavy for summer
- Pull the weeds around your favorite garden
- Wade around like a mermaid in the pool
- Pin your hair up for the day and get gorgeous
- Get some boring chores done with booty-shakin flair
- Hang out and groove on the patio at night by firelight. Add some candles for a flattering, beautiful reverent tone.

Music assists in creating Oxytocin (that divine chemical love hormone) and makes you feel better **especially** when you are feeling low, lonely, uninspired or stressed out.

Music also has magical powers that enhance higher brain functions.

- **Spatial-temporal reasoning** - for planning your vacation, that amazing project, your art, your strategic ever-blooming garden planning and pruning, driving in a thunderstorm...all the smart stuff your brilliant brain is working on in the background..
- **Mathematical abilities**- for creating an abundant vacation fund, doubling a favorite recipe for your garden party and figuring out time conundrums and counting the hours until dark..
- **Emotional intelligence** - so you can respond to what life is offering you, rather than reacting to your old perceptions of the world, problem solving and helping others
- **Memory performance**- so you won't forget that you are a Goddess.

Helping you figure it all out. Just like Athena..Goddess of Wisdom.



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

So....



Move your body. Yeah You! Even just a little.. Like sacred dance, wrestling your garden hose to the far part of the yard, powerfully walking through the sand, marching through a hot parking lot, power-shopping or using the stairs.

Physical activity stimulates more divine chemicals like Serotonin and Endorphins into that sacred body of yours. They make you feel cheerful and more peaceful. Side effects include; being way less sensitive to pain and anxiety pangs, rapid healing, increased beauty, radiance and restful sleep.

So treat yourself to a great workout.

I love my magical workout routine that utilizes goddess dances, postures, gestures and other ancient practices that feel awesome.... [More here](#)

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...



Get Naked ...or was that get naked and **then** get all sensual and sweaty?

No matter..either way!

Before getting dressed for the day position yourself in front of a full length mirror..

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

C'mon, If you don't who will?

Healing and releasing shame is an important part of the feminine journey. Our power can be revealed when we allow it to be.

So go ahead. Enjoy your reflection.

Which is your favorite side? Try different angles...Smile, flirt with yourself. **What is your favorite feature?**

- Your smooth skin?
- Your pretty feet?
- Your graceful arms?
- Your expressive eyes?
- Your powerful posture?
- Your sexy back or neck?
- Your lustrous Hair?
- Your long legs?
- Your great curvy booty?
- Your delicate hands?
- Your breasts?

Vow to yourself to take even greater care of your favorite features. The more attention you lavish on your favorite positive qualities..the more they show up in your day-to-day as ***pure confidence***.

See yourself with eyes of Love.

Really enjoy the image of yourself...as a daughter of Aphrodite, be kind with your inner dialogue. The reclamation of your inner goddess must happen in a safe place. Create that sanctuary now for yourself in your own mind by refusing to think poorly of yourself in any way. This is no time to be shy or to play down your luminosity.

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.

You are a Goddess.



Sacred Self Care

Time to ramp up your routine...

As the seasons change, I always have to create a different beauty routine. I love to experience bathing and swimming as healing and cleansing time. You can easily take a simple shower or bath to another level of magical sanctuary by adding aromatherapy, natural light, self-reiki, and/or intentional thinking.

Good natural products that smell great are important. Scent can transport you to the realms of the goddesses very quickly, especially when you use the magical scent-ual essence of plants and flowers. Try your favorite mild essential oil in the water of your bath, or on the corner wall or tile of your shower/ For intentional upliftment try lemon, lavender or geranium.

When you are all done bathing or swimming, treat your body kindly...While still warm, take the time to sensually rub in some luscious natural body cream or oil into your skin.

I love coconut, kukui, primrose or almond oil... This can be a ritual all by itself. *Know what I mean?*

Allow a few moments to let yourself get carried away by the pleasurable feeling of a gentle massage on your own soft skin.

Then....



Touch the Earth . Placing your bare skin or feet directly on the warm ground feels fantastic. Did you know that this physically grounds you the same way buildings and appliances are “grounded”?

The instant you place your foot or hand on the ground or grass, you discharge the buildup of free radicals buzzing around and within you. Just touching the earth with your hands or feet actually transfers this energy into Gaia!

While that stream of energy transfers out, a stream of Earth Mother's loving electrons comes in. This helps to keep your body healthier, younger, and more fit by restoring 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 neural pathways too.. believe that you can experience dramatic stress-reduction instantly if you are open to it..Hey While you're outside.....



Collect some Nature and Bring it in.

First look around outside for some edible herb, plant or flower that you planted.

This time of year you may be able to find wild purslane, chickweed, rosemary, dandelion, violet and others as well..If you find something good and safe to eat, take this gift of wild nourishment inside your body..Honor Gaia, again by collecting anything and everything with reverence.



Now you can look around for some stones, feathers, shells, flowers, sprigs or any other interesting natural items for decorating..or even for your hair! Nature in the hair brings on a goddess state of mind, double-quick.. Use your findings for your kitchen table, your altar, bedroom or bathroom . ..If you can't find anything good, you could always pick up some flowers from the market.

That *a/ways* works for me too.

These beauties, placed with intention, help remind you of the sacred natural world when you're inside.



Change. When you've done it all...When things still seem hard.. When the past, present, and the future get a hold of you and won't let go..

Change. Learn something new..Do something different or weird. 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, and win. Embody the Goddess Of Victory.

Create yourself...again. You are the Goddess, after all.

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

These are just SOME of the many many ways to evoke the goddess and reduce stress this summer. .I love working with all of these as often as possible, in every season.

Even though each one of these **cost only time**, you can be assured that they are quite **valuable**. Creating even a few minutes for any of these practices will shift your mood fast.

If it's perfect timing and you're revved and ready to allow your deeper wisdom to shine, fearlessly delve into your own psyche for more love, self acceptance while connecting clearly to intuition, healing practices, sacred ritual dances, and more, let's talk about the [Goddess Experience](#) ...a sanctuary for your inner goddess.



Insights or questions? I love that!!!
Or let's [set up](#) time to talk..even better!

Write me: info@jessamina.com

-XO Jessamina

