



## Shamanic Womancraft Processes

Do Monkey Breath before each process

- 1) Guided meditation (into cave) to meet Goddess – HESTIA
- 2) Drum journey to Upper Realm to meet Goddess – ATHENA
- 3) Connection with the Mother – DEMETER
- 4) Voice dialogue with Goddess – HERA
- 5) Drum journey to womb to inner temple to meet - APHRODITE
- 6) Maiden, Mother, Maga, Crone Interview - ARTEMIS
- 7) Body Check – PERSEPHONE

### **Questions to ask the Goddess in each process**

“How does my feminine wounding show up in my expression of You?  
What do I need to *let go of* to be expressing this part of me in a healed way?  
What quality do I need to *call forth* to express this part of me in a healed way?”

### **Goddess Archetypes**

From *Goddesses in Everywoman: Powerful Archetypes in Women's Lives* by Jean Shinoda Bolen

**Persephone** – Daughter, Wounded Inner Child, Wild Child, Mother's Daughter, Receptive Woman, Maiden

**Artemis** – Sister/Feminist (sisterhood), Competitor

**Aphrodite** – Lover, Sensual Woman, Creative Woman

**Hera** – Wife/partner, Commitment maker

**Demeter** – Nurturer, Mother

**Athena** – Career/job (role in the world) Father's daughter, Strategist, Maga

**Hestia** – Priestess (homemaker), Maiden Aunt, Wise Woman, Crone



## **1) HESTIA**

### **Guided Meditation**

### **Group Process**

Do Monkey Breath

Middle World guided journey

Sit, back straight, hands open on lap.

Focus on your breath, deepen your inhale, lengthen your exhale, slow it down. Keep your focus on your breath.

Relax.

Connect now with that part of you that is Priestess, the Wise One. Connect with the Old One within you that holds the wisdom. Recall yourself now in your role as Priestess in the world and as the keeper of your home and hearth.

Pause

You are out walking on a moonlight night

Walk slowly.

Notice the feel of the air, the fragrances. Notice the way the landscape looks shimmering in the pale light.

Take some time over this, see the beauty.

Absorb the peace.

(short pause)

You find yourself at the top of a slope.

Below you there stretches a lake.

The moon is ahead of you casting a silver path on the water.

There is a small boat on the water lapping against the shores of the lake.

(short pause)

Walk slowly down to the boat and get in.

There are soft cushions in the boat.

Lie down and make yourself comfortable.

Know that this boat is safe and strong and willing to hold you securely on the journey you are about to take.

The boat gently begins to drift out into the middle of the moonlit lake,

Rocking gently from side to side.

(short pause)



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The boat now drifts into a cave.

The moonlight is lost.

All is dark.

Around you is the smell of the Earth, sweet, damp, mysterious.

In this cave you are about to meet Hestia, Goddess of the Hearth, Priestess, Wise woman, Crone

Call Hestia to be with you now.

Ask Her:

“How does my feminine wounding show up in my expression of You - my Priestess, Wise Woman, Crone self?”

(pause)

What do I need to *let go* of to express this part of me in a healed way?

(pause)

What quality do I need to *call forth* to express this part of me in a healed and whole way?

(pause)

Ask Hestia to perform a healing ritual with you there in the cave.

(short pause)

Say thank you, say goodbye

Now your boat drifts out into the moonlight again.

Slowly, gently you move over the pearly lake until your boat comes to rest on the other side of the lake.

When you're ready, get out of the boat and walk up the slope.

Stand there and take in the beauty.

Bring yourself back into present awareness....

Breathe in...

Open your eyes...

Write down the answers and information you received on your journey.



## 2) ATHENA

### **Drum Journey to the Upper Realm to visit with the Goddess Athena. Group Process**

Do Monkey Breath

To begin, cleanse yourself of any negative energy. This can be done by smudging or through willful intention by speaking the words “I cleanse myself of all negative energies”.

Lie down and cover yourself for warmth.

Be careful to not touch anyone else - you may go on the same journey if you do!

Relax; melt your body onto the surface you are lying on.

To start with connect with the part of you that operates out in the world, your work, whether that is a paid job or not, connect with that part of you, how you choose to be in your interactions outside your life at home.

Recall a recent time in the expression of this part of you, in your work, in your life outside your home, when you felt upset by what was happening, when you were upset by the situation. Identify the feelings you felt then. Now freeze that scene and recall it later when you meet with Athena.

State your intention 3 times, “I am traveling to the Upper Realm to meet with the Goddess Athena”

Meet your power animals in a place in Nature and travel with them to your access place to the Upper Realm. Journey up a tall tree or a mountain top, go through the mists or fog and soar forth.

When you arrive call Athena and ask:

“How does my feminine wounding show up in my expression of You - my Career Woman, Father’s Daughter, Strategist, Maga Self?”

Recall the scene you just envisioned as an example.

What do I need to *let go* of to be expressing this part of me in a healed way?

What quality do I need to *call forth* to express this part of me in a healed way?”

Give thanks, say goodbye

Does she have something to give you?

Come back into the space.

Breathe

Wriggle fingers and toes.



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Draw a circle with your non-dominant hand, mark out the compass points and remember the cycle. Write 'let go' on the west axis and 'grow' on the east axis and fill in the messages, draw pictures, use colours to represent the messages you received from Athena.

*“Drawing, like writing, with the non-dominant hand tends to release the untrained, primal energy of the child, allowing the unconscious to move directly onto the paper without the judgement of the ego.”* Dancing In The Flames by Marion Woodman and Elinor Dickson



### **3) DEMETER**

#### **Connection to the Mother Group Process**

Have your writing materials and poster board close by.

Sitting or lying comfortably.

#### **DO MONKEY BREATH**

Take some time now to remember your coursework and journalling on Demeter.  
Contemplate on your experiences of birthing & mothering your children, your projects, businesses, garden, new versions of your Self.

Recall the insights you had with these contemplations. How are you as Mother, the Nurturer?

Closing your eyes. Notice your connection with the ground. Feel where your body is making contact with the ground. Notice the Earth beneath you. The Earth. Mother. Demeter.

In this process you are communing with the Mother aspect of yourself.

She who births.

She who feeds.

She who nurtures & cares for her young, her projects, her work, her businesses, her art, her garden and her Self.

Place one hand; palm down, softly over your upper belly, the other hand, palm down, softly over your heart.

Become aware of your breath.

The breath in.

The breath out.

Become aware of your breath. And the spaces in between.

The breath in

The breath out

The breath in

The breath out

Exhale deeply into the earth, & as you inhale, draw up the Earth energy into your belly filling the palms of your hands.



Repeat

Call Demeter now. Call the Mother Goddess to be with you.  
Demeter! Show yourself now.

Imagine Mother holding you.  
Feel the embrace of the Mother, your mother, our mother. Love.  
Become one with Mother, nurturing our self, feeding us to nurture others.

Bring your focus to the place under your hands.  
Belly, the seat of your intuition.  
Heart, the home of love.

You will begin to hear toning. Let it bathe your being.

*Teachers and apprentices surround the women & tone the sound AAAHHH*

*Build the volume*

*Signal the toners to reduce the volume to softly tone 'aaahhh' whilst the question is asked:*

Demeter, how does my feminine wounding show up in my expression of you? My nurturing Mother self?

*Teachers and apprentices tone the sound 'AAAHHH'*

*Build the volume ---*

*Signal the toners to reduce the volume to softly tone 'aaahhh' whilst the question is asked:*

Demeter, what do I need to let go of to nurture myself... to nurture others in a healed way?

*Teachers and apprentices tone the sound 'AAAHHH'*

*Build the volume ---*

*Signal the toners to reduce the volume to softly tone 'aaahhh' whilst the question is asked:*

Demeter, what quality do I need to call forth to nurture myself... to nurture others, in a healed way?

*Teachers and apprentices tone the sound 'AAAHHH'*

*Build the volume ---*



*Signal the toners to reduce the volume slowly to silence.*

Thank Demeter for the wisdom and gifts she has brought today.

Become aware of your breath.

Become aware of your body making contact with the ground.

Aware of your fingers and toes, give them a little wriggle. Become aware of your place in the room.

Aware of the other women in the room.

If lying on your back slowly rolling onto one side.

Opening your eyes.

Recalling your responses from Demeter. Write down your responses on your poster board

#### **4) HERA**

##### **Voice dialogue with Goddess Hera**

Process done in pairs.

Person A is the client

Person B is the Guide and Scribe

Person B will ask the questions and write the answers on Person A's cardboard.

Note: when client has stepped into the archetype of Hera it is important that B who asks the questions of her is always honouring and respectful of the "Queen"

The archetype can display very different behaviour and mannerisms. Flow intuitively with the questions as a guide, as they may change with each answer.

Person A will to reflect for 1-2 minutes silently:

Begin by connecting with the Hera within - your Queen self, the sovereign one who has chosen to be in relationship with self, and other, as wife or partner.

Recall for yourself - how you play this role of partner, how you make commitments in your life now.

If you are not in relationship now, recall the most recent past one.

Guide and client together call Hera to be with them

Monkey breath

Guide B invites the client A to step forward, take two steps to step into Hera.

B Hera are you here?

A -----

B Welcome Queen Hera, thank you for being present. May I ask you some questions?

A -----

B How does A honour and love herself?

What can A do to honour and love herself more fully?

A -----

B What commitments or vows has A made to herself ?

A -----

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B How does A's feminine wounding show up in her life as wife or partner or in intimate relationships?

A -----

B What does A need to let go to express this aspect of her in a healed way?

A-----

B What does A need to call forth to express this aspect of her in a healed way?

A -----

B How can A connect with you, Hera, in her daily life?

A -----

B Queen Hera, is there anything you would like to tell A ?

A-----

When finishing invite client to say goodbye and thank Hera, then to take 2 steps back into her self as A-----

Exchange Roles



## 5) APHRODITE

### **Drum journey to womb, to inner temple, to meet Aphrodite**

Do Monkey Breath

Start standing with your hands over your womb,  
Ground yourself.

Connect with the sensual part of you, the lover, the creative woman. Feel her in you, feel that aspect of yourself and how you express her in your life.

Begin making figure of eight movements with your hips.

Feel the centre point of the movement in your womb area.

When the music starts, take your awareness to your vulva, enter, go up your vagina, into to your womb, to your inner temple, the source place of your sexual energy.

Call Aphrodite

Ask Her, “How does my feminine wounding show up in my expression of You – My Lover,  
Sensual and Creative Woman self?”

What do I need to *let go* of to be expressing this part of me in a healed way?

What quality do I need to *call forth* to express this part of me in a healed way?”

Ask Aphrodite to show you her answers through your movements, with images and messages. If you want to sit or lie down do so. Stay in your own space.

### **MUSIC:**

“Kyrie”

Antaeus ~ Sunset in Mykonos

“Facing East”

Thievery Corporation ~ The Richest Man in Babylon

Call back

Give thanks to Aphrodite.

Take some deep breaths, wiggle your fingers, wiggle your toes, ground yourself, bring yourself back here into this room, into this present moment.

Write down the answers and information you received on your journey.



## 6) ARTEMIS

### Maiden, Mother, Maga, Crone Innerview

Process done in pairs.

Person A is the client

Person B is the Guide and Scribe

Person B will ask the questions and write the answers on Person A's cardboard.

Do Monkey Breath

Guide says to Client: Connect with the Wild Part of you, the Sister to all women, She in you that is not tamed, who loves Nature.

Client speaks: I call Artemis, speak to me through the four seasons of me.

Maiden, Mother, Maga, Crone

Client asks each archetype the following questions and Guide scribe's the answers on her behalf:

"How does my feminine wounding show up in my expression of You - my Sister being, my Wild self?

What do I need to *let go of* to be expressing this part of me in a healed way?

What quality do I need to *call forth* to express this part of me in a healed way?"

When the process feels complete, give thanks to Artemis, swap roles and repeat the process.

## 7) PERSEPHONE

### Guided Body check with Persephone

Do Monkey Breath

During this process I will ask you to stand and shake out all the stagnant energy, clear it away. Do it like this (demonstrate).

Lie down or sit comfortably, with a straight back.

Call Persephone be with you.

Take yourself back to your childhood, pre-menarche. You as Maiden, young girl, Daughter, child. Recall an experience in your childhood that was challenging, painful, traumatic, know that in its way this experience was formational in creating who you are today.

Notice the different scenes that flash across your mind

You have the control here, press fast forward, rewind, pause.

You are safe, you are witness, this is past.

Spend some time there and when you are ready:

Ask Persephone

“How does my feminine wounding show up in my expression of You?”

Me as daughter, as receptive woman, as maiden.

What do I need to *let go* of to express this part of me in a healed way?

Check around your body.

Notice what’s arising physically for you right now.

Quiet your breath, feel into your body.

Where in your body are you feeling it?

Locate the place in your body where this energy is being held.

You may feel a build up of tension or tightness.

One of the ways to release energy is to use sound.

The voice is a mechanism to move energy, it transforms energy from one form into another.

If we make sound and use intention with it, we can transform energy that is held within our body into a different vibration. And holding an intention that this energy shifts, we can encourage it to leave our body and release any withheld tension.

Set an intention to your self now, that the sounds you will make will shift this energy.

“The sounds I will make will shift this energy. The sounds I will make will release this energy from my body.”

And when you’re ready simply make the sounds that you need to, to start the process of shifting the energy.



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Imagine, visualize – see the energy as a mist moving out of your mouth, feel the energy leaving your body with the sound.

(Pause for sounds)

Now stand, stay in your private inward space, keep your eyes closed.  
Shake out all the stagnant energy, clear it away.

Now send some healing vibrations, using your voice, to the place where the energy moved from or to somewhere else you want to.

Again with intention,

Say to yourself “I send this healing vibration to my....”

Start by taking you awareness to the place inside or around you that you want to send the healing vibration to, put your hands over the place and begin making the humming sound, directing it with your intention, your thoughts to that place.

Hummmmmmm

Focus on your breath, slow it down.

Ask Persephone:

What quality do I need to *call forth* to express You in a healed way?”

Now hold that quality in your heart and dance this into your whole being.

**MUSIC:**

“Pilgrimage”

Caiseal Mör ~ Alchemy for the Heart

Say thank you.

Draw up energy from the earth

Lie down with your belly on the floor/earth.

Bring your awareness back into the room.

Write down the messages you have received.