

What is a Goddess?

by Sierra Biender

Many, many thousands of years ago the Earth Goddess was worshiped and honored along with the Sky God. Together, the Earth Goddess and Sky God created balance. The Earth Goddess ruled intuition, while the Sky God ruled the intellect.

The Earth Goddess ruled birth and creativity, while the Sky God ruled structure and forward action. The Earth Goddess ruled water and earth, while the Sky God ruled air and fire. By working together, the pair created harmony, bringing opposite characteristics together to create a unified whole. However; over time, the view of the world has become unbalanced, and the Earth Goddess has been put aside and hidden from our collective psyche. Masculine values demonstrated by the Sky God have been praised and considered strengths, while feminine traits have been misconstrued to be weak and less desirable.

Today, there is a lot of confusion and misunderstanding around the word goddess when it is used to describe a mortal woman. Some people automatically think of sex goddesses designed by men -- tall, buxom blondes in high heels and lingerie.

I am the 21st Century Goddess

I am feminine

I am sensual

I am sexual

I am powerful

Don't ever mistake my kindness for weakness.

And don't ever take me for granted.

Other people assume that all goddesses participate in pagan rituals. Others think that the description is pompous, and the word Goddess conjures up images of self-aggrandized women who put themselves up on pedestals; a notch above ordinary women. Bringing back the essence of the Earth Goddess is not only important -- it is essential in turning around our world situation.

Focusing attention on goddess-like women and their visions -- through their work and art -- will help expand the consciousness of our society at large. To help clarify the vision for all those who want to promote the concept of bringing back the Earth Goddess figure, there are fifteen characteristics of a "Goddess" when used to describe a mortal woman. No goddess-like woman is perfect, nor can every Goddess demonstrate all of these qualities all of the time. But a Goddess demonstrates most of these qualities most of the time:

1 Invent Your Own Life

A Goddess invents her own life and lives according to her own ideals of happiness. She has the imagination to set fulfilling goals and the courage to follow through with her vision.

2 Be Autonomous

A Goddess does not seek approval, but instead listens to her own counsel. She does not try to impress anyone because she knows her work speaks for itself. She never makes excuses and is not defensive for she is not threatened by what other people may think.

3 Live Passionately

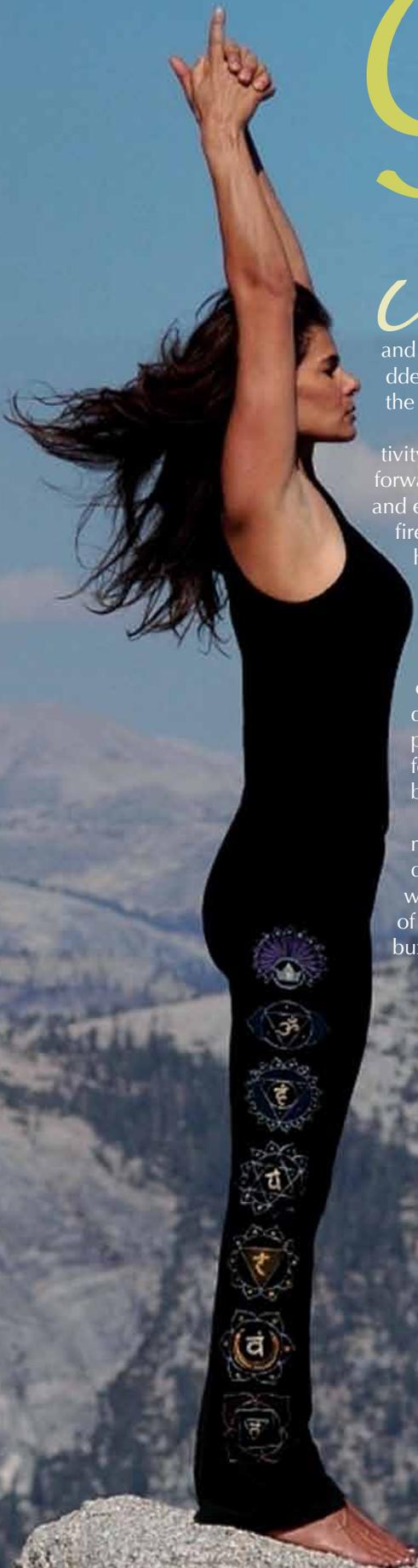
A Goddess radiates a palpable energy and enthusiasm that is contagious, inspiring and beneficial to others. In esoteric terms, she raises the vibration in a group situation.

4 Learn & Evolve

A Goddess is continually learning and evolving.

5 Be Authentic

A Goddess does not wear a mask for the outside world because her public per-



sona is the same as her innermost heart. She has learned to express her emotions cleanly and healthily. A goddess knows her own truth and is happy to share her wisdom; however, she does not impose her truth on others.

6 Care For Yourself

A Goddess does not expect others to take care of her. She treats herself as well as she would treat her best friend. She is compassionate and forgiving with herself and others. She gets enough rest and gives her body the right fuel -- both in oxygen and in food and water. She knows what she needs and feeds her body and soul.

7 Contribute To Your Environment

A Goddess is committed to healing the earth and works towards peace and understanding -- whether it is on a large scale or simply within her family and closest circle of friends. She contributes to cleaning up the environment and teaches the next generation to do likewise.

8 Love & Respect Your Body

A Goddess sees her body (and the earth) as sacred. She is comfortable with her sexuality and is in tune with natural cycles.

9 Practice Patience & Appreciate Balance

A Goddess has learned balance and patience. Flow and ebb. Waxing and waning. A goddess does not stress during ebb or waning times. Instead, she uses the time wisely for rest, reflection, and planning.

10 Trust Your Intuition

A Goddess has learned to trust her intuition and inner knowing. She has learned to tap into this source at will.

11 Be Flexible & Adaptable

A Goddess has learned to let go of the need to control the flow of the river. She has discovered the futility of trying too hard. She has learned to ride the wave and go with the flow, to ask for and accept help when required. She is flexible, fluid, and adaptable. She has given up the need to control or manipulate. She does not pout or whine when she does not get her way.

12 Know Your Boundaries

A Goddess communicates her boundaries. She is gentle, but firm when her boundaries are violated. She respects others' boundaries and asks for clarification when necessary.

13 Honor & Support Others

A Goddess recognizes, honors and

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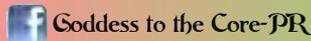
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supports the work of other goddesses and gods. She does not feel competitive or threatened by other goddesses and understands that what is good for one is good for all, and that when one shines, the light benefits all. A goddess knows how to share and is generous of spirit, but she knows her limitations and does not give more than what she can afford -- emotionally, financially, physically, or energy-wise.

14 Live In A State Of Joy & Gratitude

A Goddess' natural state is one of joy and gratitude. She is at home with her shadow, and will honestly mourn her losses and explore her fears. She understands that everyone experiences pain -- it is part of life on earth. She works through her own pain with courage and dignity, without trying to sidestep, or numb it, but to get through it and learn from all experiences.

15 Embrace Change & Loss

A Goddess is comfortable with death and has learned to compassionately let go of relationships, concepts, and material possessions that are worn out, or no longer serve her growth.

Sierra Bender, internationally acclaimed Spiritual Healer, lifestyle educator, motivational speaker, author and founder of renowned Boot Camp for Goddesses® leads wholistic trainings, certification programs and retreats for corporations and professionals in the health, healing and fitness industries worldwide. She will presenting her Goddess to the Core one-day intensive workshop and book signing in August. Visit www.sierrabender.com.

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