

Secrets of Your
Guiding Goddess
Personality

Made for you with love by
Abiola Abrams



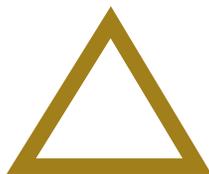
CHAPTER 1

INNER TEMPLE OF

Ancestors

Ready to find out what kind of goddess you are?

Your guiding goddess initiation personality type is based on your dominant inner goddess temple.

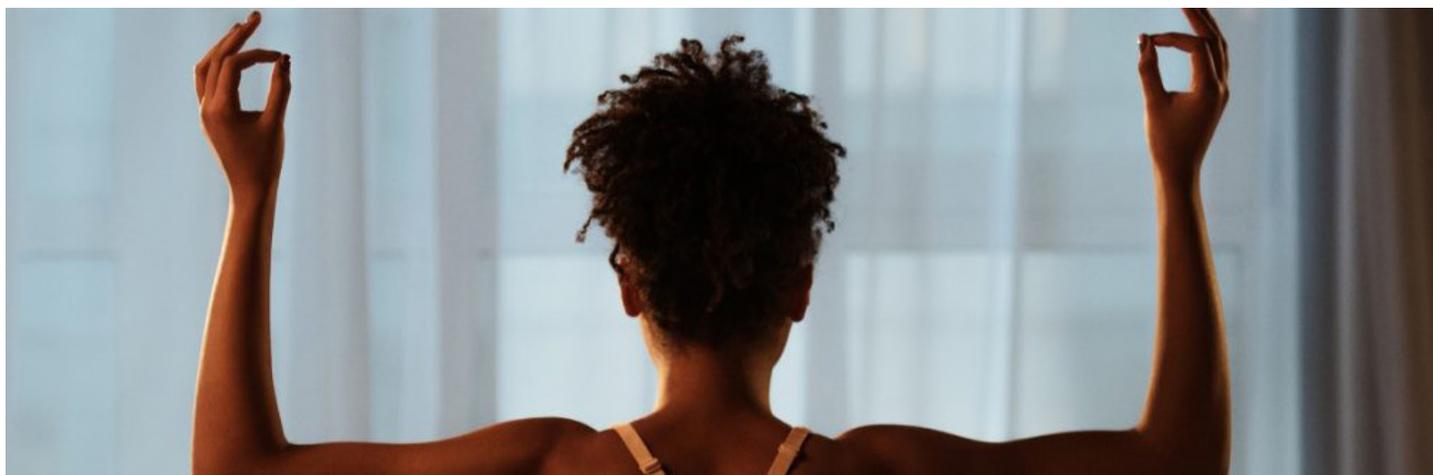


Welcome, Beautiful

If Your Guiding Goddess Personality Type Is...

Ancestors

Your Inner Temple of Ancestors is Your Soil Energy Channel



This Means That You Are

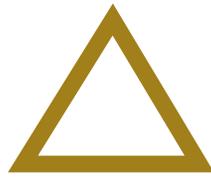
Caring, Loyal, and Dedicated

Your Secret Power is the Ability to Connect.

You are the Goddess. You are the Temple.
The initiation is into your true self.

We each have 9 inner goddess temples that represent different areas of our lives, our bodies and our consciousness. **The African Goddess Initiation** Temples are a combination of the Hindu chakra system, 7 African Powers and other systems of personal mind-body-spirit consciousness.

Because the power of chakra work and similar systems are the foundation for many of the healing systems I channel and create, I use that as a foundation. I didn't want to confuse or overwhelm you with the ancient African and Indian spiritual systems, so I created a chakra-based system that is distinctly African. But it is important for me to acknowledge lineage. - Abiola



About the Temple of Ancestors

We each have 9 inner temples.
The Temple of Ancestors is your dominant Goddess Temple.

*"The Temple of Ancestors is the soil energy channel. The soil energy channel governs our basic human survival needs such as food, clothing, shelter, and sleep. This energy channel is all about you feeling safe and grounded in your body and your life. This is what your ancestors want for you. Ancestral veneration is a key part of all African traditions. Our dead have not left us. Life continues after physical death. Our ancestors, who can be blood-related, culturally connected or spiritually adopted, hold our greatest power and connection to the divine." - From the book **African Goddess Initiation: Sacred Rituals for Self-Love, Prosperity and Joy***

HOW TO EMPOWER YOURSELF WHEN THE TEMPLE OF ANCESTORS IS YOUR DOMINANT INNER TEMPLE

1

Ground Yourself

Connect.



Stop whatever you are doing and step into your garden or the park, without your shoes.

This is called earthing. The idea is to be close to the earth beneath your feet. You can choose to lay down on the ground, or walk around in the dirt/grass barefooted. Another good way to do this also to visualize roots extending from your feet to the center of the earth.

In addition, eat more root veggies.

Your power color vibration is red. Incorporate it more into your life.

2

Move Your Body

Work Out.



Work it out, gorgeous!

Exercise of any form and kind is also an effective way to help with an unbalanced Temple of Ancestors, whether it is yoga, jogging, football or just a simple walk - just get up and moving! Doing this will help activate stagnant root center energy within you.

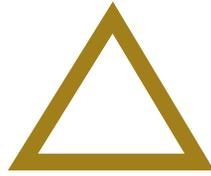
3

Breathe & Meditate

Be Present.



Seek out a quiet, comfortable place and sit or lie down. Begin to visualize a glowing deep red light emanating from the base of your body, and feel the pulsation of its warm radiance. Watch (in your head) the light become a glowing sphere, and imagine a red four petaled lotus flower unfold - you may realize that you have trouble getting the sphere to spin or the flower to unfold itself, which is a sign of blockage. Keep breathing intent and energy into the root of your body until the sphere can spin easily and freely. Proceed to send the energy of abundance throughout your entire body through the other inner temples.



Your Inner Goddess Temple of Ancestors

YOUR MAGIC



YOUR MANTRA: I AM.

When your inner Temple of Ancestors is active and balanced, you feel grounded, stable and secure. You don't find it hard to put your trust on people. You will feel present in your current being and feel connected and rooted to your physical body.

YOUR SHADOW



Worry, anxiety and overthinking can be a challenge for you. When your inner Temple of Ancestors is weak and imbalanced, you may feel superficially inferior in terms of your appearance. You may also feel that you do not have direct control of your life. You feel that you're not good enough and can easily feel unwelcomed when it is not the case. Therefore, you are in a constant battle of fear and tension.

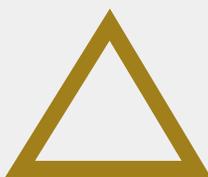
It is also possible for your inner Temple of Ancestors to be overactive. If this is the case, you are easily agitated by the slightest provocation. You might also be materialistic or overcome by greed. This may result in addictions.

SIGNS THAT YOUR INNER TEMPLE OF ANCESTORS IS BALANCED

- △ You feel secure in your body and life.
- △ You are open and trusting.
- △ You feel grounded and present.

SIGNS THAT YOUR INNER TEMPLE OF ANCESTORS IS OUT OF ALIGNMENT

- △ You feel lost and un-grounded.
- △ You have an obsession with every detail.
- △ You lack patience with yourself and others.



You embody the energy of Temple of Ancestors goddesses such as...

African diaspora divine feminine ancestors including Sawtche (Khoekhoen / South Africa), Tituba (Barbados/Guyana/Salem), Mbuya Nehanda (Shona/Zimbabwe), Sara La Kali (Romani/Egypt), and Marie Laveau (New Orleans)...

SAWTCHE

Goddess of Grounding

Page 36



MARIE LAVEAU

Goddess of Abundance

Page 66



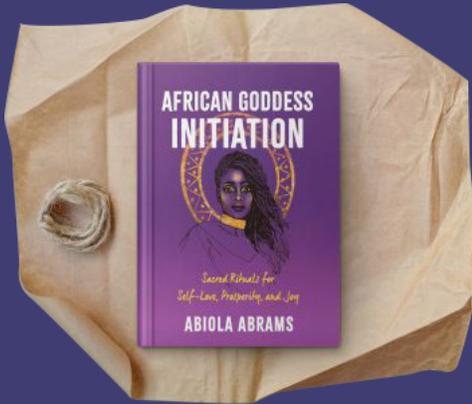
TITUBA

Goddess of Feeling Safe

Page 44



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You can find all of these goddesses and more in the book, *African Goddess Initiation*.

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Your Temple of Ancestors Embodiment Rituals

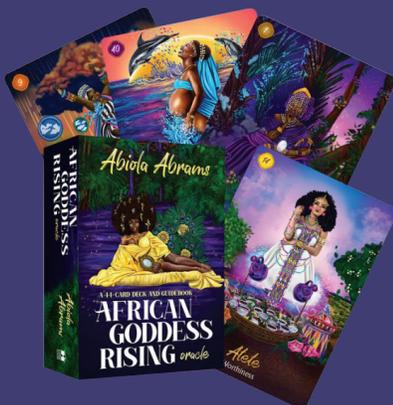
The *African Goddess Initiation* is an initiation into your true self.

You are the Goddess. You are the Temple.

Traditional Temple of Ancestors rituals from throughout the global African diaspora include: The Milk Tree Initiation, Catching Komfa, Mo'juba Ancestral Prayer, Gris-Gris Bag for Abundance, Pouring Libations.

Sacred African Goddess Initiation Rituals that will help you to deepen your Temple of Ancestors energy connection include: Your Gris-Gris Bag Abundance Ritual, Your Divine Lineage Ancestral Tribute Prayer Ritual, Your Ancestral Altar Rebirth Ritual.

(Find these rituals in the book African Goddess Initiation by Abiola Abrams, Chapter 2)

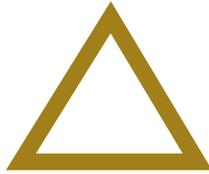


You can find all of these goddesses and more in the deck, *African Goddess Rising Oracle Cards*.

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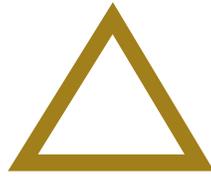
**Sacred
Empowerment Tools**

CHAPTER 2

INNER TEMPLE OF

Conjurers

Your guiding goddess initiation personality type is based on your dominant inner goddess temple.



If Your Guiding Goddess Personality Type Is...

Conjurer

Your Inner Temple of Conjurers is Your Creation Energy Channel



This Means That You Are

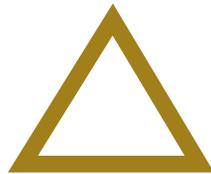
Creative, Sensual, and Passionate

Your Secret Powers are Creativity & Manifesting.

You are the Goddess. You are the Temple.
The initiation is into your true self.

We each have 9 inner goddess temples that represent different areas of our lives, our bodies and our consciousness. **The African Goddess Initiation** Temples are a combination of the Hindu chakra system, 7 African Powers and other systems of personal mind-body-spirit consciousness.

Because the power of chakra work and similar systems are the foundation for many of the healing systems I channel and create, I use that as a foundation. I didn't want to confuse or overwhelm you with the ancient African and Indian spiritual systems, so I created a chakra-based system that is distinctly African. But it is important for me to acknowledge lineage. - Abiola



About the Temple of Conjurers

We each have 9 inner temples.
The Temple of Conjurers is your dominant Goddess Temple.

"The Temple of Conjurers is all about you creating your world through the art of creativity, manifestation, and your fertile sexual magic. Our traditional African spirituality term for this temple's principle is heka, the ancient Egyptian word for the art and science of "magic." Divine manifesting is collaboration with God/dess energy to mold our lives for the highest and best good of the collective. We are all manifesting our lives, albeit unconsciously for most people." -
From the book **African Goddess Initiation: Sacred Rituals for Self-Love, Prosperity and Joy**

HOW TO EMPOWER YOURSELF WHEN THE TEMPLE OF CONJURERS IS YOUR DOMINANT INNER TEMPLE

1

*Shake Your
Booty*

Dance.



Shake it up, baby! Dance, twerk, hula.

Yup, you got that right. Go on and gyrate those hips! Latin or African dances or any other movement that involve shaking your hips are great ways to activate this energy. Hula hooping is also a good activity to do this.

Your power color vibration is orange. Incorporate it more into your life.

Eating orange colored food such as oranges, cinnamon and papaya will help activate and rebalance your inner Temple of Conjurers.

2

*Get Into
Water*

Submerge.



Be close to or in water. Relaxing near or wading in open water sources such as rivers, lakes or the ocean is a good activity to restore balance. Taking warm relaxing baths or a shower is also one good way for you to recharge. Even listening to sounds of flowing water can help calm and release the energy flow.

Drinking a lot of water will help too.

3

*Breathe &
Meditate*

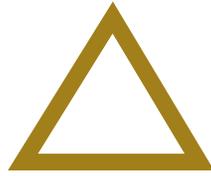
Be Present.



Seek out a quiet, comfortable place and sit or lie down.

As with all other inner temples, meditation is a practice that helps greatly. Incorporate it in your daily life routine!

Visualize an orange lotus or crescent moon in your reproductive region or slightly below your belly button, and breathe deeply while keeping the image in your mind for a few minutes.



Your Inner Goddess Temple of Conjurers

YOUR MAGIC



YOUR MANTRA: I FEEL.

When your inner Temple of Conjurers is active and balanced, your feelings flow freely and you are comfortable expressing them.

You are vivacious, full of life and people love being around you as you bring very positive energy.

You are open to intimacy and you are passionate with no issues expressing your sexuality.

YOUR SHADOW



When your inner Temple of Conjurers is weak, it is hard for you to enjoy and live in the moment as well as appreciating life. You tend to be stiff and unemotional and you always have your guard up.

For example, when people gift you with surprises, you feel indifferent or you do not know how to react. Ideally, you should be happy and thankful for the thoughts of others of you. Instead, it's hard for you to receive and open up.

It is also possible for your inner Temple of Conjurers to be overactive. If you feel like you are overreacting to even the most trivial things, this may be the case.

SIGNS THAT YOUR INNER TEMPLE OF CONJURERS IS BALANCED

- △ You are a magnet for the opportunities and abundance.
- △ Your flow of creativity is unrestrained.
- △ You feel comfortable with unbridled pleasure.

SIGNS THAT YOUR INNER TEMPLE OF CONJURERS IS OUT OF ALIGNMENT

- △ Your creativity is blocked.
- △ You have problems receiving.
- △ You are impulsive and untrusting.



You embody the energy of Temple of Conjurers goddesses such as:

African diaspora divine feminine conjurer goddesses including Ngame (Ashanti/Akan), Modjadji (Balobedu /South Africa), Ma'at (Egypt), Tanit (Tunisia), Seven Sisters (New Orleans)...

MA'AT

Goddess of Giving & Receiving

Page 98



MODJADJI

Goddess of Manifestation

Page 91



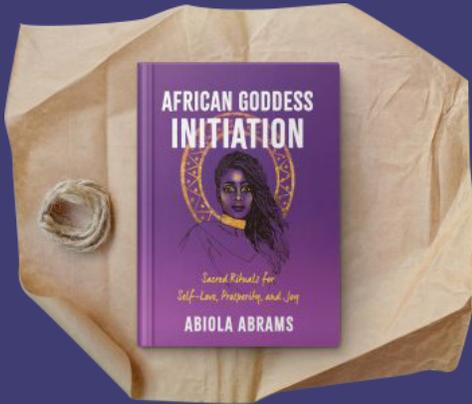
NGAME

Goddess of Desire

Page 84



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You can find all of these goddesses and more in the book, *African Goddess Initiation*.

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Your Temple of Conjurers Embodiment Rituals

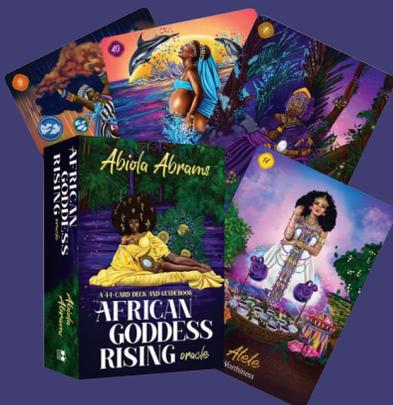
The *African Goddess Initiation* is an initiation into your true self.

You are the Goddess. You are the Temple.

Traditional Temple of Conjurers rituals from throughout the global African diaspora include: the Kunkuma Menstrual Broom, Raindancing, Healing Scrolls, Erotic Binding Spells, and Fertility Dolls.

Sacred African Goddess Initiation Rituals that will help you to deepen your Temple of Conjurers energy connection include: Your Yoni Art Masterpiece, Water Whisperer Manifestation Ritual: , Goddess Intention Incense, Your Sacred Erotic Magic, and Your BMGV Vision Doll.

(Find these rituals in the book African Goddess Initiation by Abiola Abrams, Chapter 3)

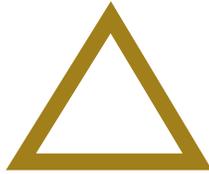


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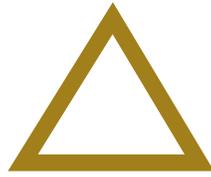
**Sacred
Empowerment Tools**

CHAPTER 3

INNER TEMPLE OF

Warriors

Your guiding goddess initiation personality type is based on your dominant inner goddess temple.



If Your Guiding Goddess Personality Type Is...

Warriors

Your Inner Temple of Warriors is Your Power Energy Channel



This Means That You Are

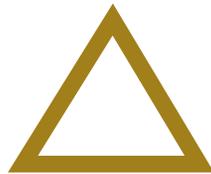
Charismatic, Dedicated, and Bold

Your Secret Power is The Ability to Motivate.

You are the Goddess. You are the Temple.
The initiation is into your true self.

We each have 9 inner goddess temples that represent different areas of our lives, our bodies and our consciousness. **The African Goddess Initiation** Temples are a combination of the Hindu chakra system, 7 African Powers and other systems of personal mind-body-spirit consciousness.

Because the power of chakra work and similar systems are the foundation for many of the healing systems I channel and create, I use that as a foundation. I didn't want to confuse or overwhelm you with the ancient African and Indian spiritual systems, so I created a chakra-based system that is distinctly African. But it is important for me to acknowledge lineage. - Abiola



About the Temple of Warriors

We each have 9 inner temples.
The Temple of Warriors is your dominant Goddess Temple.

"The Temple of Warriors is all about standing confidently in your true power. To become a sacred goddess warrior in your own life is to remarkably stop being at war all the time. If you are truly powerful, you have no need to fight nonstop. You have nothing to prove. This energy channel is all about your àse, life-force energy. Life force powers us from within. We stand in that power regardless of external circumstances." - From the book *African Goddess Initiation: Sacred Rituals for Self-Love, Prosperity and Joy*

HOW TO EMPOWER YOURSELF WHEN THE TEMPLE OF WARRIORS IS YOUR DOMINANT INNER TEMPLE

1

Soak Up the Sun

Sun Dance.



Since your inner Temple of Warriors is represented by fire, it is only logical that being in the sun has tremendous healing powers. Go outside in the afternoon sun - take a short walk if you feel like it.

Make an effort to take care of yourself every single day, psychologically as well as physically. Identify areas in your physical, mental, emotional or spiritual health that you have been neglecting, and be sure to address that issue head on. A healthy level of self-esteem is essential for good mental health, so take care of yourself - it's a form of self-respect and self-love too.

Your power color vibration is yellow. Incorporate it more into your life.

2

Let Go & Release

Let It Go.



Unhealthy attachments are a massive source of energy loss, as well as a cause for personal power blockages and energy stagnation. Ask yourself if said object/belief/memory/desire doing yourself any good and acknowledge it is, then let go - take care of yourself.

Cut off or reduce contact with people who criticize and belittle you from your life, as they will only be a deadweight to you during this time. Instead, only surround yourself with people who will support you and help you grow, and know that you have the power within you - it's entirely up to you to decide on the people who will stay or leave in your life.

3

Breathe & Meditate

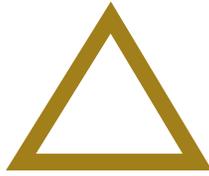
Be Present.



Seek out a quiet, comfortable place and sit or lie down.

As with all other inner temples, meditation is a practice that helps greatly. Incorporate it in your daily life routine!

Focus on your upper abdomen, and visualize a glowing yellow sphere. Slowly concentrate on making it bigger while it rotates; that area will feel warmer and more relaxed. Do these for a few minutes, then let the energy dissipate and take a few breaths, after which you should open your eyes.



Your Inner Goddess Temple of Warriors

YOUR MAGIC



YOUR MANTRA: I DO.

The Temple of Warriors corresponds to your feelings when you are in a group of people. It is responsible for the development of relationships of all kinds, such as a romantic relationship, camaraderie or with your family members.

This inner channel also represents your individuality, self-esteem and how you stand up for what you believe in in the presence of others. It is the center for unrefined emotions as well as personal power. This is where we develop a sense of self and an outward sense of others. With the mastery of this inner temple, you are able to directly perceive the feelings of others as well.

YOUR SHADOW



When your inner Temple of Warriors is weak, you have very low self-esteem and it's hard for you to acknowledge your self-worth. You feel useless and powerless especially when you are under pressure. This result in you saying "Yes" to even things you do not believe in.

On the other hand, if your inner Temple of Warriors is overreactive then you can become a very dominating person and would want to control everything. Your personality can be likened to that of a dictator.

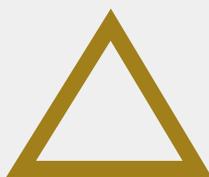
In the workforce context, you will be perceived as a very stubborn and controlling leader. It is likely that your subordinates will feel pressured and stressed when working under your supervision.

SIGNS THAT YOUR INNER TEMPLE OF WARRIORS IS BALANCED

- △ You are confident.
- △ You take inspired action and make decisions easily.
- △ You have strong willpower and devotion.

SIGNS THAT YOUR INNER TEMPLE OF WARRIORS IS OUT OF ALIGNMENT

- △ You feel powerless.
- △ You have low self-worth.
- △ You lack the confidence you seek.



You embody the energy of Temple of Warriors goddesses such as:

African diaspora divine feminine warrior goddesses including Oya (Yoruba/Nigeria), Atete (Oromo/Ethiopia), Sekhmet (Egypt), Asase Yaa (Ashanti/Ghana), Sitira (Guyana)...

OYA

Goddess of Storms

Page 124



ASASE YAA

Goddess of Joy

Page 142



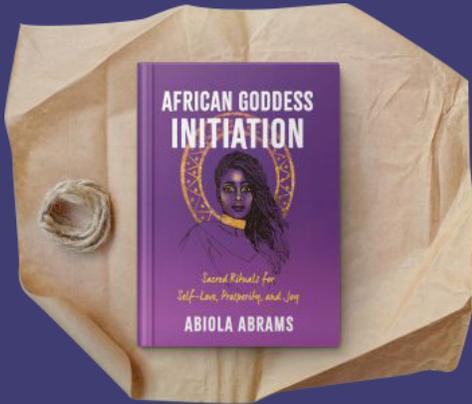
SEKHMET

Goddess of Wounded Healers

Page 136



African Goddess Initiation Art by Destiney Powell, Copyright 2021, All Rights Reserved.



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Your Temple of Warriors Embodiment Rituals

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You are the Goddess. You are the Temple.

Traditional Temple of Warriors rituals from throughout the global African diaspora include: Protection, Binding, and Blocking, Jebena Buna Coffee Ceremony, Capoeira, Renewal at Souvenance, and the Kwe Kwe Celebration.

Sacred African Goddess Initiation Rituals that will help you to deepen your Temple of Warriors energy connection include: Your Rapid Lightning Change Ritual, Your Goddess of Worthiness Coffee Ceremony, Your Wounded-Healer Ritual: The Sun Rises Disc, Tolerations and Joy, Your Brazen Liberation Dance Ritual.

(Find these rituals in the book African Goddess Initiation by Abiola Abrams, Chapter 4)



You can find all of these goddesses and more in the deck, *African Goddess Rising Oracle Cards*.

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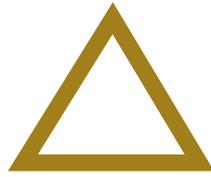
**Sacred
Empowerment Tools**

CHAPTER 4

INNER TEMPLE OF

Lovers

Your guiding goddess initiation personality type is based on your dominant inner goddess temple.



If Your Guiding Goddess Personality Type Is...

Lovers

Your Inner Temple of Lovers is Your Love Energy Channel



This Means That You Are

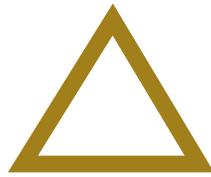
Loving, Generous, and Open-Minded

Your Secret Power is Your Passionate Spirit.

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About the Temple of Lovers

We each have 9 inner temples.
The Temple of Lovers is your dominant Goddess Temple.

"Love is the highest vibrating energy there is. To give true, pure, unconditional love is to be one with God/dess. Ubuntu is the South African philosophy of love and compassion that says we are all in this together. It is translated as "I am because we are" or humanity toward others. Great Ancestor Nelson Mandela and Elder Bishop Desmond Tutu shared this ancient truth with the rest of the world. How often in our relationships do we feel like our basic humanity was not honored? Ubuntu is deep, full, wide, spiritual love." - From the book **African Goddess Initiation: Sacred Rituals for Self-Love, Prosperity and Joy**

HOW TO EMPOWER YOURSELF WHEN THE TEMPLE OF LOVERS IS YOUR DOMINANT INNER TEMPLE

1

*Follow Your
Dreams*

Your Desires.



Do not let your dreams die just because you do not have time to realize them. Make time and work on them consistently. This can be having that dream house or it can even be building a business you have always wanted.

Schedule time to do what you love. Commit to doing what you love. This can be your passion projects or your hobbies such as baking, volunteering or hiking. Set a schedule to make sure you adhere to the time and you make time for it no matter how busy you are.

Your power color vibration is green. Incorporate it more into your life.

2

*Open Up to
Love*

Let It Go.



"There are different kinds of love. There's the adoration we have for our heroes and celebrities. There is romantic love between you and your partner. There's filial love you have with your siblings and best friends.

There's agape love between you and your Creator, the highest form of love. There is the love between you and those who created you on this earth plane, your parents or parental figures.

And of course, there is self-love."

-From the book African Goddess Initiation

3

*Breathe &
Meditate*

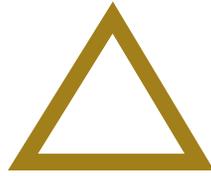
Be Present.



Sit down in a quiet and comfortable place, and close your eyes. Take three deep breaths. Place both of your palms on your heart. Imagine a beautiful green flower opening from a tight bud to a full bloom.

Feel the energy of appreciation for love and see it flowing in yourself. Weave a figure 8, which is an infinity sign using your fingers, repeatedly in front of you as you think of this thought in your head; I am always experiencing love; flowing in than flowing out.

Bring your palms to the center of your heart and feel the energy within you. Take a deep breath and open your eyes when you are ready.



Your Inner Goddess Temple of Lovers

YOUR MAGIC

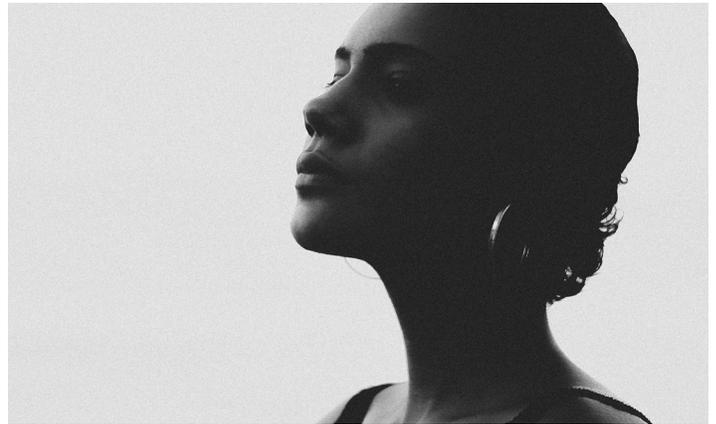


YOUR MANTRA: I LOVE.

Your inner Temple of Lovers corresponds to love, kindness, spiritual growth, compassion and devotion. It is the bridge connecting the higher and lower energies of our being. It balances your emotions.

When this energy channel is balanced, you are compassionate, kind and committed to maintaining harmonious relationships with others.

YOUR SHADOW



When your inner Temple of Lovers is weak, you are distant with the people around you and potentially cold and mean. You may avoid intimacy in friendships, familial relationships and romance. You may refuse to help those in need as you feel burdened.

When it concerns your inner Temple of Lovers, there can be two extremes. For example, yes we should be compassionate to others but that does not mean you should say "yes" to everyone.

When your inner Temple of Lovers is overactive, you tend to have poor boundaries. You may be controlling and pressure those you are in relationships with to love and behave your way.

SIGNS THAT YOUR INNER TEMPLE OF ANCESTORS IS BALANCED

- △ You are compassionate and kind.
- △ You allow yourself to be loved and have healthy loving relationships.
- △ You have healthy boundaries.

SIGNS THAT YOUR INNER TEMPLE OF ANCESTORS IS OUT OF ALIGNMENT

- △ You do not feel like you are worth loving.
- △ You are cold with others.
- △ You fear intimacy.



You embody the energy of Temple of Lovers goddesses such as:

African diaspora divine feminine love goddesses including Oshun (Yoruba/Nigeria), Qetesh (Egypt), the Erzulies (Haiti), Mbokomu (Bantu), Ala (Igbo/Nigeria)...

ALA

Goddess of Grief

Page 235



OSHUN

Goddess of Revolutionary Love

Page 207



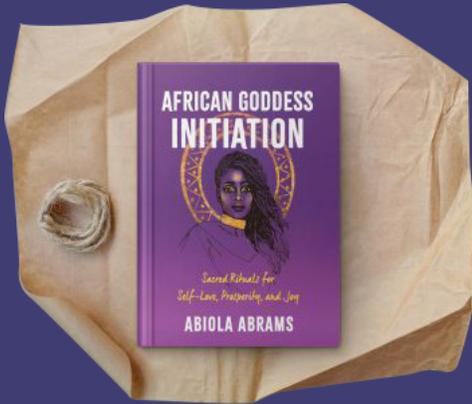
ERZULIE DANTOR

Goddess of Energy Cords

Page 221



African Goddess Initiation Art by Destiney Powell, Copyright 2021, All Rights Reserved.



You can find all of these goddesses and more in the book, *African Goddess Initiation*.

Find this Hay House book wherever you buy books.

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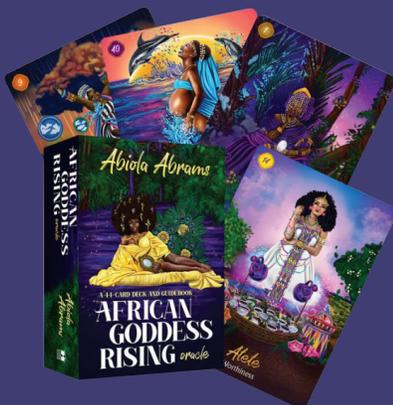
Your Temple of Lovers Embodiment Rituals

The *African Goddess Initiation* is an initiation into your true self. You are the Goddess. You are the Temple.

Traditional Temple of Lovers rituals from throughout the global African diaspora include: Sacred Sensuality, Energy Cords Okra Slip Ritual, Aphrodisiac Incense Parfum, Step on the Egg Forgiveness Ritual, and Earth Mother Temples.

Sacred African Goddess Initiation Rituals that will help you to deepen your Temple of Lovers energy connection include: Your Self-Love Sweetening Jar Ritual, Aphrodisiac Bath Ritual, Your Cord Cutting and Clearing Wash Ritual, Your Carry the Stone Ritual, and Your Grief Release Circle Ritual.

(Find these rituals in the book African Goddess Initiation by Abiola Abrams, Chapter 6)

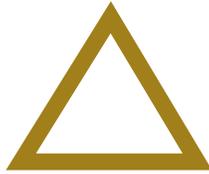


You can find all of these goddesses and more in the deck, *African Goddess Rising Oracle Cards*.

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**In your email or by clicking the link above,
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**Abiola's Oshun
Rising Workshop**



**Lessons from Guest
Gurus**



**Self-Care & Self-Love
Journal Pages**



**Goddess Coloring
Pages**



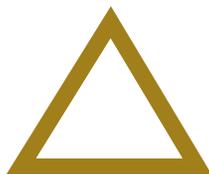
**Sacred
Empowerment Tools**

CHAPTER 5

INNER TEMPLE OF

Qriots

Your guiding goddess initiation personality type is based on your dominant inner goddess temple.



If Your Guiding Goddess Personality Type Is...

Griot

Your Inner Temple of Griots is Your Voice Energy Channel



This Means That You Are

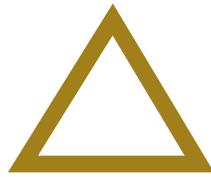
Expressive, Outspoken, Communicator

Your Secret Power is Clarity.

You are the Goddess. You are the Temple.
The initiation is into your true self.

We each have 9 inner goddess temples that represent different areas of our lives, our bodies and our consciousness. **The African Goddess Initiation** Temples are a combination of the Hindu chakra system, 7 African Powers and other systems of personal mind-body-spirit consciousness.

Because the power of chakra work and similar systems are the foundation for many of the healing systems I channel and create, I use that as a foundation. I didn't want to confuse or overwhelm you with the ancient African and Indian spiritual systems, so I created a chakra-based system that is distinctly African. But it is important for me to acknowledge lineage. - Abiola



About the Temple of Griots

We each have 9 inner temples.
The Temple of Griots is your dominant Goddess Temple.

"Telling your story breaks generational curses. In many African societies, a griot is a storyteller, a bard, an historian, a librarian, and a philosopher entrusted with cultural continuity. It used to be that each tribe or clan had a griot who was the keeper and interpreter of the chronicles, narratives, and histories for thousands of years going back. These literary scholars, poets, authors, and musicians spent a lifetime passing those stories down to the next generation's griots." - From the book *African Goddess Initiation: Sacred Rituals for Self-Love, Prosperity and Joy*

HOW TO EMPOWER YOURSELF WHEN THE TEMPLE OF GRIOTS IS YOUR DOMINANT INNER TEMPLE

1

*Be Open &
Honest*

Speak Up.



Be open and honest with those around you. Speak the truth and only the truth. Do not trade your authenticity for the sake of approval of others. Be yourself and it is important to be genuine in everything you do.

Sing up and sing out to empower your voice. Whenever and wherever you feel comfortable, sing. You can sing in the car, when you are doing your laundry, in the shower or wherever you feel like it.

Your power color vibration is blue. Incorporate it more into your life.

2

*Learn to Say
No*

Boundaries.



Clarify for yourself where you feel strong yeses and nos.

If you find yourself in a situation that feels out of alignment, you have to learn how to say "No". It is hard sometimes to do especially with people who are close to you but if you say yes all the time, you are compromising what your own truth and standards.

Fruits work well to balance this energy channel, specifically fruits that grow on trees such as apples, pears, peaches, apricots and plums. Symbolically these fruits are said to be true to themselves. They only fall of the tree when they are ready and ripe.

3

*Breathe &
Meditate*

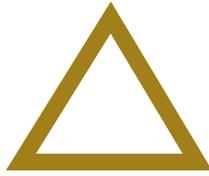
Be Present.



Sit down in a quiet and comfortable place, and close your eyes. Breathe in and out through your nose. Turn your awareness inward towards your breath and your body. In your mind's eye, look upon the breath and the body with wonder and awe. Feel the power of your voice. Recognize how precious each breath is, how extraordinary your voice is.

Relax your forehead, and slightly turn up the corners of your mouth. Feel the reaction in your body. Rest in the soft, spacious feeling of owning your voice.

Rest in this present moment, content and aware of the presence of your voice.



Your Inner Goddess

Temple of Griots

YOUR MAGIC

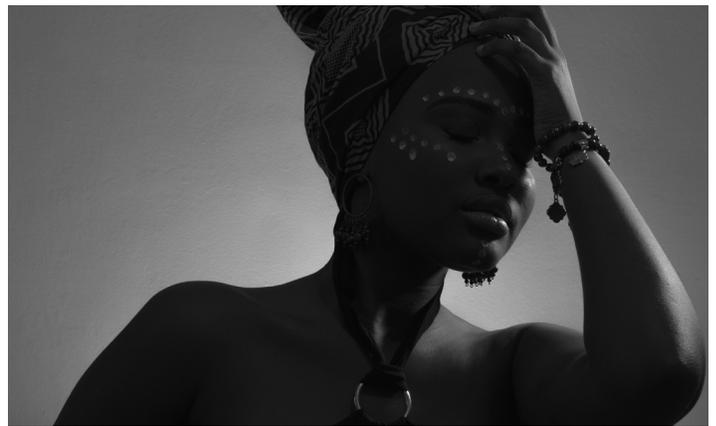


YOUR MANTRA: I SPEAK.

Your inner Temple of Griots is mainly the center for conversation, self-expression and creativity. This is where your inner voice or your own truth is expressed. This chakra also corresponds to diplomacy, your relationship with others as well as detachment.

When this energy channel is balanced and active, you willingly express yourself and are not restricted to do so. However, when it is inactive, you tend to shy away from expressing yourself as well as your creativity. This often leads to untapped talent and not unleashing your true potential.

YOUR SHADOW



You might think that people who have a weak inner Temple of Griots are only the shy or introverted. This is not true.

Energetic blockages in this area can also be associated with those who speak up but they rarely speak the truth. Challenges here can be understood in two perspectives; firstly referring to those who are unable to express themselves and secondly, those who do not speak the truth.

What happens when you have an overactive inner Temple of Griots? You tend to have too much to share and control the conversation in a negative way. It can also cause you to not think before you speak and sometimes your words may come across as offensive to others. As a result, people will try and avoid you as you are not a good listener.

SIGNS THAT YOUR INNER TEMPLE OF GRIOTS IS BALANCED

- △ You are a poor listener.
- △ You feel blocked and silenced with untapped talent in the world.
- △ You avoid expressing yourself and are concerned about what others think of you.

SIGNS THAT YOUR INNER TEMPLE OF GRIOTS IS OUT OF ALIGNMENT

- △ You feel comfortable expressing yourself.
- △ You are not easily influenced by others.
- △ You feel comfortable being seen and heard.



You embody the energy of Temple of Griots goddesses such as:

African diaspora divine feminine griot goddesses including Mami Wata (Diaspora), Yasigi (Dogon/Mali), Mama Djombo (Guinea-Bissau), Mame Coumba Bang (Senegal), Nunde (Benin)...

YASIGI

Goddess of
Self-Expression

Page 255



MAMI WATA

Goddess of Nakedness

Page 249



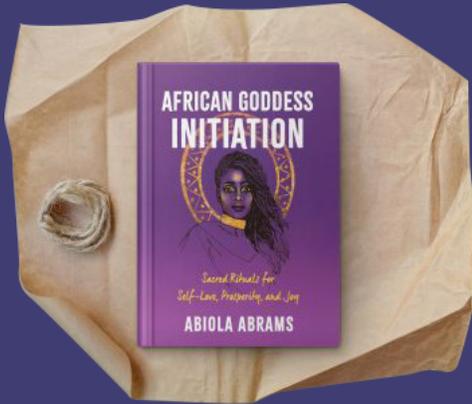
MAMA DJOMBO

Goddess of Shine

Page 261



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You can find all of these goddesses and more in the book, *African Goddess Initiation*.

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Your Temple of Griots Embodiment Rituals

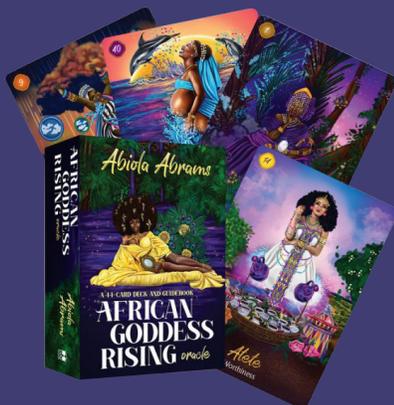
The *African Goddess Initiation* is an initiation into your true self.

You are the Goddess. You are the Temple.

Traditional Temple of Griots rituals from throughout the global African diaspora include: Hydromancy, Sisters of the Mask, Praise Poetry, Voice Power Ritual, and the Ash Circle Ritual.

Sacred African Goddess Initiation Rituals that will help you to deepen your Temple of Griots energy connection include: the Water Gazing in the Hidden Lake Ritual, Your Vision Self-Expression Mask Ritual, Your Self-Praise Ritual, Your Speaking Up Ritual, and Your Truth Ritual.

(Find these rituals in the book African Goddess Initiation by Abiola Abrams, Chapter 7)



You can find all of these goddesses and more in the deck, *African Goddess Rising Oracle Cards*.

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Journal Pages**



**Goddess Coloring
Pages**



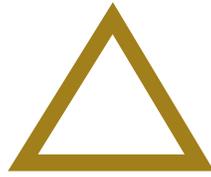
**Sacred
Empowerment Tools**

CHAPTER 6

INNER TEMPLE OF

Queens

Your guiding goddess initiation personality type is based on your dominant inner goddess temple.



If Your Guiding Goddess Personality Type Is...

Queen

Your Inner Temple of Queens is Your Insight Energy Channel



This Means That You Are

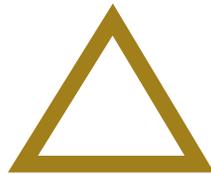
Intuitive, Imaginative, & Visionary

Your Secret Power is Intuition.

You are the Goddess. You are the Temple.
The initiation is into your true self.

We each have 9 inner goddess temples that represent different areas of our lives, our bodies and our consciousness. **The African Goddess Initiation** Temples are a combination of the Hindu chakra system, 7 African Powers and other systems of personal mind-body-spirit consciousness.

Because the power of chakra work and similar systems are the foundation for many of the healing systems I channel and create, I use that as a foundation. I didn't want to confuse or overwhelm you with the ancient African and Indian spiritual systems, so I created a chakra-based system that is distinctly African. But it is important for me to acknowledge lineage. - Abiola



About the Temple of Queens

We each have 9 inner temples.
The Temple of Queens is your dominant Goddess Temple.

"Right this minute, you are being guided toward some people, experiences, and behaviors and away from others. Usually, we ignore that guidance, although most of the time not on purpose. Mostly, we are missing it altogether. Divine guidance is always there for us. It's up to us whether we choose to tune in to it or tune it out." - From the book ***African Goddess Initiation: Sacred Rituals for Self-Love, Prosperity and Joy***

HOW TO EMPOWER YOURSELF WHEN THE TEMPLE OF QUEENS IS YOUR DOMINANT INNER TEMPLE

1

Build Your Intuition

Pay Attention.



You can actively build your intuition like a muscle. Keep a coincidences journal.

Always trust your guidance, especially in making decisions. Praise and credit yourself for your correct visions without dismissing them to chance. This means you are in tune with your third eye and you know your truth.

Your color vibration is indigo.

There are foods that can balance and activate your third eye. Indigo fruits such as blackberries, plums and grapes are effective in balancing your gifts.

2

Tune In & Connect

Focus.



Tune in to those around you. When you engage in a conversation, ensure you take the time to listen attentively as there may be hidden messages, which may shape or influence your truth.

Try engaging with the energy of those around you.

Try and feel the energy around you. Soften your focus to see their aura. Are they emitting a positive or negative energy? And if so, why?

Tap into your guidance to understand the reasons. You know much more than you think you do.

3

Breathe & Meditate

Be Present.

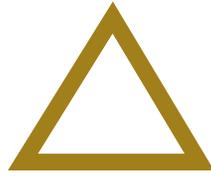


Sit in a quiet and comfortable place, and close your eyes. Breathe in and out through your nose.

Let each exhale breath be at least as long as each inhale. Move towards a breath that reflects all the qualities you'd like to see in your mind: patience, steadiness, spaciousness, ease.

Notice whether or not you are still paying attention to the breath. Each time you find that your mind has wandered, shift your focus back to the breath.

Allow part of your mind to act as the noticer, the witness. It's the awareness that guides you back to mindfulness. Return to the breath as many times as you need to.



Your Inner Goddess Temple of Queens

YOUR MAGIC



YOUR MANTRA: I SEE.

Your inner Temple of Queens, your Third Eye, is the center of intuition and direct spiritual vision. It is through this energy channel that we are able to visualize things through our “third eye” of intuitive knowledge. This center also represents forgiveness and compassion.

When you have an actively balanced Third Eye, it corresponds with your consciousness awakening. You also tend to have good intuition and you dare to achieve your goals.

We usually associate people who have good intuition of having the “sixth sense”. These people often give great advice. When you ask how they developed their “sixth sense” ability, they are often unable to answer. The question is, how and why do they have this kind of ability? This is because they have a more balanced and active Third Eye energy channel, the inner Temple of Queens.

YOUR SHADOW



If your inner Temple of Queens, your Third Eye, is inactive, you tend to depend on authority rather than instinct to make your own decisions. You may also have deluded thoughts. This also results in you being too dependent on conventional beliefs rather than rational.

People with a very weak Third Eye are also very weak in visualizing and organizing their lives. For instance, if you were to ask them how they see themselves in a matter of 5 years, it is highly unlikely that they can answer this question as they are unable to visualize their future.

People with a weak Third Eye also have this mindset that it is unnecessary to have future plans and too think far ahead. Usually, these people will have a negative perspective of life.

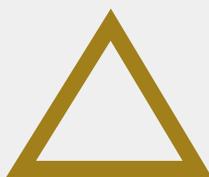
However, when your energy channel is overactive you may live in your own world and you always over think. In extreme cases, this may lead to hallucinations where you create problems that were not even there in the first place.

SIGNS THAT YOUR INNER TEMPLE OF QUEENS IS BALANCED

- △ You are in touch with your inner guidance.
- △ You have experienced or are experiencing awakening.
- △ You have access to the gift of visualization.

SIGNS THAT YOUR INNER TEMPLE OF QUEENS IS OUT OF ALIGNMENT

- △ You value society's dominant voices and trends over your own.
- △ You feel out of alignment.
- △ You are not able to manifest your desires.



You embody the energy of Temple of Queens goddesses such as:

African diaspora divine feminine ancestral queens including Queen Nandi (Zulu/South Africa), Queen of Sheba (Ethiopia), Queen Mother Nanny (Maroons/Jamaica), Queen Nefertiti (Egypt), and Queen Yaa Asantewaa (Ashanti/Ghana)...

QUEEN OF SHEBA
Goddess of Divination

Page 297



QUEEN MOTHER NANNY
Goddess of Dreams

Page 304

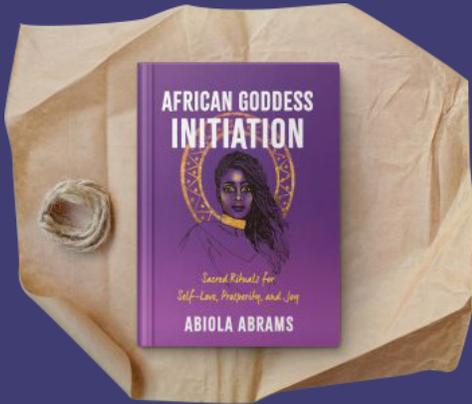


QUEEN NEFERTITI
Goddess of Alchemy

Page 310



African Goddess Initiation Art by Destiney Powell, Copyright 2021, All Rights Reserved.



You can find all of these goddesses and more in the book, *African Goddess Initiation*.

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Your Temple of Queens Embodiment Rituals

The *African Goddess Initiation* is an initiation into your true self.

You are the Goddess. You are the Temple.

Traditional Temple of Queens third eye channel rituals from throughout the global African diaspora include: Community Cleansing, Throwing Bones, African Dream Root, Baby Naming Ritual, and the Iboga Quantum Leap Ritual.

Sacred African Goddess Initiation Rituals that will help you to deepen your Temple of Queens energy connection include: Your Mirror Gazing Meditation Ritual, Your Oracle Cards Divination Ritual, Your Dream Traveling Ritual, Your Goddess Naming Ritual, and Your Quantum Leap Burn-and-Release Ritual.

(Find these rituals in the book African Goddess Initiation by Abiola Abrams, Chapter 8)

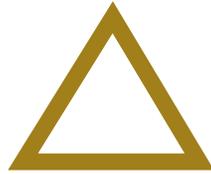


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**Lessons from Guest
Gurus**



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**Goddess Coloring
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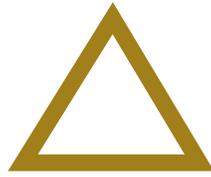
**Sacred
Empowerment Tools**

CHAPTER 7

INNER TEMPLE OF

*High
Priestesses*

Your guiding goddess initiation personality type is based on your dominant inner goddess temple.



If Your Guiding Goddess Personality Type Is...

High Priestess

Your Inner Temple of High Priestess is Your Ecstasy Energy Channel



This Means That You Are

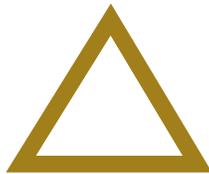
Spiritual, Peaceful, & Devoted

Your Secret Power is The Feeling of Oneness.

You are the Goddess. You are the Temple.
The initiation is into your true self.

We each have 9 inner goddess temples that represent different areas of our lives, our bodies and our consciousness. **The African Goddess Initiation** Temples are a combination of the Hindu chakra system, 7 African Powers and other systems of personal mind-body-spirit consciousness.

Because the power of chakra work and similar systems are the foundation for many of the healing systems I channel and create, I use that as a foundation. I didn't want to confuse or overwhelm you with the ancient African and Indian spiritual systems, so I created a chakra-based system that is distinctly African. But it is important for me to acknowledge lineage. - Abiola



About the Temple of High Priestesses

We each have 9 inner temples.
The Temple of High Priestesses is your dominant Goddess Temple.

"You are created in the image and likeness of God/dess. You are aware that you are God. The Temple of Higher Priestesses is about communion with higher consciousness. These wise-woman goddesses hold the mysteries of the Universe. This is the final temple in this journey. This is the energy channel of spiritual enlightenment, transcendence, and nirvana." - From the book **African Goddess Initiation: Sacred Rituals for Self-Love, Prosperity and Joy**

HOW TO EMPOWER YOURSELF WHEN THE TEMPLE OF HIGH PRIESTESSES IS YOUR DOMINANT INNER TEMPLE

1

*Be
Inspired.*
Pay Attention.



Spend time with inspirational materials daily - books, podcasts, videos.

Subscribe to materials that make you feel motivated and inspired.

For example, you might take an inspirational book and read one chapter a day. The book can be from a public figure you admire, or anyone you can relate to. You can do this with getting to know the goddesses in *African Goddess Initiation*, for example.

This will not only help to inspire you, but it will also widen your horizons.

Your color vibration is violet.

2

*Seek Peace
& Calm*
Focus.



Include practices focused on peace into your daily rituals. This could be your morning or evening routine, for example.

Sometimes you get too overwhelmed with your hectic life and all you need is some time for yourself.

Find a quiet place, go to your favorite tea spot or your park and unwind. You need to have harmony in your life.

There are several herbs you can use to help balance your crown energy.

However, do note that these herbs are only to be ritually inhaled and not consumed. These herbs are sage, juniper, copal, frankincense and myrrh.

3

*Breathe &
Meditate*
Be Present.

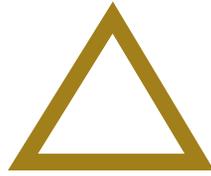


Sit in a quiet and comfortable place, and close your eyes. Let each exhale breath be at least as long as each inhale.

There are 7 messages that your higher self has for you right now. Sit with an openness and a willingness to hear it. See in your mind's eye an ancestor, angel or ascended master with messages for you.

Allow those messages to come to you now. Allow yourself to connect completely with your higher self, becoming a powerful force, never separating again.

You are now one with your intuition, that guides you while you are in human form, knowing that human form is only temporary. Ask your intuition anything you want. You are one with your higher self, whole and complete, able to access infinite intuition at any moment of your physical incarnation. Sit and experience the sensation of wholeness.



Your Inner Goddess

Temple of High Priestesses

YOUR MAGIC



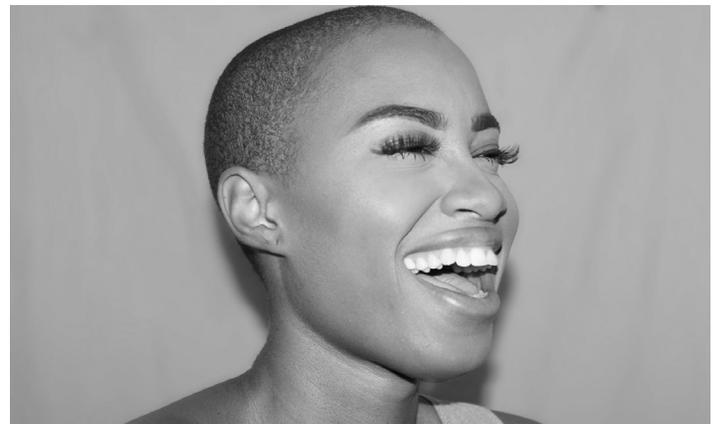
YOUR MANTRA: I UNDERSTAND.

Your inner Temple of High Priestesses represents the highest level of consciousness, knowledge and wisdom as well as your sense of the world as whole. It is the connective center to your spiritual being. This inner temple integrates your entire consciousness.

When this energy channel is open and actively balanced, you have full awareness of your emotional as well as spiritual being. You see past the 3D world and aware of the full matrix and its existence.

You are not prejudiced or judgmental and you are an excellent learner, as you love to regard your experiences as new lessons in life. Therefore, you are able to pick up new lessons effortlessly.

YOUR SHADOW



If your inner Temple of High Priestesses is inactive it is quite hard for you to acknowledge and be aware of the spiritual world. You also have a hard time picking up new things. Another indicator is that you are unable to think clearly when you are under stress or pressure.

When this energy channel is hyperactive, you tend to over think a lot. You can't let things go easily and you create problems in your head that were not there in the first place. You are over-enthusiastic in chasing the spiritual world that you neglect what your physical body needs.

As your inner Temple of High Priestesses is associated with knowledge and wisdom, many people disregard the fact that there needs to be a balance in whatever they pursue. Thirst for knowledge and learning new things are positive things to adopt but when it becomes extreme it may become the direct opposite.

SIGNS THAT YOUR INNER TEMPLE OF HIGH PRIESTESSES IS BALANCED & ALIGNED

- △ You are a magnet for miracles.
- △ You fully feel your connection to the Divine.
- △ You feel free in mind, body and spirit.

SIGNS THAT YOUR INNER TEMPLE OF HIGH PRIESTESSES IS OUT OF ALIGNMENT

- △ You are judgmental.
- △ You lack faith.
- △ You overthink everything.



You embody the energy of Temple of High Priestesses goddesses such as:

African diaspora divine feminine ancestral high priestess goddesses including Yemaya (Yoruba/Nigeria), iNkosazana (Zulu/South Africa), Ayizan (Haiti), a-Bol-Nimba (Baga/Guinea), and Iset/Isis (Nubia/Egypt)...

AYIZAN

Goddess of Miracles

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YEMAYA

Goddess of Awakening

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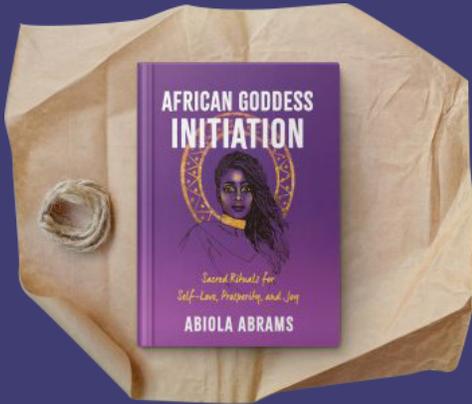
ISET/ISIS

Goddess of Spiritual Surrender

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You can find all of these goddesses and more in the book, *African Goddess Initiation*.

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Sacred African Goddess Initiation Rituals that will help you to deepen your inner Temple of High Priestesses include: Your Mirror Gazing Meditation Ritual, Your Oracle Cards Divination Ritual, Your Dream Traveling Ritual, Your Goddess Naming Ritual, and Your Quantum Leap Burn-and-Release Ritual.

(Find these rituals in the book African Goddess Initiation by Abiola Abrams, Chapter 8)

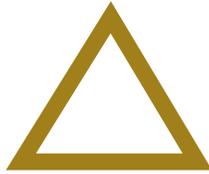


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