



# GODDESS INITIATION

LAINNE

WARRIOR & AUTHOR

# GODDESS INITIATION

## Moon Goddess Experience

Welcome :)!

We are so happy you are here.

We are here to give you guidance and tools that will support you in your journey of discovering what being a woman means to you.

Learn how to honor yourself and your body. Find peace, magic and power by creating ritual and ceremony in your life.



## RECLAIM YOUR POWER

You are invited to take a trip back in time. To an age when women celebrated their bodies and their bodies connection to the cosmos. To a time when the power of many was harnessed and channelled as an expression of the divine and the feminine.

As females, we have a special relationship with nature, the elements, and particularly the moon.

A meaningful and fun way to connect with nature is with ritual. Ritual is purposeful words and actions performed in a special or sacred environment.

When you make ritual a part of your life you open the door to miracles, you strengthen your connection to nature, the stars, and your own inner magic.

The benefits that come from the power of ritual are accessible and come from consistent practice. Create a monthly practice. Do it by yourself or invite your friends. Have fun! Be creative!

Whether you are celebrating your first period, your 100th, or your last. Ritual allows you to intentionally, lovingly and meaningfully acknowledge this transition. You deserve to be acknowledged. You and your body are amazing!





### **What you will need:**

- A special place to do your ritual free from distractions. It can be inside or outside.
- A candle, matches or a lighter, incense
- A notebook and pen

\*Make your sacred place special. Make a practice of using the same space for every ritual. Be creative. Use props that bring out your witchy side, like candles, aroma sprays, incense, crystals, pictures, statues, nature, anything that brings you peace and helps to make you and your special place feel sacred.\*

### **When should you do this ritual:**

- As a way to celebrate your first period
- As a way to acknowledge your monthly cycle
- As a way to honor the ending of having a monthly cycle
- As a way to love your body



### **The ritual, step by step:**

- Set up your ritual space to bring out your inner Goddess. Have your incense, candle, lighter, notebook and pen close to you.
- Sit or stand. Bring your awareness to your surroundings. Take in the details of the special place you created for your ritual. Celebrate yourself and the space you designed.
- Shift your attention to your breath. Inhale the sacredness of special place you created. Exhale, let go of something that has been bothering you.
- Light your candle, as you do say, "As I light this candle I fill this space, my heart and my womb with light."
- Light your incense, as you do say, "As I light this incense I honor my femininity."
- Place your hands on your womb. Take a few breaths. Say to yourself or aloud, "I now move my consciousness to my womb". Focus your attention on your womb. Remember to breathe.
- Imagine light filling your womb, then radiate it out and all around you. Inhale light into your womb. Exhale, and radiate the light out from your womb all around you, so that it surrounds you. Keep this cycle of giving and receiving light going for 7 breaths.
- Focus on any sensations within your womb. Connect and feel what the WOMB feels. Know - Sense - Feel how coming from the womb FEELS different than how you perceive other things in your life.
- Take a few breaths and play around in your feeling space. Notice what you notice.

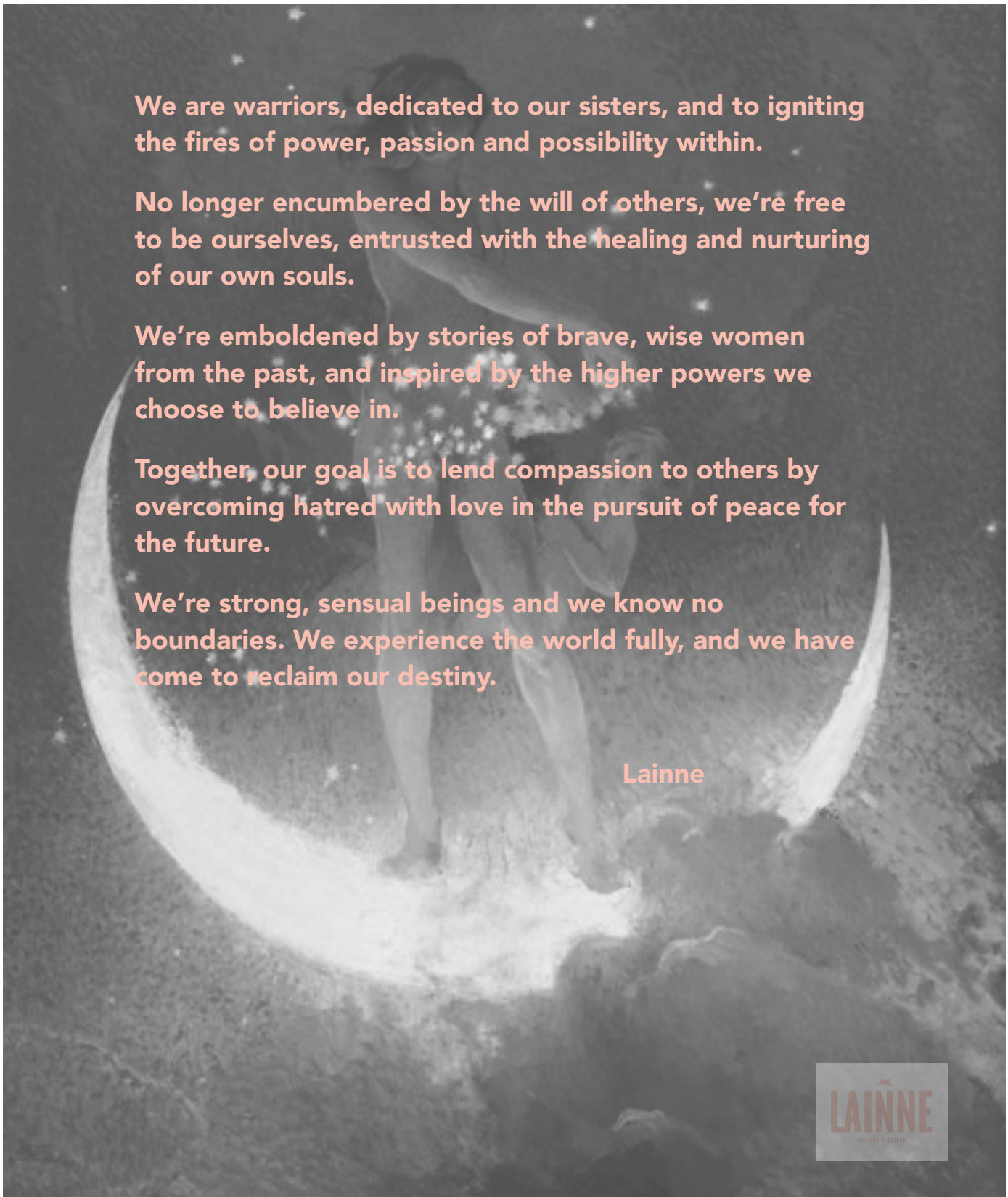
- Initiate a dialogue with your womb - connect to it. Say aloud or to yourself, "Womb, I am seeking guidance with...what should I do?". Listen for the answer. It will be a very quiet whisper. You are training yourself to trust in yourself and your intuition.
- Write down the answer you were given. Thank your womb and yourself for the guidance.
- Say aloud or to yourself, "I bless my womb with pure love and light. I bless this ritual with pure love and light. I bless myself with pure love and light. I bless everyone with pure love and light. I bless the earth with pure love and light". Take 3 breaths.
- Say aloud or to yourself, "And so it is."
- You are now complete.
- You may move your candle to a safe place and let it burn out, or you may wave out the flame and reuse your candle in your next ritual.

Thank you for taking the time to honor yourself and your femininity. One person can make a difference and you just did!

By taking the time to do this ritual you have created a change in your well being and you have contributed to uplifting the entire planet.

May love surround you and may the light that is within you guide your way in all things.

Love,  
Lainne

A woman stands on a large, glowing crescent moon against a dark, starry night sky. She is wearing a dark, patterned top and shorts. The scene is ethereal and dreamlike.

**We are warriors, dedicated to our sisters, and to igniting the fires of power, passion and possibility within.**

**No longer encumbered by the will of others, we're free to be ourselves, entrusted with the healing and nurturing of our own souls.**

**We're emboldened by stories of brave, wise women from the past, and inspired by the higher powers we choose to believe in.**

**Together, our goal is to lend compassion to others by overcoming hatred with love in the pursuit of peace for the future.**

**We're strong, sensual beings and we know no boundaries. We experience the world fully, and we have come to reclaim our destiny.**

**Lainne**



