

EPISODE 2: Claiming the Title, “Goddess”

Welcome Goddesses!

Welcome back for Episode 2 of the Goddess Wisdom Podcast

Today we are going to explore, Claiming the Title, Goddess:

I have to share, that I was shocked when I saw that my first episode was only 15 minutes long!! That introduction was so potent, so concise, so packed with information to be unpacked, that it literally felt like 45 minutes to me!

So I wanted to follow it up with an actual episode right away, so you would get a taste of what was to come.

Eventually these episodes will be a little more impromptu. But for now I really want to make sure I cover specific information to create a foundation for us to spring forth from.

I also wanted to clarify my intention regarding venturing into Goddess Spirituality & The Divine Feminine & how we are going about exploring that. I'm not trying to impose my beliefs on you. I am laying out my perspective & where I am coming from as I share this information. It gets a little cumbersome with semantics but just let the information flow through you. What matters to you will stand out. The information that follows will be worth this unfolding.

To address a likely elephant in the livingroom,...

This podcast does not have a Wiccan orientation nor is it about the Priestess Movement. But we'll definitely be exploring many elements, aspects & beliefs they embrace & embody. These are circles that have kept elements of the Divine Feminine alive.

But they are not the only places She exists.

As an aside, I live on the outskirts of a small rural mountain town, I jokingly refer to living in “the suburbs”. A few religious local acquaintances here

have warily asked me if I'm a witch. I responded a little snappily,to one, "Only if you piss me off". And to be quite frank, the way she asked me, pissed me off.

Not that I think there is anything wrong with being a witch, I personally just don't adhere to ANY organized religions. I certainly don't think there is anything wrong with anyone who does.

All faiths have a place at this table, as I totally believe All paths lead home. Tho,as a bit of a disclaimer, I have to say, I am NOT onboard with Satanism & Black Magic.But that is a discussion for another day.

Here are my personal views in a Scallop shell:

I was raised Catholic & went to catholic school for 8 years and I've been recovering from all of that for half a century, now. I do believe in "God", which I feel is both masculine and feminine and is Pure Consciousness & Pure Potential. Terms I may use are, All That Is, All of Creation, The Universe, Source, God, Goddess, Sophia, Oneness, Pure Source Energy & more. I believe we are all facets of the Original Source of all of Creation, and as such we are all Creators and we are all Divine and we embody both Divine Feminine and Divine Masculine attributes. We are also all part of The One and therefore part of The Whole-iness and each other.

So moving on, we are going to explore everything "**Goddess**" in this Goddess Wisdom Podcast Journey

The intent though is to delve into these realms, exploring everything "Goddess" about YOU, in your own life, through your own lens, revealing your Knowingness through your own awarenesses ...

Awakening HER/...YOU...the aspects of you that have likely been subverted, disowned, denigrated, disregarded, or maybe just never considered. As you learn about these aspects of self you'll be supported as you venture to express them (or not), on your **own** terms. This can be by speaking up or out, Writing, singing, dance,music, or perhaps painting or even how wear your hair or how you dress, or adorn yourself. The opportunities are limitless...**You stand at the Gateway of Expanding Possibilities!**

But before we get too deeply into today's topic, "Claiming the Title, GODDESS"
I want to first invoke
The Essence and Spirit of the Goddess of Goddess Wisdom.

So, You might be asking,

"Who is that,...? The Essence and Spirit of the Goddess of Goddess Wisdom?

...so I asked, too.

And I received an immediate answer:

It is the overarching Divine Feminine principle of All That Is.

I'm saying "It" instead of "she" just in this moment to make a point, because "All That Is" is traditionally referred to as "God"

And God is not a man

And God is not a woman.

God is both, God is all essences, as is Goddess.

**And there is also The Divine Masculine Nature of All Essences
And The Divine Feminine Nature of All Essences**

So, I wont intentionally attribute Male to the term God unless Goddess is in the conversation, referring to the Feminine aspects of God.

I also want to repeat from Episode 1, that the word Goddess is *inclusive*: even containing within it the Divine Masculine name in the Divine Feminine name.

We are exploring Divine Feminine aspects and Goddessy topics, and we will even explore God-dess as a Female Diety but Mostly we just want to Awaken within us the Divine Feminine to restore balance & honor to ourselves & our lives and eventually to the planet

I am invoking The overarching Divine Feminine principle of ALL THAT IS

(note that the word Principle refers to a fundamental truth or proposition that serves as the foundation for a system of belief, or behavior, or for a chain of reasoning).

So I'm pretty excited that such clear, High level information came through to clarify the energies we are calling in. AND now I will be saying Her and She. Whew!! Glad we got through all tha. Now we can have some fun!

**I have to share, that back when I typed “It is the overarching Divine Feminine Principle of All That Is” The water in my humidifier bubbled LOUDLY getting my full attention. That was in response to the pressure change of
“The Arrival”.**

**It was a powerful affirmation of Presence (with a capital P)
And do not too: Water is a Divine Feminine element**

So, let's take a moment to Acknowledge this and create Sacred Space:
Put your hand on your Heart Center and drop a cord of Light, flowing Lightning like roots into the Heart of Mother Earth, our Beloved Gaia. Feel her Love flowing into your own Heart Center, glowing brighter and brighter.

From this place Flow Love into the Heavenly Realms, the Highest Frequencies of Heavenly Love available to us flow into our Heart Centers as well.

We are now Uniting Heaven on Earth Within us.
Allow Heavenly Love to flow into the Earth
and Mother Earth Love to flow into the Heavens through us.
Activating Heaven on Earth within us,
Lighting up every cell of our bodies with the frequencies of Heaven on Earth within us
Activating Heaven ON Earth and emanating that out throughout the entire planet and beyond.

WE are the Answer we have been waiting for. WE are the Solution we have been seeking. Know that this power is ever present within you.
You have the ability to Activate it again and again, with your focus and your intention.

And please do.

We welcome The Pure Divine Feminine essence that has flowed through all Goddesses that have come before us, and is Awakening within us now, men & women alike.

(I open to remember and bring through this wisdom, for all who will hear this)

How are we all doing? Are you feeling pretty yummy? Pretty lit up? Are you feeling the remembering of something long forgotten, stirring?

Let's roll!

So today we are going to talk about Goddess as a title, as an Identity, and whether or not we can claim it, embrace it, embody it. And if not, why not.

Goddess -

What does this word mean to you?

If you were to describe a Goddess, what would that description entail?

What meaning do you personally attribute to Goddesses or being a Goddess?

Can you claim it as a title or a word to describe you?

How does it feel when I welcome you as a goddess?

**Do you feel included in that greeting? like I'm talking directly to you?
(which I am)**

Or do you feel like I am greeting the others and you're watching from the sidelines?

My friend Della Webb, a Goddess SysSTAR of mine (i spell that Sys - the y honoring womyn as in gynocology. And capital STAR to honor who and what we are, Stars

So Della was originally going to cohost this podcast.

She and i began discussing calling ourselves Goddesses

“Donning the mantle of the Goddess”

as in Figuratively “Wearing the Robes of the Goddess”

Or "Claiming the Title"

Associating US with us with being Goddesses as we hosted this podcast. And how that felt. And we went deep to understand what was happening within us

I was challenged. personally could not have felt a greater disparity. I felt myself wanting to slouch down, hide, not be seen. Kind of bracing myself for attack or mockery

We both discussed our issues with claiming & embracing our power. So know that will be explored in another episode to come, Claiming & Embracing our Power.

So I invite you to explore the same. Think about claiming the Title of Goddess as I share my experience. Jot down how you FEEL, what thoughts surface? Are they fears? Taunts? Attacks? Or is it evocative, inviting? Enticing, alluring? How does it feel in your body? And where do you feel it.

You'll then want to define what being a Goddess means to you.

So for me, Goddess means quintessential woman, or the Ideal representation of a woman.

**To be embarrassingly honest, my original definition or description of a Goddess is very superficial
Goddess to me represents a beautiful, vivacious woman with an exquisite body, face & hair.**

(As a personal reveal: I acquired my sense of a woman's value from my covert narcissist father. So of course Her main value is based on being attractive and pleasing to men)

A Deeper exploration revealed that I also feel that a Goddess exudes an air of elegance, class, and grace. She does have presence and is regal. Interestingly she does not speak much. "Reserved" is a the word that comes to mind..

So there is my initial perception of what a Goddess is and now I'm going to share how that made me feel:

In Episode 1, I shared that I gained weight in the last few years. I am really quite unable to embrace loving myself where I am at. I can love me but I am not loving where I am at with regard to my weight. (Know that that will be a future Episode topic as well) So I definitely want to do something about my weight but I have not made it the priority it requires.

Secondly due to off-the-charts-stress, thyroid issues, absorption issues & nutritional deficiencies, I lost a ton of hair.

My hair became so alarmingly thin I was afraid I was actually balding.

And, thirdly although I have come a long way in the last year reclaiming a more youthful facial appearance, back when we were having these conversations I had not.

This “daddy’s little girl” was not happy to be losing ground in the youthful and attractiveness-departments. (The energy behind this is terror, horrified, desperate - afraid I will disappear, be forgotten or die. So clearly THIS is a topic of a future Goddess Wisdom Podcast Episdoe too)

So back to the exploration, A year ago, I could not have felt farther from claiming for myself or as an identity, the first half of my description of what a Goddess is.

As a quick share:

(I am grateful to report that I did crack the code on my hairloss and the supplements I needed so, slowly my hair is coming back in. The thinning is still obvious to me and continues to pose some styling issues in the meantime.

If you are interested in seeing my before and after pictures for reclaiming a more youthful appearance, pop over to the landing page for my wonderful and unique offering called Drops From the Fountain of Youth. 30 Days of non-invasive, non-product oriented, holistic tips and solutions to turning

back the hands of time for your appearance, health & well-being.) You can find it at GoddessWisdomPodcast.com under offerings

OK Re the 2nd half my Goddess description:

“exudes an air of elegance, class, and grace.” I have been a mountain girl for 25 years now. I traded in my high heels for hiking boots, baseball caps,& hoodies as my daily attire. Having lived alone for many years, my manners are sorely lacking and my carriage has long become a pumpkin. And as an aside I drop the F- bomb like the word “the”. So Coarse or a little rough around the edges would be more apt these days!

And In all fairness, I can still rock Regal no matter how I look or what I’m wearing, but I’m a Leo, I have an innate sense of royalty. No matter what.

I do possess presence, but Truth be told, it has frequently been a well practiced facade, hiding the real truth of “me not feeling very good about myself at all”.

I want to address this because I feel it is super common. Especially for those raised in trauma (no matter how subtle) Als for those of us raised in various forms of dysfunctional family dynamics. You know, pretty much all of us, It’s “the new normal”.

In the Goddess Book Club, we are reading **Codependent No More** by Melody Beattie.

I chose this book because feel that restoring Divine Order in our lives, by making Self our #1, and knowing how to have and hold healthy limits and boundaries, is critical for us being able to claim and unveil our Inner Goddesses.

So I was sharing with the members that the memories that were surfacing for me felt more like trauma flashbacks. And as Guidance does, following that episode, I experienced a trail of bread crumbs that led me to another book I own (**Complex PTSD: From Surviving to Thriving** by Pete Walker) which, believe it or not, actually had a chapter on emotional flashbacks!

There was a discussion of overwhelming self-loathing being a byproduct of parental neglect and rejection. Also referring to the core of it being toxic shame. They reference the classic by John Bradshaw, “Healing the Shame that Binds You”.

So if this information resonates with you, I totally encourage you to work with my trauma clearing exercise. You will find a link to it in the Show Notes at GoddessWisdomPodcast.com/episode-2/

If you would like more information about our Goddess Book Club community you will find that at GoddessWisdomPodcast.com under Offerings.

So back to MY Goddess Description: the “Reserved” part has me laughing out loud going, “What?... Where did that come from?!!”

I would say that is more channeled information than actually a Consciously claimed “ideal” of mine. First off I am a chatty girl by nature. And I don’t have a judgement around that. Also when the information comes to me I see it and feel it, like a presence. So there is another clue that it is channeled.

So exploring how “Reserved” and “Goddess” fit together and why this is coming forth in this way, I would say that has to do with power. By not just spewing every thought that crosses our minds, being more reserved, observing and discriminantly sharing, we would definitely have more impact.

I just find it very interesting that that came through. The Essence and Spirit of the Goddess of Goddess Wisdom, clearly wants it to be discussed and explored as an overarching Divine Feminine principle of All That Is!

When the Goddess wants something to be known, by Goddess we make it known!

In preparation for producing this podcast I was researching the phrase, “embodying the Goddess” or “what is an embodied Goddess”.

I ran across a really wonderful interview by Tami Simon of Sounds True. She was interviewing Sarah Durham Wilson about her new book, “Maiden to Mother: Unlocking Our Archetypal Journey Into the Mature Feminine”. Sarah was discussing a Rite of Passage that is missing in the Priestess Movement, is the transition from Maiden to Mother.

I feel that the 1st half of my Goddess definition is 100% Maiden.

And I

I feel that the 2nd half of my Goddess definition is 100% Mother. Especially the “reserved part. Which is exactly why I feel this is coming up.

We will revisit and delve more deeply into this topic in a later episode, and maybe I can even score an interview with Sarah! But if you are inspired by this information are feel called to know more about “Maiden to Mother: Unlocking Our Archetypal Journey Into the Mature Feminine” now, you can find a link for Sarah’s book on this topic in our show notes too.

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I Want you to know that being inspired to create this podcast began a Goddess Initiation Journey for me. I have definitely felt this information move through me, awaken me, and activate me in ways I would likely not have experienced without it.

Exploring Embrace “Goddess” as a Title is really where it all began & I really want to invite you to do the same. I would also strongly encourage you to start keeping a Journal as we progress through these Goddess Wisdom Podcast Episodes. You will want to remember these new and enhanced experiences you are going to have, and the Journey you personally took claiming them.

So here are some:questions to work with:

Where are you hiding in your life?

Where are you Playing Small?

What is your greatest fear of claiming the Title “Goddess”?

**Envision saying to someone, “I am a Goddess!”
How does that make you feel?
What do you need to change to step into those shoes? To don the mantle?
To accept the sceptre?**

**Are you wearing masks or costumes to please others? To comply? to fit in?
Or perhaps to outwardly rebel?**

If you have zero problem embracing the title, for example your definition of Goddess aptly describes you as you currently are, your perception of self; your level of success, accomplishment, mastery; your appearance; your ability to claim your own power, etc. I want to know how you got there! I want to know what you bump up against. Or perhaps where you would like to grow and expand even more. You may be living your best life but be glossing over making more meaningful contributions. Is there any sense of something missing? If not, what is your greatest message you would impart on others who are desiring to claim & attain what you have?

So we are just scratching the surface of this Goddess meaning, and what it means to us personally. Again, I would encourage you to start keeping a Journal as we progress through these Goddess Wisdom Podcast Episodes. They are meant to be thought provoking, prompting a deeper exploration into YOUR thoughts, feelings, perceptions, awarenesses, dreams, goals and visions. Keep track of questions that arise for you.

And Please, Do feel free to drop these questions & comments and ah-ha's into the comments box on each show notes page. Or if you'd rather, make comments under the youtube videos or in FB comments. Let's get conversations started. Let's evolve thought, perceptions, awarenesses and most importantly, each other.

So as part of my closing ritual for The Goddess Wisdom Podcast, I want to thank Goddess that have contributed to my life and today I want to honor the Goddess, Tami Simon of Sounds True for being such a brilliant, yet oh-so-understated shining Light in the movement of raising Consciousness on the planet. Sounds True was around back when I was a teenager and I remember hungrily awaiting each new catalog of recorded offerings

available. She was a forerunner in getting the wisdom of the times and wisdom of the ancients, shared Bless you SysSTAR! I bow in grateful homage to you!

I also want to thank Arielle of the Starseed Hotline, for introducing me to a throat clearing tip for singing & voice recording. She told me to put tabasco at the back of my tongue. So I am drinking tabasco water as we speak. Thank you and Blessings to you Arielle.

In our next Goddess Wisdom Podcast Adventure, I'm going to reveal awarnesses & wisdom I claimed from my own past-life recall, being an Amazon Warrior Goddess. I'll share what I remember as well as what I have gleaned from that lifetime to advance my expansion in this one.

It's my intention to release a new episode every Friday. I will also be creating unscheduled, "off-topic" podcasts called "Unveiled with Maureen Keefe". These are going to be available to listen to in our Membership Platform at Members.maureenkeefe.com. So pop over there and create an account and see what there is to find there.

In the meantime, Goddesses, try on that Goddess Title, don those robes, heft that sceptre in different ways & see how it feels. Explore adorning yourself with these energies and explore what it feels like to embody them, or express them in some way.

Until next time, Blessings & Love from your Guiding Goddess of the Goddess Wisdom Podcast, Maureen Keefe