



She is beautiful and  
tempting at the same time  
I did not realize that



*This journal belongs to*





## Introduction

The heart is the sacred temple of the inner goddess. The heart is not bound by logic. The mind may believe certain steps are necessary, when the heart knows another way is not only possible, but preferable, as it will help us avoid unnecessary pitfalls and delays and learn skills that will be useful in the long term. Listening to and following the heart often means taking an unconventional and unique route in life. The guidance that emerges from this deep inner wisdom can be quite confronting to the part of us that wants ideas to make sense at a logical level before we act upon them. Following our heart often involves challenging preconceived ideas and letting go of self-imposed limitations. As our society is more driven by ego than wisdom, it often means living in a way many people will not support or understand and may even actively criticise or ridicule. One must have courage to live according to the inner truth of the heart.

The logical mind may consider such actions foolish or frightening. What if there is failure? What if we make a mistake? Yet, the feminine is not afraid of tripping and stumbling along the path of creative soul expression. She knows the colt is unsteady on its legs before it becomes a graceful and powerful horse. That is part of progress – growth cannot happen without some initial wobble. The divine feminine sees the beauty and courage in taking the steps, even when we aren't certain we will ever gain our balance and poise. She wants us to empower her with our trust. When we dare, she can do what she wants to do. That is, she can guide us to fulfil our divine potential.

When we decide to love our inner goddess, we are choosing to live a truthful, creative and authentic life. We are deciding to live according to the wisdom of our hearts, rather than through the fear and judgement of our minds or of society

at large. We are choosing to live from trust, even when things feel challenging or uncertain – and, they will feel that way now and then! The sacred feminine is not afraid to lead us through the dark if that is what it takes for us to realise we have the strength and inner talents needed to fulfil our divine destiny. Loving our inner goddess means listening to, trusting and acting on the kickass wisdom that comes from within irrespective of what anyone else may feel about it.

The inner goddess has a light and a dark face. Her light teaches us to create and experience joy, happiness, love, peace and freedom. She urges us to express ourselves, to have fun, to enjoy life and to celebrate all we are given. She brings blessings and abundance, makes clear our self-worth and teaches us that taking pleasure in life can be a sacred act of devotion and gratitude.

The shadow of the goddess urges us to confront our fears – to enter willingly into the challenges we probably wish didn't exist at all! She urges us to have faith in our courage and ability to move through the darker times. She is an ally when we face a breakup, an illness, a challenge to our identity, a failure, or the loss of security, a loved one, a job or a friendship we thought we could count on. The dark face of the inner feminine is not cruel, angry or mean, but she *is* fierce! She is our sacred badass friend who encourages us to trust there is goodness at work, even in the darkness. When we are unable to immediately recognise it, she helps us to hold faith that at some point, we will finally realise something good came out of our challenges.

Her dark face teaches us not to be afraid of life. Sure, we may quake in our boots at certain prospects, but with trust in her, we can admit our fears and still be willing to grow through whatever it is we face. When we realise the Universe is on our side, we can boldly and confidently say, "I will get through this with wisdom to make circumstances work for the betterment of my soul so, with the help of the divine feminine, let's do this!"

Working with a journal is a powerful way to learn to recognise the inner guiding voice of the feminine. She might not make much logical sense, but when we are really feeling her, we will sense the truth in what is coming through. Not being able to justify or explain an instinct, is often a good sign we are bypassing the intellect and tapping into the deeper, intuitive wisdom of our hearts, which is her sacred realm.

Keeping a journal may seem so simple that you may wonder if it really does very much at all. But, look around at how many people are too frightened to trust

their own intuition or struggle to recognise their inner truth, let alone live it. This often comes down to profound inner confusion and uncertainty due to a lack of mirroring as a child. When parents and other caregivers and authority figures lack the skills and awareness to be a healthy mirror for a child's emotional life, they will learn to doubt their own feelings and inner experiences. They will feel uncertain of whether their intuition has value. The child may learn that making other people happy and comfortable is more important than acknowledging their own truth or expressing a need for their own happiness. This is especially true if the child's sense of self goes against the needs, wants, hopes and other projections of their caregivers – that is, where the child is not allowed the autonomy to explore and delight in their own expression, but is shackled to become an extension, prop or support of others. Journaling is a corrective experience.

When you begin to journal, you reinforce your inner truths and you will come to recognise what you are actually feeling. These pages will be a consistent and non-judging space where your inner life can find expression. Journaling has tremendous value and can support you in making small but important choices as well as life-changing decisions.

When I was going through the breakup of my first serious relationship, I was in so much doubt. My partner wanted to stay together, but though I loved him, I felt a rising unhappiness and suffocation in the relationship. I felt like I needed more freedom to be able to grow. I was writing in my journal, before I had made the clear choice to leave, when I felt the urge to go back and read over the entries from several months and even a year earlier. I flipped through the pages and was shocked. There were musings I didn't recall writing, stating the exact same feelings I was still struggling to accept. I realised I had been experiencing the pain I was currently in for a very long time. It was as though a spotlight had been directed to my situation and I could suddenly see I wasn't *making things up*. This was a recurring pattern in the relationship, this was genuinely how I felt about it, and if I didn't act on those feelings, I would continue this way indefinitely! That was not something I could accept and so I made the decision to leave. I went through that painful process of liberation and healing, with my journal helping me navigate choices, stay true to myself and purge painful emotions like grief and fear along the way.

In honour of all my inner goddess has taught me, I simply had to joyfully share it with others. So, I created *Love Your Inner Goddess* – a little book of her wisdom

which includes sacred music you can dance to at home, in a healing circle, on the beach, naked under the moon, in your garden or whatever else works for you! There are short, guided meditations, sacred rituals and affirmations you can use to connect with her as well as spiritual guidance to open you to your inner world where your inner goddess is waiting for you. I have also created a companion oracle deck with intuitive guidance, healing processes and beautiful art to deepen your connection to the sacred feminine. And now, here is the *Love Your Inner Goddess Journal* which you can use in conjunction with the other offerings or on its own. Either way, it will support the connection with the divine feminine wisdom that is already unfolding within your heart.

The five healing processes included in this journal are best done when you have set aside some time for yourself. They can be done relatively quickly, or you can go deep and take longer if you choose. It is best to turn off mobile phones and other devices, keep the lighting soft and wear comfortable clothing. A space where you can go into your journey and not be distracted by the external world will best support your healing as you work through each process.

I hope this journal will help you find your way through darkness to light, through light into depth, and most of all, through confusion into clarity. As you open this journal, may you open to the wisdom of your inner goddess – a lot of the time she may just remind you to be patient and to trust in your own soul process. May you know her grace and goodness and feel refreshed and rallied for your soul's unique journey.

Much love dear one, namaste,

*Alana*





