





THIS JOURNAL BELONGS TO



INTRODUCTION

ISIS, THE ANCIENT EGYPTIAN GODDESS OF MOTHERING AND MAGIC, is alive and thriving in the modern world. Not long after the dreadful activities of terrorist groups dubbed with her name came into the spotlight, I was asked if Isis was in any way connected with such actions. I was surprised by the lack of understanding about the loving nature of this divine being. Isis seeks to empower us with love and overcome the forces of darkness, fear, hate and jealousy.

Isis is the intelligence of the light that prevails during times of darkness. She teaches us about overcoming even the most impossible odds through love. She never fights against life. She accepts what happens and then does everything within her power to honour what matters to her. Through the balance of surrender and dynamic energy, Isis empowers her heart and changes her world for the better, boosting the presence of light, goodness and fairness in her world and dethroning the forces of hate, fear and jealousy that seek to destroy everything she holds dear.

Isis is as mysterious as she is powerful. Her teachings place her at the centre of a tragic love story peppered with magic, healing and courage, as well as a few lessons in managing the back-stabbing viciousness of political intrigue. She is focussed on love and does not allow the darkness that possesses any other to become part of her soul. She loves, but, to put it bluntly, she doesn't take any crap.

For those seeking to use a loving voice to make powerful, positive changes in this world, Isis is a guide and mentor. For those who see the destructive force of darkness and want to ensure it cannot become the ruling power on this planet, she is our inspiration and our protector.

Whenever we need to stand up and speak the truth, especially when others threaten us with our own fears – of not being good enough, or of loss, suffering or guilt – Isis encourages us to stay true to who we are and not allow the poison in another's heart to infect our minds with doubts or shame.

When we do feel overtaken by darkness, when the weight of the world's or our own suffering drags us down, or when we cannot feel the soothing presence of divine comfort in our hearts and minds, Isis is there to remind us of the sacred mysteries of rebirth. She carries the wisdom of resurrection. She understands that through mourning, releasing and refusing to give up on the possibility for new life, we can rise from the darkness into the glorious creativity of our own spiritual light.

Isis shows us the way of the loving and wise warrior. She teaches us to trust ourselves, to realise our power and our strengths, to get creative and to never be bound by the rules that another has set for the game – or by the game itself. Isis knows the power of words, intention and action in creating more loving realities – even when we are directly opposed or others seek to undermine us out of jealousy. She tells us that we don't have to fight hate with hate. We are better suited to using our strengths, our compassion, our passion, our determination, our spiritual love and our defiant rebelliousness to push forward until the world is filled with peace, light and harmony.

Isis reminds us not to compromise our vision out of fear and not to talk ourselves out of something because the world doesn't yet see how it is possible.

Most of all, she reminds us of how the sweetness of divine blessing – won by brave, bold hearts that remain unwaveringly open with hope – can transform even the most horrific situations into a healed expression of divine grace.

What we think about, dwell upon and focus on is what we eventually manifest in the world both individually and collectively. The state of the world provides an insight into the state of the minds of the many, and is a reminder of just how much we need those of us who love the light to focus on love, to be soul warriors for what truly matters and to allow our minds and hearts to dwell in the sanctity of divine love. With the help of Isis, we can empower each other, so that more and more people can know what it is to have a mind free from fear and an untroubled heart comforted with divine presence and peace.

When you write in this journal, remember her urgings for you – speak your truth and don't be afraid of darkness. When you are in touch with the divine light within, darkness does not hold any power over you (no matter how much it tries to convince you otherwise). Explore your power and refuse to give up. Invoke blessings and find ever more creative and beautiful versions of your vision, your life, your gift to the world. May you know protection, unconditional love and creative strength in your journey as a light bearer in this world. May you enjoy the liberation this brings and realise that you can live your divine journey with love in your heart.

Isis teaches us about vibrant, healthy feminine energy. This is the energy within men and women that is receptive to the messages of life and the Universe, that is skilled in listening and in tune with our truths through feeling. As we learn how to be within the body, we develop embodied spiritual wisdom and, with kindness and curiosity, we experience a clearer sense of what's right, who's right and when it's right. We also come to know the difference between patience and procrastination, and between assertiveness and trying to push something when it isn't the right time.

The healthy feminine can sense when there is an agenda, and if someone is to be trusted or not. She can live without having to know how it's all going to work out and still feel equanimity and trust. She can live without a plan and still thrive. She trusts in the daily steps. And when the big vision presents, the healthy feminine trusts that with time and a step-by-step approach, majestic and loving empires that positively influence the state of the world can be created.

Working with Isis helps heal blocked or wounded feminine energy in men and women. We need this healing when we feel numb, don't know what we feel, or have so much unresolved emotion that we can't find our way to clear intuition. Sometimes we need healthy anger or cleansing sadness to clear the way. When feminine energy is blocked, we either can't feel or don't listen to our instincts about people and situations. To be intuitively guided, it is essential to honour our feminine energy and take it seriously. In our minds, that may mean running the risk of getting something wrong, but in our hearts, we know not to allow those fears to prevent us from doing what we feel is true.

If our feminine energy is wounded, we will resent and become bitter towards those who are vibrant and connected with life. We may feel passed over or rejected – even though it is we who are passing over and rejecting our own feeling nature. Isis helps us heal this. She encourages connection with our body and our feelings.

You can use this journal to explore your experiences with dreams, meditation, dance, time alone and time with people who want to listen to you, so you get used to listening to yourself. Be with people who are interested in what you feel, not just what you can do for them. Be interested in what other people feel, not just what they can do for you. That's the genuine feminine presence. Look for role models. If you can't find them, dare to become your own role model and figure it out as you go. Isis was not afraid to be the sort of woman that she chose to be, and you can choose the sort of person you want to be.

Through the experiences of her beloved Osiris, her hero child Horus, and the dark one, Set, the Isis teachings also show us how to heal our inner masculine. This is the power that enables us to discern and step apart from what is known, and not be limited by what already is. Our masculine energy helps us distinguish between what others want for us and what we actually need for growth. Our masculine aspect is the strength we need to live our truth in the face of challenge from modern culture, and sometimes from family and friends who cannot support us due to their own fears and insecurities.

Healthy, mature masculine energy sets us apart and allows us to be who we are in relationship to others, rather than losing ourselves in a relationship, or making

choices based on what our family or peers expect of us. It attracts healthy, dynamic relationships with others who seek to live at the same frequency of consciousness. It is the part of us that makes it possible to act on what is meaningful to us. It is what makes us our own person. When this energy is healthy within us, we want others to become their own person, too. It also listens to the feminine alerts about who to trust and whom to steer clear of.

When masculine energy is blocked, we are afraid to set ourselves apart and uncertain of whether we have permission to make our own choices and honour them by acting on what feels truthful for us. When masculine energy is wounded, we feel threatened or anxious when our loved ones need some time for themselves (perhaps interpreting this as a rejection or that they don't love us anymore) and we can feel betrayed when someone disagrees with us or takes a different path than the one we thought they should have taken.

The journey of Isis and her loving devotion, her hope and her refusal to give up on the journey, transformed the expression of masculinity in ancient Egypt from good but naïve, and therefore unable to protect what mattered, to dark and destructive, and finally into empowered, aware, heroic vigour capable of protection and the emanation of light. That's quite a journey of spiritual badassery!

As we work with Isis, we begin to acknowledge and express the masculine. You'll notice this happening when you are true to yourself, even in small ways – when you speak your truth or act on your instincts, when you give yourself and others permission to be authentic and when you notice what has meaning to you. Look for people who follow their intuition and are living fulfilling lives, and let them be your role models. You can also imagine your own role model and make it up as you go!

The amazing outcome of healing the divine masculine and the divine feminine within is that peace, inner courage and a willingness to embark on our life journey manifests. At the same time, we feel more divinely supported, comforted and determined.

Determination is the power to engage in life and not give up on ourselves or on life. We may give up on getting our way in the way that we once imagined, but we never give up on our ultimate, divine success. We know that everything in the Universe is working towards that. We can even use our experiences of darkness to boost our intention and intelligence in working with love and light, so what we seek *will* be. It's only ever a question of timing.

That sort of faith is the unconditional trust in our own creative empowerment and the loving responsiveness of the Universe. It is the inner healing that allows for outer action from a place of joy. May you know it, experience it and be freed by it.

