

Dark Goddess Devotionals week 1 guide:

"She is the egg and the seed of the world ... She is darkness as well as light. Her cycles encompass all moods and all phases. She is queen of the Bright Night and of the Darkness, guide to the lost traveller and pathway to the Underworld. She brings creativity and visions; she also brings, sleep, darkness, and death ... She is the home of the souls of the unborn and of the dead waiting for rebirth." ~ Anne Kent Rush

What is a dark goddess?

- this in no way means they are “bad” or “evil”. It means they’re often associated with concepts in life that are taboo or less likely to bring a smile to someone’s face...or, rather less likely to draw the typical individual from society. Life is both good and bad at times, there is both light and dark. Day and night. Male and female. There is a balance between these things in order for life to go on.
- As the year begins to wane into the autumn season, this time is synonymous with the reign of the Dark Goddess and Crone Goddess
- A Dark Goddess can be viewed as a Crone goddess, but often is more complicated than that.
- Dark Goddesses can help us deal with tragedy, difficult times in our lives, work with shadow work themes, understand what death means and symbolizes and can bring healing.
- Dark Goddesses often don’t like practitioners to call on them whenever they are requested to do something – they won’t work with everyone who asks them.

- Dark Goddesses often require a practitioner to prove themselves, to show who they really are, that they are “worthy” of their time and attention.
- Dark goddesses take time to get to know them, but sometimes a dark goddess will make herself known to a practitioner and will not leave until they are recognized and heard.
- The Dark Goddess can be worked with in spell work, meditation and even tarot to get advice, counsel and wisdom.
- **The Dark Goddesses are the Initiators, the Psychopomps, the threshold Goddesses between our world and the otherworld.** They mediate our consciousness, expose our shadows, and accompany us through the underworld – through our unconscious. Many of the Dark Goddesses are Creators **and** Destroyers – they hold sway over the most powerful moments in human lives: childbirth, initiation, death, dreams, and both shamanic and psychic experiences. In this course, we will meet and connect with a few of the Dark Goddesses, experiencing them through ritual practice and meditation.

List of common dark goddess: across cultures

- not all inclusive and I have a massive one we will go over throughout the weeks

Here are some dark goddesses that can be worked with during the autumn season and if you feel drawn and called to work with a dark goddess, this can be extended to all year around:

- Hekate
- Baba Yaga
- The Morrigan
- Kali
- Morana (Mara, Morena)
- Lilith
- Persephone

- Cerridwen
- Isis
- Eres
- Rhiannon
- Circe
- Sekhmet
- Nyx
- Freya
- Oya
- Morgan la fey
- Erishkigal
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These dark goddesses can be worked with, if you are confident yet humble enough to face them

How to Create a Dark Goddess Altar

A Dark Goddess altar can be personalized any way that you connect with the Dark Goddess or a particular dark goddess anytime of the year.

Here are a few ideas:

- goddess statue(s) or imagery
- herbs/plants connected with a goddess (caution should be made when placing plants and herbs on altars that may be in reach of people, pets and children, especially if toxic to people and/or pets)
- crystals associated with a dark goddess
- symbolism connected with a dark goddess (e.g. Hekate's wheel, Cerridwen's cauldron, Baba Yaga's mortar and pestle, etc.)
- incense created in honour of a specific dark goddess
- oils created in honour of a specific dark goddess
- candles created in honour of a specific dark goddess (black and/or red candles are the most common colours for the dark goddess)
- animal statues or imagery associated with a dark goddess
- colours associated with a goddess (used for candles, altar cloth, etc.) The colours black and red are commonly associated with dark goddesses, as well as dark green and dark blue.
- animal bones, skulls or hide* (this represents death and loss, but for some people this may not align with personal values. This can

also represent an animal that is associate with a particular dark goddess.)

**For many practitioners, the use of animal bone or hide is collected from ethical sources. Use of bones or hide on any altar or practice is a personal choice and not at all necessary to any practice.*

These are just a few ideas on how to create a dark goddess altar which can be set up in the early autumn or anytime of year if you feel called upon to work with the Dark Goddess as part of your witchcraft / goddess spirituality.

A Dark Goddess altar can be dedicated to a particular dark goddess such as Hekate or The Morrigan or it can be created for the overall essence of the Dark Goddess in all her forms.

● ***The Dark Goddess & The Dark Moon***

- While the Dark Goddess is commonly associated with the autumn season from Lammas until Samhain, the Dark Goddess can be honoured every month at the waning moon to dark moon (the moon phase 3 days before the new moon.)
- So, no matter what time of year it is, you can still work with the dark goddess every month during the waning moon and dark moon phases.
- To know more about what kind of magick is done during the dark moon,
- The Dark Goddess is often associated with witchcraft, death, old age, sickness and healing which She can be worked with in these areas of your spiritual practice.
- The Dark Goddess is also often see as a protector and can be called upon when you need physical or spiritual protection.
- She can also be vengeful and can help to hex, jinx or curse enemies, but if your slate isn't clean and you have any part in your own karma coming to you, the Dark Goddess will also turn her vengeance back on you.

- Dark Goddesses aren't called upon for minor slights and problems that can be easily walked away from or forgotten -if someone wronged you and you want the Dark Goddess to "teach them a lesson", carefully ask yourself if you will eventually "get over it" and if the injustice is great enough to warrant it

Dark goddess archetypes:

THE 6 FACES OF THE FEMININE

Feminine Mystic

- Embodiment of soul
- Access to feminine mysteries
- Embrace mystical truths
- Live at higher states of consciousness
- Express your soul's deepest desires

Warrior Goddess

- Discernment
- Create & maintain healthy boundaries
- Courage to act on your truth
- Ability to stay soul aligned
- Find your voice

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Medicine Woman

- Soul retrieval
- Past-life regression & healing
- The blood mysteries
- Womb healing & awakening
- Work the witch wound

Great Mother

- Inner child nurturing & healing
- Connect to the body's innate wisdom
- Release & heal mother wounds
- Awaken feminine creative principles
- Enlighten ancestral lines

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Lover Goddesses

- Sexual healing & awakening
- Tantric mysteries
- Awaken pleasure in the body
- Heal body image
- Increase ability to receive
- Deepen intimate relationships

Dark Goddess

- Fierce grace
- Radical liberation
- Deep shadow work
- Clear, heal & open lower chakras
- Awaken deep, authentic soul power
- Remove obstacles to your soul's path

DARK FEMININE ARCHETYPES

Wild Woman

Realize that right and wrong do not exist like society has told us they do... There is only what is true for you. And when you follow that truth, you are embodying love. Leave behind any ideas of what life "should" look like, and blaze your own trail to your soul purpose.

Witch

Release pent up rage, grief, trauma, pain, shame from this life, past lives, ancestors, and even the collective. Create the deep knowing that your Underworld—your shadows, fears, traumas—is an eternal wellspring of gems, gifts, magic and wisdom.

Medicine Woman

Reconnect with the natural rhythms, cycles and magic of the natural world, of the moon, of the blood cycle and of the death/birth cycle (this is THE energy to work with for healing "feminine specific" physical ailments).

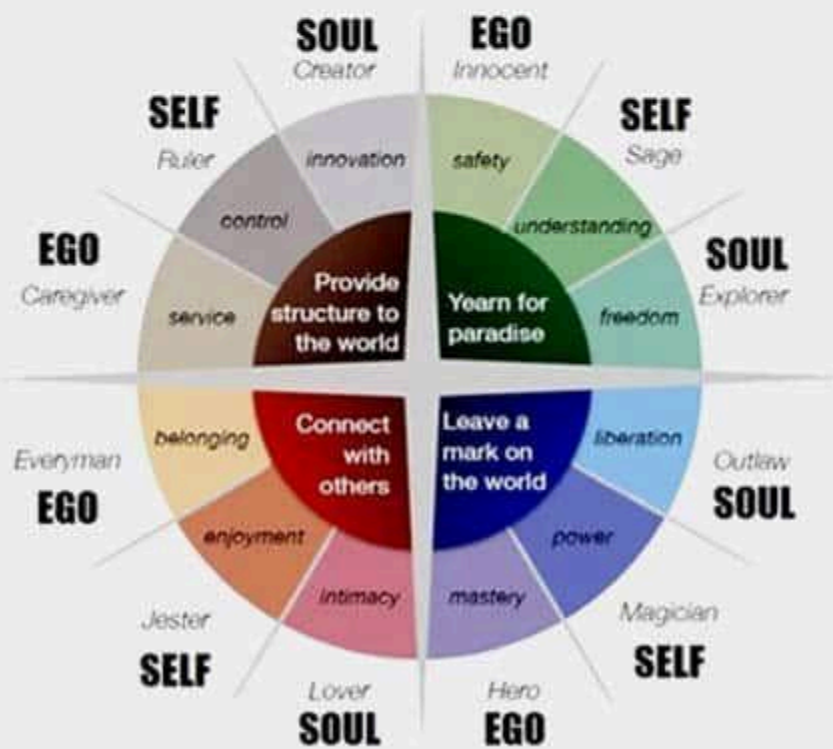
Dark Goddess

Learn how to STOP overriding your truth to please others, how to own your "NO" with love and how to let go of needing the approval and good opinion of others. Enlighten your darkest shadows & wounds, turning them into your greatest gifts.

And this is literally on the tip of the iceberg...

12 Personality Archetypes:

Which One Dominates You?



DARK GODDESS ARCHETYPES



Kali

High-level spiritual awakening... She'll strip you bare of your little ego goal attachments, of the ways your little self clings on to things. No more lying to yourself!

Lilith

Relationship to sexual energy, our bodies, our power, anywhere we hold shame. Heals relationship to the masculine and shows us how we relate to our own FEMININE POWER and the tantric gifts within our juicy, creative, intuitive self.

Persephone

Initiation into full expression of the feminine... Be ready to mature into your next stage of life as she brings you through the rites of passage you've never experienced. Stand as the Queen you were meant to be in YOUR life.

Hekate

Queen of the Witches. The capacity to to RECLAIM our power, move beyond unconscious fears, and HEAL any witch wounds carry. This is healthy boundaries, speaking our truth, finding our soul purposes and gifts...

Medusa

The Mystery of serpent energy. The deep, sacred wisdom connecting first and second chakras to ancient, primordial feminine energy. A doorway into the sacred feminine... a level beyond the goddess archetypes.

Eris

Warrior for truth and sacred activist of the soul. The strength, courage and stamina to stand for ourselves (and others) so we no longer compromise our truth, our fullness, our authentic nature or our heart's deepest desires.

Shadow work with the dark goddess:

Each of us has a shadow self, a part of us that we suppress and hide away from our conscious living. The shadow self is separate from our unconscious, but is a part of it. We often behave and act in certain ways without realising what we're doing or even saying, as our unconscious minds dictate most of our behaviour.

Psychiatrist Dr. Carl Jung described the shadow self as the "darker side of the personality," containing all the negative human emotions such as rage, anger, jealousy, hate, greed, selfishness and desire for power. Everyone has these traits within them, even the person who seems saintly and would never say a mean word to anyone. Yeah, even they

have a shadow self too – but they probably work hard on it in their own way. We all experience times when our shadow self emerges

The Dark Goddess has been personified as the shadow self for millennia, as something that mankind should turn away from and suppress.

Her wild nature and darker side have been turned into something fearful, scary and evil (in the eyes of the mainstream faiths).

The aspects of the shadow self have been projected onto the dark goddess, and in turn, upon women as well as the personification.

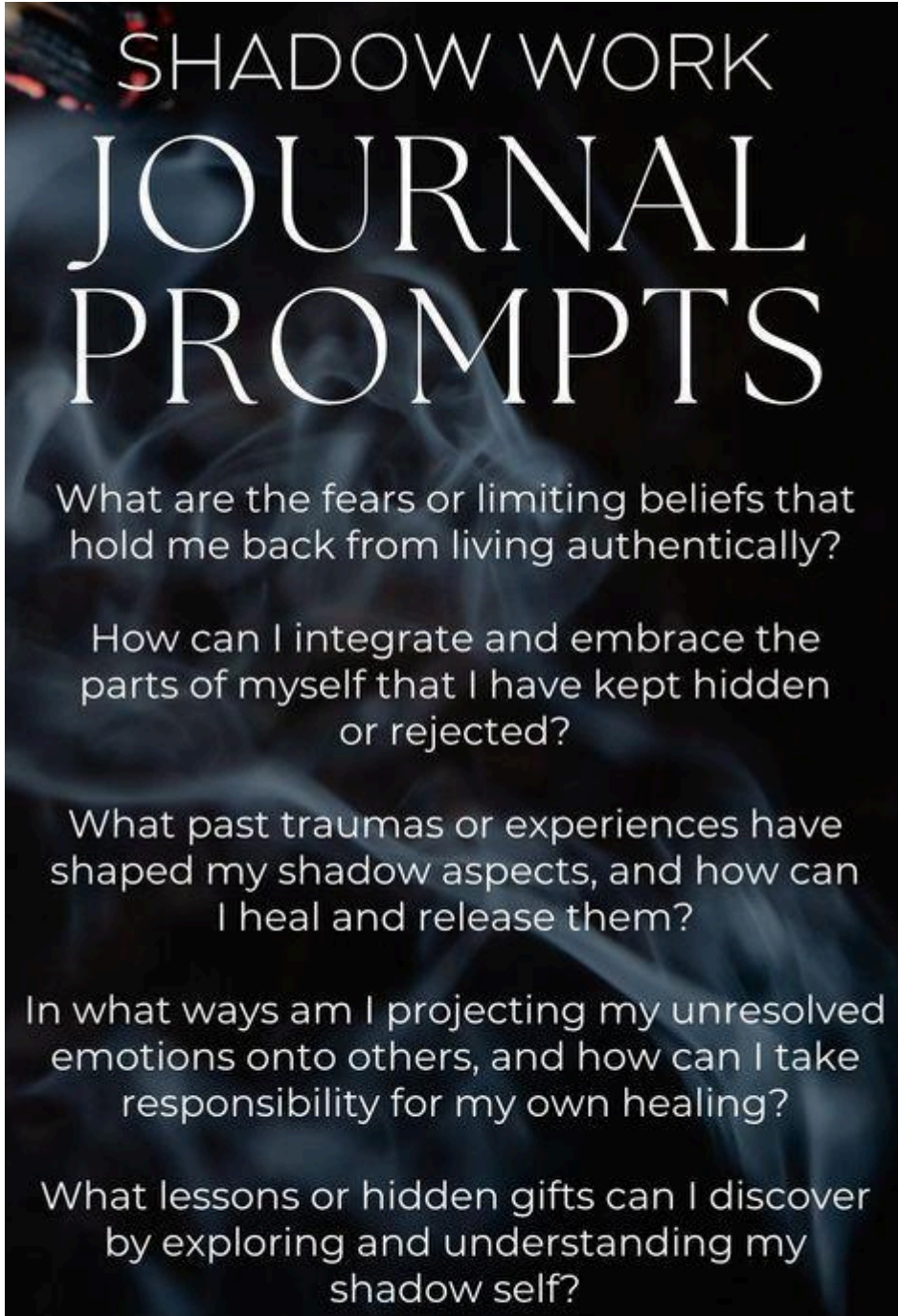
Ancient goddesses such as Lilith portray what has been projected as the shadow self, which when expressed, has been cast away, shunned and expelled instead of recognized, acknowledged and healed.

Everyone has a shadow self and the personification of that shadow self can be seen as the Dark Goddess.

The mythologies of dark goddesses can relate to what we experience in our current and past lives.

Women may have a particular affinity and understanding, a connection to the Dark Goddess and the struggles that she has faced; the persecution, the denial, the suppression and feeling disregarded.

Below I have some basic shadow work prompts to get you started more specific ones will come each week



SHADOW WORK JOURNAL PROMPTS

What are the fears or limiting beliefs that hold me back from living authentically?

How can I integrate and embrace the parts of myself that I have kept hidden or rejected?

What past traumas or experiences have shaped my shadow aspects, and how can I heal and release them?

In what ways am I projecting my unresolved emotions onto others, and how can I take responsibility for my own healing?

What lessons or hidden gifts can I discover by exploring and understanding my shadow self?

Dark goddesses in astrology:

Lilith asteroid: your raw and wild self

Eres asteroid: your desire and need to fight injustice- heavily influencing our collective right now. Entered/ discovered in 2005. Then we had the me too movement etc

Dark goddesses in history:

If you look throughout history and how they have a negative connotation attached to them, how their stories have been changed and the images attached to them, it's very obvious that patriarchy and Christianity did their very best to reframe their power to wipe out the divine feminine. Lilith is the most common example. We will look into each goddess and rewrite when we examine them individually.

Charge of the Dark Goddess

She is known to us as Kali, Hecate, Ceridwen, Lilith, Persephone, Fata, Morgana, Ereshkigal, Arianhrod, Durga, Inanna, Tiamat, and by a million, million other names.

Hear me child, and know Me for who I am. I have been with you since you were born, and I will stay with you until you return to meet the final dusk. I am the passionate and seductive lover who inspires the poet to dream. I am the One who calls to you at the end of your journey. After the day is done, My children find their blessed rest in my embrace. I am the womb from which all things are born. I am the shadowy still tomb; all things must come to Me and bare their breasts to die and be reborn to the Whole. I am the Sorceress that will not be ruled, the Weaver of Time, the Teacher of Mysteries. I snip the threads that bring my children home to me. I slit the throats of the cruel and drink the blood of the heartless. Swallow your fear and come to Me, and you will discover true beauty, strength and courage. I am the fury which rips the flesh from injustice. I am the glowing forge that transforms your inner demons into tools of power. Open yourself to my embrace and overcome. I am the glinting sword that protects you from harm. I am the crucible in which all the aspects of yourself merge together in a rainbow of union. I am the velvet depths of the night sky, the swirling mists of midnight, shrouded in mystery. I am the chrysalis in which you will face that which terrifies you and from which you will blossom forth, vibrant and renewed. Seek me at the crossroads and you shall be transformed, for once you look upon my face, there is no return. I am the fire that kisses the shackles away. I am the cauldron in which all opposites grow to know each other in Truth. I am the web which connects all things. I am the Healer of all wounds, the Warrior who rights all wrongs in their time. I make the weak strong. I make the arrogant humble. I raise up the oppressed and empower the disenfranchised. I am Justice tempered with Mercy. Most importantly, child, I am you. I am part of you and I am within you. Seek me within and without, and you will be strong. Know me. Venture into the dark so that you may awaken to Balance, Illumination, and Wholeness. Take my Love with you everywhere and find the Power within you to be who you wish.

THE CHARGE OF THE DARK GODDESS

The Dark Goddess speaks to us, through the mouths of Lillith, Kali, Tiamet, Hekate, Nix, the Black Madonna, Nemesis and Morgane.

I am the Darkness behind and beneath the shadows.

I am the absence of air that awaits at the bottom of every breath.

I am the Ending before Life begins again,

the decay that fertilizes the living.

I am the bottomless pit,

the never-ending struggle to reclaim that which is denied.

I am the Key that unlocks every door.

I am the Glory of Discovery,

for I am that which is hidden, secluded and forbidden.

Come to me at the Dark Moon

and see that which cannot be seen,

face the terror that is yours along.

Swim to me through the blackest oceans

to the center of your greatest fears-

the Dark God and I will keep you safe.

Scream to us in terror, and yours will be the Power to Forbear.

Think of me when you feel pleasure, and I will intensify it,

until the time when I may have the greatest pleasure

of meeting you at the Crossroads Between the Worlds.