

# Jean Shinoda Bolen - Liberating the Goddesses in You

## What You'll Discover in These 10 Modules

In this 10-part transformational journey, Jean will guide you through the fundamental feminine archetypal forces, insights, and patterns that you'll need to successfully **access your natural soul expression and live from a place of wholeness**.

Each module will build harmoniously upon the next, so that you'll develop a complete, holistic understanding of the practices and insights you'll need to deepen your soul's journey into these archetypal energies.

### Module 1: You Are the Protagonist in Your Own Life Story – What Will You Do With “Your One Wild & Precious Life?”



The phrase “your one wild and precious life” comes from Mary Oliver’s poem “Summer Day,” and is known by many. The wildness that Oliver refers to is your innate nature — who you were born into the world as and the way of being that is natural to you.

This wild nature is also the stirring of goddess energies within you. This module will help you start to discover your goddess energies within. It will also guide you in discovering the effects the outer world has had on these energies’ ability to be activated as the life-fulfilling juice they can be, including explorations of the influence patriarchy, culture, your upbringing, and the Women’s Movement.

In this module, you’ll:

- Remember **the child you were and what parts of you from childhood were suppressed** inside you and by whom

- Explore **what was valued by which parent** when you were growing up and how this affected your innate nature
- Discover how you may have been shamed and, thus, **learned to shame yourself** in the same ways
- Begin to **feel compassion and appreciation for what you have survived**, done and loved
- Experience a short **guided meditation-visualization and reflection** to invite in your inner child
- Explore song and myth as a source of inspiration for honoring your inner child
- Learn the meaning of **The Myth of the Procrustean Bed** and how it applies to you

## Module 2: To Know the Goddesses Within is to Know Yourself



Archetypes are **deep patterns of being and behaving**. They act in us and through us whether we know them by name or not. Throughout this course, you will explore seven mythological Greek goddesses: Artemis, Athena, Hestia, Hera, Demeter, Persephone and Aphrodite.

The archetypal energies of one of them may remain dominant within you throughout your life and can be considered **your natural or “signature” goddess**. You may also experience the stirring of several of the goddesses within you over your lifetime, as the need or desire to shift your inner compass arises during different phases of your life.

In this module you'll:

- Gain **an overview of the Goddesses and their qualities** according to category: the Virgin Goddesses (Artemis, Athena and Hestia); the Vulnerable Goddesses (Hera, Demeter and Persephone); and the Alchemical Goddess (Aphrodite)
- Learn **the differences in the consciousness of each category**, including the Virgin Goddesses ability to focus on what matters to them; the Vulnerable Goddesses keen awareness of people and the atmosphere around them; and the prospective effects of the activation of the Alchemical Goddess' energies
- Discover **the psychological and personal characteristics inherent in each category** of goddesses

- Experience a quiet reflection to discover **which of these goddesses energies are stirring within you now and why**

### Module 3: Artemis – Goddess of the Hunt & Moon



You will start with the stories of Artemis. Artemis was the first born of twins; her brother was Apollo, God of the Sun. She was a help to her mother — the only goddess known for this. **Her realm was the wilderness, which she roamed with her nymph companions.**

Those who embody the Artemis archetype have a sense of equality with men, a sisterhood with women and an affinity with nature. Artemis energy is active in **feminists, environmentalists, activists and therapists** motivated to help the vulnerable. Artemis also has **a spiritual or mystical way of seeing: moonlight vision.**

In this module, you'll learn:

- The mythology of Artemis and the qualities revealed in her archetypal energies
- **Modern-day examples of “Artemis women,”** including Gloria Steinem, Eve Ensler, Julia Butterfly Hill, Amy Wambach, and *Hunger Games*’ Katniss Everdeen played by Jennifer Lawrence
- **How her energies can support you** in difficult times and at different stages of your life
- The Indomitable Spirit of Artemis: How to retain the psychological meaning of “virgin,” and not identify with victim
- Her shadow or dark side in mythology and how it is expressed as mercilessness and rage in women today
- **What the “Artemis Woman” needs to experience and learn**
- What Artemis’ symbols tell us in the myth of Atalanta: Mother Bear and Calydon Boar
- The value of circles with a spiritual center

In this module and those that follow, we'll begin the exciting journey of discovering the characteristics and behaviors of seven mythological Greek goddesses. Through their stories, you'll begin to **recognize which goddess archetypes you are most aligned with,** and

discover which you may need to draw from or tone down to create greater balance within yourself and your life.

## Module 4: Athena – Goddess of Wisdom, Strategy & Practical Crafts



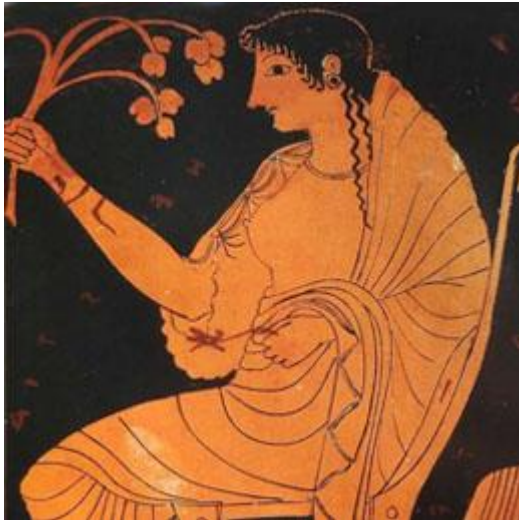
Athena was born out of her father Zeus' head as a grown woman wearing golden armor. She announced her arrival with a war cry and the earth shook when her feet hit the ground. She became the only Olympian that Zeus trusted with his symbols of power. She is **the archetype of the Father's Daughter**, the defender of Patriarchy, and the ally of heroes.

Her realm was the city; Athens bears her name. She was the Patron Goddess of Weavers and an expert strategist on the battlefield. Both require similar skills, **seeing the big picture and devising strategies** to create the desired outcome. **Athena Women thrive in the corporate and political worlds.**

In this module, you'll learn:

- The meaning of Athena's symbols: her armor, spear, and the owl
- How Athena's qualities can be in the service of patriarchal values, including power, domination and control or applied to solving problems or **finding creative practical solutions**
- How the archetype of Athena brings into focus **the conflict between two major Jungian concepts**: typology and the anima-animus theory
- How **logic and competitiveness can cut Athena Women off from friendships with women**, yet helps them to work well with men
- **Modern-day examples of Athena Women**, including Condoleezza Rice; Phyllis Schlafly, who stopped the ratification of ERA; Jacqueline Kennedy Onassis; Angela Merkel, Chancellor of Germany; and Hermione Granger in the *Harry Potter* films
- The **shadow aspects of Athena**, as revealed in the Medusa effect and the death of Hector and fate of Arachne in Greek mythology
- Ways to grow by remembering Metis (Athena's mother), **taking off your armor**, and revisiting the value of feminist insights

## Module 5: Hestia – The Goddess of the Hearth & Temple



Hestia is the third Virgin Goddess and least known of the Greek goddesses. She is notably absent from myths and not represented in statues or paintings. Instead, **she was the fire at the center of the round hearth**, which can also be represented by the mandala — Jung's image for the Self. It was her presence that made a house a home and a building a temple. Hestia was a spiritually-felt presence that provided **illumination, warmth, and heat** to cook food.

A Hestia Woman is detached from the outer world that engages most people. She is not invested in being known, or desired, or ambitious. **She creates a center of serenity around her**. It suits her to be a homemaker or to follow a calling into a contemplative order of nuns or as a member of an ashram or collective community. The problem for a contemporary Hestia is her invisibility. In an extroverted culture, the roles that suit her are not aptly valued in our culture.

In this module, you'll learn:

- How to value Hestia if she is your dominant archetype
- **The need to develop a persona for the outer world**
- The importance of staying true to Hestia as well as Poseidon and Apollo's off-centering effects on this archetype
- The value of **cultivating Hestia as the center of peace and quiet within yourself**
- How to cultivate her energies through a Hestia meditation
- Gain an overview of Hestia, Artemis and Athena as the Virgin Goddess Archetypes, discovering the gifts and effects of their energies on yourself and others, whether outer or inward.

## **Module 6: Hera – The Goddess of Marriage**



Hera is the **first of the three Vulnerable Goddesses**: Hera, Demeter and Persephone. These goddesses' psychology and mythology cannot be separated from the significant others in their lives. Of necessity, they pay more attention to those around them, which diffuses their awareness of themselves.

The goddess Hera was **the wife of Zeus, Chief God**. Major temples and rituals were dedicated to her. Marriage was sacred to Hera, while her unfaithful husband Zeus was a philanderer, seducer and rapist whose progeny were gods and demigods. Hera became enraged and vindictive toward the women Zeus had been attracted to and took out this rage on them, their children or innocent bystanders.

The archetype of the wife is a powerful force in the psyches of Hera Women. Marriage is the goal, the source of meaning and identification. A married Hera Woman's life centers around her spouse and a social world of couples. Her happiness and meaning depends upon fidelity and how important she is to her spouse.

In this module, you'll learn:

- The positive aspects of being a Hera Woman, including **capacity for commitment and individuation in relationship**
- The Shadow aspects of Hera: rage, vindictiveness, obsessive thoughts and paranoia
- The challenges a Hera Woman faces, often learning through projection and disillusionment
- Paths toward recovery from negative Hera characteristics
- The procrustean effect of patriarchy on this archetype
- The message of *The Feminine Mystique* by Betty Friedan

## **Module 7: Demeter – The Goddess of Grain & Mother of Persephone**





Demeter is **the goddess of bountiful harvests** — Goddess of Grain, the source of basic nourishment in bread and cereals (Ceres is her Roman name). She was portrayed as a beautiful, mature woman with golden hair and dressed in blue. She is the most maternal of the Olympians and best known as the mother of Persephone.

Demeter represents the maternal archetype and its strong instincts. Demeter Women are fulfilled through mothering and/or **providing physical, psychological or spiritual nourishment to others**.

During this module, Jean will tell the story of Demeter and the abduction of Persephone, interpreting and expanding its meaning and relevance to your modern day life.

In this module, you'll learn:

- The **generosity, nurturing qualities and perseverance** of this archetype
- How Demeter and her archetype suffer from powerlessness under patriarchal dominance
- The Demeter Woman's major responses to loss: agitation, apathy and depression
- How this archetype has difficulties **setting boundaries when others are needy**, resulting in susceptibility to burnout and depression
- Demeter's Shadow qualities: being a "helicopter-parent" and fostering dependency
- How the need to be mother for meaning is affected by "empty-nest" syndrome
- The effects the Women's Movement has had on Demeter Women
- Ways a Demeter Woman can grow through becoming aware and empowered and her own good mother.

## **Module 8: Persephone – The Maiden & Queen of the Underworld**



Persephone was the nameless maiden and privileged daughter of Zeus and Demeter before her abduction by Hades plunged her into the Underworld. Hermes was sent to bring her back to Demeter, but before she returned to the Upper World, Persephone swallowed pomegranate seeds given to her by Hades. As a result of digesting or metabolizing the Underworld experience, she became **Queen of the Underworld and a guide for others**. She also would then spend part of the year in the Underworld, emerging each spring.

Persephone starts as the least defined of the goddess archetypes, the one most affected by others' stronger personalities and most susceptible to becoming a victim, with potential for staying a victim or redeeming her suffering by becoming a guide for others.

In this module, you'll:

- Learn about Young Persephone, Abducted Persephone and Queen of the Underworld Persephone
- Learn the meaning of **the Underworld as a metaphor for addictions, depression or delusion**, including its underlying energy in trafficked girls and women
- Explore how today's "Underworld Guide" shows up as an Alcoholics Anonymous sponsor, depth psychologist, etc., or through the creation of art, poetry or music
- Explore **Persephone archetypes in modern-day women** and personas, including English singer/songwriter Amy Winehouse, actress/singer/songwriter Lindsay Lohan; the Laura character in the play and movie *The Glass Menagerie*
- Learn about the symbology of the pomegranate
- Learn about the archetypes of Demeter, Hades, Hermes and Hecate and their relation to Persephone
- Discover how the message of Easter and the Eleusinian Mysteries are very similar

## **Module 9: Aphrodite – The Goddess of Love & Beauty: Archetype of the Lover & Creative Woman**





When Aphrodite arrived on Olympus, many of the gods were struck by her beauty and wanted to marry her. Unlike any of the other goddesses, she did the choosing, and chose to marry Hephaestus, the lame God of the Forge. Her myths tell of **her many lovers, both gods and mortals, all chosen by her, who became fathers of her children.**

Aphrodite's awesome power was irresistible; she could cause divinities and mortals to fall in love. In myths in which she affects others as in the story of Medea and Jason, or in the real life of women who fall in love with abusive men, her effect can be a curse.

The image and meaning of Aphrodite herself suffered when the ancient divinities of Greece and Rome became superseded by monotheism. This goddess who was once revered became denigrated as the goddess of prostitutes.

However, when Aphrodite is active in women — who can choose to express this aspect of themselves wisely — then love and beauty enhances their relationships. **Sensuality and sexuality is hers to feel and express with whom and whenever she likes;** yet, only when she has autonomy and culture is not repressed by patriarchy.

In this module, you'll learn:

- How Aphrodite can **enhance all relationships and creativity**
- How patriarchy controls, degrades and fears Aphrodite
- How Aphrodite's energies can catch women unawares
- Aphrodite is **the archetype yet to be liberated**
- Why Aphrodite is The Alchemical Goddess
- The relationship between Aphrodite consciousness, creativity and Jungian analysis
- Aphrodite's Pygmalion effect vs Athena's Medusa effect

## **Module 10: Your life story is Unfolding**



**Women as well as men can be on a Hero's Journey** when they are heeding the inner call to adventure. Every woman is acted upon by two powerful forces: the goddesses within us, and the expectations of others and culture on us. Within, the archetypes can ally, and they can also create conflict. In our outer lives, those closest to us consciously or unconsciously mold us to fit their needs. Patriarchy rewards, limits, or punishes archetypes.

So, **which goddess gets the Golden Apple and who decides** ? In life, we are all affected by circumstances beyond our control, yet how we respond to them determines who we are becoming. Through the use of consciousness and choice, you can determine your true path.

In this module, you'll:

- See **how consciousness and choice lead to an authentic and meaningful life**
- Develop your ability to listen to messages from synchronistic events, dreams, body knowledge, heart responses and gnosis
- Hear a perspective that **life is a soul journey**
- Reflect upon the necessity for courage, and what it means for you and for specific archetypes to be brave
- Learn how to **endure the tension of opposites until there is clarity**
- Gain inspiration from the song: "If I Were Brave" by Jana Stanfield
- Learn the personal meaning of The Judgment of Paris

## ***The Liberating the Goddesses in You Bonus Collection***

In addition to Jean's transformative 10-module virtual course, you'll receive these powerful training sessions with leading visionaries and teachers. These bonus sessions complement what you'll learn in the course and take your understanding and practice to an even deeper level.

### **Standing By Trees, Women & Girls**

#### ***Audio Interview with Jean Shinoda Bolen***



Jean's thwarted efforts to save a magnificent Monterey Pine tree in her yard from those who wanted to have a better view moved her to look at the anatomy and physiology of trees as well as the archetypal and sacred symbols they represent.

In this compelling audio hosted by Justine Willis Toms, Jean makes the connection between the oppression of women and girls and the devastation of forests by man. "If this world was a good place for children and women, it would be a hugely different world," she says.

She also encourages us to find the cause that has our name on it, a search that can be precipitated by asking the following questions: 1) Does it have personal meaning for me? 2) Is it fun? and, 3) Is it motivated by love? "Sometimes (love) looks like outrage, because what you love is being cut down, or trashed," she shares. "But the motivation is that you love the principle, or the person, or the animal, or the life, or the planet, or the idea."

## **The Call of Wisdom**

***Global Spirit Video with Jean Shinoda Bolen & Roger Walsh, M.D., Ph.D.***



This insightful video examines the nature of wisdom, how it can be both universally recognized yet expressed in different ways by different traditions, and why our survival today as a species and a planet will almost certainly depend on it. Roger Walsh is a professor of

psychiatry, philosophy and anthropology and has edited a book on how wisdom can be understood and cultivated.

## **Heeding the Urgent Message from Mother**

### ***Audio of Jean's Keynote Address From the 3rd International Women's Peace Conference***



This is the inspiring call to action to “gather the women and save the world” that was interrupted by applause and got a standing ovation. Jean spoke spontaneously, quietly and yet passionately to women in the audience from all over the world. Listening to this audio feels as if Jean is speaking directly to you as well as addressing a large audience. It is great to listen to and share for information and inspiration, as it is full of seed ideas waiting to be planted.