



Reveal Your Inner Goddess

Template – Local Circle

This Template is a suggested Running Order and Time Management plan for this Theme. Please use this document in conjunction with the Foundation Circle Template, where you have a guideline script for sections such as the Cleanse, Fire/Water Ceremony explanations etc. Specific information is offered below and the sample script is in italics, please 'translate' into your own words. This is an excellent outdoor Theme especially during the warm weather of late Summer/early Autumn. Ideally, this is in a garden or private area. You do not have to be an expert photographer to host this Theme but you will need a very good phone camera or a basic digital camera or Tablet. You may also invite someone else to take the photographs while you gently help reveal each woman's Inner Goddess.

Things to consider before the Circle

A few days prior, be conscious of holding your Moon Mná Circle and the content of the Theme. Please be well prepared and make sure that you have thoroughly worked through any issues that may have come up for you during your own receiving of this Theme. In addition to your Moon Mná Lunar Kit you will require specific items below or equivalent so begin to collect these items/materials a day or two before your Circle.

Theme Related Items:

*A digital camera (so you can take out the memory card to install in your laptop to play the photographs in a Slideshow.) A Tablet would work too but obviously the image size would be smaller OR a really good camera phone (you can also use this as backup and also for test shots). If you borrow a camera, please do practise using it before the Circle.

*A Laptop to play a pre-made slideshow of the Inner Goddess photos (provided with this Theme). Practise making photographs in a folder into a Slideshow. (When you view the first photo in the folder then tab on the > sign to the right to see the rest OR on the righthand corner of the top banner, the Slideshow option is the first in the drop down menu which will play all the photos one after the other.)

*A selection of 'play' clothes i.e. scarves, shawls, hats, anything you already have that could possibly be used as a 'prop' by the women.

*15 small Cards (you can cut A4 sheets in quarters). Write an Irish Celtic Goddess name and attribute on each one (OR consider investing in a deck of the Sacred Ireland Celtic Moon oracle cards, available from the www.moonmna.ie shop). Aisling – Vision, Brigid – Protection, Gráinne – Youthfulness, The Morrigan – Renewal, Danu – Nurturing, Ériu – Sovereignty, Airmid – Healing, Áine – Abundance, Síle na Gig – Sacred Sexuality, Tlachgta – New Beginnings, The Cailleach – Wisdom, Boann – Flow, Macha – Power, Triple Spiral – Growth, Full Moon - Luminosity.

*Cleanse item: A scarf that can easily be waved to create a current of Air.

If outside:

*Oats and Milk to make gifts for the land and the Faerie folk.

*Picnic Rugs to sit on (you may ask the women to bring their own).

NOTE: It is a good idea to visit the place earlier in the day to remove litter, gently push back any nettles (or request the women wear long skirts/trousers.)

**FOR these sections please refer to the Foundation Theme
Template and adapt accordingly.**

6.00pm Venue Preparation

Remember to leave enough time to get there and settle yourself.

6.40pm Registration and Tea

You may ask a friend to help with this. I used to invite a woman to make homemade biscuits or healthy buns in lieu of payment to bring a homely touch to the evening.

7.00pm Fáilte/Welcome

including a brief introduction to the evening's running order.

7.05pm Opening Sacred Space

7.15pm Band Casting a Safe and Confidential Circle

7.20pm Cleansing

This Theme has a Group Cleanse provided by you.

"I am honoured to gift you all a communal Air Cleanse by creating a gentle breeze using this scarf. Simply stand in a Circle with enough room for me to weave in and out. You may feel the scarf lightly touch your skin at some point."

The sound of the Air created by the scarf is a lovely so no need for music or singing. Flap the scarf towards a light source to clear between each woman i.e. the Sun or Moon or if a candle, then go gently so it is safe and also doesn't blow out. After the Circle is finished peg the scarf to a clothesline to cleanse naturally in the breeze.

7.35pm Theme Introduction

These are examples of comments relevant to this Theme, add or subtract to your liking.

"This ____ (New/Half/Full) Moon you have heard the call and gifted yourself permission to begin the delightful sacred steps to Reveal Your Inner Goddess. I am truly honoured to gently lead you through a simple process to coax the deep beauty that lies within your soul to shine forth. Together we will anchor this in a precious private photograph in the presence of a small tribe of like-hearted women."

The Moon is a quintessential symbol of the Divine Feminine with her gloriously complicated cycle, she mirrors the stillness of our innate being. So, we meet monthly to discuss aspects of life important to women. Each Moon Mná Theme itself has a direct link to Grandmother Moon. This time we are supported by 13 Goddesses as we prepare to Reveal our own Inner Goddess reminding us of this number associated with women due to 13 Lunar Cycles per year."

How often have you looked at another woman and thought "How powerful/strong/beautiful she looks?" We see this in each other easily but when it comes to ourselves often we do not see what others can readily. The Irish Celtic Goddesses are ready to help you tap into what lies fully or partly hidden yet yearns to escape and show you who you truly are. As you are here you have dared to dream how this may unfold witnessed by trusted soul sisters. Now you are ready to capture your soul expression to treasure. I am here to assist you with your Guides and mine in a safe and confidential space."

7.45pm Talking Full Woman or Symbol/Stick

"What does the concept of Revealing Your Inner Goddess mean to you?"

8.05pm Core Theme

“This is a glorious opportunity to connect with your inner essence aided by any spiritual helpers/Ancstral support you already have. Soon I will help you bond also with an Irish Celtic Goddess who will guide you too.

You will work in small tribes of three sharing your ideas so far on what you sense your Inner Goddess feels like and how this wishes to be expressed. Then together you will choose a place and how you wish to be i.e. lying, sitting, face on or side profile.”

[This is ideally outdoors but may be indoors too depending on what is available to you.]

Inner Goddess Sample Slideshow

“We live in an age of image and many of us are visually aware of how we look and present to the world. However, I need to remind you that this is about capturing a soul expression and not about a cute selfie! So, here are some examples of Moon Mná Facilitators who have given permission to show you their Inner Goddess photographs.”

[Make sure to have the photographs ready on your Laptop or Tablet already prepared OR invite another woman to help you with the technology.]

Irish Goddess Connection

“You will notice that around the Centrepiece Cloth I have a number of cards face down. In a few moments, I will invite you to choose one each. When you turn it over you will see the name and attribute of an Irish Celtic or pre-Celtic Goddess or Grandmother Moon or the Triple Spiral symbol. Then make a little nest either sitting or lying and I will talk you into a short ‘Journey’ connection to your spiritual helpers and this Goddess who has been chosen by Spirit to assist you reveal your essence.”

Short Journey Connection Script (also in a separate document)

“Close your eyes and drop down into your heart of hearts to see/hear/sense any spiritual helpers you may have. These may be your Guardian Angel, your Granny who has passed away, a beloved pet or indeed a Power Animal/Spirit Guide if you already are aware of this type of assistance. Invite them to connect with you. This may be simply by being aware of them or they may do/say/gift you a heat or coolness so that you know contact has been made. Ask if they have any additional advice or message as you prepare to Reveal Your Inner Goddess. Nod your head when this has happened.

Now invite the Irish Goddess on the card to connect with you. See what she looks/sounds/feels like to you especially in relation to the attribute on the card as you prepare to Reveal Your Inner Goddess. Ask if she has any additional advice or messages. Again, nod your head when you have done this. Thank them all and silently count from 1 to 10 and open your eyes followed by a grounding stretch. Well done."

Solo Journaling

Now is the time for the women to record in their Journal what they felt, saw or heard. This may have changed their original sense of how they wish their Inner Goddess to be revealed.

DEMONSTRATION

"I am now going to demonstrate what will happen. Who will volunteer to take the 3 photographs please? I will indicate with my hand when to take each one.

[You may already have this pre-arranged.]

With the women watching:

- Stand/sit/lie and close your eyes. Be ready to FEEL your soul essence.
- Now talk yourself into connecting with your spiritual helpers and Goddess Guide/s out loud so they can hear you. *"I am dropping down into my heart of hearts, connecting with my spiritual guide/s. I am now inviting the Irish Goddess in and when ready I sense my Inner Goddess within, I will open my eyes."*
- Open your eyes and indicate with your hand to whoever is taking the photograph OR take your own photo.
- Now move around, shake your hair again with your eyes closed. Connect with your guide/s and Goddess then open and indicate with your hand for the 2nd photograph to be taken by the volunteer.
- Finally for the 3rd and final photo do what feels natural eyes open or closed and indicate when ready for the final photograph to be taken.

The women will have seen the difference in you from before and then during the photograph. Of course, remind them when it is their turn, there will be no need to indicate with their hands as you will know when to take the photographs. Only 3 each!

Tribes of Triskels

Depending on how many women are in your Circle, divide them into mini tribes of 3 (triskels/triple spirals). If you have a small training Circle i.e. 3 or 4 or 5 then this may be the whole group. If you have 15 then divide into 5 tribes of 3 etc. This is a key part of the preparation as the women bond and become witnesses and confidantes for each other.

"Decide who in your tribe is going to go first, second and third. Then take 10/15 minutes as the first woman shares how she wishes to Reveal Her Inner Goddess in your Triskel. The two witnesses listen and then afterwards offer positive suggestions.

You may choose to use some of the communal shawls, hats that I have displayed here. Finally, all three of you then set off to choose her spot for the photograph i.e. a plain wall background or by a tree if outdoors. When ready, one of you comes back to invite me to come and start the revealing. In turn each woman will have a chance to go through this beautiful and simple ritual."

As the women go off in the tribes, sit and wait at the Centrepiece Cloth and prepare by checking your digital camera/Tablet and camera phone, connecting with your Moon Mná Circle Facilitator Guides and Spirit. Trust that all is very well and you will be able to gently coax each woman to Reveal Her Inner Goddess easily. As gifting a Rite, you are not 'doing the sacred work' but turning up to facilitate the ways of the Divine Feminine.

8.40pm Reveal Your Inner Goddess

*When invited, go to the place the woman is with her mini Tribe bringing your camera/Tablet and camera phone.

*See what the woman has planned i.e. sitting/lying and what she is wearing.

*Drop down into your holding of sacred space and connect with Spirit and your Guides especially your Moon Mná Guide/s.

*Invite her to close her eyes and repeat a little of the script *"Drop down into your heart of hearts and connect with your spiritual helpers and Goddess _____* [whoever was on her card]. *Breathe deeply and when you are ready open your eyes."*

*Be ready with your camera phone to take a few simple test shots.

*When comfortable and noticing how she is reacting, reach for the digital camera/ Tablet (camera phone if excellent quality), talk her through the connection again and then capture the first photograph.

* For the second shot invite her to shake her hair or move when she is ready. Some women 'get' this and simply need a little bit of encouragement. Others are stiff and in an unnatural pose and you can gently coax them to relax, suggesting they think "*what would the Goddess on their card do?*"

* Now you are both ready to take the 2nd photograph.

*Finally repeat the process inviting her to move in any way she wishes, change her position and take the 3rd photograph.

* Now that she has revealed her Inner Goddess, smiles and hugs are encouraged!

* This woman has a rest and then the whole process begins again with the next woman.

*You return to the Centrepiece Cloth area and wait for another woman from a different Triskel to call you to repeat the process for her. This way each tribe is constantly active as if you finish one group completely then they will be waiting around for you to complete the others to commence the Fire/Water Ceremony. So if you have 3 groups you do the 1st woman from all three and then go back to the 1st group and do the 2nd woman etc.

* Continue until every woman has had an opportunity to have her photograph taken.

* Remember to take a stretch break in between every 2 or 3 women.

The maximum number for this Theme is 15 women. Anymore and the whole evening will be longer than 3 hours which is too much for all of you. Of course you can always invite in an Anam Cara (Gaelic for Soul Friend) from the Tribe to help you if they live locally OR host another evening.

9.05pm Slideshow of Inner Goddess Photos

Take the Memory card from your digital camera and put it into your Laptop. If using your camera phone, then save the photos in your Dropbox account if you have one or save in your Google photos so you have access to them on your laptop. You should have 3 photos for each woman only (anymore and this will take too long).

Now gather all the women into a semi-circle and play the Slideshow inviting everyone to choose the one that reveals the Inner Goddess of the woman in the photograph. She and you have the final say, deleting the other two. Later you will What's App or email every woman her chosen photograph. Sometimes women may choose 2 but encourage only one and usually there is a clear 'that's-the-one' photograph. Watch the expression of the woman and indeed the others when they see each other revealed. A beautiful Soul Moment for you!

9.15 pm Fire/Water Ceremony and Chant

We hold the Fire/Water Ceremony last with this Theme so everyone is well grounded. You have already downloaded the Chant as part of the Sample Slideshow. Play it to remind yourself how it goes so everyone can hear it or make up your own Chant.

"This is your opportunity to let go i.e. unworthiness/shyness and welcome in i.e. focus on your power/courage now that you have Revealed Your Inner Goddess."

Chant:

"Who am I, deep inside, reveal, reveal.

Goddess I, deep inside, reveal, reveal."

Group Share

If you have a small group, this is a lovely time to share their experiences. Keep in mind it may be too soon to talk about it so remind them to share as little or as much as they are comfortable with. You will need to manage the time carefully here depending on your numbers perhaps only 3 or 4 women will be able to share.

If a big group or late then proceed below (referring to the Foundation Circle Template.)

9.40pm Soul Moment

9.45 pm Uncasting the Circle, Closing Sacred Space and Gratitude

9.55 pm Notices and Photographs with permission

10.00 pm Close Venue