



Reveal Your Inner Goddess

Template – Online 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 a Cleanse, Fire/Water Ceremony explanations etc. Specific information is offered below and the sample script is in italics, please ‘translate’ into your own words. 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 OR a really good camera phone (you can also use this as backup and for test shots). If you borrow a camera, please do practise using it before the Circle.

*Your Laptop to play a pre-made slideshow of the Inner Goddess photos (provided with this Theme) in a Zoom screen share. 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 dropdown menu which will play all the photos one after the other.)

*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. If you are using a home-made version remember to number them with the Goddesses 1-13 and the other two 14-15.

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

As you are working online you need to decide if you are taking the photo via Zoom OR asking the women to take a ‘selfie’. The advantage of the first is that they can concentrate on tapping into their Inner Goddess. If a selfie, the photo will be clearer but they will have to be aware enough to click the camera too just as you did when doing this with me via the Course material videos.

**FOR THESE SECTIONS PLEASE REFER TO THE FOUNDATION THEME
TEMPLATE AND ADAPT ACCORDINGLY.**

6.00pm Venue Preparation

Open Sacred Space privately, calling in your Guides and whatever protection method you use to help you prepare calmly and thoroughly. Place your notes on your table nearby your computer (and your Mála Naofa or Mesa if you carry a sacred bundle). Arrange your Centrepiece Cloth attractively with everything you need laid out close to hand.

7.00pm Fáilte/Welcome

including a brief introduction to the evening’s running order. Check that everyone can hear you and ask them to practise their ‘mute/unmute’ button before you start.

7.05pm Opening Sacred Space

Remember to particularly invite in the energy of the Irish Celtic Goddesses. Face forward so the women can hear you and remember to nod towards each Direction just before you call it in.

7.15pm Hand Casting a Safe and Confidential Circle

7.20pm Cleansing

Explain what a Cleanse is. For this online Circle you are offering a Group Cleanse.

"I am honoured to gift you all a communal Air Cleanse by creating an energetic 'gentle breeze' using this scarf. Simply sit/stand and I will tell you when to turn around to cleanse your back. Be open to what you wish to release."

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 i.e. a window 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 (hold this up for each woman)

"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/Ancestral support you already have. Soon I will help you bond also with an Irish Celtic Goddess who will guide you too.

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! Here are examples of Moon Mná Facilitators who have given permission to show you their Inner Goddess photographs."

Make sure to have the photograph file opened on your Laptop or Tablet already prepared to be 'screen shared'. Now hover your mouse at the bottom of your screen and you will see the green Screen Share option - it will show you your laptop files and simply click on the file.

Irish Goddess CONNECTION

"I have special cards here - one for each of us. In a few moments, I will hold them up and invite you to choose one each. For example, "I choose number five etc. Then I will turn it over for you and read out the name and attribute of the Irish Celtic or pre-Celtic Goddess, Grandmother Moon or Triple Spiral symbol. Afterwards I will invite you all to make a little nest either sitting or lying and 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."

If you are using the Sacred Ireland Celtic Moon oracle cards, they are already numbered 1-13. As there are 13 Goddesses, 1 Celtic Symbol and 1 Moon phase, depending on the number of women make sure to use all the Goddess cards first. So, if 13 women, or less, use those. The same applies if you have created a home-made version. As each woman chooses a card, hold it up for her to see clearly and invite her to write down the attribute of the Goddess. Invite them to lie or sit and continue as below.

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

“Journal on what you felt, saw or heard. Then begin to note, with the particular Goddess on your card helping you, what you sense your Inner Goddess feels like and how she wishes to be expressed. Then choose how you wish to be in the photograph i.e. lying, sitting, face on or side profile.”

DEMONSTRATION

“I am now going to demonstrate what will happen”. 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 to my heart of hearts, connecting with my spiritual guide/s. I invite the Irish Goddess in and when ready I sense my Inner Goddess within, I will open my eyes.”*
- Open your eyes and take your own photo with your camera phone or digital camera.
- Now move around, shake your hair again with your eyes closed. Connect with your guide/s and Goddess then open and take the next photograph.
- Finally, for the 3rd and final photo do what feels natural eyes open or closed and take the final photograph.

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, you will be taking the photographs for them. You will be taking only 3 photographs each which is more than enough for this sacred practise.

Tribes of Triskels Sharing (optional)

If you are used to using Zoom Breakout Rooms then you could divide the women into groups of 3 forming a 'Triskel (Triple Spiral)'. You need to tick the Assign Breakout Rooms when you set up the Zoom link (you can choose to do this randomly i.e. the computer decides who is matched with who OR you can assign them i.e. Mary is with Brenda etc. There is an option for both). Practise setting this up before your Circle.

If you have a small training Circle i.e. 3 or 4 or 5 then this may be the whole group so no need for Breakout Rooms. If you have 15 then divide into 5 tribes of 3 etc. This is a key preparation as the women bond and become witnesses and confidantes for each other.

"Decide who in your mini Triskel 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 i.e. 'I wish to be gentle ethereal-like/I want to be like an Amazonian Warrior'. The two witnesses listen and then afterwards offer positive suggestions. Also, share your location for the photo i.e. in your favourite chair, by a plain wall, indoor plant or by the window as you can move your laptop around the room or into in garden."

Another option is to use the power of visualisation to 'get' the women in the mood by inviting them to share where they might like to be if that could be any setting and wearing anything (or nothing!). So, they envision being at the sea, in a ballgown etc.

If you are doing this with the whole group together then the women may unmute themselves to be witnesses as the first woman prepares, where they offer positive suggestions only. Remind them to mute themselves before the photo is taken.

As the women go off to the Breakout Rooms, prepare by checking your digital camera/Tablet and camera phone, connecting with your Moon Mná 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. Like gifting a Rite or Blessing, you are not 'doing the sacred work' merely turning up to facilitate the ways of the Divine Feminine. There is an option for you to 'visit' each Breakout Room to see how the women are doing.

If there is only one group, you will be a part of the discussion, then continue as below.

8.40pm Reveal Your Inner Goddess

*Have your camera/Tablet and camera phone ready.

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

*Ask who wishes to go first, inviting her to move into her chosen place which might be the garden or another room setting or she tells you where she visualised i.e. a forest.

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

*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.*”

*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 either she or you capture the first photograph.

* For the second shot invite her to shake her hair or move knowing 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 claps are encouraged as you invite the women to ‘unmute’ temporarily!

* This woman has a rest and then the whole process begins again with the next woman from a different Triskel Tribe. 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. If you have only one Tribe then simply move onto the next woman.

* 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 host another evening on a different Moon phase if there is the demand.

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. Trust that 3 is more than enough). Now play the Slideshow, via screen share, 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 choose 2 but encourage only one - 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!

If you are not particularly 'techy' you could consider taking a 10 minute break to sort the photographs from your camera phone/digital camera and then call the women back to do the Slideshow of Inner Goddess photos. This gives you a little breathing space but it does break the dynamic and momentum slightly – your choice.

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. You can also type the words into the 'Chat' facility on Zoom (again you need to set this up when creating the Zoom link.) You access this by hovering your mouse at the bottom of your screen. You may need to tell the women how to do this so they can reply to any questions as an alternative to putting up their hands. Invite them to sing along although you won't hear them (Zoom sound has a slight delay so communal singing is distorted.)

"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."

Repeat increasing tempo towards the end.

GROUP SHARE

If you have a small group, this is a lovely time to share their experiences by raising their hands. 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.

NOTE: If a large group or it is late then proceed to:

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**

Sweep your tracks by gathering up your items and returning them to your Lunar Kit. Remember to cleanse your Zoom space by opening a window as you move back into 'being-at-home mode'. Well done!