



THE
GODDESS
MANIFESTO

13 TENETS FOR LOVING AND LIVING
LIKE A GODDESS

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Goddess, you're here.

And because you're here, I know you've heard the call
of the Goddess.

The Divine Feminine energy that is rising on the
planet, and within each of us — one by one.

We're being blessed with the Remembrance;
Remembering the ancient archetype of our origins,

**Where we held joy in the palm of our hands,
where we danced with Love,
where we knew our hearts, our Souls, our paths,**

Where our worth was never a question,
where our beauty and our bodies were honored,

Where we felt as limitless as the Universe that
embraced us, and the freedom to be as we are.

You're here now.

Again.

It's time for you to Remember now, too.



EVERYTHING COMES
FROM LOVE.
EVERYTHING.

Goddess, you come from Love.

It is your source,
your birthright;
it is your cellular makeup,
your essence.

It is your superpower.

Your way into joy;
your access to abundance;
your connection to ease;
your pathway into passion.

And it is truly yours to hold.
Yours to channel, to embody, to transform.

Feel it there within you
— this power and energy of Love.

Feel it thrum in your veins, buzz in your bones,
radiate from your heart-space and your womb.

You ARE Love.

And it's time for you to come home to it.



As women,
our access
TO LOVE
in all forms
is through
the Feminine.

Goddess, we have been raised in a world that favors Separation.

Distinction. Organization. Definition. Competition.

But tell me — what is that to do with Love?

The world we live in has valued and championed this Separation, a byproduct of the Masculine energy traits we are now most familiar with living within:

Go, do, get it done, achieve, drive, analyze, decide, organize, define, pursue, push.

Love doesn't live in these words.

Love BECOMES through the Feminine.

She opens. She receives. She embraces. She feels.

She senses. She intuits. She allows. She flows.

She encompasses all.

She IS Love.

She is US.

And She is how we find, have and receive Love in every facet of our lives.



THERE IS NOTHING
FOR US TO FEAR.
THE UNIVERSE
LOVES US MADLY.

Goddess, when you're still — can you remember?

Can you remember that you're made of Stars,
you were birthed from Magic,
you come from Love — can you remember?

When you're afraid — remember.
When you're in pain — remember.
When you doubt your beauty, your grace,
your ability, your greatness — remember.

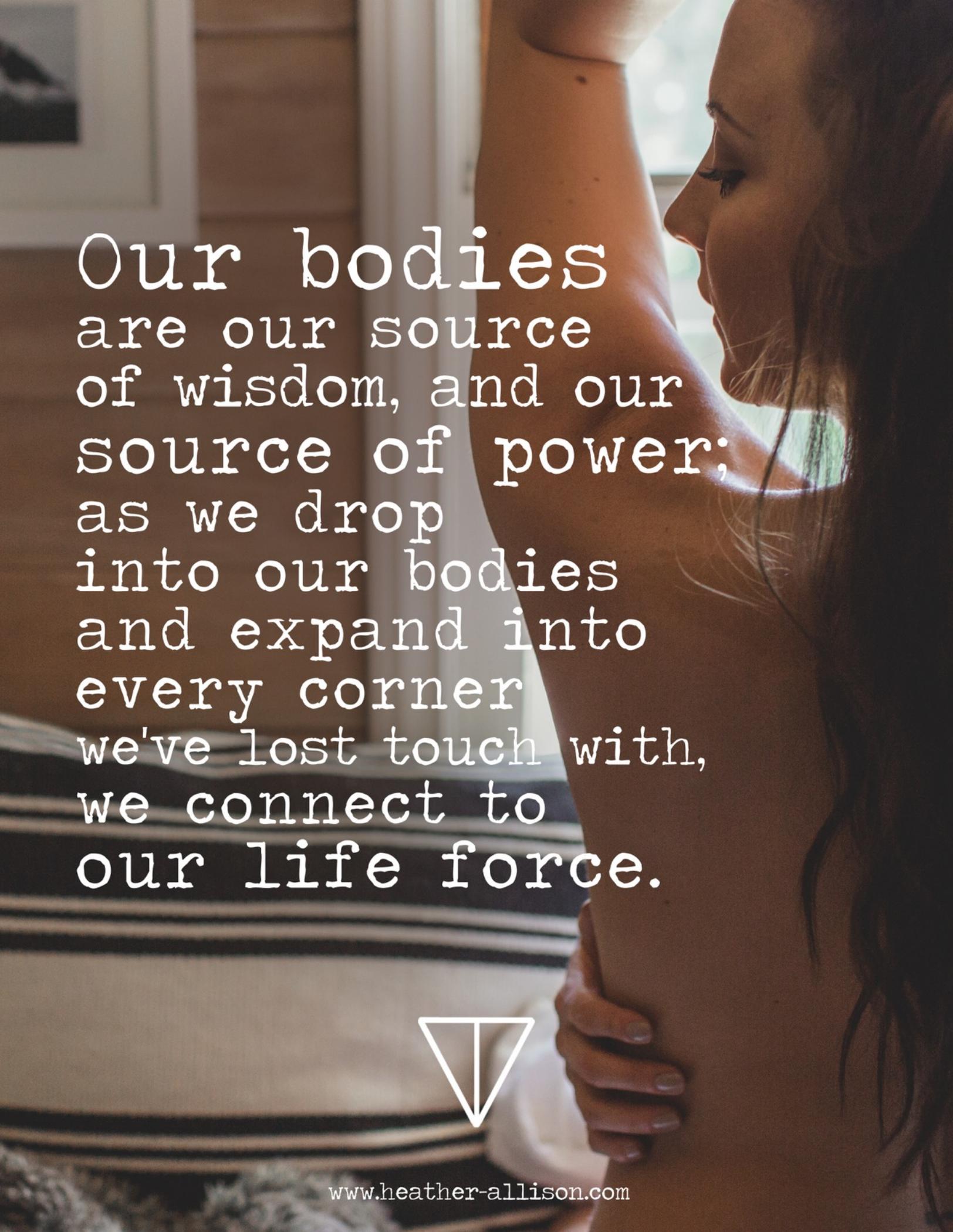
Remember that it is all FOR you.

Even when that is hard to believe; even when you don't
want to believe; even then — know that everything
that happens,

happens FOR you.

Please remember.
I know it feels hard sometimes.
Choose to remember.

It wants to be your most amorous lover.
It wants to create miracles with you.

A woman with long dark hair is shown in profile, looking out a window. Her right hand is resting on her hip. The background is a bright window with a view of greenery. The text is overlaid on the left side of the image.

Our bodies
are our source
of wisdom, and our
source of power;
as we drop
into our bodies
and expand into
every corner
we've lost touch with,
we connect to
our life force.



Goddess, we've been away.

We've removed ourselves — and understandably so —
from our bodies, from our wombs, from the seat of the
Feminine...

...because we suffered so much there, and for a time,
we left so we wouldn't have to feel quite as much.

But it's time now.

When we're reclaiming our voice,
reclaiming our freedom and our sovereignty,
that we reclaim our greatest gift.

Our bodies are the true source of our deepest wisdom,
our most potent magic,
our connection with the Earth, the Cosmos,
our Goddessness.

It is here where we hear our intuition,
where we receive information,
where we change the electromagnetic field around us
with our feelings and emotions.

It's from here, beauty, where we will rise.



WE CREATE THE SPACE
THAT LOVE,
OUR PARTNER,
AND THE UNIVERSE
WILL JOIN US IN.

Goddess, you are the flower,
and your deepest desires are the bees.

It is your right, your responsibility, and your gift
to shine fully in the beauty of you,
to stand in the glory of who you are,
and the sweet nectar you embody,
and to receive that which is meant for you.

Your flower rises up to the light,
it stands tall in its knowing and its magnificence,
it opens its petals to the sky, to the Universe,
receives the life-giving rain and empowering sun,
and it Is. It is.

It does not hide. It does not fear.
It does not doubt itself.
It does not run after the bees, the butterflies.
It does not feel empty in their absence.

She simply receives them — in center of her space,
welcoming them into the very heart of herself,
opening petals wide to receive and embrace their gift,
and sharing her own sweetness freely.
Because she stands in the glory of who she is.



Counter to
everything we've
ever been taught,
it is

**opening
wider**

in the face of
pain and fear
that will
protect us.

Goddess, I know.

I know it seems so much safer to close.

To create and reinforce the walls of protection,
to keep out everything that may hurt you.

I know.

I know that opening in the face of the Unknown,
when you have been so hurt before,
SO hurt before,
feels impossible; it feels undoable; it feels unthinkable.

I know.

And I know that it is the only way to let the Light
back in.

I know that the greatest Love, the greatest joy, the
greatest miracle, magic and beauty,
exists on the other side of your opening.

And I know that it is that Light, and it is that Love,
that will wrap its arms around you
and keep you whole, keep you safe,
much longer and more powerfully
than any protection or wall you could build.



THE UNIVERSE
AND THOSE AROUND US
WILL ALWAYS
FOLLOW OUR LEAD
IN HOW TO LOVE US.

Goddess, it begins with you.

The simple truth is that nobody else,
including the Universe and magic and miracle,
and the energy of Love itself,
knows how to love you until you show them how.

How are you loving yourself now?

The things you say or think about yourself,
the way you serve yourself and nurture your needs,
the way you feel in your skin,
how you love instead of judge,
the permission you give yourself to shine...

Demonstrate for the rest of us the unique and
beautiful way that you are to be loved, honored
and cherished.

How do you want to be loved?

Begin with you,
and all will follow.

ALL will follow.



There is
no control.
Control is
an illusion.
So we will
fall in love
with the
unknown.

Goddess, close your eyes.

Still your mind.

Feel into your body and stretch out in your awareness.

Can you feel the distillation of truth in this stillness,
in this cosmic vastness and in your own centeredness,
that there is no such thing as control?

Humanity has done us a disservice — it has allowed us
to believe that we have control.

And for a time, we believed it.

And that belief has robbed us of the gift of the unseen,
the gift of magic, the gift of Love,
the gift of the Unknown.

The Unknown — a gift?

Yes.

Because feel into how infinite the possibilities are for
you there.

Feel how there is endless magic, undefined joy,
yet unimagined beauty, limitless Love.

Only the illusion of control keeps us from reaching it.



IN THE
TIDE OF ENERGY,
WE ARE
THE FLOW,
NOT THE FORCE.

Goddess, imagine the waves of the ocean.
The tide.

Notice how the tide moves only in one direction.
Whether in or out, the tide doesn't flow in two
directions simultaneously.

And so it is with the Tide of Energy.
It can only flow in one direction at a time:
away from you, or toward you;
in Force, or in Flow.

The things you desire — Love, abundance, your true
path, new clients — how are you relating to them?

Are you acting in Force?
Or are you in receptivity and Flow?

Goddess is the energy in which we get to receive.
And so, in this Tide of Energy, She is the Flow.

How can you open to allow Flow into your desires,
into your dreams, into your Soul?

What gifts might you receive?



Emotions are how
we communicate
with Love,
with our partner,
and with
the Universe.

Goddess, yours is the language of emotion.

This language is felt by others rather than heard.
It is a powerful voice, yet needs no force.
It is yours alone, unique only to you,
and yet it needs no translation.

This language is sourced from deep within you,
and it vibrates, creating movement in all that is
around you.

It speaks in tongues of desire and Love,
anguish and loss, joy and awe.

It communicates your deep alignment,
or the path from which you have strayed.
It tells you yes or no, stay or go, more or slow...

It is the language of frequency, of information
— for you, for your lover, for the power of creation
in the whole of the Universe.

Are you listening?

For everything around you is listening to you.



EVERYTHING
WE'RE SEEKING
IS FOUND
WITHIN US.

Goddess, you are here.

Right where it is perfect. Right where you are perfect.
Right where you have everything you need. Truly.

It is only the seeking 'out there' that is causing the
ache of longing, the pain of scarcity,
or the fear of losing.

If you were to return here, to right here, right within
you, to feel that it is no more and no less than Love.

To feel the stillness of oneness, of perfection, of where
you come from, where you begin, and where you will
always return.

You would feel the delicious sensation of opening to
receive miracle without needing to receive it.

You would feel now, and you would feel eternal.

You would feel the delicious fullness and
perfection of you.



Our pain and
discomfort is
a calling card
to the areas
within us that are
asking to shine.

Goddess, the parts of you that hurt
are the parts of you that, simply, ache to awaken.

They are the parts of you that wish to be freed.
Of judgment, of doubt, of fear, of smallness.

They are the parts of you that cry for your Love.
That cry for the light of your affection and acceptance.
The light of your compassion.

Show me what hurts, my love,
and I will show you the most beautiful source
of your being.

The parts that ache to reveal your gifts,
and the gifts that you're meant to share with the world.

The parts that have been waiting to shine.
To rise within you, and thereby raise up the Collective.
The parts of you that need your Love.

Your Love IS your light, Goddess.

And our shadow is simply the part of ourselves
we have yet to shine our light on.



THERE IS NO
UNDERSTANDING
OF THE MYSTERIES.
AND THAT'S THE
BEAUTY OF THEM.

Goddess, you are of the great Mysteries.

Like Love,
like Magic,
like Creation and the far reaches of the Universe,
like the deepest depth of the ocean.

You trade in mystique,
you bathe in the Unknown,
you breathe and pulse with the flow of the tides,
the spiral of nature,
the rays of the sun and the beams of the moon.

You are of the Unknown.

And so there is no fearing the Unknown.

Feel the limitlessness and possibility of the Mystery
that fills you, surrounds you, embraces you,

and know that you are welcomed here.

Remember.

THANK YOU FOR BEING HERE, GODDESS.

Thank you for hearing your call,
for claiming the Love, the relationship, the life, the joy,
ease and abundance that is meant for you.

You choosing to Rise into your best life,
your most beautiful Love, and healing your heart and
Soul is going to heal and raise up those around you, as
well.

I believe all of this — every
word I have created for
you here — it is all
possible for you.

It is your birthright.
Truly.

And I'm here to help you
reclaim it.

XOXO
Heather

