

# divine power

Use sultry summer days to celebrate the goddess within. By **Anita Ryan**.

**D**ust off that bikini, add fake tan to the shopping list and stock the fridge with lime and soda. Summer's here and it's time to indulge in the juicy, fertile, magic vibes the season brings – in fact, it's the perfect time to empower summer wishes with goddess inspiration.

Summer goddess energy is particularly bountiful during midsummer (or the summer solstice) – the time when the earth has reached the midpoint on her journey around the sun. In Australia, this is celebrated on December 21 this year. Sometimes described as the “hinge on which the year swings” this is a time to focus on abundance, fertility and fruitful energy.

Goddesses of abundance and fertility, romance and beauty are typically invoked to increase midsummer magic and the many kinds of love this brings – sensuality, self-love, sexuality, passion, soul-nourishment and soul connection are examples of goddess energy celebrated at this time.

Popular goddesses invoked for love include Bast, Venus, Aphrodite, Ishtar, Oshun, Juno and others. Here is a rundown of some summer goddesses and tips for invoking their energy so you can make hay while the sun shines.

## bast – passion

Bast is an Egyptian goddess of the sun, but was adopted by the Greeks as a goddess of the moon. Daughter of Isis and Ra, she is the ancestral mother of all cats and the patron of play.

Bast-inspired women are energised by dancing and music. They are tireless, providing they follow a recipe for wholeness of body, mind and spirit. Otherwise, they are in danger of subscribing to the patriarchal “no pain, no gain” formula.

Go with Bast on this – give yourself permission to enjoy life without sacrifice to get to the good stuff. You don't need grand gestures – the simplest things can bring you the greatest pleasure.

**do this** Indulge yourself. Eat a block of chocolate and don't feel guilty; leave work 30 minutes early to walk the dog further than normal, make up silly stories with your children, turn up the stereo and dance with a broom, pretend you're a kitten and explore the garden on all fours.

## aphrodite – self-love

Aphrodite is the Greek goddess of love and beauty, of doves, swans, roses, apples, arts and all things graceful, inspired and creative. Very much a free goddess, she revelled in

indulging her appetites, which by all accounts, were as impressive as her looks.

Her free and easy lifestyle should be viewed as a model for fulfilment of artistic creativity and honouring one's true, essential self regardless of what critics might have to say.

According to myth, she emerged as a nymph from the waves and immediately drove almost every male god wild with desire. Wouldn't it be great if you could do that too? Well, the good news is, you can.

The aura you exude is the aura you attract. This means you can be a magnet for love by exuding self-love, but first you have to stop those annoying self-criticisms. Regardless of your shape or size, allow your magnetic charisma to shine through.

**do this** Quit focusing on “imperfections” in your appearance, abandon feelings of inadequacy and embrace the energy and confidence to flirt with Aphrodite's inspiration and grace. Let your inner beauty shine to feel attractive and desirable. Carry pink or green stones, and for Aphrodite's sake, swing those hips and smile.

## venus – sensuality

Arguably the most famous and honoured goddess of the heart, Roman goddess, Venus, rules over a woman's sense of style and her appreciation of love, pleasure and romance.

When a woman embraces Venus' energy, it feels natural to walk with a sassy step, roll the hips and emanate a magnetic aura that attracts respect and awe.

Think about how you are sitting right now. Are you hunched or frowning? Are you gripping your latte with grim determination? Is this the body language you want people to remember you for and is it a quality you want in people near you? If not, embrace Venus' power and be ready to attract some positively inspiring energy.

**do this** Spoil yourself with a facial, spa treatment, or special outfit to wear to an art gallery. Eat lunch at an infinitely elegant café, smiling and laughing often. Everywhere you walk today, embody Venus' essence, consciously radiate magnetism and ooze a warm and lusty aura.

## ishtar – sexuality

Daughter of love goddess Venus, Babylonian goddess Ishtar symbolises the fullness of womanhood with her luscious sexuality.

Ishtar's energy inspires love, fertility and passion. Followers honour Ishtar as a goddess who stirs lovers everywhere to connect with the fertile energy she brings. Summer is the perfect time to re-energise all



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that is “woman” within you – nurturing mother, inspired companion, playful bed partner, wise advisor, insightful leader. Your chance to reconnect is at the next full moon, when it is right to engage in joyful acts of lovemaking to celebrate being a woman.

**do this** Honour the gift of the senses to light the flame of sexuality. Wear clothes or jewellery that contain Ishtar's symbols – stars, the moon, the lion or the dove. Burn essential oil blends, especially oils that inspire creativity and activity in the sacral chakra to ignite the feminine divine. Hold a drum between your legs and play in time to your heartbeat. Wear exceptionally tiny lingerie in your bedroom, adorn your bed with silk sheets and rose petals and feast on strawberries in champagne.

## oshun – soul nourishment

Patroness of rivers and the bloodstream, Nigerian goddess, Oshun, was honoured throughout nations as far away as Brazil and Cuba as the goddess of love and sensuality.

Often depicted as a tall, coffee-skinned woman entirely comfortable with her sexuality, Oshun's message to women is to “go with the flow” of their instincts to find inner tranquility.

If you're feeling frazzled, you're either being overly selfless with your time and energy, or you're being selfish with what you expect from others. No wonder resentment is simmering away under your calm facade.

Water naturally ebbs and flows, and you should too. By this, be consciously generous with your time for you during an energy “ebb”, and for others during a “flow”. Stop floating along with the bubbling brook without direction or intent, but find a place

where you can feel beautiful, sassy and totally inspired.

**do this** Give yourself permission to ebb away from the situations causing you angst, knowing that you will flow back to them again with renewed vigour and passion. Wear orange to promote fluidity and grace, depth of feeling, sexual fulfilment, and the ability to accept change.

## juno – soul connection

Prepared to go to any lengths to protect her relationship with her husband, Jupiter, Roman goddess, Juno, gives women the energy to fight for the elements they want and deserve in a relationship. In particular, she strengthens resolve to enrich the home.

Juno-inspired women have grown out of the courting phase and are looking for a soul mate to share their physical, emotional and spiritual selves.

In the northern hemisphere, midsummer falls in June (the month named after Juno), and is considered a fortuitous time for marriage or unions. In Australia, use midsummer in December to focus on the elements of a relationship you hold most important: loyalty, fidelity, intimacy, interdependence, mutual respect and equality.

If you are a serial singleton, reflect on your past relationships. Use Juno's energy to overcome emotional obstacles that prevent you from experiencing soul connections.

**do this** Spend this week listening to your intuition. Learn who you really are and imbue your essential self with honesty and integrity. Carry a yellow stone, wear yellow, or light a yellow candle to keep you true to yourself.