

By focusing on feminine power, 'goddess workshops' are designed to help women find their inner strengths. By Angela Donaldson

## FIND YOUR goddess within

**G**oddesses such as Athena, Ishtar and Hestia have symbolised feminine power for thousands of years. But according to goddess-workshop graduates, we each have an inner goddess – an entity whose strength can help us endure the ups and downs of life. Here, we take you through these workshops.

### WHAT TO EXPECT

The content and structure of goddess workshops varies greatly, but their common purpose is to empower women to help them access their inner goddess – the intuitive, creative and self-loving being that apparently resides within us all.

"If women are empowered they are more likely to trust themselves," says Diane McCann of Goddess Within workshops. "They are more likely to know their inner

strength, to access their personal power, to be able to let go, to honour and forgive their past and to celebrate their future.

"The type of woman who is attracted to do a workshop is one who knows there is more to life; who wants to connect more strongly with who they really are; and is interested in letting go of the past."

### WHAT ARE THE BENEFITS?

Women who have done the workshops report increased

self-esteem and improved relationships, says McCann. Most women say workshops connect them with their core. "They feel like they've come home.... Women have said they are better partners and mothers – that they're more open and understanding with their children," she says.

Anta Ryan-Revel, the founder of Goddess Playshops, says she sees participants experience an incredible shift in perspective, where women move from an 'I'll cope' attitude to an empowered space.

### KNOW YOUR GODDESS

Ryan-Revel, who has a diploma of education and a certificate in theology, has been conducting Goddess Playshops for two years. She refers to ancient goddesses in their workshops because women can identify elements of their own stories in the mythology. "They find it easier to address the issues in their life when they can draw on the strength of an incredibly powerful patroness," she says.

Playshops run for two hours. Facilitators give a 'guided tour' through what Ryan-Revel says are the seven major aspects of life, and the goddesses who represent them. Participants are encouraged to discover which goddesses' messages resonate with them, and then they use the messages to source affirmations they can use each day.

### TACKLE YOUR ISSUES

McCann's Goddess Within workshops, conducted over

two days, don't refer to ancient goddesses, but deal more with the issues that women bring to the workshop.

Day one of the workshops primarily involves learning more about five areas of insight McCann says are necessary for a strong personal foundation. These relate to thought and consciousness; how our

birth affects us; why we repeat patterns in our lives; forgiveness; and how foods and other everyday products may affect our wellbeing.

Day two is all experiential, with processes "designed to heal the relationships the women have first with themselves, then with parents, children, partners, other women, men and the world", McCann says.

### BECOME A GODDESS TODAY

Use these tips from Diane McCann:

- ✦ Tell the truth, to yourself and others
- ✦ Learn to say no
- ✦ Ask for what you want
- ✦ Give up judgements, expectations and making comparisons
- ✦ Treat yourself as if you were your own best friend
- ✦ Speak lovingly about yourself
- ✦ Look in the mirror and say you love yourself
- ✦ Keep a journal
- ✦ Take responsibility for everything you create, even when you can't see why it is happening
- ✦ Remember you are never alone, and if you ask, help will be given
- ✦ Know that what you think is what you get, and what you get is what you believe you deserve – so if it isn't what you want, change your thoughts!

**MORE INFORMATION** • McCann's two-day Goddess Within workshops, \$445, [www.goddesswithin.com.au](http://www.goddesswithin.com.au) • Ryan-Revel's two-hour Goddess Playshops, \$95, [www.goddess.com.au](http://www.goddess.com.au)