

MEDITATION GUIDE

VITA™: RISE LIKE THE GODDESS

Release the fall of the Goddess from
your nervous system...



And unlock the pleasure, sex, and devotion you desire

How to practice this meditation:

Welcome to your Rise Like the Goddess Meditation Guide

How to practice this meditation:

Feel free to set up a beautiful ritual space that feels safe, held, and personal to you.

This can include fluffy blankets and pillows, candles, altar items, crystals, or anything else that speaks to your spiritual practice.

You can position yourself either seated or lying down for this experience, whichever is more comfortable for your body.

Please note:

If you are pregnant, replace the breathwork portion of the meditation with easy, balanced breathing while continuing the visualization.

Lastly, remember that you don't have to clear everything from your nervous system in one sitting.

Practicing this meditation is making way for the rise and remembrance inside your nervous system, and that is enough.

VITA™: Rise Like the Goddess Meditation



STEP 1:

Close your eyes and taking 3 deep, intentional breaths.

Feel whatever sensation arises in your body with every breath, releasing all thought, expectation, and judgment.

STEP 2:

Create your energetic ritual space.

First, imagine a gold ring of light around your body, signaling that your ritual is beginning.

Next, feel a gold bubble of light surrounding you, protecting your energy field and keeping you safe and held during your practice.

Practice Steps

STEP 2: (continued)

Lastly, imagine a gold crown on your head, representing your worthiness, femininity, and sovereignty.

STEP 3:

Begin your breathwork practice.

Take 2 short inhales through your nose, followed by a relaxed exhale through your mouth.

Continue this breathing as you visualize a fire in front of you, designed to transmute anything your nervous system is ready to release.

On the exhales, offer what no longer serves you to the fire, allowing it to become raw energy and return to the universe.

STEP 4:

Allow your body to feel back to the point where the Goddess became bad or wrong.

Feel this energy and inhale it into your nervous system, followed by exhaling it into the fire.

Inhale all the places you've carried your own stories of being small, bad, or wrong, and exhale as you offer it to the fire.

Practice Steps



STEP 5:

Feel with an open heart:

*I am original beauty.
There is nothing wrong with me.
I was created whole.*

Whisper these words, or a version that feels true to you, out loud.

STEP 6:

Next, imagine a stunning butterfly and her beautiful, patterned wings taking flight.

Feel that same beauty in your body, the beauty of nature...

That also lives within you.

Practice Steps

STEP 7:

Inhale as you feel the energy of original beauty.

Remind yourself: *it is safe to know myself as beautiful.*

Inhale this energy back into your ancestral line, followed by exhaling it out through your nervous system and offering it to the fire.

STEP 8:

Picture the goddess in your mind as pure beauty.

Recognize her in her wholeness, power, shadow, magnificence...

All the things that also live within you.

STEP 9:

Feel in your body where the Goddess was erased.

This is also where you've been erased as a result.

As you inhale, ask where you've carried this erasure in your nervous system.

As you exhale, offer it to the fire.

Practice Steps



STEP 10:

**Imagine a pillar of beingness in your body,
starting at your pelvic floor.**

Feel into your nervous system:

I matter.

My sensations matter.

My feelings matter.

My body matters.

My presence matters.

It is safe to take up space.

STEP 11:

**Feel where you carry the legacy of shutdown
in your body.**

Inhale this feeling into your nervous system...

And as you exhale, release this legacy out of your
body and feed it to the fire.

Practice Steps

STEP 12:

As you inhale, remind yourself that you are safe.

It is safe to feel your erotic energy.

It is safe to have desires.

It is safe to feel your pleasure.

Exhale everything remaining into the fire.

STEP 13:

**Feel the Goddess as an equal in power, prestige,
devotion, and worthiness.**

Then, feel the Goddess as controlled, as a tool of the
patriarchy.

Take a moment to identify in your own nervous system
where this cage lives.

Inhale where you carry editing, fawning, being a good girl,
or serving others...

And as you exhale, release it into the fire.

Practice Steps

STEP 14:

Feel the Goddess richer, more dynamic, and more powerful than any cage can hold.

Inhale, feeling a restoration of life force energy flowing through your body.

Bask in what it feels like to reclaim your feminine magnetism and power.

Feel this travel back through your ancestral line, to all the women who came before you.

Exhale anything that no longer serves you or your ancestors into the fire.

STEP 15:

One last time, inhale safety.

*It is safe to be seen.
It is safe to be in my power.
I claim my life force energy.*

Exhale, releasing anything remaining from your body and ancestral lines into the fire.

Practice Steps



STEP 16:

Take 3 deep breaths and practice gratitude.

Thank the fire, the consciousness, and allow it to release into the Universe.

STEP 17:

Visualize the Goddess out in front of you.

She is restored, she is whole, she is powerful, and she is equal.

Allow this energy to merge into you and dissolve into your nervous system.



STEP 18:

Close your ritual with reverence.

Begin by offering yourself 7 yeses out loud: “Yes!”

Feel your energy deeply connected to the earth,
grounding and centering you.

Release the gold ring of light and energetic bubble.

Keep your gold crown on, feeling a high vibration orb
of light surrounding you, protecting the energy you’ve
created.

Your Rise Like the
Goddess Meditation is
now complete.