

MODULE
Release
THREE

Module 3

RELEASE YOUR NON-GODDESS

Module Introduction

In order to create space for the new, you have to let go of the old. The key words here are MAKE SPACE. We are making a choice to release the doubt, fear, pain from the past, unconscious triggers and lies of smallness that we believed about ourselves based on other people's projections of us.

There are really two parts to this. #1 is shadow integration. This is taking everything about us that we've suppressed, denied and made wrong about ourselves ok. It's allowing us to be too old, ugly, unworthy, fat, bitchy, needy, etc. It's essentially loving the unlovable parts of us and giving compassion to the intolerable aspects within.

The second part of this is releasing the energetic and emotional illnesses within. In the shamanic world, they call this purging. Purging can be screaming, crying, coughing or actual throwing up, or it could be as simple as shaking it off. Many animals, for example will shake out their fear and excess adrenaline right after being in a fight, chased or nearly killed. The problem with many humans is, we don't do that. We perpetually live in a state of emotional upheaval but we don't ever let it go.

With reflection, awareness and a decision to release, you can free yourself of anything from your past that does not belong in your future.



3.1: GODDESS SHADOWS

SHADOW INVENTORY: WHAT TRAITS DO YOU HAVE THAT YOU'D LIKE TO INTEGRATE AND LET GO OF?

Below are the primary shadow aspects of the 10 goddess archetypes of the Hindu Mahavidya (Great Wisdoms). We will look more deeply into light and empowering qualities of these deities throughout the course. However, for now, reflect on what ways you embody these shadows.

AGRESSION

SELF-DECEPTION

OBSESSIVE DESIRE

CONSTRICTION/SMALLNESS

ADDICTION TO SELF



3.1: GODDESS SHADOWS

INACTION / INERTIA

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IGNORANCE

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CLUTTER (MENTAL, PHYSICAL, EMOTIONAL, SPIRITUAL)

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GOSSIP / UNLOVING LANGUAGE

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CONFLICT

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3.2 INTEGRATION



In what ways are you holding on to the traits, behaviors, thoughts or feelings you listed above?

Instead of just letting them go altogether, in what ways can you integrate them into your conscious mind? How can you shine light on them? Pour love onto them? For example, if you constantly procrastinate out of fear of failure, allow yourself to accept that you are a procrastinator. Name it. Own it. Love it. Ask it what gifts being a procrastinator has given you. From this place, you can consciously choose when to procrastinate and when not to. It no longer has control over you.



3.3 RELEASE

There is only LOVE and FEAR. Holding on to these unintegrated shadows and all the stuck energy they cause in and around your body is fear based. What are you afraid of if you fully integrate and release these shadows?

In order to let go of the parts of these traits, thoughts, fears and behaviors that no longer serve, we need to trust that we'll be safe without them. In order to feel safe, we have to humbly trust God/Source/Universe. What will it take to trust your safety in the lack of these shadows? How can you surrender them up?

3.4 THE "GOOD MOTHER"



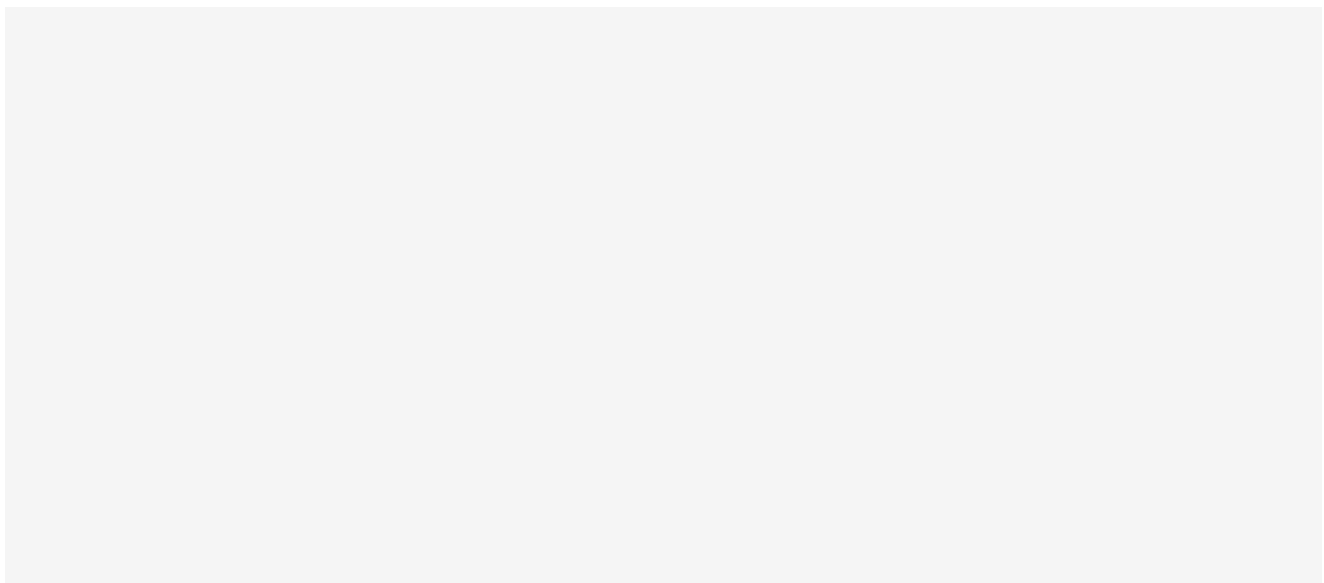
Watch this video of a clip from Gina DeVee, my MOST influential coach. This is a clip from one of her coaching events I attended in 2017 regarding letting go.

<https://youtu.be/AA8q20XrOvU>



Hearing this sitting in the conference room in Maui was the moment I KNEW I was ready to leave Montana and move to Hawaii. My "too good mother" was my home, my city, my extended family, my career. That set everything in motion and we moved 1 year later.

What does letting the "good mother die" mean for you? In what ways can you release what is "good" but keeping you from your big dreams?



3.6 THE PURGE



Energy is invisible but it manifests in physical forms. Energy gets stored in our bodies. Emotion is energy (e) in motion. When we don't allow it movement through us, it gets stuck. It stays within our tissues wreaking havoc on our bodies, emotional states, subconscious projections onto others, etc. "Energy can neither be destroyed nor be created, it can only be transmitted from one form to another." Therefore, when we live through a traumatic event or chronic, constant traumatic events in whatever way but make ourselves wrong for any of it, the energy either transmits to our mental bodies, emotional bodies, subtle bodies and can even cause dis-ease in our physical bodies. Purging in Ayahuasca cleanses the body of any fear based, dis-eased energy that no longer serves.

And...

Just like the deer shakes after being chased by a mountain lion (Montana analogy), we need to shake our arms, legs and whole bodies after an argument, near accident or even a stressful thought. Shake it off. Cry it out. Yell in the car. Run to blow off steam. We need constant maintenance of emptying ourselves energetically. Often I allow myself to cry daily to release any stressors from the day before.

In what ways can you "purge" your energies more regularly?

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