



THE SMILING GODDESS CENTER

INTERNATIONAL WOMEN'S CENTER FOR HEALING, SPIRITUALITY & ESOTERIC STUDIES

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Be-Coming Goddess Course Outline

Lesson 1

Recorded Video: Introduction - My Goddess Journey & Work, Course Outline, Guided Visualisation & Energy Imprint

Lesson 2

Recorded Video: Embracing the Divine Feminine Energy

- PDF

Lesson 3 / Week 1

Teaching (Zoom Call): His-Story vs Her-Story: The Goddess - First "Religion" on Earth, The Rise of Patriarchy, Exploring Toxic Masculinity & Its Effects, Unpacking Patriarchal Systems

- PDF
- Homework

Lesson 4

Recorded Video: Introduction to Goddess Archetypes, Exploring Different Goddess Archetypes

- PDF
- Homework

Lesson 5 / Week 2

Teaching (Zoom Call): Background on Mythology & Its Significance, Connection Between Mythology & Feminine Power

- PDF

Lesson 6

Recorded Video: Benefits of Guided Meditation, Practicing Guided Meditation for Divine Feminine Energy

PDF

Homework

Lesson 7 / Week 3

Teaching (Zoom Call): Rituals for Honouring Various Goddesses, Creating Personal Rituals for Empowerment

- PDF
- Homework

Lesson 8 / Week 4

Teaching (Zoom Call): The Importance of Journalling for Self-Reflection, Engaging with Prompts for Self-Discovery, Utilizing Downloadable Workbooks, Implementing Rituals from Workbooks for Goddess Connection

- PDF
- Homework

GODDESSES, MYTHOLOGY & MEDITATION

Lessons 9 - 21 / Weeks 5 - 16

Each of these lessons is comprised of a recorded video teaching, a Zoom Call with a guided meditation and energy imprint and also includes a PDF and homework to journal on your experience and share in our private Facebook group, a sacred, loving space to learn, ask questions, make friends among like-minded women, support one another and cheer each other on.

Goddesses / Themes

Kali - Ending with Finality
The Morrigan - Holy Rage
Sekhmet - Healing
Wohpe - Inner Peace
Aurora - New Beginnings
Nyx - Embracing the Darkness
Aphrodite - Self-Love & Beauty
Abundantia - Abundance
Arianrhod - Cycles, Stars & Independence
Belet-Seri - The Akashic Records
Freya - Your Power, Your Magick
Inanna - Sacred Sexuality