

Indian Goddesses and You: A Sacred Feminine Group



Indian goddesses are models and midwives of the Sacred Feminine.

The Sacred Feminine comes to you in many faces and forms.

Indian goddesses hold the blueprint to a whole femininity. They offer you feminine power, juiciness, and wisdom and crack open internalized patriarchal beliefs.

They model a femininity beyond conditioning and social norms. They midwife your unspoken wisdom. They birth what is yet to be born from you. And they whisper messages to all that lies in shadow from your sacredness.

In this ten week learning/experiential group, you will engage with nine goddesses to cultivate and embody your own femininity:

Lakshmi
Saraswathi
Kali
Annapurna
Ardhanarishwara

Rati
Radha
Bhu Devi
Durga

You will:

- Learn about each Goddess and her qualities
- Discover and claim new aspects of your femininity
- Connect with Her through chant, Sanskrit slokas, art, movement, and guided imagery
- Share with others on issues of food, power, sexuality, gender, Tantra, relationship, love, abundance, creativity, and the Earth
- Deepen your connection with Her



Mytrae Meliana, MFT is a psychotherapist and spiritual guide in San Francisco. Originally from India, she integrates her lifelong spiritual practice with psychological work. She works with people who want to deepen their connection with the Divine Feminine. She also takes groups on healing journeys to John of God, the Brazilian spiritual healer. www.mytraemeliana.com

October 15-December 17, 2013. Tuesdays 5-7pm.

Fee: \$450 for 10 weeks (Early registration before September 15: \$400)

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Signup: mytrae@mytraemeliana.com or 415.226.1312

* Space is limited so sign up early. All genders & sexual orientations welcome.