

WARRIOR
GODDESS
TRAINING



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by HeatherAsh Amara

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This book is dedicated to all the women on this beautiful planet. May we reclaim the fierce love of the warrior and embody the wisdom of the goddess to bring balance and harmony to the Earth.

*There came a time when the risk to
remain tight in the bud was more painful
than the risk it took to blossom.*

—Anaïs Nin

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Introduction

*I don't want to get to the end of my life
and find that I lived just the length of it. I
want to have lived the width of it as well.*

—Diane Ackerman

You are whole. You are powerful. You are divine.

When you read these words do you feel the truth of them ringing in your bones?

Or do you instead feel the muffling weight of self-judgment and self-doubt? Perhaps you have a deep-seated belief that you are not good enough, and as a result you have tried the exhausting process of seeking value outside of yourself throughout your life.

If you don't love and honor yourself with every fiber of your being, if you struggle with owning your power and passion, if you could use more joyful play and simple presence in your life, then it is time for an inner revolution. It is time to claim your Warrior Goddess energy.

As women, we are trained to seek our wholeness and value and to find love through others. Fifty years ago, we were told a husband and children would complete us—that was about our only option. Today, what makes us worthy might be a beloved, our career, or even following a chosen spiritual path. We rarely see ourselves as perfect just the way we are. We often base our

worth on who loves or doesn't love us, if we need to lose that extra five or fifty pounds, and if we can juggle three tasks simultaneously while keeping a smile on our face.

The new women's revolution is an evolution from being other-focused to inner-focused. When our attention is trapped by fearful shoulds, what ifs, and don'ts, we scatter our energy and struggle with knowing what is authentic for us. When we bring our attention back to discovering who we are on the inside—not who we wish we were or who we think we should be—we begin a sacred path of transformation toward our innate, authentic, embodied power.

This is the path of the Warrior Goddess.

Warrior energy is a combination of focus, dedication, purpose, and determination. Consciously bringing these things together gives us our power. When we harness our warrior energy we are confident, clear, and bring 100 percent of ourselves to each action.

Goddess energy is our creative flow: unconditional love, pleasure, passion, and wisdom. When we claim our goddess energy we live in joyful self-acceptance and self-respect, and we listen to our sacred inner voice.

So let's start at the beginning.

The irony is that the first step on this path is not about gaining some insight or attaining a new state of being. Rather, it requires you to relinquish some things that you have been holding on to for a long, long time. On a path of transformation, you must be willing to give up your false beliefs and self-limiting stories.

A story is something we tell ourselves and others to explain why we are the way we are. Our stories may be of inspiration, or woe and blame. Our stories might fill us with energy and enthusiasm, or make us feel helpless and victimized or angry

and defensive. The stories we tell that limit our expression and joy are filled with false beliefs and attachments that really do not serve us. The question to ask is this: Is my story causing internal and external drama, or is it bringing me peace and fulfillment?

Those inner voices that say “I am not smart enough,” “I am not pretty enough,” or “I am not outgoing enough” are the false ideas that are the bedrock for the limiting belief structure we hold. Many of us have been telling ourselves these stories for so long we no longer recognize them as stories; we accept them as facts. But nothing could be further from the truth!

If you are ready to stop clinging to your limitations, the first step is to let go of the belief that you are a victim or a martyr. If you view yourself as powerless and helpless, or believe you need to be something you are not to be accepted, these stories will rule your life and define your reality.

It is time to remove any mask or protective shell you are hiding behind to fully experience the world. You must be willing to openhandedly release the past and surrender up the future. Most importantly, *you must be willing to give up who you think you should be in favor of who you are.*

Let’s get you ready to be your beautiful, powerful self.

In the mythic story of the hero, a single man ventures out to find his fortune, combat evil, save a woman or two, and demonstrate his strength against all obstacles.

In the modern story of the heroine Warrior Goddess, a single woman ventures out to find herself, combat fear and doubt, reclaim her power and vibrancy, and demonstrate her strength of compassion and fierce love.

As twenty-first-century heroines, we have a cornucopia of obstacles to overcome and lots of demons to slay on our journey to release our true self. We live in a time when stress, self-loathing, self-abuse, and addiction are normal, and where

sexual, emotional, and physical abuse are all too prevalent. And while we are blessed that our grandmothers and mothers laid a pathway for women's liberation and personal freedom in the outside world by fighting for things like the right to vote, equal treatment at the workplace, and so on, many of us are still chained by trying to live up to standards, beliefs, and ideals that are not our own.

Warrior Goddess Training is about finding out who you really are and what you really want, and, armed with that knowledge, creating an external reality that authentically matches who you are on the inside.

As authors Carrie McCarthy and Danielle LaPorte write in their book, *Style Statements*, life starts to get problematically dull when we fail to look within, when we lose touch with our own sense of what feels right or wrong. When we feed ourselves a diet of ideas about success and happiness that other people have cooked up, then our genuine character begins to starve and we make weak choices about what we bring into our lives and put out into the world.

The shift from being other-focused to being inner-focused takes courage. It is easier to follow what we know, to stay safe in the familiar. But on the path of the Warrior Goddess, there is no one-size-fits-all template, no mold to follow, no get-out-of-jail-free card, no white knight to save you, and no realized master or loving guru or powerful shaman who will instantly awaken you to who you really are. This is one journey you will make alone, but, surrounded by supportive sisters and brothers, you will turn to face inward, clearing out any debris, noise, stagnation, or dullness to reveal the radiant jewel of you.

The good news is that it's never too late to become the real you. That's what the planet needs at this moment: you, 100 percent.

All around the world, women are stepping forward to invite back their authentic, creative, wonderfully unique selves. We are shedding the old, faded clothes of war, domination, competition, jealousy, and repression. We are rising like the sun, shining big and bright as the full moon. We are saying yes to the power of fierce love, compassion, constant authenticity, and vulnerability. These are the attributes of our warrior focus and our goddess joy.

Reclaiming this feminine authenticity doesn't make us more evolved than men, or better than our sisters who are living from their domestication rather than their essence. As humans we are all equal, all precious.

We are all whole. Sometimes we just get so lost in the fog of our own self-limiting beliefs that we need a guide to lead us back to the light of unconditional self-love and self-acceptance. This book is just such a guide.

Returning to the Circle

For thousands of years, in tribes and villages around the world women have come together in circles to share, to teach, to listen, to learn. The pulse of these women still beats within us. Their wisdom flows through time, whispering to us the song of female connection and beauty. We only need to stop long enough and put our ear to our heart to hear the call.

One beautiful example of women coming together for healing and learning was the moon lodge. As Native American clan mother Spider writes in her book, *Songs of Bleeding*: When women started to bleed, they left their homes and families to go to the sacred introspective space of the Bleeding Lodge. The Lodge was honored and respected by the entire community, for the dreams and visions of the bleeding women brought vital

survival information such as planting and healing knowledge and guidance on community relations. When there were questions that needed to be answered, the women would go to the Lodge and ask the Ancestors.

It was here, in retreat from daily life, that the wisdom of women was passed down and new insights and visions were shared for the benefit of the entire community. While many of these ancient ancestral teachings have been lost, they live within us still.

I see the wisdom of our grandmothers as a seed we each inherit at birth, patiently waiting to be unearthed and opened. This is our heritage, a coming home to ourselves and our circle.

As Starhawk, author of *The Spiral Dance* and one of the main inspirations behind the Goddess movement, writes,

We are all longing to go home to some place we have never been—a place half-remembered and half-envisioned we can only catch glimpses of from time to time. Community. Somewhere, there are people to whom we can speak with passion without having the words catch in our throats. Somewhere a circle of hands will open to receive us, eyes will light up as we enter, voices will celebrate with us whenever we come into our own power. Community means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter. A circle of healing. A circle of friends. Someplace where we can be free.

This book represents a sacred gathering of women healing, laughing, and growing. Within these pages you will discover the lessons of the Warrior Goddess. Each chapter is a pathway of discovery, awakening, and reconnection to your female roots

and community. Each word invites you to become the woman you are meant to be.

The first three Warrior Goddess lessons are foundational, designed to help you commit, align, and purify your being. The next six lessons are transformational, a guided journey to clean and vitalize the main aspects of yourself. The final lesson is inspirational, encouraging you to bring your light more fully into the world.

Each lesson is designed to help you shed the dull skin of old patterns and habits and emerge as the Warrior Goddess who is waiting within. Each lesson also offers hands-on practice you can sink your teeth into to continue the transformation in your inner and outer worlds. Many chapters begin with a personal story about the places I've struggled and the insights I've gained, the spectacular stumbles and the picking myself up and moving on. I do not pretend to be enlightened, spiritually advanced, or complete in my learning. I consider myself a determined Warrior and a sassy Goddess, a fabulous work in progress. I'm a woman, like you, learning, growing, laughing, and crying. I make mistakes. I step on people's toes. I get caught in fear and self-doubt. I still take things personally. Sometimes I feel invincible, sometimes I feel fragile and vulnerable. I honor and cherish all these parts of myself—even the ones I don't like so much. I hope that by the end of this book, you will also love your mistakes, laugh at your fears, have faith in yourself, and know the rich support of your sisters.

For additional support, at the end of the book you'll find a Further Reading section which lists supplemental books you can consult as you're working your way through each lesson. I also encourage you to connect with other Warrior Goddesses on your journey, so the Resources section lists all the places you can go on the Web to find other *Warrior Goddess Training*

readers around the world, plus additional resources for each Warrior Goddess lesson.

I'm excited and honored to be on this journey with you, a journey of claiming our fierce warrior self and embracing our divine feminine goddess greatness. May you open this door to yourself with the delight of a child unwrapping the gift they wanted most. The love, faith, and integrity you have been seeking await you. Let's begin by taking a moment to connect to all women around the world. Tap into the love of our female ancestors. Breathing in, draw in the strength and wisdom of the abundance of Warrior Goddess kick-ass females throughout the ages. Breathing out, release old ways of being to make space for your intuition, insight, and loving fierceness to emerge.

And now make a commitment to be fully, 100 percent YOU.

You are whole. You are valued. You are loved.

I see your wholeness.

I know your value.

I love you, just the way you are.

Welcome to the path of the Warrior Goddess.

LESSON ONE

Commit to You

Don't ever give up.

Don't ever give in.

Don't ever stop trying.

Don't ever sell out.

And if you find yourself succumbing to one of the above for a brief moment, pick yourself up, brush yourself off, whisper a prayer, and start where you left off.

But never, ever, ever give up.

—Richelle E. Goodrich

Most women know all about commitment. We commit to hiding or exaggerating our flaws, trying to make others happy or comfortable at the expense of our happiness and comfort, supporting other people's dreams at the expense of our own dreams, or criticizing ourselves (and others) at every turn. We commit to who we think we *should* be rather than committing to meeting ourselves where we are. We commit to seeing ourselves through other people's eyes, gauging our

self-worth based on their acceptance, rather than witnessing our unique inner beauty and strength. We commit to being nice rather than being real, or we commit to being right rather than being vulnerable. And when people in our lives don't behave the way we think they should, we sulk and mope, or worse, we get even. We justify our emotional outbursts or bad behavior based on the actions of others, and in so doing we often act in the same manner as the person who set us off in the first place. When we give others the power to push our emotional buttons, we become their slaves, often without realizing it. The problem is, we are the ones who suffer.

Our first Warrior Goddess lesson, Commit to You, is designed to close the gap between self-rejection and true acceptance, thinking and being, wishing and becoming.

This commitment to self shows us that there is no hidden treasure or savior outside of ourselves; we *are* the treasure we have been searching for. Or, put another way, we are the one we have been waiting for.

Your commitment to this idea is the activation of your Warrior Goddess power. When your words, thoughts, and actions foster self-abuse and self-judgment, you are using your immense power against yourself. This type of emotional, mental, and physical denial can take many forms: saying yes when you really mean no, being in relationships that don't nourish you, thinking and believing thoughts that drain your energy and enthusiasm, eating foods your body doesn't like.

Committing to your true, authentic, Warrior Goddess self is the beginning of a lifelong journey of living in authenticity.

As I've worked to release the old habits of "I need-to-make-sure-everyone-likes-me or I need-to-be-saved" matrices within me, I've been amazed at times by how deeply the patterning has been woven through my being. I've been walking

this path for over twenty years, yet life inevitably presents new and unexpected changes, and each such circumstance is an invitation for me to look within and release whatever is still holding me back. Like layers of an onion, there is more to be peeled, and each peeling is sometimes accompanied by a fresh shedding of tears. But every time I am willing to look within I am so grateful for every experience, every obstacle, every learning, because I've learned to use everything that arises in my field of awareness as a tool to discover who I truly am.

The keystone of committing to yourself is very simple: Learn to love all of who you are, flaws and all. Doing this, however, can be a difficult thing. You commit to yourself to the same extent that you are willing to release the past and any ideas that you are holding that you “should” be different than you are at this moment. Our deepest healing occurs when we learn to be our own best friend, companion, and cheerleader.

For example, the year my book *The Toltec Path of Transformation* was published was a pivotal point in my life that showed me what commitment to self really means. The same week my book was released my husband, teaching partner, and business partner moved out and headed for Colorado. I felt like someone had handed me a beautiful 160-page creation after months of hard labor, and then chopped off one of my legs. I didn't know how to stop the bleeding or how I was going to share the teachings in my book and feed my business and community when I felt so much loss.

Luckily, the book I had just written became a guide to remind me of the steps to freedom. I had written the perfect book at the perfect time; I just didn't realize I had written it for myself. As I reread the first paragraphs of *The Toltec Path of Transformation*, I simultaneously cursed, cried, and laughed.

Here is what I had written in the introduction:

Have you ever had your world turned upside down in an instant?

Or struggled to re-align with a big change in your life?

Or wished that some aspect of your life would shift?

Being in a physical form means that you are constantly invited to adjust to change, whether joyous or frightening. From your first lost tooth to your first heartbreak, from a child's graduation to the loss of a friend, from starting a new job to adjusting to a chronic illness, life continues to flow and sometimes gently, sometimes abruptly alter the landscape of your being.

How you adapt to the changes in your life can mean the difference between being in struggle and fear or in sweet ease and faith. The simple truth is that when you fight change, you suffer. When you embrace change, you open to creativity, possibility, and healing.

Change is inevitable, but transformation is by conscious choice. While you do not always have control over how or when the changes will occur in your life, you can choose how you are in relation to those changes. When you step towards rather than ignore, fight, or resist change, you reclaim your personal freedom. You step onto a path of transformation, and move from being a victim of change to being a co-creator with change.

Damn, I thought. The Universe was giving me yet another, deeper, opportunity to “walk the talk.”

So there I stood, sobbing in my kitchen, missing my friend and lover. The house felt empty, as if all the comfort and joy had been drained from it. I vacillated between numb desert-island shock and drowning oceanic grief.

And then suddenly my mind cleared, and a point of clarity arose like a star on the horizon through the rolling storm of my emotions. I heard myself say, “What do you miss about him?”

Somehow I was able to let go of all the stories and sadness and bring my full attention to this simple question. What *did* I miss about him?

I internally scrolled through countless images and feelings of our ten years of living, teaching, and working together. What I was grieving in that moment was his quiet, calm love and presence.

In a flash I realized that I had two choices: I could spend years longing for something that was no longer present, or I could make a new Warrior Goddess commitment to myself.

As the waves of grief threatened to engulf me again, I took my Warrior Goddess power back.

“OK, sweetie,” I said out loud to myself, “What are you going to do to bring what you are missing—quiet, calm love—into this space? How can you create that for yourself?”

As I looked around my house, I smiled. I knew it was time for me to stop looking outside myself for quiet, calm love, and to creatively commit to cultivating what I was craving. Over the next six months I externally cleared clutter and rearranged furniture, internally slowed down, increased my meditating, and practiced being more calmly loving to myself and others.

I also did a lot more grieving and had some spectacular emotional meltdowns. But at the end of each of these episodes, I

recommitted to creating quiet, calm love in myself that I so desperately needed. Over time, the feelings of sadness and grief were released from my being, and I realized that this change in my life circumstances was exactly what I needed. My life was better because of it.

The point I want to make with this example is that when we commit to ourselves, we don't get to bypass our emotions or get a free "all-problems-go-away-instantly" pass. We don't magically change into the perfect person we've been judging ourselves for not being. Walking the Warrior Goddess path is a process, one that starts with the commitment to empower ourselves and continues to ask us to recommit to our healing and truth every time we face a new and often unexpected challenge.

Each time we recommit to ourselves, things change on the inside. We begin a process of realigning ourselves to our authentic power, and holding ourselves in a new way.

Let's look at old and new definitions of power, and how to use the first Warrior Goddess lesson to strengthen your commitment to yourself.

Attuning to a New Power

When you watch television or read magazines, what is most reflected in pictures and words is this: Power is defined by how you look, how much money you make, who you are dating/married to, and how you are progressing on your career track.

From a framework of fear and scarcity, powerful people are the ones who have, in one way or another, acquired the most sought-after or "best" external resources available, be that money, fame, or beauty.

Many of us have spent years tied to this old model of power, where we rate our worth on how we are perceived or what we have attained.

As women we worry about how others see our body, constantly asking ourselves: Are we pretty enough? Thin enough? Sexy enough? Since many of us have used our sexuality as a tool to get what we thought we wanted, we worry about getting older and no longer being attractive.

The same can be said for money and social status. We may worry we don't have the financial means to do everything thing we want to do, or that others don't recognize how important we are (through our own career accomplishments or those of our significant other's).

We struggle with our judgments around where we should be in our career or even on our spiritual path. We compare ourselves to others. We slip into jealousy and fear around other women who shine more brightly or threaten our sense of self in any way.

Even after we have acquired some of the things we think we want, our struggle with power is still not over. We then try to hold or increase our power by working to please others and control the outcome of situations, or we stay safe by hiding in the background and conforming to the status quo, hoping no one notices the power we have (and therefore cannot take it away).

When we don't acquire or hold on to the things valued by the old methods of power, we then resort to self-judgment and condemnation, saying that if we were only prettier, smarter, more dedicated, etc., then we would have everything we wanted and life would be full of bliss.

It is only when we begin to look at the old power structures in this way that we can see the insanity behind it.

From a Warrior Goddess point of view, power is defined very differently. Power is not sought after from the outside, but

rather is patiently cultivated from within. Power has nothing to do with money, or fame, or outside appearances, but with our connection to self, love, authenticity, and the inner mystery of life. From the perspective of true abundance and immanent spiritual connection, powerful people are the ones who have the strongest connection to their internal resources.

Our challenge, then, is to be honest with the places we are still pursuing the old modes of power and to move ourselves toward attuning with a new power: our own. This will not be done all at once, but over time as we unhook ourselves from old patterns and agreements, consciously reconnecting to our authentic center.

Remember, becoming aware of where we have pursued the old methods of power is not a call for more self-judgment, but rather an opportunity to release these habits and recommit to our Warrior Goddess self. As we become more aware of what agreements, or beliefs, we are holding that don't serve us, we can choose again, can make conscious agreements that support and nourish who we really are.

Outside, the societal dream beckons us to buy more things, to stay young, to be in a relationship, to climb the career ladder, to have a child or two, to be sex kittens one second and sweet virgins the next. Inherently, none of these things are bad. But when we use them to fill up a feeling of emptiness within, or do them to please others rather than ourselves, they become our jail. When we create a life based on what we think we are supposed to do rather than from our own heart's desire, we always feel like something is missing, that we are not quite free. There is a deeper longing that keeps calling us to stop conforming, to break the chains of our fears, to jump the fence of people's opinions and find our innate wild happiness.

Inside, your essence whispers to you to remember your light. The authentic feminine waits to be embodied in your form.

Your being yearns to blossom, to share your soul's love. You taste it, you sense it. When you attune to your inner bounty, life is glorious. Each breath is a joy. The external form does not matter. You know your own wholeness, and you feel complete when you are alone or with others.

By aligning with Warrior Goddess wisdom, you have given yourself a big gift of choosing a pathway that will encourage you to face and clear out the old power structures and reclaim your authenticity. You are not trying to take on the image of being someone you are not; instead, you allow your inner truth and beauty to be free from the weight of your fears and outdated beliefs. As you accept and honor yourself, you suddenly stop needing to be different, and you see the unique, perfect creation that you are. All of you is magnificent, even the parts you wish were different.

It's time to be honest about what your definition of power has been, and then let it go completely in favor of embodying *your* power. Let go of all your expectations about what your path will look like, or who you will become. You don't know! It is a mystery! You step into true divine Warrior Goddess energy when you no longer need to define yourself as this or that.

Stepping into a new power means doing the work and having the courage to unweave the tangled web of limitations, agreements, and judgments within to allow your true radiance to shine forth, and to love yourself fully along the way.

Lesson One Resources

Gifts

- What you commit to, especially your unconscious commitments, rules your actions and determines the

quality and vibrancy of your life. You may have deep-seated commitments to the old power structure that no longer serve you. It's time to become aware of those and release them.

- Committing to yourself is a process that happens in layers. Committing to yourself means saying yes to all of you—both the parts you love and the parts you dislike.
- Power does not come from who you know, what you do, or how much money you have in the bank. It comes from blossoming into unconditional love for yourself and embodying joyful faith in your gifts.
- When you let go of who you wish you were, you reclaim your power to be radiantly, magnetically, and creatively who you are.

Explorations

Moving from Old to New

Where are you still hooked to old reflections of power? How are your judgments and fears tied to an old power matrix? Write down your answers to these questions over the next few weeks.

One great way to purge yourself of old ways of power is to name them without making yourself or others wrong. Here are some other questions to help you explore this idea further:

- Do you find your self-worth in how you look, or is your self-worth an inner spring based in your self-acceptance and respect?
- Do you base your value on how well you are taking care of everyone else at the expense of yourself, or do you honor the importance of self-care and loving boundaries?

- Does your strength come from how much money you have, how sexy you are, or who you know, or does it flow from your inner peace and resilience?

Keep questioning and writing down what true power means to you, and pay attention, without judgment, for where you give your power away.

Female Role Models

Who are your role models? Who do you strive to be like? Our role models can be teachers, family members, fictional characters in movies or on TV, public women or private women. Role models and mentors are very important to inspire us and give us courage to take risks. Honor these women who inspire you for their contribution and wisdom, but recognize that you are not going to be just like them; do not use them against yourself. Be aware of the sneakiness of self-judgment. Surrender to your own unfolding, in your own time. Let go of using other women's accomplishments and grace to beat yourself up; instead be inspired and motivated by the beauty and skill around you. As you name the women who inspire you, write down the qualities and actions of what Warrior Goddess power they embody, such as presence, courage, passion, honesty, compassion, and clarity. In the next Warrior Goddess lesson you will take your new commitment to self and create a new foundation by learning how to align with, rather than being in fear of or trying to control, life.