



II PRIESTESS PRESENCE

Week 2 ~ Embodying Your Magnetic Power.

What is a Priestess?

“A Priestess is a vessel of Eternity... a servant of the Goddess, of Truth, of Beauty, of Wisdom, and a conduit of Love. She is a woman awake in her femininity and the power of the Goddess in her body temple. She is a spiritual activist doing the work of the Divine in the world. A seeker, a mystic, a poetess, a dancer, a lover, a warrior, a mother, a sorceress, a crone, the Priestess allows all of the ways of the Lady to live in her. She is a revolutionary force of kindness and compassion and strength and fortitude. Dancing with the elements, she practices self-love as a devotion to the Goddess. She listens. She responds. She is still and moving at the same time. From her connection to Source, she is a beacon of spirit and soul, radiating blessings around her and enlivening any being who comes into contact with her.” *Holly Hamilton*

Priestess Presence: The Power is in your Presence:

“Connecting to my mystic self by enticing the mystery and tuning into the feminine mystique is what I am to embody, learn and teach. The mystic self calls upon me and asks to let go of distraction. Key terms to tune into and access: grounding, presence, dance, embodying, exuding, attuning, vibrating and pulsing... then embellishing, engaging and endurance... the power of self-possession. More messages abound through, embodiment, sacred movement, musical drumming inspirational and reverberations.

The body knows the way and it is into the rhythm that women need to be living in their body, their womb and in the heart of the moment. Women are returning to the drums and back to its sacred power. We are reclaiming or sacred connection to the rhythm of life, our body and of our soul. We are reclaiming to what belongs to us and so desperately need in present culture to return to the reverence when the devotion of women was the natural way of life – in tune with all life.

The women are also the keepers of the drums. I came across the book “When the Drummers Were Women, a Spiritual History of Rhythm, in the fall last year and fell in love with it immediately. Here a share some of my favorite quotes.

“The Divine Feminine: The Sky and its stars make music to you. The sun and the moon praise you. The gods exalt you. The goddesses sing to you” (p.6).

“Priestesses of the Sacred Sound: The goddesses and those who performed her sacred rituals were female. These oldest of rituals were earth-based. The earth itself was revered as the Great Mother of All That Is. Because new life came from women’s bodies as I did from the earth, women were celebrated as the embodiment of the divine. Human beings were not separate from their environment. They saw themselves as the earth in human form. In caring for the earth, people cared for themselves. Women’s rites preserved the sanctity of this nourishing bond” (p. 10).

The Return to Rhythm: your natural state and rhythm.” (Excerpted from my Thesis, JOURNEY BACK TO EMBODIMENT: DEVOTION THROUGH WOMEN’S SACRED HEALING PRACTICES.)

On Priestess Presence and Art of Priestessing:

“What immediately comes to heart is Personal Power; I am realizing by leaning in to my shadow pieces is a large way into the full access of my Power. I also have a knowing Priestess/Medicine Woman/Shaman is calling to me as part of my purpose in life to cultivate healing for myself and outside of my self. Ritual work, Moon magic, crystals, nature’s rhythms and our body rhythms, plant medicine.... These are all things that resonate with my heart around Priestess. A Priestess is a mystic, she’s in her Power and in her Love essence, these are the pieces I am cultivating now AND I am open to learning how to ripen the fruition of these energies!

“I know that part of priestessing is embodiment; being in our bodies trusting in and living from the sacred space of intuition, really getting to know and practice our magic/gifts. Tapping into the language of emotion...Dance and movement from a space of what wants to happen, and I feel that is also true for creating art; however, that manifests. To me sacred arts, at least part of it is, our ability to create in a way of trusting what’s wanting to come through; our higher self/spirit manifested in the art form. Working with the elements, nature and beings on this planet as well as in other dimensions.” A.S. client and excerpted from Priestess Power Path Program Intentions

Sacred Movement and Dance:

Sacred Dance is an expression of our soul, “dancing is an elemental, eternal form of human expression. To dance at its simplest, is to let the body express itself rhythmically” (Stewart, 2000, p. 5). And with it the sacredness of our movement, “dance becomes sacred as the beauty of movement communicates the divine ideal” (p.5). Stewart supports my view on movement, which has the ability to touch our deepest core, express it and expand our intimate relationship with the feminine soul, “movement, our first language, touches centers of our being beyond the reach of vocabularies of reason or coercion. It communicates from the innermost soul that which cannot truly be expressed through words” (p. 5). Sacred Dance allows for embodiment, emotional release, as well as attuning us back to our natural rhythms (p. 5), which allows us to align with a state of grace.

Dance is divinity, a natural state of grace in which we all reside. In its sacred form, dance is a language that reunites the body, soul, and mind. Working through the body, we integrate energetic information directly at the cellular level. Through dance the mind entrains with the body and both grow increasingly more receptive to the creation songs of the greater universe. (p. 5)

The next book I would like to invoke for attuning and aligning to Priestess Presence and Sacred Dance is that of Leslie Zehr (2008) *The Alchemy of Dance: Sacred Dance as the path to the universal dancer*. She writes “I returned back to my passion, my sacred fire, my spiritual practice of dance” Her journeys, therefore, is similar to my own and I plan to use her interpretation of Sacred Dance as part of my journey. As she states “ this dance is very primordial, very experiential”. You must experience it to know it, to understand its power.

Leslie Zehr’s (2008) expression of Sacred Dance aligns with the nature of Priestess Presence. I include her work as an inspiration and another guide on our journey and how we may return to our sacred self through dance. She notes what makes Sacred Dance different than other form of dance is “ what makes it sacred, is the intention behind it. Our intentions during the Dance are conscious, which intensifies the experience even more. She influences through her words to reconnect, “Sacred Dance is an ancient as creation itself. Dance is intrinsic to most women as a form of expression, although I believe many women have become disconnected from this part of themselves. Through Sacred Dance they can reconnect with this part of themselves”

What does Priestess Presence mean to you?

What does Art of Priestessing mean to you?

Templework:

Weave in the *Feminine Presence Meditation*: “*Wombspace Meditation*” in your class resource page.

Create a Movement Meditation Ritual that deepens your *Magnetic Presence*.

Resources:

Redmond, Layne. (1997). *When the Drummers Were Women: A spiritual history of rhythm*. New York, New York: Three Rivers Press.

Stewart, Iris J. (2000). *Sacred Woman, Sacred Dance: Awakening spirituality through movement and ritual*. Rochester, Vermont: Inner Traditions.

Zehr, Leslie. (2008). *The Alchemy of Dance: Sacred dance as the path to the universal dancer*. Bloomington, IN: iUniverse.

Rachael Jayne Groover: *Powerful and Feminine - How to Increase Your Magnetic Presence and Attract the Attention You Want*

Tami Lynn Kant - *Wild Feminine: Finding Power, Spirit & Joy in the Female Body*

I am excited and grateful to start this empowered phase of our journey together. I hope this class will inspire you. I hope that you also will find ways to receive more love in your life, and love your essence and light. Thank you for your trust in your own guidance and in me.

Much love, grace and gratitude,
Marcela Lilibiana Veron

Next Class: Art of Priestessing w/ Marcela Veron

III Priestess Principles - *Tuning into Your Intuition, Invoking Intentions & Making Moon Magic*
Class 3: Monday, 5/25/20

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