

# Goddess Sadhana



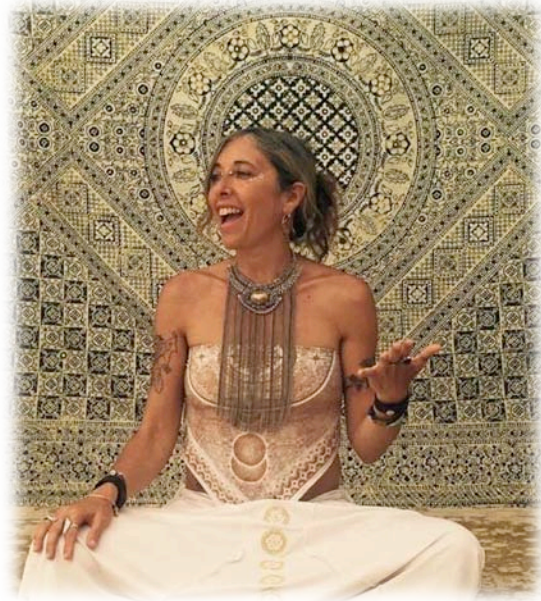
By Priestess Graell



# GODDESS SADHANA

Greetings family of the Goddess, It is through deep devotion, I tend the path, I hold the mirror, and I embody the chalice, whilst lighting the way for you to find your authentic connection to the Goddess within and in the environment all around you.

My life is propelled by Vision and Presence, which has allowed unyielding trust in the Divine, creating stillness and clear transmission, followed by instant action.



My personal experiences have granted me the courage to Mother a Daughter, create two Goddess Temples, raise two Stone Circles, and I am Author of six educational empowerment tool resources:

- Mama Magick,
- Raising a Goddess Temple
- Priestess & Knights of the Goddess, "Guidebook for the Path of Sacred Living"
- Goddess Sadhana
- Spiritual Intimacy
- Yoni Care Guidebook

*As Priestess of the Goddess, Ritual Theatre Director, International Workshop Guide, Devotional Singer & Dancer, and practicing Birth & Death Attendant, the wisdom sharings offered here illuminate your Soul, creating safety and space to begin your day walking the True Beauty Path.  
Welcome home to the way of the Goddess.  
In Devotion, Graell Brave Dryad*

# Welcome to your Goddess Sadhana Guide!

Sadhana translates to Daily Spiritual Practice. It is the baseline for embodying the Path of Sacred Living.



Sadhana clears your consciousness and supports you to connect deeply within.

Beginning your day with respect and honor for self and spirit, while creating strength and vibrancy in your entire being. Remember, every challenge becomes an opportunity to grow, I encourage you to meet this challenge and thrive.

If you have a particular goal or something positive that you would like to “moonifest” into your life, choosing to commit to a 40 day Sadhana is an excellent way to clear the path to reach your desired goal.





## FIRST GATE

To begin your Sadhana experience, it is very supportive to awake in time to prepare for your early morning practice. Ideally, beginning between the hours of 4 and 7am (which is considered the “Ambrosial Hours” and the supreme nectar time to connect). When the sun is cresting the final 3 hours of darkness, there is a closeness to God that seeps into your inner knowing. At this potent bridge of timelessness, your commitment is amplified, your stillness held, and relationship with the everything of all expands. In-between the doorways of night and day is the realm of transcendence. Sadhana is a Self Victory that builds strength and endurance to create victorious experiences in your life.



# OPTIMAL PREP GUIDELINES

With honor and grace prepare for this tithe to your Soul

- Awake to a lovely sounding alarm, sit up immediately in bed and begin rotating your torso 8x to the left, 8x to the right
- Breath of Fire is incredibly helpful to awaken your physical and emotional self. Inhale deep, then rapidly inhale/exhale thru your nose, while pumping your belly (push abdomen OUT on inhale, and pull IN on exhale) (Mooning and Pregnant Womyn, please refrain, from Breath of Fire)
- Brush your teeth and tongue
- Rub your skin with coconut or almond oil
- Enjoy a short cold shower, rubbing your body vigorously (this stimulates your immune system, increases circulation, relieves depression, and supports your energy levels)
- Dry with a towel, again rubbing your body vigorously
- Wear beautiful, comfortable, and honoring clothes (preferably white)
- Bring to your altar: a shawl or head and neck covering, yoga mat, pillow, blanket, or lambskin for comfortable seating





## SECOND GATE

Enter into your Sadhana space in total reverence. This is a gift to your Higher Self, a tithe to your Soul, to the Goddess for all She graciously gives, and to G>O>D the Generator, Organizer, and Destroyer of all. Gracefully sit, bringing all parts of yourself to Center, breathe long and slow and deep.

*\*Press the tip of the tongue to the roof of the mouth, close the eyelids and direct your internal eyes up to your third eye. Visualize a beam of light streaming into your crown to the center of your brain where your left and right brain hemispheres meet, now send the beam of light out your third eye.*

*This activity awakens the Throne of your Intuition. The Pituitary, Hypothalamus, and Pineal Glands shall Serve you. This is the Eye of Horus. This is the sight of God. You will Serve your Throne of God by doing this Sadhana.*





## THIRD GATE

*Brush your hair, slowly, and lovingly. If you are sharing Sadhana with your Beloved, this is a powerful bonding exercise. Taking turns, brush the hair all the way forward, all the way over to each side, then all the way back. Gently kiss the neck of your Beloved and trade places.*

### *Calling forth, appreciating & acknowledging the Elements:*

Create a simple Elemental Altar in honor of our sacred earth, breath, sun, and water that is constantly providing our lives with physical and emotional nourishment.

This is a time to fully engage in the depth of your connection to the Elements being a direct part of you.

*Stone in your bone, River in your blood,  
Wind in your breath and Fire in your heart.*

How you connect with each element is your choice and is a very personal practice. This is an opportunity for you to discover your own thread in the fabric of creation.



### Some suggestions for your altar:

**Earth** - Himalayan salt crystals (for receiving a taste); soil; personally collected stones; crystals; bone; pentacle

**Water** - fresh or collected sacred water (perhaps for anointing or drinking); ceremonial chalice

**Fire** - candle (preferably beeswax); wand

**Air** - individual feathers or fan; smudge with Sage or Incense, ceremonial sword or dagger

**Spirit** - photos or expressions of personal Angels, Guides, and Guru's



## FOURTH GATE

INVOKE:

I CALL FORTH THE POWER AND THE PRESENCE OF THE GREAT  
MOTHER GODDESS AND THE GREAT FATHER GOD.

I INVOKE THE CREATIVE JUICES THAT SWIRL WITHIN MY ENTIRE BEING.  
WITH PERFECT GRATITUDE, I THANK THEE MOTHER, BESTOWER OF  
LIFE, GIVER OF GIFTS, SONG OF OUR SOULS, CAULDRON OF  
PLENTY

I THANK THEE FATHER, PROVIDER, PROTECTOR, GUIDE OF  
ACTION, ILLUMINATED SUPPORTER  
MAY THE GLOW OF THE MOON, AND THE RAYS OF THE SUN  
FILL EVERY PORTION OF MY BODY  
HOLY CREATOR ENCOURAGE ME TO FIND MYSELF  
THROUGH MY DEVOTION TO YOU  
BRINGER OF GRACE, I AM YOURS

*Gently sit in Easy Pose, with legs crossed, spine straight, and bring your hands to Heart Mudra: Touch all fingertips together, with thumbs directed towards your Heart Center. Now bend middle and ring finger in and down for their knuckles to press together, the pinkies and the pointers remain pressed and pointing up thumb tips touching. Look and see the heart at the center of the Mudra. Bring close into the Heart, with thumbs touching the center of the chest.*

*Find within you an aspect of the Goddess that feels resonate with how you are feeling, and invoke her by name 3x...ie: Isis, Hecate, Kali, Inanna, Lakshmi, Mary Magdalene, Gaia, Brigit, Quan Yin or if there is not a particular Goddess you regularly choose to connect with then you may simply chant Goddess three times, long and slow, with reverent intention. Allowing the feeling of the Divine Feminine receptive energy to flood your body.*

*Now include an aspect of God that you resonate with, and invoke by name 3x... ie: Pan, Kernunos, Shiva, Ganesha, Buddha, Jesus, Krishna, Oden, Zeus or if there is not a particular aspect God you regularly choose to connect with then you may simply chant God three times, long and slow, with reverent intention. Allowing the feeling and the power of the Divine Masculine and the active energy to penetrate your cells.*



## FIFTH GATE

### Mudra Dance

Beginning at the 2nd Chakra (the Svadhisthana Chakra located at the Pelvic Center), weave hands in a DNA pattern raising them up to the sky, open wide in Victory Pose, bring wrists together into Chalice Mudra, cross wrists with palms facing front, then basket weave fingers, draw hands under and toward the Heart Center, open fingers and blossom them out, slide hands into Pyramid Mudra with palms forward, then flip fingers down and move the palms now facing to the Root Chakra, holding the Yoni Mudra now ascend all the way up thru the Chakras till above the head, open arms wide to the Cosmos, bring hands together in Prayer Pose above the Crown, descend to the Heart, push out forward and separate hands to open wide, elbows bend, wrists bent, palms face out to sides.

**Speak loud and clear:** All Strands DNA Activated Now!



## SIXTH GATE

For 22 years Kundalini Yoga has consistently changed my life for the better. Through attending classes, workshops, video screenings, Women's Camp, White Tantric Yoga, and enjoying many books focused on Kundalini Yoga as taught by Yogi Bhajan.

I have chosen to include this empowering, healing, and revitalizing yoga practice with Goddess Sadhana. I continually am inspired to improve my day to day choices that rotate around food, exercise, relationship, and creativity with this yoga. Every part of my life has been positively and deeply influenced by Kundalini Yoga. I want to share this joy with the world.

You are welcome to choose any yoga practice that feels comfortable and stimulates your Goddessence.

## To Begin:

Kundalini Yoga Kriya as taught by Yogi Bhajan for Morning Sadhana, 1971

Tune in: Rub the palms of your hands together, and press into Prayer Pose, then bring Mudra to your heart center

**Chant 3x: Ong Namō Guru Dev Namō**

**Translation:** I call in the infinite creative consciousness that takes one from darkness to light. Transparent, non-physical. I call on the Divine Teacher, the Universal Wisdom.

**Chant 3x:**

Aad Guray Nameh

Jugaad Guray Nameh

Sat Guray Nameh

Siri Guru Dayvay Namay

**Translation:** I bow to the Primal Wisdom, I bow to the Wisdom thru the ages, I bow to True Wisdom, I bow to the great transparent Wisdom Within.

## YOGA SET:

\*This yoga set includes Stretch, Mudra, Mantra, and two specific breaths.

**Long Slow Deep Breathing**- inhale deeply thru the nose, push the belly out, exhale completely thru the nose, pull the belly in and repeat.

**Breath of Fire** - same as above, yet fairly rapid. The breath is balanced and synchronized with the pulling in and releasing of the naval.

\*\*If you are pregnant or on your first 3 days of your Moon, please refrain from Breath of Fire and do Long Slow Deep Breathing instead.

Below is a general description of the **Kriya** (exercise set).  
Please learn from a Kundalini Yoga Instructor to experience the  
complete details of each exercise listed.

*3 min.* **Cat Cow** come onto your hands and knees, inhale, arch the spine, exhale flex in the opposite direction. End: inhale in cow, hold 10 sec, exhale

*30x each side.* **Cow Kicks** inhale raise your leg, exhale bring knee to the nose. End: inhale, extend leg, hold 10 sec. relax

*1 min.* **Hugging Spinal Bend** (hold elbows) Bend side to side. End: inhale, hold, exhale

*60x* **Spinal Twist** raise your arms up in L shape, elbows parallel to the ground, hands are in Gyan Mudra (forefinger and thumb tip pressed), Eyes are focused at your 3rd eye, inhale twist L, exhale twist R. End: inhale center, exhale, relax

*108x* **Spinal Flex** sit in Rock Pose, hands on thighs, eyes focused at your 3rd eye, inhale arch forward, lift your heart, exhale reverse arch, tuck in, chin to chest. End: come center, inhale pull root, diaphragm, and neck locks 10 sec. then relax and meditate internally inhale Sat, exhale Nam 30 sec.

*30x* Stand up **Front Bend** raise arms above head, hook thumbs, spread the fingers, lift the heart, stretch back, then swing forward to the ground. End: inhale arms up, exhale stretch forward for 30 sec

*2min.* **Life Nerve Straddle Stretch** now seated, stretch legs open wide, inhale torso up, exhale torso stretches over to the foot, and change sides

*1 min.* **Wider Straddle** repeat as above

*1 min.* **Center Straddle Stretch** hold the toes, press the big toe's nail (stimulating the Pituitary Gland) inhale up, exhale stretch down

*1 min.* **Center Breath Stretch** continue holding toes, stretch forward and center, begin long slow deep breathing

*1 min.* **Butterfly** bring the soles of your feet together, knees wide, hold the toes, inhale raise the knees, exhale release knees down, raise and release rapidly with a large full range of motion.

*1 min.* **Butterfly Bow** remain in same posture, inhale with a straight spine, then exhale bend forward, as far as you can reach your forehead to the ground without your buttocks lifting. End: relax on back

*24x* **Pelvic Lift** lay on your back, knees bend, hold the ankles, and inhale lift your pelvis to the sky, exhale descend slowly down. End: inhale, raise hips up, hold 10 sec., exhale, relax

*2 min.* **Piston Legs** remain on back, inhale, bring one knee in, while other leg is extended, and exhale, switch. End: inhale, both legs out and lifted above ground, toes pointed, hold 10 sec, exhale, relax

*1 min.* **Corpse** lay on your back, and consciously circulate the energy cultivated.

*1 min.* **Rock and Rolls** tuck your knees up to your chest, hold your legs and rock back and forth massaging your spine.

*3 min.* **Cobra or Sphinx** lay on your belly, gently press up, shoulders dropped, relax lower back and buttocks, Breath of Fire. End: open eyes, inhale twist and look at your heels, hold 15 sec, exhale, switch sides, repeat 2x, inhale center, hold 15 exhale, relax

*1 min. Yoga Mudra* sit on your heels, forehead to the ground, interlace fingers behind you, lift arms up overhead, Long Slow Deep Breathing

*1 min. Spinal Rotations* inhale, rotate your torso around to the front, exhale as you come around back.

*1 min. Reverse Direction*

*1 min. Arm Swings* place your elbows at the sides, inhale swing arms up, exhale swing elbows down and back, inhale swing arms to cross in front of chest, exhale elbows back. (alternate what arm is in front for each time you cross). End: inhale elbows back, heart lifted, hold 10 sec.

*108x Shoulder Shrugs* lift and drop the shoulders with a powerful breath

*1 min. Neck Rolls* inhale as you rotate your head around back, exhale as you rotate your head around forward

*1 min. Reverse Direction*

*70x Arm Pump with Venus Lock* sit on heels, eyes focused at the 3rd eye, interlace the fingers, stretch arms out front, elbows straight, inhale arms up, exhale arms down, (like a chopping wood motion)

*1 min. Arm Stretch with Inverted Basket* remaining in above posture, raise arms over Crown Chakra, invert your mudra, so palms are now facing to the Sky. Focus on your Crown, Breath of Fire. End: inhale, hold, focus at the Crown, exhale, relax

*1 min. Meditate* sit cross legged, place one hand on top of the other, palms up, on the lap, inhale, silently chant Sat, exhale silently chant Nam (Truth is my Identity), consciously expand your Aura

### Chant or Sing:

(Snatam Kaur has a lovely recorded version of this)

MAY THE LONG TIME SUN SHINE UPON YOU,  
ALL LOVE SURROUND YOU AND THE PURE LIGHT  
WITHIN YOU GUIDE YOUR WAY ON 3x

### Chant:

SAT NAM (translation: Truth is my identity) 3x

This concludes the Kundalini Yoga Kriya given by Yogi Bhajan.

### *Optional Add on Practises to your Goddess Sadhana:*

#### *Har- creates infinite flow of abundance*

Sit cross legged, bring elbows close to your sides and hands in front of your chest, strike the outer sides of your hands together with palms up, then flip hands over and strike along the length of your pointer fingers, palms are down, the L thumb naturally moves into the space between the R pointer and R thumb. Chant Har (had actually sounds like "hud") with the tongue striking the roof of the mouth, each time you chant Har the naval pulls in and up then releases. Eyes are slightly open and are focused at the tip of the nose.

#### Chant 3 minutes

Sat Síri Síri Akal, Síri Akal, Maha Akal, Maha Akal, Sat Nam, Akal Moorat, Wahe Guru- *brings liberation and inner listening to your own voice*

Sit cross legged, place your hands over the ears, elbows bent and up, with the thumbs stretched forward under the jawbone, eyes closed, pull up the naval with word of the mantra, try to hear the inner voice. End: inhale deeply, hold, press your ears as hard as you can, Exhale, Repeat. Inhale deeply again, hold and keep hands over ears, rock the body from side to side 2-3 x, relax.

Chant 3 minutes

**Archer Pose-** *increases inner and outer stamina and strength*

From standing position, lunge forward with your R foot front, toes straight forward, knee bending directly over the toes, and your L foot behind and turned out. Pull the L arm back (like pulling the string of a bow), elbow is parallel to the ground, and R arm is stretched and straight forward. Hands are in fists, with the thumbs pointing straight up to the sky. Heart is lifted, spine is straight, eyes are focused out past the front thumb. Long Slow Deep Breathing and Chant Internally: I am Strong, I am Powerful, I am Graceful or create your own empowering Mantra to repeat. Change sides.

This exercise strengthens the nervous system, builds power in the legs and naval, opens the hips, allowing for deep core strength, builds courage, and balances calcium, magnesium, potassium, and sodium in your body.

3 minutes on each side



**Mala Affirmation-** *using prayer beads stimulates the nervous system and brain while reprogramming your thought paths to the positive.*

Begin with a 108 bead Mala (similar to Rosary beads).

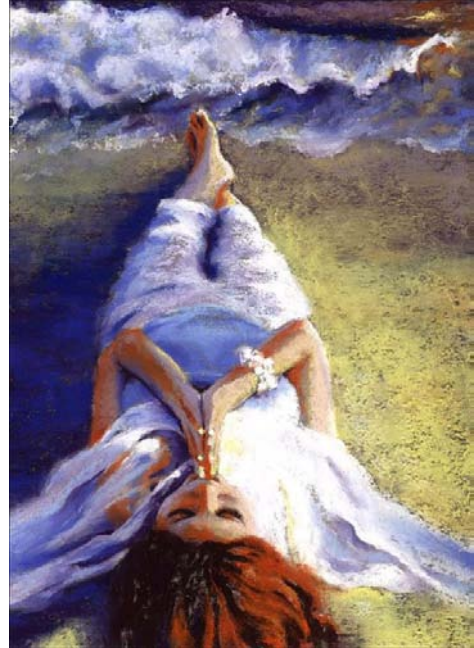
Preferably create the Mala yourself, and speak aloud as you press each bead:

**“I love you”.**

Speak this statement reverently to your heart, let yourself receive this time of self cultivation and adoration.

## Long Deep Relaxation for 11 minutes

Laying down or in a comfortable seated position, breathe deep, and with each exhale allow your entire being to relax. Let this be your integration time. Visualize each body part softening and receiving love. Visualize your entire being glowing in healthy, golden, protective light.



## Awaken and Return:

Slowly Stretch your body, rotating your hands and ankles, stretching your arms over head, and do any personal stretches that feel wonderful for you to fully return back into your body. Bring your knees to your chest, give your legs a great hug in gratitude of how amazing your body is. Hold onto your legs and rock side to side, then front and back at least 3x, then up to your feet, and sit cross legged.





## SEVENTH GATE

### Sadhana Closing

**Speak aloud with conviction:**

*I welcome the Goddess to emerge from deep within my core. I honestly explore my Inner Landscape and celebrate all parts of myself.*

*I rise in love with the magnificent possibilities available within.*

*I trust in the magickal and mysterious places inside of me, the sacred places that nurture my soul and make me whole. Past, present, and future align to bring me into the success of every moment. I am an avatar who radiates light and I am magnetic. When I walk into a room all people feel my presence. I hold power and I hold softness at the same time. I am inspirational and I am encouraging.*

*I am courageous. I am compassionate. I am unique.*

*I flow with life in effortless grace.*

*I heal with my eyes or a gentle touch of my hand.*

*I have potent sexual energy.*

*I have a body that I adore and it shows by the way I comfortably live and move in it.*

*I cherish my body.*

*I am sensual and erotic.*



*I engage in sexual union as my way  
to share with  
another in touching the Divine.*

*I am compassionate and wise.  
I am a seeker of Truth and care  
deeply about honesty.  
I choose to reach higher, expand  
further and inspire  
with love and authenticity.*

*I attract beings whom reflect conscious communication, understand the  
depth of my love, and can recognize  
that, together, our pure love and consistent support can  
be totally healing of any wounds.*

*I accept and celebrate myself and the life I have co-created.  
I am fully capable to ask for help when I need  
it, and fully capable to give help when asked.*

*I respect boundaries, my own, and other's. I am willing  
and able to see Creator in another's eyes, and Creator  
within my own. I am an evolved human who takes  
Responsibility for everything I experience in my life.*

*I am totally supportive and giving.*

*I receive with ease and grace.*

*All that I need is always taken care of.*

*I am forever safe.*

*I am an embodiment of the Goddess.*

*~ I am Valuable. I am Worthy. I am Divine ~*



GREET THE DAY  
WALK THE LAND  
FEEL THE SUN  
BREATHE THE AIR  
DRINK PURE WATER  
SELF CULTIVATE  
AND MAKE LOVE MORE!

*Choosing to commit to a Spiritual Daily Practice (Sadhana) for 40 days brings great results. I highly recommend you experiment and reap the deep benefits.*

In Love and Blessings, Priestess Graell





*Deep Gratitude to these bee-ings who have buzzed me  
to remember my truth, my path, my way of the Goddess.*

Kundalini Yoga  
[www.spiritvoyage.com](http://www.spiritvoyage.com)  
[www.kundaliniyoga.com](http://www.kundaliniyoga.com)

Glastonbury Goddess Temple Kathy Jones  
[www.goddesstemple.co.uk](http://www.goddesstemple.co.uk)

13 Moon Oracle Ariel Spilsbury  
[www.holographicgoddess.com](http://www.holographicgoddess.com)

Goddess Temple of Ashland  
[www.goddesstempleashland.com](http://www.goddesstempleashland.com)

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