

APHRODITE'S DAY

half-day home retreat with the goddess

WELCOME TO THE INNER SANCTUM OF APHRODITE'S DAY!

PREPARATION: 1 HOUR

Welcome to a truly special and sacred experience...Aphrodite's Day! One of the most important aspects of the journey you're about to take is *solid* preparation, and creating a beautiful container to hold you. Please set aside a dedicated half-day in your space, and invite support from housemates if you need to, so that your experience is uninterrupted. Once your half-day of retreat begins, prepare the following for Aphrodite's Day:

- Clean your bathtub or shower, so that your bathing room feels clean and welcoming
- In your bathing chamber, artfully arrange candles, flowers, crystals, and living plants...your grotto!
- Meaningful objects that represent beauty & the Goddess for you
- Music you love, that connects you with the Goddess (suggestion: river sounds and birdsong)
- Epsom salts, mineral salts, bubble bath, flower petals, anything you love in bathwater
- Essential oil, perfume, coconut oil, blessed water, etc. to anoint yourself
- Clean fluffy towels, robe or pajamas, slippers
- Piece of jewelry ready to put on, that feels sacred to you
- Light lunch, prepared and ready to eat
- Journal and pen (or drawing materials if you prefer)
- Hot tea, tisane, juice, smoothie, etc. for integration time

10 MINUTE VIDEO: Once your preparations are complete, you are ready to watch the video that begins Aphrodite's Day, with visual light codes and a direct experience in Aphrodite's Temple. Enjoy!



FIRST CEREMONY: PURIFICATION: 30ISH MINUTES

Congratulations on your successful preparations, and for taking this time to honor yourself! You are ready to move into the first ceremony: Purification through Sacred Bathing with the Goddess of Love and Beauty!

Important note: Please turn off all electronic devices for this experience - this is *not* a time to text, answer emails, work, or attend to mundane tasks. You might keep this PDF open for guidance or print it...but please give yourself the gift of no energetic tugs or distractions in your sacred time with Aphrodite. Blessings!

You have honored yourself by preparing your unique bathing chamber, with music, candles, bath salts, plants, flowers, sacred objects, essential oils or cremes, jewelry, robe, and slippers. It's time to...

- light your candle and incense
- draw your bath, or start your shower
- start your music playing (example: [a healing track](#), [a nature track](#), and [an energy cleanse track](#))
- disrobe, laying your daily cares and clothing aside, and relish your woman's body...you are *beautiful*!

- closing your eyes, bring your hands into prayer position or lift open palms up in a priestess pose, and welcome Aphrodite into your bathing experience today out loud, honoring her and YOU as Goddess
- speak out loud: 'THE PURIFICATION CEREMONY HAS BEGUN!'
- a sample invocation: *'Goddess Aphrodite, kind Goddess of love and beauty, I honor you and invite you here into my space. thank you for purifying me of everything that does not serve me, for returning me to my natural state of divine feminine grace, and gifting me your medicines of love and beauty on my retreat today. I give thanks and praise to you, and I welcome you!'*
- whether you are soaking in the healing waters, or standing with healing waters running down your body in the shower like a waterfall, enter and savor your bathing experience, slowly and with reverence and appreciation
- take a long time here...allowing the experience and Aphrodite herself to help you rest, relax, and RELISH bathing as a Goddess yourself. ideas, thoughts, feelings, images, and insights may visit you...
- when you are complete, exit your purification bath, and anoint your Goddess body with essential oils, perfumes, blessed waters, etc
- giving thanks to Aphrodite, and feeling how you are honoring yourself, adorn yourself with a piece of jewelry that you love, and feel how women have honored themselves this way for millennia
- gently, slowly, and enjoying the experience, put on your robe or pajamas or comfortable clothing, noticing how you feel and what you received during your bathing experience...BRAVA!



LIGHT LUNCH: 30ISH MINUTES

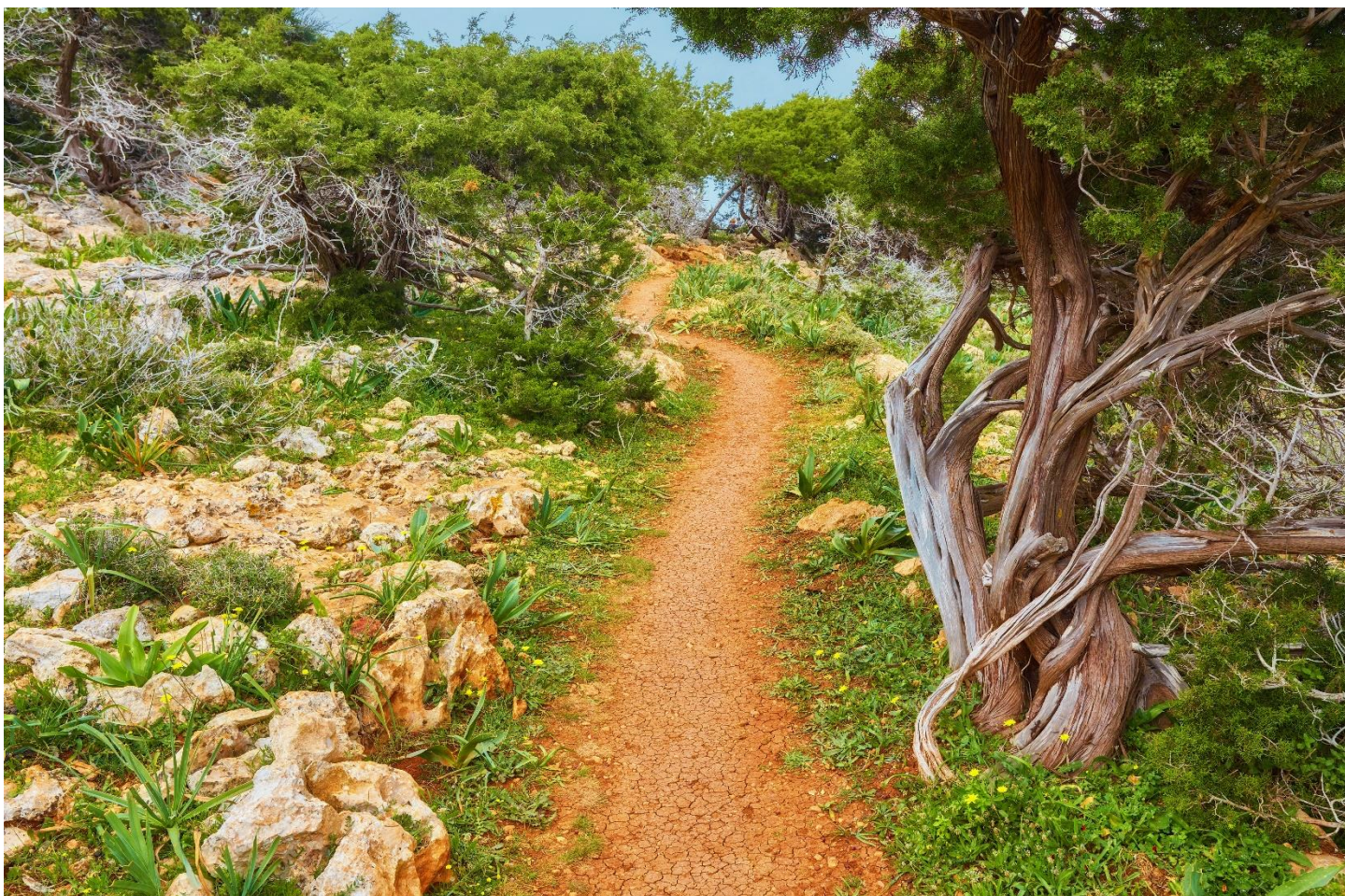
- now relaxed and purified from Aphrodite's Bath, embodying your own succulent Goddess nature...
- enjoy your (already prepared) light lunch, if possible outside in a peaceful place, enjoying the sun on your skin, declaring out loud 'MY TIME FOR NOURISHMENT HAS BEGUN!'
- allow yourself to SAVOR your food and drink, knowing that your beautiful body is literally a temple, and you are at worship with this beautiful meal. it's okay to slow down, to savor, to relish, to enjoy!
- take your time. taste your food. know that you are symbolically and literally taking in nourishment



CEREMONY: QUESTING & PILGRIMAGE: 30ISH MINUTES

This is the most fluid and mysterious part of the Aphrodite's Day experience, where the Goddess will speak directly to you, delivering messages and healings about love and beauty. NO MATTER WHAT YOU ARE CALLED TO DO HERE, Aphrodite is speaking to you, through omens, feelings, synchronicities, images, thoughts, and inner knowing. You might choose, during your questing time, to...

- begin by speaking out loud: 'THE QUEST HAS BEGUN! APHRODITE, PLEASE GUIDE ME!'
- draw an oracle or tarot card you love, to pick up a magazine or book 'at random' to read
- take a walk in your neighborhood, owning your safety as you need to
- sit outside in your yard or on your front step
- curl up in bed, in a hammock, on your yoga mat
- WHATEVER CALLS YOU INTUITIVELY IS THE THING TO DO!
- as you move through your next half-hour(ish), NOTICE WHAT APHRODITE DELIVERS YOU
- *every single moment is medicine*...there may or may not be 'a lot happening' or that 'makes sense'...that is irrelevant
- the pilgrimage and quest is in the OPENING AND ALLOWING of what ideas, thoughts, feelings, signs, omens, images, sounds, etc come to you
- drink deep, beloveds! the hand of the Goddess is on us!



CEREMONY: INTEGRATION: 30ISH MINUTES

Prepare yourself a hot tea, tisane, water, or other elixir in a vessel imbued with meaning for you, and sip this during integration time, which is a slow and sweet reflective chapter of the experience. Here, the focus is now internal. Instead of looking at what is delivered, we look within. Here are some ideas during integration:

- begin the process by declaring out loud: 'THE INTEGRATION HAS BEGUN!'
- you might pick up journal and pen, drawing materials, or other art supplies to process your experience and feeling state, and see what flows through you
- whether or not you think you 'know what you're doing,' take this next half hour to introspect, integrate, listen deeply, reflect, and go within
- you might not want any form at all in this final chapter - maybe you take a nap, daydream, spend time with the kitty, or look at clouds
- no matter what feels good for integrating, allow yourself time to introspect and digest this powerful experience, noticing how you are changed by your time with the Goddess Aphrodite
- no matter what form you chose for your ceremonies, you are doing this *perfectly!*

We give thanks to the wondrous Goddess Aphrodite for all of her beautiful gifts and wisdoms!



WELL DONE!

What a magnificent gift to creation you are! It is a special and radical act in our modern times to slow down, go within, and receive medicines from the divine through mindful connection to renewal and replenishment in the spirit of love and beauty. Aphrodite has been worshipped, cherished, and honored here planetside for thousands of years, and her power is profound. We are honored and lucky to connect with her!

At any time, you can return to Aphrodite's Day and the lineage of women who have taken pilgrimage for renewal with the Goddess by creating your sacred healing grotto, receiving her offerings, and allowing yourself to be transformed through self-reflection. We are sending you joy, light, and love!

VIBRANT REIKI



SAN FRANCISCO SINCE 2004