

Your Goddess Body & Divine Superpowers

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PositiveEnergyWoman.com

Love Your Goddess Body

THE INTENTION of the Love Your Goddess Body project to help you reframe any judgements you may have about your body to increase your appreciation your form and energetic powers, and to boost your self-love.

DISCLAIMER

This archetypal system focuses on the energetic and aspects of our physical body and isn't based on formal science or psychology. The intention is to open our minds to the magnificence of our physical body and to celebrate our divine and feminine powers.

INTRO

Being born into a female body is a cosmic blessing, for we possess creative powers no male body can imagine. The female body was designed with the potential to create human life. Our nature contributes to the balance of humanity. But being born in a patriarchal world is challenging, for it is driven to prove that male gender as superior and disempowers women by shaming their bodies and feminine nature. Our superficial society pushes an "ideal" look for the female body and bases a woman's value on her appearance. Many women work hard and spend fortunes to uphold this ideal. But often women succumb to this disempowerment by loathing their body shapes and dishonoring themselves. It's time to shift this paradigm and release judgements of physical form and embrace its beauty and superpowers!

Your superpowers are your unique gifts and strengths that define you and drive you to create the life you want and to fulfill your purpose while on Earth. Your superpowers are divine and palpable. You were born with superpowers and continue to develop them through life.

Body Truth

Your body is a multi-dimensional creation. You may think of it as a physical, functioning machine, but it's much, much more. Let's examine the truth of your beautiful body!

Physical Material: Your physical body is a biological miracle made of bones, muscles and skin that define your shape, as well as organs, glands, circulatory systems and more that keep you alive. The structural design of your body is partially defined by your genetics that represent your ethnicity or the regional origins of your descendants. Your body may also be formed to some degree by muscle training, weight changes or surgeries that augment or remove. In short, your material body is what you see, feel and live in.

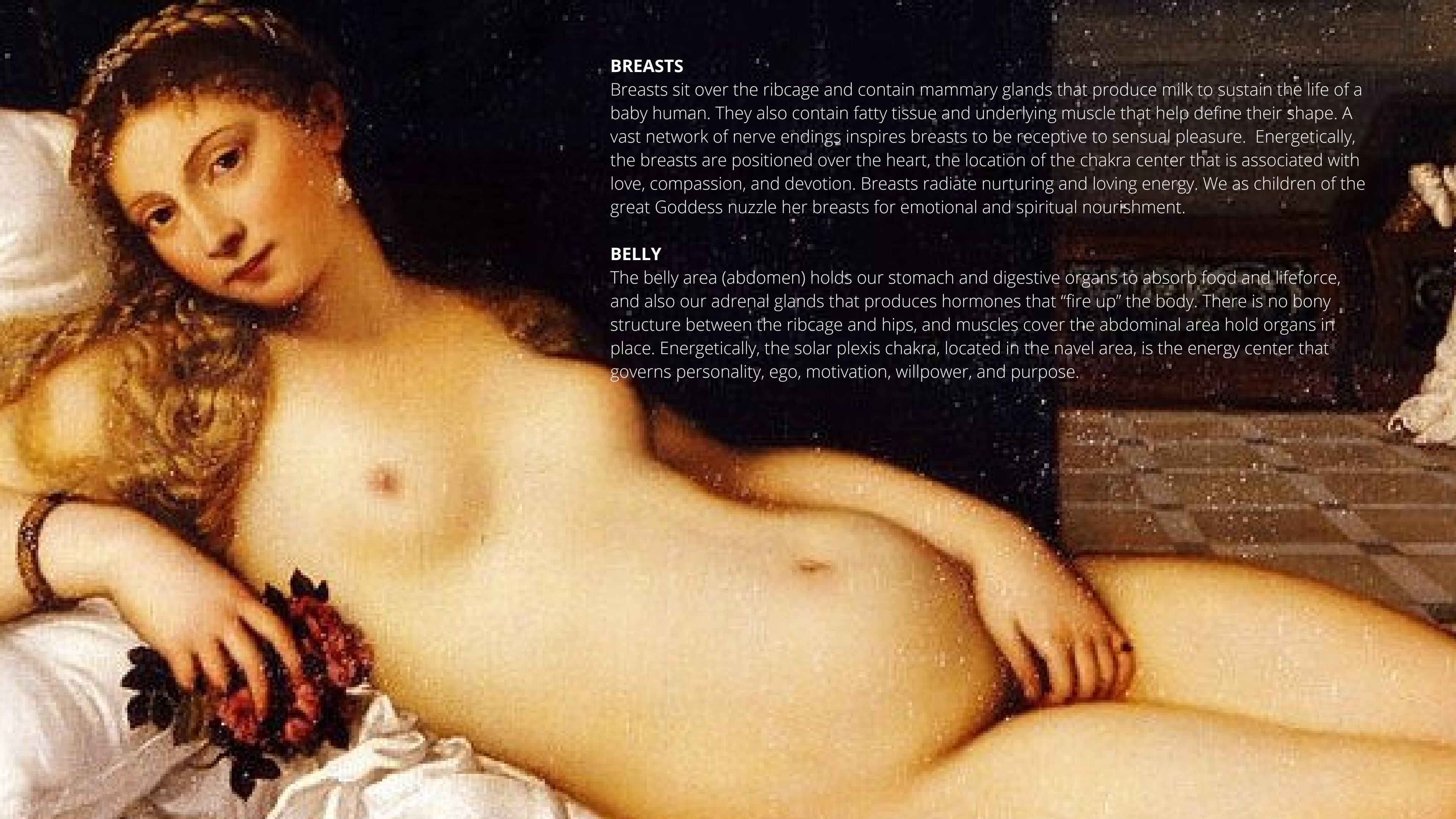
Energy: Your physical body is the container of your energy. Lifeforce energy circulates through your body and animates it and keeps it alive. Energy centers, called chakras, drive your emotions and psychological states, such as security, sexuality, power, love, expression and intuition. These energetic forces often influence your behavior and motivations. Their potencies wax and wane and may be affected by life's experiences. Much like your physical body, your energy centers can change and enhanced by certain forms of exercise.

Spirit: You are a spiritual being having a human experience. Thus, your physical body is a vehicle for your spirit while you're on Earth. Your most unique essence is your soul, and your spirit is the expression of your soul. Your spirit radiates from your body and is palpable to others. Your soul is made of divine substance and is a drop from the Universal Ocean of Love, Beauty and Intelligence. In other words, you are an emanation of Goddess. Your soul's journey on Earth is to enjoy this lifetime and fulfill a purpose (or several), and your physical body helps you to carry out its mission.

History: Your life experiences live in your body, energy and spirit. Your conditioning, choices, events, studies, and life learnings are a part of you and helped form your opinions, outlooks, mindsets, values and life direction. They may contribute to your strength and or chip it away. Your history may leave dings or scars on your physical and energetic bodies. You continue to accumulate in your body and energy every day.

Past Lives and DNA: Much like your life's history, the events of your past lives and the traits of our ancestors may live in your DNA and may influence your habits, perceptions and actions.

The mixture of your material, energy, spirit and history help form your body's superpowers, and they are worthy of celebration!



BREASTS

Breasts sit over the ribcage and contain mammary glands that produce milk to sustain the life of a baby human. They also contain fatty tissue and underlying muscle that help define their shape. A vast network of nerve endings inspires breasts to be receptive to sensual pleasure. Energetically, the breasts are positioned over the heart, the location of the chakra center that is associated with love, compassion, and devotion. Breasts radiate nurturing and loving energy. We as children of the great Goddess nuzzle her breasts for emotional and spiritual nourishment.

BELLY

The belly area (abdomen) holds our stomach and digestive organs to absorb food and life force, and also our adrenal glands that produces hormones that “fire up” the body. There is no bony structure between the ribcage and hips, and muscles cover the abdominal area hold organs in place. Energetically, the solar plexus chakra, located in the navel area, is the energy center that governs personality, ego, motivation, willpower, and purpose.



HIPS

The hips are formed by the pelvic girdle, which is wide enough to accommodate a baby. The structure of our hips, which is wider than man's, causes us to sway when we walk. Gluteal muscles cover the ilium, the top part of the hip that gives women their curvy shape. The hips contain woman's reproductive organs. The pelvic floor muscles are connected to the base of the pelvic girdle. A vast number of nerves in our genitals receives pleasure. Energetically, our sexual lifeforce energy dwells in the region of the vagina and uterus and is the source of our sexual energy, creativity, and feminine power.

BUTTOCKS

The buttocks consist of gluteal muscles, the most powerful muscle group in the body, that cover the back of the pelvic girdle, including the lower spine, sacrum and coccyx. Fatty tissue contributes to the rounded shape of the buttocks. Some of the pelvic floor muscles are also connected to this area. Nerve endings near the anus and at the bottom of the buttocks can experience touch in this area as pleasurable. Energetically, the first chakra, located at the base of the spine, is associated with the energy of basic survival, stability and security.

Goddess Body Types

Mother
Rubenesque
Symmetry
Voluptuous
Action
Protector
Maiden
Wise
Polarity

Mother Goddess

Great Ceator, Life Giver, Nurturer

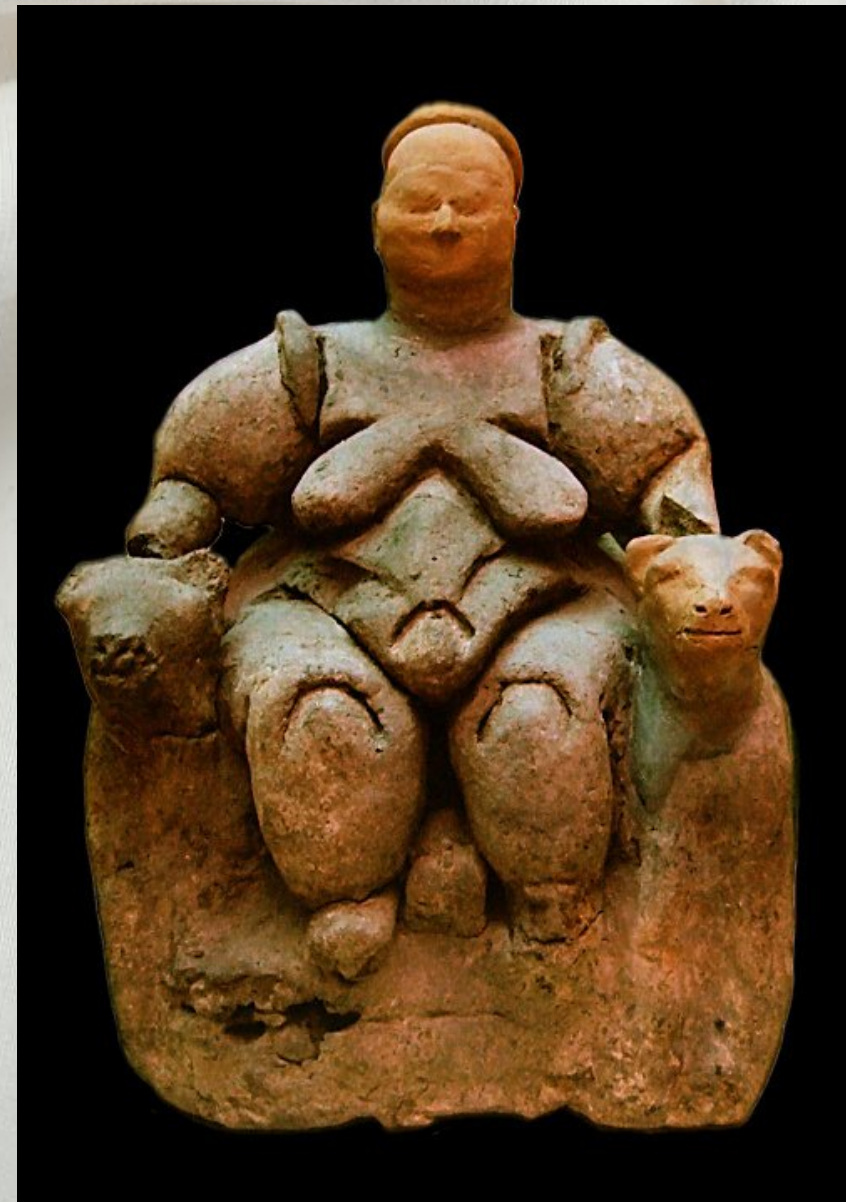
Goddess overview: Mother Goddess is the Great Creator who birthed the universe through her womb; her breasts sustain life; She is revered for giving life to sentient beings, earthly and cosmic materials, and all creations

Body-type Description: Lush and generous breasts, overflowing belly and hips, and soft buttocks. Rounded silhouette.

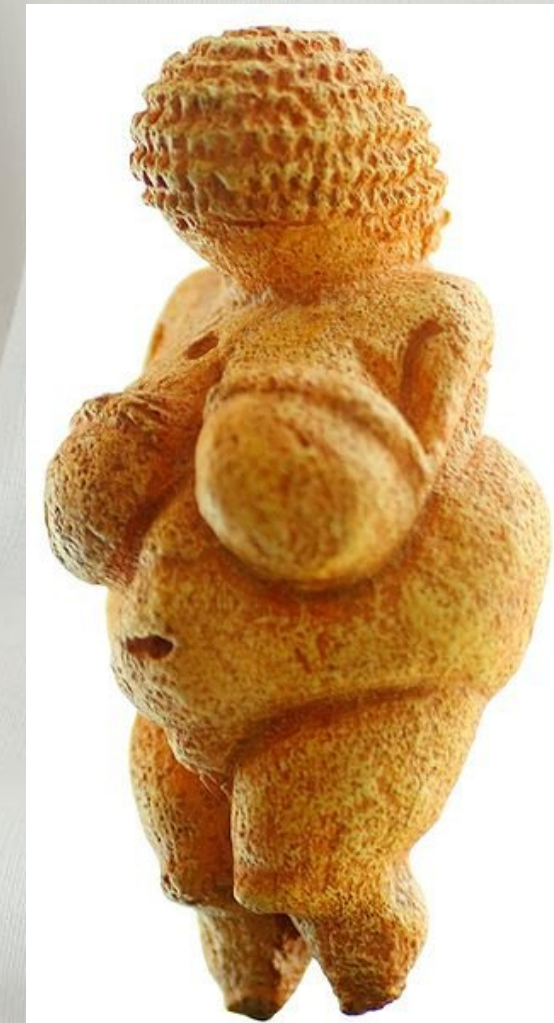
Super-Powers: Represents Supreme Female Power, the Mother of the Universe. She holds selfless caregiving through her breasts, creative potency in her hips, and strength and willfulness in her belly.

Goddesses:

- Venus of Willendorf, Paleolithic Mother Goddess
- Seated Goddess of Catalhoyuk, Anatolian civilization, Turkey



Seated Goddess of Catalhoyuk



Venus of Willendorf



Modern-day goddess:
Christina Hendricks, Actor

Rubenesque

Creative, Nurturer, Fertility

Goddess overview: Closely related to the Mother Goddess. Baroque artist Peter Paul Rubens (1600s) painted his female subjects with full-figures, the ideal body type of the time, and gave rise to the term 'Rubenesque'. Some believe they represent fertility, desire, physical beauty, temptation, and virtue.

Body-type Description: Similar to the Mother Goddess, Rubens' goddesses and mortal women are full-figured with softly rounded breasts, bellies, hips and buttocks

Super-Powers: Fertility, desire, physical beauty, temptation, and virtue.

Goddesses:

- The Three Graces, the goddesses charm, beauty, nature, human creativity, goodwill, and fertility.
- Hygeia, Greek Goddess of Health



The Three Graces



Hygeia



Modern-day goddess:
Mariah Carey, singer

Symmetry Goddess

Erotic power, Pleasure Giver and Receiver

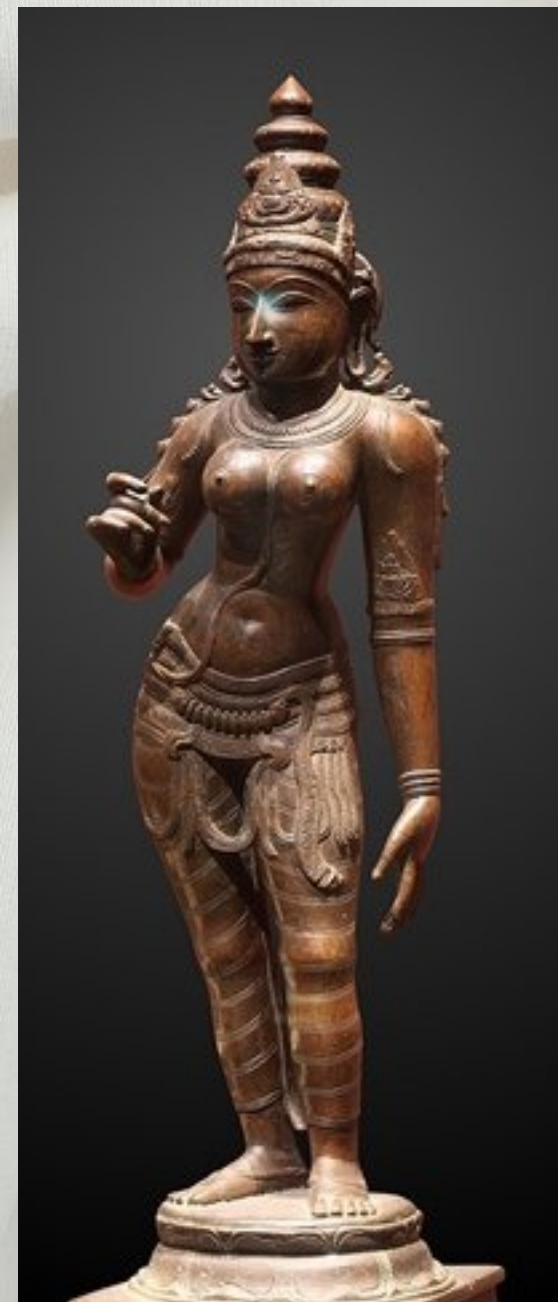
Goddess overview: Goddesses of Love and Beauty emanate the alluring aspects of the Great Goddess. Their equally proportioned physiques featuring breasts and hips are often associated with sexuality and fertility. Plump breasts represent erotic pleasure and well-rounded hips indicate potential to create life.

Body-type Description: Rounded breasts harmoniously balanced by equally-sized hips, with a small waist in between.

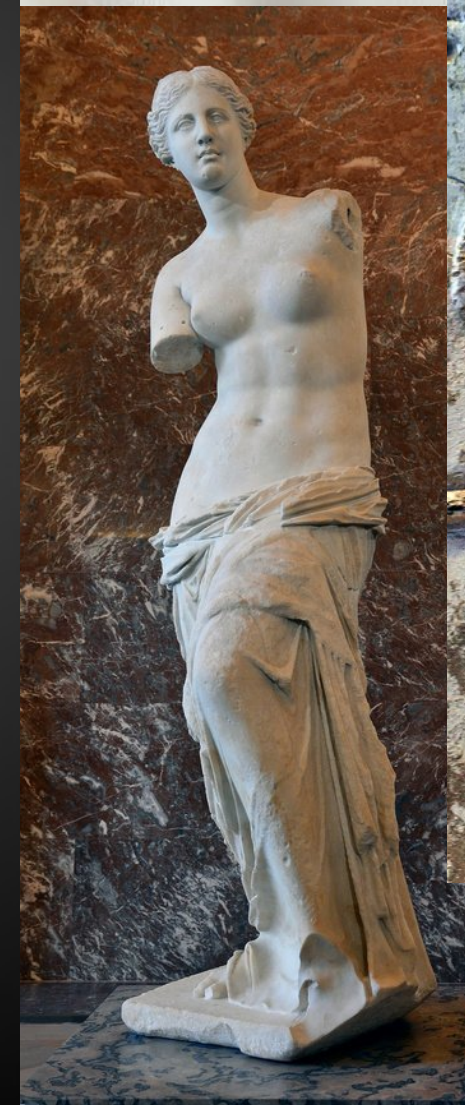
Super-Power/Meaning: An overflow of love, fertile with creative life force. Erotic power; Giver and receiver of pleasure.

Goddesses:

- Parvati, Hindu Goddess of power, nourishment, harmony, devotion, and fertility.
- Venus, Roman goddess of Love and Sexuality
- Qetesh (*also Qadesh) Canaan Goddess of Nature, Beauty, Sacred Ecstasy and Sexual Pleasure



Parvati



Venus



Qetesh



Modern-day goddess:
Sofia Vergara, Actress

Voluptuous Goddess

Loving Nurturer

Goddess overview: Ample Goddesses nourish and soothe their creations, including their children and their world, through the sustenance of love that flows through their breasts.

Body-type Description: Burgeoning breasts, smaller waist and smaller hips

Super-Power: Overflowing breasts signify the loving Nurturer who shares her heart energy through her breasts. Gives generously to others and the world with the sustenance of love. Also receptive of pleasure.

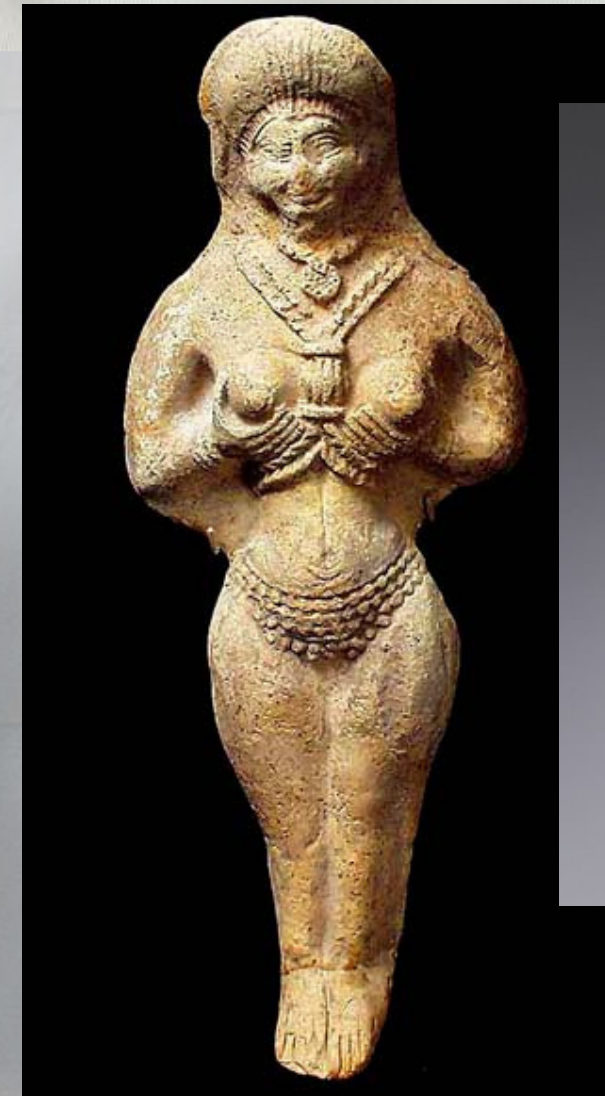
Goddesses:

- Oshun, Yoruban goddess of divinity, femininity, fertility, beauty and love
- Inanna, Mesopotamian Goddess of love, beauty, sex, war
- Isis, Egyptian Mother Goddess suckling Horus her son



Oshun:

Women attending Oshun's festivals bring their nursing babies as a gesture of gratitude.



Inanna



Isis



Modern-day goddess:
Dolly Parton,
Musician, Actress

Action Goddess

Strong, Skilled, Persistent

Goddess overview: Action Goddesses were revered for their fierce independence, strength, courage, skill and persistence. They are ready for action. Their physical body supports their skills and purpose.

Body-type Description: Defined muscles over entire body. Small, firm breasts, angular and purposeful hips and buttocks, and strong and stable waist. Less curvy or sensual. Refined muscles accentuate the feminine frame and exude an impression of strength.

Super-Powers: Strong, fit, independent, skilled, ready to move forward and take action.

Goddesses:

- Artemis, Greek goddess of the Hunt
- Tara, Tibetan Buddhist goddess of virtues of success in work and achievements who practiced for lifetimes to become enlightened.



Artemis



Tara



Modern-day Goddess
Simone Biles,
USA Olympic Athlete

Protector Goddess

Fearless, Defender, Warrior

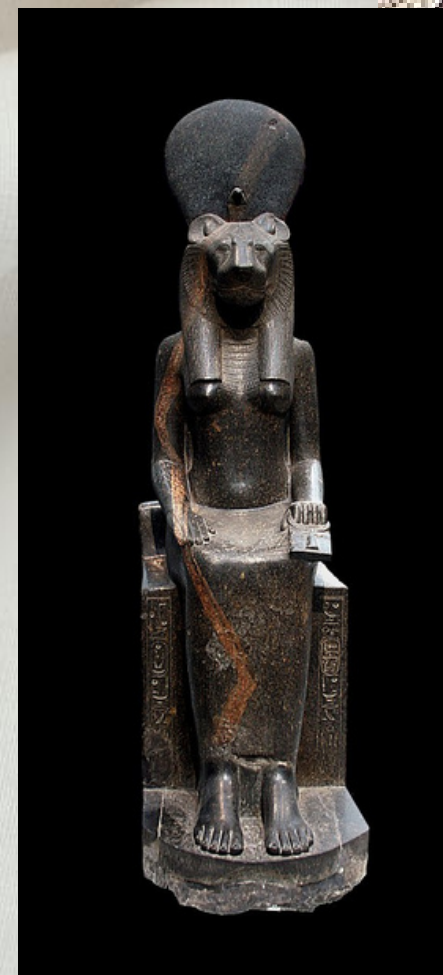
Goddess overview: This goddess emanates the protector aspects of the Great Goddess. These goddesses are built, physically and energetically, to defend their families, communities and justice. They stand tall and lean forward at the ready to take action and defend. Fearless, assertive.

Body-type Description: Robust upper body, capable hips and buttocks, stable waist. Fewer curves and greater emphasis on the power within to fight for justice and purpose.

Super-Powers: Fearless, Defender of justice, Protector

Goddesses:

- Sekhmet, Egyptian goddess of war, protection and healing
- Minerva, Roman goddess of wisdom, strategic warfare, defensive war, justice, law, victory
- Durga, Hindu goddess of protection, strength, motherhood, destruction and wars



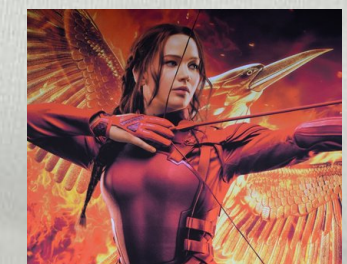
Sekhmet



Minerva



Durga



Modern-day Goddess
Jennifer Lawrence character,
Hunger Games

Maiden Goddess

Youthful, Ebullient Creativity

Goddess overview: Slender Goddesses often symbolize a youthful, maiden life phase of life, prior to childbearing years. They represent the newness of life; nature's renewal.

Body-type Description: Newly forming body with budding breasts, narrow hips, slender belly, and perky buttocks.

Super-Powers: Youthful vigor, innocent confidence, ebullient creativity and spritely zest for life.

Goddesses:

- Kore/Persephone, vegetation Goddess and daughter of Demeter, Goddess of the Grain
- Dancing Girl of Mohenjo-daro of the Indus Valley Civilization (modern-day Pakistan)
- Cycladic goddesses,



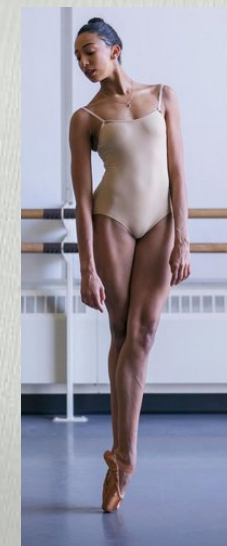
Persephone



Dancing Girl of
Mohenjo-daro



Cycladic Goddess



Modern-day Goddess
Amanda Morgan,
Ballerina, Activist

Wise Goddess

Deep Wisdom and Vast Life Experience

Goddess overview: Wise goddesses were worshipped for their deep knowledge from life experiences, and their physical bodies that reflect their experiences while on life's journey.

Body-type Description: Body size may range from Slender to Mother Goddess. Breasts have a waterfall shape from a lifetime of nurturing; hips are calmly strong from gestating and birthing innumerable creations; belly is softly powerful from decades of pursuit and purpose; buttocks are soft and lovingly padded from consistent stability and survival. Skin lies loosely over the muscles and bones.

Super-Powers: Wisdom and power lies deeply within and gained from their youthful ages and experiences. Wisdom that lives in flesh, bones and spirit.

Goddesses:

- Troma Nagmo, Tibetan Buddhist dakini and representation of Kali, goddess of death, time and change
- Hecate, Greek goddess of crossroads, entrance-ways, night, light, magic and knowledge of herbs
- Dhumavati, Hindu goddess who reveals ultimate knowledge of the universe



Troma Nagmo



Dhumavati



Hecate



Modern-day Goddess
Pema Chodron, Tibetan
Buddhist Nun, Author

Polarity Goddess

Balanced Feminine and Masculine Energies

Goddess overview: Every human contains both feminine and masculine energy, and the Shiva Shakti Goddess represents this internal equal energetic balance.

Body-type Description: Androgynous with subdued female features and accentuated male qualities, such as minimized breasts, and similar breast, waist and hip size.

Super-Powers: Equal and balanced feminine and masculine powers of aggressive/receptive, intuitive/rational, nurturing/responsible,

Goddesses:

Ardhanarishvara, a form of the Hindu deity Shiva combined with his consort Parvati

Lan Caihe, the androgynous one of the Eight Immortals of the Chinese Taoist pantheon representing prosperity and longevity, and the patron of gardeners and florists.



Ardhanarishvara



Lan Caiha



Modern-day Goddess
Lena Waithe, Actress

Love Your Goddess Body Celebration Practices

BREASTS

- Sit or stand.
- Bring to your mind your breasts and hold your hands over your heart.
- Feel the love in your heart grow as you think about your beautiful breast.
- Move your hands over your breasts and move your hands in circles around your nipples.
- Circle your breasts clockwise several times, and then counterclockwise several rotations.
- As you stroke your breasts, feel the love pour forth from your hands and into your breasts.
- Thank your breasts for their presence in your life. Thank them for their beauty. Thank them for their love power and nurturing power.
- Allow your breasts to receive your love and gratitude.
- When you're complete gently remove your hands and feel the energy and love in your breasts.

BELLY

- Sit or stand.
- Bring to your consciousness your belly and hold your hands on your belly around your navel.
- Feel the love in your heart grow as you think about your stomach area.
- Slowly inhale deeply and allow your belly to expand as you breathe in the air. Let your hands experience the expansion.
- Exhale as your belly contracts to push out the air. Let your hands experience the movement of your muscles as they contract.
- Continue to inhale to expand your belly and exhale to contract your belly, with your hands experiencing the movement.
- Feel the love from your heart pour into your stomach area.
- Thank your tummy for her beauty. Thank her for the amazing functions she performs. Thank you for the energy that helps you achieve and create your life. Thank her for all she does for you.
- Allow your belly to receive your love and appreciation.
- When you're complete, gently remove your hands and take a moment to feel the sensations in your abdominal region.

HIPS AND BUTTOCKS

- This is a standing exercise, if possible.
- Bring your hips and buttocks to your mind.
- Place your hands on your hips and feel the love from your heart pour through your hands to your hips.
- Now slowly move your hips from side to side. Feel the stretch of the muscles in your hips. Experience the flow of your sexy hip action.
- Continue to move your hips around in circles and in a thrusting motion. Let them move however they want.
- Continue to fully experience the sensations in your hip muscles.
- Stroke your hips and buttocks as you move your hips. Thank them for their beautiful form and all they do to support you as you move every day. Thank them for the miraculous organs they contain. Thank them for the life force energy within them and for the forces that help you survive and thrive!
- Allow your hips to receive the love and appreciation you have for them.
- After a few minutes, release the movement and stand still to feel the sensations in your hips and buttock.

DIVINE BODY DANCE

Now celebrate! Dance and move your entire body. Enjoy your body and all her nuances. Feel into the physical, energetic and spiritual aspects of YOU.

Thank your physical body

Thank your spirit

Thank your connect with the quantum field of love, intelligence and beauty

Thank your energy

Your ancestors

Your DNA!

KNOW that you are a divine, unique being of love, intelligence and power! YOU are a GODDESS!

Feel it. Allow your energy to radiate from your body and into the world!

What are your superpowers?

Now that you have explored the truth about the dimensions of your body, take the time to acknowledge your many superpowers. You may have more than are covered in this presentation. Take time to honor yourself and your gifts, skills and essences. Step into your authentic beauty and power. You are a magnificent woman and a radiant goddess.

For more information and offerings to help you become more self-loving and empowered, go to PositiveEnergyWoman.com

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