PRIESTESS STARTER KIT
get in touch with the goddess & discover your true priestess self

ROCKSTAR priestess
Hi!

If the priestess archetype is calling you, whispering to you in the moonlight and tugging at your handbag, it can be really, really difficult to know what to do about it. I created this mini e-book to help give you clarity about what being a priestess means to you in your modern life, and to give you some easy peasy priestess practices to start using and making your life more radiant, loving and connected to the universe.

Much love!

demi

aka. demelza morgen-fox

So many of us are enchanted by the archetype of the Priestess. It just stirs a particular kind of magic within us, conjuring visions of witchy women in wild misty landscapes under the moonlight, communities of women serving in ancient incense-drenched temples to the Goddess, women of power and strength and softness and wisdom shining strongly and purposefully in the world.

We long for the Priestess’ sense of purpose, clarity and connection with the universe around her, the way she moves effortlessly with the divine under the grace of the Goddess, and some secret hidden part of us whispers,

“Yes, that’s me!”

Many of us have read or watched the Mists of Avalon and longed for a way to join Morgaine on the Isle of Avalon and learn the ways of the seasons, magic, foresight, and a deep sense of belonging, but have no idea how to translate that into real life. Can it even work in the modern day world, and how are we supposed to even start?
What exactly is a Priestess in the modern day world?

A priestess can be so many things: a ceremonialist, a visionary, a teacher, a guide, a role model, an artist, an activist, a healer, a writer... the possibilities are endless.

However, a Priestess is always a link to the Gods, someone whose life is consciously woven with the divine in mind. Someone who loves the Divine with all their heart.

Everyone has their own unique view of what a priestess actually is and what she does. For some of us, a Priestess might have a huge herb garden, look after injured hedgehogs, and uses eco-friendly everything. For others, she might be an urban magician living in a house of purple and silver, a super-witch changing other people’s lives through magic. She might be an artist, honouring the divine through her magnificent creations and creating works of art that embody the sacred. She could someone fiercely committed to following her dreams and being an example that absolutely anything is possible. She could be a counsellor who helps countless people heal through their issues and emotions. She could be something totally different to any of these examples!

So what does a Priestess look like to you?

I want you to write out a day in the life of what you perceive a priestess to be. Where does she live? What is her home like? What does she do when she wakes up? How does she feel? What does she get up to? What’s her job like? What does she wear? What kind of food does she eat? What is her favourite thing ever? How does she interact with the people around her? What does she do for fun?

Write it out on the next page right now. Let your imagination go crazy.
My Priestess Vision
Your Priestess Vision is an amazing window on what being a priestess means and looks like to you right now. Now we know what it is, we can start moving towards it!

Read through your Priestess Vision and pick out three little things your ideal priestess does that you could do now, today.

Not stuff like “Become a third degree witch and start up a witch school” or “Buy a tree house in the forest”. I remember some of my actionables from my very first Priestess Vision exercise were “Drink, empower and enjoy herbal tea every day” and “Pick up litter when I see it”. Simple, little stuff to start integrating into my everyday life. Yours could be as simple as “Wear more purple”, “Go outside every day” and “Use my oil burner to fragrance my home with lavender”.

**Three actions from my Priestess Vision that I can start doing today**

1. ...........................................................................................................................

2. ...........................................................................................................................

3. ...........................................................................................................................

Awesome! All you need to do now is do them! Start adding these easy little actions into your daily life right now so you can start becoming your Priestess Self.

**You have permission not to be perfect**

In her absolute purest essence, a Priestess is someone who is committed to connecting with the Divine and shining Her light doing the Goddess’ work on earth.

But hold up a second. That doesn’t mean that she is some perfect wonder woman who is never wrong and manifests everything instantly, is in a constant state of bliss and only speaks in parables. She still a human, she still messes up, has a life, a family, a job, occasional crappy days and forgets to buy loo roll.

She’s not perfect. You don’t have to be either.
**Priestess Reality Check**

Being a priestess is not just about holding ceremonies and snorting incense – it’s about how you choose to honour and connect with both the Divine and yourself in your everyday muggle life, how you choose to bring the Sacred into everything you do and how you co-create your life with Goddess. That could be as an IT programmer, a mother, a gardener, an accountant, a retail assistant, a cat lover, a CEO, or, hell, even as a belly dancing mermaid, who am I to judge?

**Getting Cozy With The Divine**

Peeps use all sorts of different faces to see the Divine, and there isn’t a global “best way” to do it. There is only a personal best way that works for you.

If you are reading this, I’ll bet you dig the Goddess. The Goddess is our Divine Face, our way of connecting with the Divine Force of creation, magic, wonder and love in the world. She is the method through which we can interpret and understand the Divine in our world, and create a clear way for us to interact, connect with and personally experience the Divine.

The Goddess is the Divine Mother, Maiden, Lover and Crone, encompassing all aspects of life on this earth. The earth is her body, and she shows us her wisdom in the natural world and within our own bodies and experiences. She is our guide, our teacher, our mama, our sister, and our inspiration. She the spirit of love in the world and is our sanctuary where our heart feels strong, loved and grounded in the universe. She loves us and will help us and guide us through everything we face, if we ask her and are open to her help.

Being a priestess is all about being in love with Goddess, creating closeness with the Divine and a strong connection to the incredible universe around us. It’s about counting the Goddess as your best friend and sharing everything with Her.

What’s super cool about being our own priestess is that we get to choose the ways in which we interact with the Goddess and choose how we honour and enhance our connection to the universe, and even choose the Face of Goddess we love and want to work with most at any time – be that Yemaya or Shakti or the Morrigan or Mother Mary. The freedom!
But I’m not Priestess material! How could I be a Priestess?

If you are reading this, you probably have strong calling to step up to your Priestess self but maybe you’ve been stuck in self doubt not knowing where to start. It can be so overwhelming knowing how to begin, and so many different thoughts and feelings can hold you back – what if I do it wrong? What if I’m not special enough? What if I’m not meant to be a Priestess? How do I even start this?

Don’t worry. I’m with you. I’ve been there too.

First though, let’s get something straight.

It’s not an accident that you are feeling pulled towards Goddess and this priestess thing. If you have this calling, have this desire to follow a priestessful path, THAT’S ENOUGH. End of story.

That is the criteria the Goddess needs for you to start your priestess journey – your willingness and love and desire.

She doesn’t want a list of personality traits from you, or a CV of your greatest spiritual accomplishments, or any of that crap. She wants YOU, just as you are RIGHT NOW, messy bits and all. ‘Cos she thinks you are awesome just as you are, and right now She sees something in you that She needs as a Her priestess.

You don’t have to be psychic, or a super witch, or be meditating for hours a day, or see visions, hear voices, or have spent your whole life in ashrams to start bringing a little priestess magic into your life. You just need to be you, exactly as you are.

So that’s it. Let’s summarise the requirements for starting on your priestess path and see if you fit the bill.

- I have a longing to become a Priestess
- I want to feel a closer connection with the Divine.

Ta dah! You are already as qualified as you ever need to be.

Now, as to the how-to, let’s get down with some simple priestessful tools to bringing more divine wonder into your day. It’s all simple, easy, daily stuff that is so super easy to use whenever you need it.
Priestess Practice: Prayer

A Prayer Primer.

Number one in your Priestess Toolkit is Prayer. Now, don’t freak out – this isn’t your every day catholic schoolgirl prayer. This is Priestess Prayer, and there are two different ways to work it. Let me explain.

1) A prayer can be a set, spoken piece of poetry that invokes the presence of the Goddess around you. Its purpose can be to honour the Goddess, to ask for help, to ask her blessings, any number of things. Usually it’s a well crafted and well loved verse or set of verses that evokes a strong divine connection when you say it. These kind of prayers are my favourite thing ever.

2) Prayer is also an informal way of talking to and connecting with the Goddess. For example, “Hi Goddess! Today I am working on my Priestess Freebie, be with me and guide me to know what to write to serve my peeps best. (Big breath in as I feel her presence around me). Thank you Goddess!”.

My general advice for working with prayer is to affirm stuff rather than beg for stuff. A big part of it is letting yourself believe and see that She is with you and wants to help you, because we usually have all this crap running in our brains telling us we don’t deserve any special treatment from God. We want to open ourselves to let Her in. That’s the point of prayer – touching the Goddess and letting her touch us in turn. Let’s take an example here. I’m calling on the goddess to support me today. Here are two versions of a prayer to ask the support of the goddess.

“Goddess, please be with me. Please support me today, be my rock, be with me every step and keep me safe. Please be with me today Goddess and look after me.”

vs

“Goddess, be with me. Now, I feel you supporting my every step. As I walk, you hold my feet and body safe. As I sit, I feel your strength beneath me and I connect to your primal earth power. I know that you are looking after me always and I open myself and relax into your support and love.”
Which one made you feel the presence of the Goddess more – which one completed the intention of the prayer better? The first prayer is pleading, trying to entice someone or something that could say No as much as they could say Yes. The emphasis of each line is on the Please and it makes you feel like you are desperate for help, rather than the Goddess is helping you. The second prayer affirms your connection to the Goddess and looks for proof to sink it in deeper. The second prayer feels like a divine hug, and feels like the Goddess is supporting you already. This is what we want!

See what a difference the choice of wording can make? An epic one. Remember, we are using word trickery to open up our minds to the presence of the Goddess.

**Top Prayer Tip**

Play with words that are evocative to you. Radiate, Mists, Avalon and Hallowed are some words that evoke a strong spiritual reaction in me. Sacred, Pumpkin and Faery might be words that give you the spiritual tinglies.

**Morning Goddess Prayer**

Goddess, I invite your loving presence into my life today.

*Help me to radiate your light,*

*To see others with compassion,*

*To speak your words of truth and love,*

*To hold myself as sacred.*

*I fill every moment of the day ahead with your loving energy,*

*And know that you will be right by my side every second.*
Top Prayer Tip No 2

If you are reciting a written prayer, like these babies here, it helps if you commit to fully feeling and visualising each line being true.

I Can Mother*ucking Do It Prayer

This is a sweary prayer that I use to remind myself that I am strong and can do it when tough stuff comes up or when I feel overwhelmed. It’s inspired by a meme I read on Facebook, and is definitely better said aloud outside, like you are proclaiming your badassity to the universe.

Goddess, I am your child.

I know you would never give me anything beyond what you know I can handle.

Thus whatever I’m facing right now, I’ve got it covered, even if it seems hard and scary right now,

Because I know it simply wouldn’t be there if I couldn’t do it.

I am a priestess, and I am a witch, and I know my truest self is completely free and utterly limitless.

In fact, my only limits are the ones I choose to put there myself.

I am the Sovereign of my own life: I am the ruler of my own destiny.

I constantly create and birth my reality every second,

Which means it is totally in my power to change it if I wanted to.

I am a fucking Queen, and I have got this shit handled.
Priestess Practice: Rituals

I like to think of rituals as prayers with actions. In this context ritual is a set of meaningful actions and/or words that have intention behind them, such as connecting with the divine, like alleviating stress, feeling awesome, or remembering who you are. I use them a lot to shift my thinking and re-connect with Goddess.

They can be long and extravagant, or short and sweet, depending on what you are up to and your own personal taste. Personally I suck at long and complicated, so the little rituals we have here are simple, short and easy to sneak into your day to day life. I like being able to use my spiritual tools whenever I need them.

Priestess Empowerment ritual

This one is to reconnect with our Inner Priestess Self. For this guy we are going to do the 5 point of pentagram salute. We will take our right hand and touch our forehead, then our left nipple, then our right shoulder, our left shoulder, our right nipple and finally our forehead again, tracing a five pointed star on our bodies.

As we touch each point we will say a line of the following prayer.

I am a Priestess of the Goddess

I radiate her divine light

I co-create my life with her

I hold within me the powers of the elements

I am free and wild and sacred.

So Mote it Be
A Morning and Night-Time Ritual

Rituals don’t have to have words and lots of stuff to remember. Here is a really lovely one to do every morning and evening to check in with Divine Nature.

- Go outside, or pop your head out of a window, whatever the weather.
- Notice what’s going on, how the air feels and smells, what you can hear.
- Take three deep breaths
- Perform the pentagram salute in honour of the Goddess.

The Fear Releasing Ritual.

This one is a little stealth – you can even get away with it at work.

To be used when you have a persistent fear or worry running around your mind – will Emily call me back? When am I going to hear from this client? Where is the money going to come from for my new hoover? Maybe I am not good enough to do xyz... – those kinda fears.

This is adapted from a ritual by my hero Franchesca de Grandis, and works best if you use it ALL THE TIME EVERY DAY EVER.

- Calm and centre yourself by closing your eyes and taking three deep breaths.
- Figure out what your worry is. “I am worried/afraid that...”
- Allow yourself to really feel the worry or the fear in your body, Where abouts do you feel it physically?.
- Imagine your fear draining into the earth beneath you. I like seeing it flow out and safe into a warm burrow somewhere in the Goddess’ Earth, or for persistent ones, the hand of the Goddess physically pulling it out of my body into her hot earth core, where it melts away.
- Say this little prayer (out loud or in your mind if you are being stealth): Goddess, I release this fear and I surrender it to you. Let it be transformed in your earth.
- Take a big breath, and say:
Goddess I am ready to receive whatever it is I need from you right now. Visualise the Goddess sending you abundant, shining, vibrant energy up from her earth core, and imagine it shining in all the places the fear once was.

Done! Continue on your way.

Variations: you could make it more witchy by writing your worry on a piece of paper, infusing it with your fear vibes and pop it in a bin, or you could channel the fear into a stone or leave and bury it/drop it in a river, or write your worry on toilet paper and flush it down the toilet. If you dig Angels, you can call on the Angels for help instead of Goddess if you fancy. Whatever gets you using it.

The Goddess calls to us, whispering that life is so, so much better with Her in it.
Priestess Practice: Affirmations

I’m sure this isn’t the first place you’ve seen affirmations mentioned. But we are quickly going to delve into the real reasons why affirmations rule.

1) Because when said enough they can reprogram your subconscious
2) They are freaking magic and can change your whole mindset instantly.

Damn straight. We are going to use them like reset button or instant consciousness changers to remind us of who and what we really are: awesome badass priestesses in touch with Goddess at all times living in a miraculous, beautiful world.

I think of them like mini-prayers, or mini spells if you are spell kind of person. Who was it that said magic is changing one’s consciousness at will?

How to use them:

- Picking one and treating it like a special moment of reconnection – close your eyes, take a deep breath, and as you breathe out think the affirmation in your mind. Aaaahhh.
- Pick one to be your mantra for the day – keep coming back to breathing and repeating it every time you remember to.
- Repeat one, or a combo of them, to yourself in your head when you are walking, waiting in line, washing dishes, or doing any simple task where your brain is left free to wander. The I Am ones are best for this.

The more you think them, the more magical they are!

7 Awesome Priestess Mantras to remind you of who you are.

1. The Goddess is with me now. She surrounds me, supports me, and loves me.
2. I am a Powerful Witch-Priestess, and I create my own reality.
4. I am grateful for this moment. (This is my favourite ever. Use it all the time!)
5. I radiate the loving light of the Goddess
7. I am a Powerful Priestess, and I choose to see a world alive with magic.
Priestess Practice: Meditation

This is Rockstar Priestess Style meditation. So no think-of-nothing’s here.

Meditation is a way of creating space in our minds and hearts for Goddess to get a look in. I see it as our brains are usually so freaking busy chattering on and reminding us about stuff, we can’t hear God above the noise. We are so busy thinking about stuff that’s happened, or stuff that’s gonna happen, or stuff that could happen, we forget to spend time in the present.

God lives in the present, in the here and now, so we have to be right in the present to meet God. Think about a profound spiritual experience you’ve had – I am betting it happened when you were in the Now rather than your brain chatter!

Meditation is all about bringing ourselves back to the present moment and experiencing what’s going on here, right now. That’s it.

What does meditation do for you?

- Basically, when you focus on the present, you are tuning in to the Divine Radio Station. Boom.
- Meditation allows the energy of the Goddess to fill you with her love. Which is awesome.
- You are showing up and inviting the Divine into your life by making space for it. The universe LOVES responding to action.
- It chills you out, allows your brain to reset a little and makes your day flow better. All those reasons you know you should probably be meditating.

And why everyone thinks meditation is boring and hard and shitty:

- Stilling your mind is IMPOSSIBLE and it just won’t shut up
- You aren’t doing anything. In fact, you are trying really hard to do nothing, and that’s really dull.
- They think they suck at it because they can’t think of nothing for more than two seconds before their brain goes “Hey! We are doing it! Go us! What about that Hugh Jackman chap then, phwoar...”
It’s not as hard as you think it is, promise
All you are doing is being in the present.
That’s it.
There are more ways to be in the present than sitting really still and trying not to think of anything. Much more fun ways.
We are going to play at a couple of forms of easy meditation that use distractions to keep our mind busy on something so they don’t go on thinky autopilot so much.

**Dealing with Really Interesting Thoughts.**

Sometimes our brains think of really interesting stuff to remind us of, and we get all caught up in it.

It’s ok to have thoughts coming up, and it’s ok to get carried away with them sometimes. What we are training our mind to do as we meditate is to watch our thoughts rather than be our thoughts, so we are looking at them from the outside rather than feeling them from the inside.

Remember, the point is to experience the Now, not to empty your mind of any thought ever, but to peace out and just be here, man.

1. **Listening Meditation.**

   *Listening* is where you are being present by fully paying attention to what you are hearing around you. This way we are giving our brain something to do while we experience the present moment, leading to much less random thoughts about shopping lists and Robert Downey Jr.

   - Pop on a 5 minute music track: something beautiful without any lyrics is best to start with – lyrics in a language you don’t understand is cool though. (I say that as your brain wants to sing along with lyrics and think of things to do with them. We are trying to deactivate the brain a bit here!). I have a recommended awesome music playlist right here.

   - Close your eyes and just **Listen to it**. The only thing you need to do now is be present and enjoy listening to music.
As soon as the track’s done, you are done. This is awesome as you can do this on the bus to work, when you get home, anytime because it’s as easy as popping your headphones in and listening to a song.

**Advanced Listening:** go outside to a natural place, pop a timer on your phone for 5 mins, and listen to nature – the voice of the goddess around you.

2. **Mantra Meditation.**
   This is where you pick a mantra to say on the in breath, and another on the out breath. This is giving your chattery brain something to focus on while you experience the present moment. Try this one (it’s my favourite):

   *Inbreath:* I am a Priestess of the Goddess
   *Outbreath:* I feel her presence surround me

   Just set a timer for 3 or 5 mins and off you go.

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**MEDITATING TOP TIP**

Just a little reminder that when you are meditating and you start accidentally getting into the brain’s jibber jabber, don’t feel upset and annoyed at yourself. You are hanging out with with millions of other meditators doing exactly the same thing all around the world right now. You are doing fine.

All you need to do is give yourself compassion and let it go. You can think to yourself, “That’s OK, I love you” and move on.

I like to think of it as a cute little human trait, like how teething puppies like to bite things or when a seagull nicks something off a crow the crow tries to brush it off like nothing happened. Seeing things as cute is my way love for everything in the world.
Simple Guidelines

Are you jonesing for some Goddess goodness and want make every day a little more priestessy?

I gotcha.

Here is a basic outline, a Priestess Prescription if you like, to get you started on your journey if you fancy it.

1. **Pray every day.** Ask for help when you need it. Say Hi when you see Her in nature. Make time everyday to check back in with Goddess in prayer, whether that’s just a few short deep breaths and a quick “Hey Goddess, you are looking beautiful today”, a “Holy Frick Goddess get me through this!” or a beloved prayer or piece of poetry that gets you in the zone. Just start talking. Every day.

2. **Use the prayers and rituals in this book whenever you need them.** Use them lots.

3. **Use the Connect With Her Nature ritual every day.** If you miss a day, just remember you are cute and human and get back on it.

4. **Pick a time and a place to Listen- or Mantra Meditate at least twice a week.** That could be five minutes on Mondays and Thursdays before you go to sleep, or maybe on the daily commute to work by bus or train. Whenever suits you.

I know it’s only a little bit of homework. Maybe you think it’s such a puny amount of homework it won’t do anything. But it will. These little things will create huge shifts in your life. Do these things daily and you will start to feel a HUGE increase in your connection with the universe, and that’s what you want, right?

Remember to treat yourself with love and kindness, always – remember, you are this lovely human being just trying to do the best that you can, just as worthy of love and forgiveness and understanding as a pu

Do come on over to my Facebook at [https://www.facebook.com/RockstarPriestess](https://www.facebook.com/RockstarPriestess) to tell me how your Priestess Prescription is going!
Demelza Morgen-Fox (Demi to you guys) is a modern-day Mermaid Priestess dedicated to living her life inspired by the Goddess. She is committed to showing everyone that living a priestessful life is possible, simple, and amazingly magical, and that no matter who you are you can tap into your connection with the divine mystery and magic of the world.

She has been utterly enchanted with the world of the Goddess for the last 14 years. A total dream chaser, she is a dancer and a professional mermaid (yes, actually – it’s her job!) and is lucky enough to be training in Glastonbury England to become a Priestess of Avalon. Woohoo!

Demi lives life inspired by her passions – she is visionary mermaid artist, acclaimed belly dancer, occasional costume creator, trained painter, risotto chef and skinny dipper.

Come and visit her at her website www.priestesstraining.com, and immerse yourself in a world of mermaids, Avalon and priestesses.

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