



You Are Woman, You Are Divine: The Modern Woman's Journey Back to The Goddess

Renee Starr

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The modern woman often does not know herself as a goddess; her feminine energy is out of balance and her divine essence has yet to awaken. But the time has come, right now, for women to know that being female is special, sacred, and divine. This inspiring, poetic and magically potent book will entice women of all ages to explore and activate their relationship with the divine, feminine and most sacred part of themselves—the goddess within. In You Are Woman, You Are Divine, Back to the Goddess founder Renée Starr takes women on an enchanting, empowering journey, offering ancient wisdom in a fresh, modern way to help woman reclaim all the beauty, grace, and strength that being female is. In Part 1 of the book, she leads readers back through history to revisit the reverence for women that every ancient culture possessed. From the dawn of pre-history, women were perceived as holy, sacred, and divine incarnations of the Great Mother Goddess. Powerful figures full of strength, wisdom, and leadership, women were the keepers of the human race, from which all life flowed. In Part 2, Starr retells in mesmerizing narrative seven of the greatest goddess myths from ancient cultures around the world: Ancient Egypt, Africa, India, Tibet, Ancient Greece, Lakota, and the Judeo-Christian Bible. Each myth presents a quality that modern women can restore back into their lives: Lilith (Power), Yemaya (Creativity), Tara (Stillness), Radha (Passion), Kassandra (Voice), White Buffalo Calf Woman (Wisdom), and Eve (Awakening). Accompanying each myth are anointing, bathing and lunar rituals, instructions for altars, invocations, meditations, and more to deepen their connection to their own inner goddess and inspire living as a goddess on earth. In Part 3, Starr shows women how to integrate the teachings of The Divine Feminine into everyday life, honoring the sacredness of their body and how to be in energetic, feminine balance. The book offers fresh, new ways for women to embrace their ancient and sacred traditions. It uplifts the spirit of any woman—from young womanhood to her elder, wise-woman years. It honors the Feminine spirit that all women can celebrate in themselves to rebalance the world. Readers will live more fulfilled lives and feel more confident, free and feminine...becoming the goddesses they were meant to be. Beautifully designed & illustrated; includes a foreword by Raquel Allegra, noted fashion designer.



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