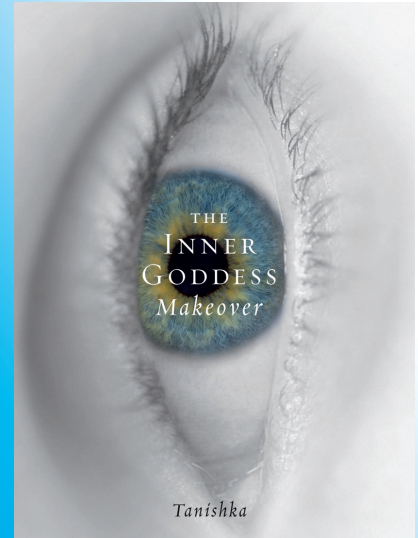


THE INNER GODDESS *Makeover*



GROUP KIT!



Welcome to what will be one of your most fun, meaningful & soul nourishing decisions...to nurture your ever blossoming womanhood every month with your favourite women!

Step One. SETTING A DATE

I recommend meeting once a month in the 2 weeks leading up to full moon so you're accessing the strength of the increasing feminine energy & this is also the optimal time to start new projects. (Simply Google Full Moon dates!)

It's a good idea to arrange an initial Goddess Gathering to enable group members to each collect their copy of 'The Inner Goddess Makeover' from the host & to schedule subsequent meeting.

You may wish to simply put all the names of the 7 inner Goddess aspects in a hat so each woman takes it in turn to pull which chapter she will be hosting.

Step Two. CHOOSING YOUR INNER GODDESS MAKEOVER GROUP

As always, go with your intuition...the women who first pop into your mind when you think of creating this group. Of course every group will be different but consider having varied ages, as this can add another dimension in terms of shared wisdom, mentoring & sisterhood.

Step Three. SEND OUT INVITATIONS

Download & print or email your girlfriends our FREE Inner Goddess Makeover Group Invitation. You may also wish to attach a copy of this kit to answer to any questions your guests may have.

Step Four. PURCHASE YOUR GODDESS GOODIES!

When you have your RSVP's visit our online shop at www.starofishtar.com & click on our Inner Goddess Group Kit to receive your Discounted copies of 'The Inner Goddess Makeover' & a FREE Wild Woman chakra kit gift set (incl. auric spray, essential oil blend & crystal essence) to get you started!

MORE HOT TIPS FOR THE ULTIMATE INNER GODDESS GROUP.....

HOW TO STRUCTURE YOUR INNER GODDESS GROUP!

N.B. It is essential that each woman has read the chapter being discussed before each Goddess Group. Preferably not the night before!

1. *Goddess Altar*

Prior to your guests arrival set up an altar such as a small table covered with the coloured cloth & matching candle or flowers of the Chakra Goddess of the month. Ask every woman to bring something for the altar that represents her inner Goddess. For example, a string of pearls for her inner Aphrodite or a shell from her local beach. For further ideas go to the Inner Makeover Kit in each chapter of 'The Inner Goddess Makeover'.

2. *Sharing Circle Show & Tell*

Take it in turns to go around the circle & share your experience of the Goddess of the month, along with any artwork, poetry or insights she inspired you to create or receive. You may wish to use a 'talking stick' so no one interrupts!



3. *Goddess Play!*

Choose one or two of the experiential processes from the chapter you have just read in 'The Inner Goddess Makeover' to do in pairs.

4. *Questions for Reflection*

As a group discuss your responses to the questions at the end of each chapter.

5. *Feasting & Merriment!*

Break open the bubbly, serve up the curries & break bread!

HOW TO CREATE A SACRED SPACE FIT FOR A GODDESS!

I recommend arranging the seating in a circle which is equal & inclusive. Draping fabrics over lamps & adding throw rugs & cushions to sit on also creates a warm & inviting womb like space in which to relax. You can go as low key or as over the top as you feel, such as renting a cottage for the weekend or making a red tent canopy with sari cloth & furnishing with Moroccan tea glasses & peacock feathers!

We create a sense of magic when we incorporate the 5 elements so consider the following when preparing your lounge room for your Inner Goddess Group.



AIR: Scent the air with essential oils or incense. I have specially blended Star of Ishtar Goddess chakra oils & spray elixirs for this purpose which are available at my online shop www.starofishtar.com

FIRE: Light candles but be careful to place them in tables, mantle pieces or on standing candelabras so as not to catch on clothes. You may wish to anoint or 'dress' the candles with a dab of the Star of Ishtar Goddess chakra essential oil. If it is Winter a log fire would be a superb addition!

WATER: Water is the healing element of the feminine & represent the emotions so I recommend having a jug of water & adding 9 drops of the Star of Ishtar Goddess chakra crystal essence I have created for each inner Goddess archetype. A water feature is also a nice addition.

EARTH: Fresh flowers & crystals are a great way of bringing mother nature inside. You may also wish to break off a few of the flower heads & arrange them amongst the candles or food.

SPIRIT: Whenever I light a candle I silently welcome in whichever angelic beings, ascended masters, Gods or Goddesses I feel guided to invoke. Alternatively, you may wish to invoke blessings or qualities for all those who enter your home as you light each candle such as laughter, understanding, peace & compassion.

N.B. For each chapter there is an Inner Makeover Kit which outlines the colours, themes & symbols for each Goddess so you can also use this as a guide when it's your turn to host!

INNER GODDESS GROUP CATERING SUGGESTIONS!

I believe there is no better meal in the world than a hotchpotch feast prepared by many women as each infuses her own dish with her unique creativity & love! So this is the golden opportunity to bring out those family heirloom recipes & share them with your sisters. If however, this threatens to bring out a nervous case of hives use the Inner Makeover Kit section in each chapter of 'The Inner Goddess Makeover' as a guide to the sort of foods recommended for each inner Goddess such as Middle Eastern foods for Ishtar, the High Priestess & grounding red foods such as meat, kidney beans & tomatoes for the inner Wild Woman. And if cooking is just not your bag consider all chipping in for home delivery!

Below are 3 of personal fail proof Goddess Gathering dishes & 3 Goddess Brews guaranteed to please!

VENUSIAN LOVE PUNCH ©

- 2 ltrs x lemonade
- 1 ltr x ginger ale
- 1 250 can crushed pineapple
- 1 punnet x washed & quartered strawberries
- 1.25 ltrs x ruby grapefruit juice
- 1 ltr x unsweetened pineapple juice

Method: Here's the best part! Open cans, jars, pour & mix. Takes 5 mins & tastes delicious!

HOT TAMALE MAMMA SANGRIA ©

- 4 freshly squeezed limes
- 1 freshly squeezed lemon
- 4 oranges (3 diced, 1 sliced horizontally to garnish)
- 2 ltrs x dry red wine
- 2 ltrs x hand squeezed or good quality orange juice
- 2 ltrs x lemonade

Method: Mix, stirring in love & joy & serve!

HEART WARMING SPICY CHAI

Half a packet of Hari Hari blend premixed chai tea

Small knob of fresh ginger

2 ltrs of milk (cow or soy)

Bear paw fulls of honey to taste

Method: Tip chai mix in a big bertha cooking pot. Fill & boil the jug & add bringing tea to a simmer. Keeping on a low heat, add the milk, honey & grate the ginger directly into the pot. Brew for 30 mins & serve. If some of your guests are

lactose intolerant brew it as a black tea & guests can add their own milk. Ladle into large mugs with love!



ROASTED VEGETABLE SALAD

A selection of veggies to roast such as pumpkin, carrot, potatoes, zucchinis, corn, onion, parsnip, beetroot, sweet potato & whole cloves of garlic (you may wish to smash these!)

Olive oil & lemon juice to drizzle over veggies before roasting

Italian herbs, rock salt, freshly ground black pepper & a selection of mixed seeds to toss over veggies prior to roasting

Garden Greens to make a base salad such as lettuce, rocket, cucumber, whole green olives, avocado & chives.

Pieces of crumbled Danish feta or pan friend haloumi cheese

Pieces of cooked chicken & bacon (optional)

Dressing Options: balsamic, olive oil & lemon juice whisked & seasoned with salt & pepper, pesto or whole egg mayonnaise (good for gluten free guests).

Method: Roast the veggies for approximately 45 mins on 180 degree Celsius & add to green salad. Take dressing & optional cooked meats separately to avoid produce going soggy.

ANTIPASTO SALAD

Sliced zucchini, onion, eggplant & mushrooms

Pitted & sliced olives

Sliced semi-dried or sun-dried tomatoes

Cous Cous, Quinoa or Brown Rice

Crumbed Danish Fetta

Lemon juice, olive oil, Italian dry herb mix, rock salt & freshly cracked pepper

Method: Heat olive oil in a hot pan & fry the veggies in added lemon juice, salt, herbs & pepper. Prepare the cous cous, quinoa or brown rice according to packet directions. Mix all ingredients & serve.

CHICKEN & CASHEW SALAD

Salad veggies of your choice such as lettuce, endive, Spanish onion, cherry tomatoes, avocado, capsicum & cucumber

Pieces of cooked chicken (tearing apart a bought BBQ chook if short on time)

Salted cashews

(2 parts) Honey & (1 part) Dijon mustard

Method: Toss chicken & salad veggies, top with nuts & drizzle with melted honey & mustard.

HOW TO GET THE MOST OUT OF YOUR GODDESS GROUP!

- When choosing Goddess Group members avoid 'dream stealers' - those whose fear causes them to dismiss, judge or ridicule your intention & those who shame others for being open & authentic by saying, 'too much information'.
- Create a kid free space & time. I have seen the intimacy & sacredness of women's circles completely destroyed by well meaning Mums who try to juggle their own needs & those of their kids simultaneously. Even when they have set them up in another part of the house with an array of age appropriate entertainment their natural curiosity has created endless interruptions which undermine the core intention.
- Ask that all mobile phones be put on silent or vibrate once you begin to avoid distractions.
- Aim to start & finish on time so those with families & other commitments can multi-task with ease & grace. I recommend asking guests to arrive at 7 for example for a 7.30pm start. This allows time to put away food offerings & offer guests a beverage before beginning.
- Personally, I recommend keeping the food & wine to end each gathering otherwise the focus dissolves from sacred space to social space with many smaller conversations polarizing & destroying the group dynamic.
- I begin each of my women's circles with the following request. 'I believe everything natural is sacred...so I don't care if you burp, fart, cry or laugh. All I ask is that you are authentic. If you hold back you rob your sisters of seeing themselves reflected in you. Real alchemy happens when we don't try to control what we say but rather allow what needs to be said to be shared from the heart. This is the power of a woman's circle. A safe space where what is shared in the circle, stays in the circle. Where you are supported to share your heart's truth without the risk of judgement.'





FAQ's (FREQUENTLY ASKED QUESTIONS)

Q. Can I have less or more than 7 women?

A. Absolutely. It's your group so tailor it to suit your needs. I would recommend keeping it to no more than 10 so it doesn't take 2 weeks for everyone to share!

Q. Is it essential to attend all the group gatherings?

A. Obviously, what you put in you get out so it is advisable to attend all of the group gatherings. In my experience as a facilitator of ongoing Goddess groups, the one women most need to attend is often the one they avoid!

Q. What age range is most suitable to attend?

A. I think girls from the age of 12, (unless they've started menstruating earlier) benefit greatly from being involved. Similarly, it's very enriching to have elderwomen of all ages present to impart their life experience & wisdom. That said, it has proved most popular with women aged between 25-45.

Q. Can men attend if they wish?

A. Again, tailor it to suit yourself but in my experience I find women open up more when in the presence of other women & that the introduction of men alters the dynamic considerably, (regardless of their sexual orientation).

Q. Is it advisable to dress up as Goddesses?

A. I encourage women to come dressed as each inner Goddess which can range from crowns & capes to dressing gowns, depending on the archetype! It certainly helps to embody the energy of a specific aspect if that's how we are dressed but there shouldn't be any pressure...although you may want to dish out your own monthly best dressed award! For tips on What to Wear see the Inner Makeover Kit at the back of the each chapter.

1. Then meet once a month to discuss one chapter at a time, sharing your high's, low's & laughs about each of your inner Goddess aspects & letting them out to play with fun & practical activities over a shared meal.

WHAT OTHERS HAVE SAID ABOUT THEIR INNER GODDESS GROUPS!

'I am a working Mum, and so are all my friends, and I have been struggling to catch up with them for some girlfriend time which didn't involve the kids and/or partners for the past couple of years. The Inner Goddess Makeover is a blessing! We work through a chapter a month and then get together to discuss, laugh, cry, eat and sip our way through what we have learnt. What I have discovered about myself is life changing. What I have discovered about my friends takes our friendship to a deeper level. We have gained so much from the experience that we are going to continue to meet after finishing the book! A highly recommended, fun and enlightening journey!' Chris. Melbourne. Australia

"The process of discovering my inner goddesses with my women's circle has been a voyage of discovery that has included a crazy weekend away letting out Lilith with great laughter, tears, talking, dancing and wonderful food ... through to a climb to a cave in the hills for a ritual, other rituals on the beach, and opening up to parts of ourselves we had either shied away from or refused to acknowledge. The process is divine and still continues as we work through the rest of the book...thank-you for making it possible." Karen. Christchurch. NZ

"The Inner Goddess Makeover' still sits by the side of my bed! It told me lots of things I didn't know but when I heard it I knew it was the truth because my soul recognized it & I was so relieved to hear it! It was a complete wake-up call to my inner Goddess & it's such a really powerful process it was great to check in with each other & witness each of our Goddess aspects like, 'Hey, I can really see your Athena today!' & know that the other person understands you.' Annabelle, Crystal & Sophie. Daylesford, Australia.

'My dream is that these Inner Goddess Groups will help to reclaim the ancient tradition of moonlodges & Red Tents; a place women of all ages gathered every month to share their journeys, offer support & develop personal understanding & wisdom. I suspect for many of us, our lives may have been very different if we had received this birth rite at puberty & urge you to consider what a difference we can now make in our own lives & those who follow in our footsteps.'

Tanishka
AUTHOR OF 'THE INNER
GODDESS MAKEOVER'