



Video Transcript

Aphrodite Movement Practice To Awaken The Sensual Goddess Within

Welcome to today's video with myself Amy Sargent and the wonderful Gaia goddess.

Today I would like to invite you on a journey to connect to your divine feminine with the guidance of the goddess Aphrodite.

I encourage you now to place both hands onto your womb area and begin to gently close your eyes

focusing on your breath.

Begin to imagine softening into your womb area

with every breath allowing more ease and relaxation into your womb

into your body and

allowing your heart to open

as much as it wants to,

with each breath,

sinking deeper,

into the body,

softening the womb,

opening the heart.

And slowly,

as you continue to breathe,

begin to imagine yourself standing on a beautiful,

white sandy beach

As the sunset comes,

you look upon the clear crystal seawater and above you see all the arrays of colours of a beautiful sunset.

You look down and see yourself standing in this beautiful silk dress,
feeling your bare feet upon this white sand.
And as you breathe, you feel this sense of peace,
wonder,
and awe, but not at the beauty you see in front of you,
there is a sense of awe at the beauty within.
As you continue to look upon this beach,
you begin to see a woman walking towards you slowly,
sensually. each move feels intentional the
closer she gets to you you feel her containment her self -honouring and confidence
her reverence and femininity
With each move, you feel her essence, so pure, so feminine.
And slowly she comes closer, standing before you.
Sexual, sensual,
self -contained,
sharp and graceful all at once she smiles she looks at you and
she places her hand one upon your heart and one upon your womb encouraging you to
turn inwards now
She says to you,
what is your feminine essence longing to express?
Take this moment to listen in to what your body is saying
As you pose this question,
you might notice a sensation, a memory,
an emotion,
just trust what comes.
What is blocking your expression,
allow Aphrodite to guide you into what's blocking your divine feminine essence.
And then she encourages you to begin to breathe.
And as you inhale, imagining, sending the breath from your heart down to your womb.
And as you exhale, imagine in sending the breath back from your womb up to your
heart. You can place one hand on your womb and one hand on your heart if they're
not already there.
Inhale, heart to womb.
Exhale, womb to heart.
Inhale,
heart to womb.
Exhale,
womb to heart.
Feel the rhythm,
feel the connection
With each breath,
allowing the connection of your heart and womb to align at a deeper level.
And as you continue,

as you inhale now, sending the energy down to your womb,
begin to say in your mind, I am open to receive. And as you exhale,
drawing the energy back up to your heart, Say again, I return to myself.
Inhale, energy to womb, I am open to receive.
Exhale, energy to heart. I return to myself.
Inhale,
energy to womb,
I am open to receive.
Exhale,
energy returns to the heart.
I return to myself.
Continue here for the next minute,
Just allowing yourself to deepen this connection,
your womb to your heart,
your heart to your womb.
I am open to receive,
I return to myself.
I am open to receive.
I return to myself.
As you get into this meditative state,
begin to ask yourself, where has my feminine voice been silenced?
Allowing your breath to continue to flow through to your womb,
up to your heart as you begin to ask yourself
where has my feminine essence been silenced
you may find an emotion a sensation a word or a memory just trust what comes
what is my body telling me
where have I shrunk silenced my femininity nor
allowed myself to speak my truth.
Where has my divine feminine been abandoned?
Feel the weight of these questions,
the way of self -neglect.
The generations of femininity, dishonored, disrespected.
And as you do,
you see Aphrodite draw you towards her marble temple next to the beach the
place where she resigns as a priestess honouring her sacred feminine
allow the silence the rage the grief to come forth
As you begin to move gently, seated for the moment,
feel the silence within,
the life force and feminine essence begin to move you,
move through you.
you are not moving your body,
your life force and femininity is guiding intuitively to create.
And as you begin to feel your body opening and moving,

I encourage you now to begin to stand up.
Allow your body to begin to move in any way that it feels that it wants to.
Honouring the divine feminine within
allowing your hips to move not for anyone else's pleasure
but to honour the holy temple within
aphrodite has brought you to her temple to
make you aware of
the importance of honouring
and worshipping the divine feminine
feel the silence begin to awaken you feel the years of rage and shrinking,
the freezing,
the moments of self -doubt,
and dishonouring of your femininity,
allow your spine to ripple,
your arms to sway
your hair to move as
you honour and worship the
divine feminine life force within you
Feel the connection,
close your eyes and
allow yourself to just move slowly and sensually
noticing
how the divine feminine is leading you
how are you being guided to move
what is being set free
as you move through and open your femininity
And if you feel cold, you can continue to breathe the way we was. Inhale in,
sending the energy to your womb.
Exhaling, moving the energy back up to your heart. Opening your womb.
Opening the energy of your divine feminine. Feel Afrodite's call to worship the
priestess within
feel her connection guiding you to honour your physical temple the temple of your
body
And as you move, swaying your hips, moving your arms,
spine, or whatever feels right, begin to caress and touch your skin,
honouring every part of your femininity as you close your eyes.
This isn't for a man's pleasure. This is to worship yourself,
the softness,
the gentleness of your femininity.
Ask once more,
what is my feminine essence wanting to tell me right now
as I honor and worship my body and myself.
Trust what is coming

and allow it to move through as you sway, move your hips,
dance in any way that feels sensual and honouring to you.
Feel Aphrodite you within,
if doubts or insecurities are arising.
Allow her to guide you through,
breathing and finding space within to see what is blocking your worship of the
divine feminine within.
If there is something you need to say, speak.
If there is a move you need to do, do it. If there is a tear you need to cry,
cry. There is nothing that cannot be opened in this holy temple within.
This is the space of creation and life.
Take these last few moments to honour the depth.
As you are in this wonderful marble temple,
where is your femininity calling you?
And then slowly,
you stand still.
You see Aphrodite standing in front of you, holding up a mirror before you.
As she says to you,
do you see what I see?
Take this moment and look in this mirror.
How do you see yourself? How do you see your femininity? Do you honour yourself,
your body,
your life force?
What is she showing you right now?
Take these last few moments, placing one hand on your womb,
one hand on your heart,
to trust what you're being shown,
and if there is anything you need to ask Aphrodite as to what is blocking the
honouring
of your femininity and internal temple
that has show you right now.
And when you're ready,
just begin to come back to the breath.
Say Saying your last goodbye to Aphrodite as
she smiles at you, placing again one hand on your heart and one hand on your womb.
She says to you, come to me anytime you forget who you are.
And slowly she begins to disappear into the sunset.
You are left standing on her beautiful marble temple in awe not only of what you
see around you but of what you have learned within yourself
take this moment to acknowledge the temple within that you are the priestess you are
the temple you are the temple holding the life force within within you.
Take one more breath
and then slowly begin to open your eyes coming back to this moment and

I encourage you to go and get a journal and a pen.
And if anything has come up for you here, any blocks, any paths that you need to take, begin to write this down. You've just gone on a soul journey of connecting to your divine feminine with the support of a goddess Aphrodite.
Thank you for watching today. My name is Amy Sarjan and this is the wonderful Gaia goddess.