



Video Transcript

Artemis Movement Practice To Reclaim Autonomy & Confidence

Welcome everyone to today's video. My name is Amy Sar, and this is the wonderful Guy, goddess. And today I will take you through a visualization to connect to the goddess Artemis. Artemis is a goddess of confidence and autonomy, and today she's here to teach you how to be free. So I invite you now to place one hand on your chest and one on your stomach.

And just begin to breathe standing where you are, allowing yourself to drop into this moment, remembering yourself, breathing in, and as you exhale, dropping deeper into your heart, into your truth.

And slowly closing your eyes. Begin to imagine yourself standing on the top of a mountain in a moon lit forest. You see all of the trees beneath, and as you turn to your side, you see a woman standing next to you beside her. On one side is a wolf. And on the other side is another wolf, and as you look at her, you feel this sense of sovereignty.

Who is she? This is the goddess Artemis, and she turns and looks at you and she says, I walk alone. Not because I am lonely, but because I am free. I answer to no one. I belong to myself, and she asks you what holds you back from being free? From being fully you? Allow yourself now to ponder that question.

Notice what arises within,

and slowly you see Artemis begin to place out her hand and invites you to take her hand and connect into her energy.

And as you do, she encourages you to roll your shoulders back, stand tall, feet, hip width apart, and begin to tap your chest, allowing all the blood to pump through your body. These are the moves that you need to begin to know your autonomy.

Feel the blood pumping through as you tap your chest

awakening to this moment.

And suddenly she begins to guide you to move your leg back, drawing your bow, an arrow, and releasing the arrow. Coming forward in inhale, come back, draw your arrow. Exhale, release. This is your focus and precision. And then she shows you your next move, your voice, your ancient instinctual voice. Oh, oh, oh.

She invites you to how, feeling the discomfort as you do this. Oh, oh, oh. Feel the unease, the shaking as you speak out. Oh, oh, oh.

Take a breath as you feel Artemis embody you fully within. Look to your sides and imagine the wolves beside you as you are guided to begin to run through the forest. Free with the wolves. Imagine yourself running free. No one's stopping you, no one holding you back, nothing holding you back. The wolves beside you, your instincts are strong, and suddenly you see a net.

Take the wolves. You see a crowd of people fire in their hand, stones in their other, throwing things at you, showing you that you should doubt making you shrink, and then you see a net come over you. You feel fear, all of a sudden the confidence, that moment with Artemis starts to feel doubtful and you shrink feeling like there's nothing left within.

As you hear the voices, you're not enough. Why do you think you can be free? Who do you think you are? Be quiet. Be silent. You hear all of the voices, all of the loudness in your mind, but suddenly. You hear Artemis and she tells you, tap your chest. Come back to this moment. Remember who you are. You feel all of the lies still coming at you, but she tells you to how?

Oh, oh, oh. How like a wolf tap your chest, move your bow and arrow, hit the stones with precision. Be up the lies, oh, oh, oh. Feel yourself moving free, not allowing the lies, the stones, the fire, anything to allow you to shrink anymore. You are free. You are you, and no one can stop you being you unless you allow them to continue to tap.

Oh, oh, oh. Allow yourself to speak freely. Move your bow and arrow. Feel your breath. You are free, you are confident, and you are autonomous.

Keep tapping, keep feeling that sense of freedom.

Oh, oh, oh. You might feel discomfort as you howl. You might even cry because speaking when you've never been able to can be so difficult. But feel it how. Shoot your bow and arrow, tap your chest and allow yourself to become present. You are free. And suddenly as you do this, you see the people begin to move.

In fear, unsure of how to handle you now, and you feel Artemis transform you into a new version of yourself. Nothing has changed on the outside because this transformation and freedom has always come from within. She takes you back. To the mountaintop and you see her standing next to you smiling, almost giddy, with an excitement of showing you who you are, and she begins to pump up her hand stomping her foot.

Yes, I am free. She invites you to say the same. Yes, I am free. She tells you to howl again. Oh, oh, oh, yes. I am free. Oh, oh, oh. She allows you to take these next few minutes to be free and wild and do whatever feels right for you because you are confident and you are you. Oh, oh, oh. Yes. I am free. Yes, I am free.

Close your eyes. Feel this in the very core of yourself. You do not need someone's permission. She tells you, you are you. And suddenly she pauses and says to you, who are you? Without everyone's opinions.

And she pauses

and allows you to consider this question

knowing the weight. That this question can hold,

and she says to you, you see, being free, being autonomous comes with responsibility because when you are free, you must know yourself. You must trust your instincts,

and she invites you again to consider this question. Who are you? Who do you believe you are meant to be?

Take this moment, placing your hands on your heart.

And allowing that question to begin to take root,

I.

She looks at you placing her hand upon your cheek

and comforting you. As she says, you do not need to know all of the answers to this. There is no definitive you.

You don't need to pigeonhole your personality. This is about you beginning to understand who you are for you, what do you like, what do you wanna do? Who do you want to be?

She stands, not projecting anything onto you, but giving you permission to consider these questions with no judgment.

Take a moment, speak to her. Ask Artemis. What she would like to tell you,

and then she says to you, begin to become aware. My child. When people are trying to shrink you, when people are making you doubt yourself, know yourself so you know when you are not being yourself,

and she encourages you. For last few minutes to pump your fist howl like a wolf. And dance freely, allowing yourself to know your confidence and your autonomy. So I encourage you for these last few minutes to pump your fist. Yes. How oh, oh, oh. And jump and dance. You are free. You are free. My child. Oh, oh, oh.

Yes. I'm free. Oh, oh, oh. I am free. I am confident. I am me. I do not need anyone. Speak out what you feel you need to right now. Say it from your heart. Say it from your core. Allow yourself to be free. Oh, oh, oh yeah. Yes. Oh, oh, oh, yes. Oh, oh, oh. Imagine yourself on the top of that mountain dancing Free and wild under the Moonlet sky.

Oh, oh, oh. Yes. I'm free. Oh, oh, oh. Yes. Oh, oh, oh.

Take some breaths.

As she invites you to say these last few words, not just as words, but as seeds, prophecies for who you are becoming. I do not need permission. I do not need permission. I trust my instincts.

I trust my instincts. I do not ask to be free. I am.

I do not ask to be free. I am.

I belong to myself.

I belong to myself.

She looks at you. One last time places her hands out inviting you to place yours out to open, handed free and ready.

She smiles, nods and tells you whenever you doubt yourself. Whenever you doubt your power and freedom, come and speak to me. And then you see her run off with her wolves into the wilderness, wild and free.

Take one more moment here to acknowledge all you have seen, come to realize and understand.

And then place your hands back on your heart, thanking yourself for being brave, even though this may have been uncomfortable.

And if your eyes aren't already open, begin to open them now.

Today we went on a journey to meet Artemis and move through a space of confidence and autonomy. I encourage you to go and get your journal in your pen and write out anything that come up for you. It's really hard to be wild. And Untamed. So if this felt difficult for you, just acknowledge that's okay.

It's information, have some compassion, and if ever you need to continue this, keep going back through this again until you feel that sense of freedom. My name is Amy Sar, and this is the wonderful Gaia goddess. Thank you so much for joining me today to find your freedom and autonomy. Have a wonderful day.