

10 STEPS TO CARE FOR YOUR HAIR

LIKE A GODDESS

A Natural Girl's Guide to Love and Care for her Hair

With Nature's Gifts

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I thank you for respecting the work that I put into this document and I wish that it enables you to foresee life as a wonderful experience, as we are on this Earth to experience our own beauty and the beauty of all that surrounds us, as we are all creations of perfection.

Namasté !

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ABOUT ME

Caring about my hair came almost at the same time as getting my life back on track. I am from Gabon, a country located in Central Africa, mostly known for its immense dense virgin forest and beautiful coastline in the Atlantic ocean. Growing up, the idea of speaking to spirits, whether they were guides, ancestors, nature fairies, spirits of the forest or of the ocean did not seem so out of the ordinary. I witnessed scenes upon scenes of my great grandmother performing spiritual rituals for healing, blessing and feasting.

When I moved to the United States after high school to follow my then boyfriend and go to college, I became ashamed of this part of my life, leaving it behind as though it has never existed. With time, experiencing health and financial rollercoasters, the need to get back to my truth became more evident.

Nowadays, I can attest that I am living my life purpose and that every day of my life is filled with beautiful miracles, blessings from the Workers of Light, archangels and angels, ascended masters, spirit guides, healers of the heavenly realm and the goddesses who inspired this book. I am a magnet of abundance.

Every woman is, by essence, a Goddess in flesh and bones. We are all God's creation, and as such, we are perfection. Drowned in the imperatives of life, we tend to forget our divine nature and we chose to be victims of circumstances ; failing to realize that we are, in fact, Masters of our Destiny.

Beauty is intrinsically related to spirituality and our hair is our most prized accessory ; so much that it can defines how we choose to embrace our dreams : with utter confidence or, on the contrary, full of self-doubt.

When writing this book, goddesses came to me, one by one, to infuse me with images of self-love and empowerment. I channelled their messages of feminine power that are intended to help you see yourself as the magnificent canvases of beauty and love, just waiting to shine through, that you are. It is my plea to you to surrender your sorrows and see the GODDESS that you are. She's right in there, waiting to be ignited !

INTRODUCTION

Goddesses are supernatural beings, female deities, known in all cultures for their distinct powers. These sacred feminine archetypes all have in common their fearlessness, their compassion for their people and their beauty. They transcend time and to this day, they are remembered for their beauty and even worshiped for their blessings in many parts of the world.

Writing this book, images of magnificent and colorful female shapes dance through my mind. I envision goddesses of all sizes and body shapes, some portrayed in all sensuality, while others set themselves apart for their purity and virtuous demeanor or their warrior attributes. However, they are all of incredible beauty, that which is often so poignant that stories talk about the fact that it was unbearable for men to look at them or men feeling compelled to kneel down in front them at the mere sight of their divine vision.

As a spiritual practitioner, I have been acquainted with the unconditional love and compassion of these deities, goddesses and divas that have existed a long time ago. So long ago that most of us can only remember them from world mythology books and legends told in our local history and traditions. Nonetheless, goddesses are part of us. They are the feminine and very powerful divinities, whose purpose is to inspire us to ignite our divinely woman strength and live our life purpose.

We now live in a world dictated by men, with power and success at the tip of every person's tongue. We women lead our lives as ambitious, career driven personas, often forgetting that we are not men. Already in ancient traditions, we are taught of the precious balance between yin and yang energies and the importance of both, in a world of duality. As women, our strength lies in just that : our femininity, our compassion and our sensuality. When men acquire

power through force, women swim their way through the palaces of authority with grace and tenderness.

What about hair ? If force is usually what a man uses to get his way through life, hair, on the other hand, can be seen as the weapon a woman uses to achieve the daily victories of life. I have met women who have developed a reluctance towards everything relating to sensuality – which is basically what hair is – almost as though it is degrading for an intelligent woman to show charisma and intelligence while and being undeniably beautiful at the same time. Media has portrayed beautiful women as being dumb creatures assigned to superficial duties. Somehow, it seems impossible to be both of beauty and brains.

I used to be one of those women. I used to feel so embarrassed when I stepped into a room full of people. I was accustomed to seeing women, who actually did look like men themselves. I always loved color and even when I could not be too creative in the way I dressed at work, I would still make an effort to show a piece of my personality by adding subtle touches of color here and there. Yet, I was surrounded by grey suit-white shirt wearing men and women so, with time, my style started to slowly emulate theirs. I took beauty for granted and I became very casual about the way I presented myself to my mirror and to the world.

As far as hair was concerned, I had always cultivated a love-hate relationship with what I now consider to be a woman's greatest accessory. More than an accessory, hair is part of our personality. It is a reflexion of our ethnic and cultural background, and even sometimes, of our spiritual practices and political beliefs. Hair is crucial in determining one's personality and character. Coming to the understanding that I was denying this part of myself, I decided to gradually reclaim my power by embracing my femininity and learning to empower myself through caring for my hair. With time, as I was drawing my spiritual path, opening myself to the divine in me, goddesses became a pivotal source of inspiration in my life for their

heroic performances, their miracle-instilling capacities and for their time-transcending beauty.

Everyday, I call upon them to inspire me to be successful in everything that I do just like I imagine them to be. I call upon them as muses, so that my actions are divinely guided and led by this feminine power attribute, which tends to more subtle and more delicate than men's. In that sense, I tend to cherish both the outcome that I wish but also the path that leads me to it. And the path absolutely has to be sweet. I welcome no suffering, no pain. Even when I know there will be long hours ahead of me to accomplish a task, I absolutely have to foresee the pleasure emanating from carrying each step of this endeavor.

Goddesses are pure divine figures. Hundreds of thousands of people around the world follow very intricate rituals to praise and even worship them. Female deities bring inner beauty, radiance, fortune, prosperity, love, health, food, abundance in harvest, healing, creativity, fertility and so many other things we human beings need in order to fill up our lives with joy and self-love. Even though these rituals are spoken in many different languages and carried out in slightly different ways, the intentions and prayers are usually the same. They ask for protection from the goddesses and they ask for their wishes to be granted with respect for humanity.

In this book, I would like to offer a slightly more creative way to look at holistic hair care, as inspired by the goddesses and deities we've come to know through historical texts and even divine channeling. The words that I write are exclusively inspired by the awe I have towards these supernatural beings of love and light, my companions of always, and my conviction that within each and every woman, resides a true goddess only waiting to be awoken.

Step 1
**Love your natural hair,
embrace your own beauty**
Xochiquetzal, Aztec
« Goddess of Flowering Earth »

Goddesses come in all shapes and sizes. They are not limited by our modern view of what the beauty standard is. These amazing beings are unapologetic about their bodies. Even better, they flaunt it and make it part of how they are going to be remembered. Some goddesses are voluptuous, others have small breasts, while others are athletic. In terms of their hair, it is no different. The Greeks tends to portray their goddesses with long, wavy hair ; while Romans will have them in all sorts of updos and hair styles ; Native Americans, on the other hand, have goddesses with the jet black hair, often very straight and decorated with feathers or flowers. These goddesses are all of a beauty that words cannot explain properly. A beauty that can only be seen to be emotionally fathomed.

As an African woman, it took me years, almost decades, to love and deeply appreciate my natural hair textures. I believe this to be in every human being's DNA characteristics to never quite be satisfied with what we were born with and what makes us unique. Somehow, « the grass is always greener on the other side of the pond », as it says.

Growing up, I saw the women of my family chemically treating their hair to make it be straighter or a different color. They would perm their hair, apply every new product in the market with the hopes that it would make their hair look like the girl on the cover of the magazine or the singer on TV – not realizing that even that model's actual hair texture was not as it was portrayed on the glossy paper. So my desperate quest for hair perfection started at a very young age, as I

was taught to believe that my curly, frizzy, crazy hair was less than acceptable.

Later in years, I had to go through a big chop episode, caused not only by one major physical illness that had led to my hair shedding tremendously, and a broken heart. I had no choice but to start appreciating the kind of hair I was born with. So I did the big chop, before the term was used and the natural hair fever explosion over the internet. For the first time in my life, not having to rely on my hair, I felt more freedom than I had ever experienced. My morning rituals were simple and consisted of a quick run under the shower and a dollop of gel, and I was good to go. On the street, I felt that people looked at my face, seeing the real me. I started to pay particular attention in what make up and accessory I wore. This was my introduction to the freedom of being and feeling sexy, without having to rely on long and straight hair.

My hair unexpectedly started to grow faster than I would have anticipated. Little by little, a curl pattern developed. Though it was odd at first, I gradually came to learn my hair texture, and appreciate all aspects of it.

However, I suppose a goddess never has to go through that inner questioning. Aztec goddess Xochiquetzal, also known as the « Goddess of Flowering Earth », manifested herself as the goddess representing naturally beautiful women. She was also the goddess of fertility, love and marriage. And those things are not separate. In fact, Xochiquetzal extended her blessings to everything related to beauty and love, including sexual pleasures. She taught that harmony in life and in a relationship always come from self-acceptance. Xochiquetzal was said to be so beautiful that no man dared to look at her directly. She was always surrounded by birds, symbol of freedom, and butterflies, symbol of transformation. As such, she instills the idea of beauty as inherent to a sense of feeling free to be who we truly are and having the ability to use our creativity to show different sides of our

personality from one day to another – holding only one truth : that we are beautiful, just the way we are.

Perfection is a word that has been distorted with time. It is used as a judgment weapon put in front of people to make them feel « less than ». In reality, and from the ancient teachings of ayurveda, we are all born perfect canvases that we ought to adorn, based upon our spirituality and creative mood. Canvases are plain and beautiful. They ought to be decorated for self-expression.

Step 2

Use nature's gifts to nourish and embellish your hair

Goddesses and Queens From the Nile to India

Since ancient times, Hindu goddesses are portrayed in beautiful sceneries of nature, surrounded by colorful plants and flowers. More than 5000 years ago, classical Sanskrit texts on ayurveda, traditional Indian art of living and medicine system, praised the importance of the use of plants and spices to heal the mind and embellish the body. Hindu goddesses like Lakshmi or Rama, similar to Egyptian queens like Cleopatra, favored a holistic approach to beauty, recognizing that the body could not be separated from the mind and the soul. Those three elements that encompassed a person's being and constitution, had to be healed altogether from within, in order to show apparent harmony. It is that harmony that can be equated to what can be perceived as physical radiance. And by definition, to show radiance is the physical proof that there is inner health and the joy emanating from clear eyes, a genuine smile or lustrous hair is what our human eyes perceive as beauty. Which is why it is hard to pin-point one specific physical attribute as being the whole definition of beauty. It is the sum of all harmonious elements that create the vision of physical bliss.

Ayurveda, as a system, is very well documented and has become much accessible to the West. These days, it is not uncommon to fall upon websites and books helping you find your ayurvedic constitution and what plants are most compatible to your own individual body-mind characteristics. Ayurveda, in that sense, is very similar to Africa's plant-based healing or traditional healing practices as found in Native American tribes ; though both Africa and Native American's

deliberate oral tradition has made it more difficult of a system to follow, from an outsider's perspective. To get insight on these spiritual practices, one has to be « initiated » through specific rituals and ceremonies.

Coming back to goddesses and deities of ancient mythology, Egyptian queen Cleopatra VII, was most notoriously known for her infamous beauty rituals and the belief that she lived between the world of the living and the divine realms. She believed there to be no dissociation between beauty and spiritual awakening. Pampering herself was her trademark and her schrewed beauty was not only her secret weapons against Roman invasions, but the key to her spiritual ascension after death.

As far as hair beauty is concerned, some of the plant-based rituals used both in Ayurveda, but also in ancient Egypt and in sub-Saharan Africa include henna, neem and honey. It is said that Cleopatra dyed her hair with henna and used honey for both skin radiance and deep conditioner for her hair. To this day, beauty rituals of Indian weddings continue to mimic beauty rituals of Hindu Goddesses such as Lakshmi, goddess of wealth and spiritual awakening, also known for her extreme beauty, or Rati, hindu goddess of love and sexual playfulness. During these rituals, the use of spices like turmeric, mustard seeds, camphor, manjishta, bhringraj or hibiscus flowers is pivotal to embellish and prepare the princess bride for her wedding and her honey moon. Coconut milk and oil are also staples of a woman's long and lustrous hair in the Hindu tradition.

Goddesses, as part of the divine realm, work hand in hand with other energies of unconditional love and light : energies stemming from what is commonly referred to as God, or the Source or the Almighty. As such, goddesses are highly respectful of nature and use nature's gifts and wonders to adorn themselves and to provide blessings to their worshippers. The more natural ingredients you include in your beauty regimen, the more respect you show the environment – what you can also call « Mother Nature » or Gaia, the closer you will get to

feel like a true goddess. In that sense, holistic beauty rituals will not only feed and embellish your body, but they will also please your soul and put your mind at peace. You will feel all your energies in harmony, and a real sense of grounding with Earth.

What does that mean in practical terms ? Rather than buying beauty in a bottle selling you only the frustration of never being able to look like the photoshoped model's picture stuck on the packaging, get in the habit of using all natural, or better, organic plants, in the form of oils, decoctions, infusions, muds and essential oils to treat your hair with love. Your hair will receive the greatest amount of benefits from these all natural options, which have kept all their nourishing properties, Once you start researching, going to your all natural neighborhood store or your local farmers' market, you'll discover all the gifts that nature has created for us, only to magnify our beauty, while promoting our internal health. You can start with ayurveda, though you are most certainly not limited to this alternative holistic system.

What I liked from the beginning about ayurveda, is that it offers a practical and very thorough system, something you can use as a basis to your hair care regimen. The plants are so numerous that learning about them will make the process even more exciting. But most importantly, as you will know what ingredients work well with your hair's individual character, you will learn to listen to your hair's needs and when it actually needs more caring and for what reason.

The goal is to be able to create a hair routine, including only ingredients that suit your individual hair needs and personality. Use oils for highly hydrating oil treatments ; make hair masks from dried powdered plants, which you can keep for at least an hour at a time. Allow the treatments to penetrate efficiently your hair shaft with steaming processes or even doing the Green House Effect* overnight. Deep conditioning should also be a key element of any girl's hair regimen. It allows your products to deeply penetrate your hair, nourishing it profoundly and protecting it from the styling phase. Tea

rinses are also a good way to seal the conditioning treatment and lend your hair vibrance and tonicity.

Of course, I cannot stress enough on the importance of always, always moisturizing. The weakness of ethnic hair usually lies in the difficulty of retaining moisture. Which, in turn, leads to hair breakage and even hair loss. Imagine your hair like a beautiful rose bush that you fail to water on a regular basis. Well, the luminous pink of the rose flower will quickly lead to very dry and lifeless plant. It's the same thing for your hair. In addition, any ethnic hair treatment requires some protein boost. To restore strength and elasticity, get in the habit of giving yourself an all-natural herb mayonnaise, which has an egg yolk base, in which you can add a boost of moisture with a good oil infused with herbs like mehti, moringa or even a fruit like banana or avocado. Based on your own personal assessment, you may want to alternate treatment from one week to another. Another good natural protein option is a coconut whipped cream hair mask, made with the fat of the coconut milk, separated from the water part by just leaving it on the fridge overnight and scooping out the cream part accumulated on top of the coconut milk container.

Imagine yourself as this wonderful goddess, feeling grateful for every pampering she gets and putting herself as a priority in her life. A goddess knows for sure that as she is well, her entourage and the people she meets, will be the direct beneficiary of her accepting to live in harmony with nature. A goddess is not afraid to take time for herself, in order to make sure that she is always represented in the most magnificent apparel. She is a muse and she presents herself as an inspiration for whomever comes in contact with her. It is seen by her outer beauty. It is felt by her engagement and her respect for her values.

Step 3

Learn to let go

Kali, Hindu Goddess of time, destruction and new beginnings

I have noticed many women who hang on to dead split ends or uneven haircut, just to feel good about themselves and the idea that they have length. This is an act of despair, because it shows that they are willing to have hair that is overall less than perfect instead of trusting in that removing dead hair will allow their gorgeous mane to thrive as soon as it is unburdened of the dead part. Actions driven by despair go contrary to what goddesses do. A goddess, by definition, is fierce and fearless. She is unapologetic about who she is and what she is going through. She is focused on maintaining integrity during her path to a greater outcome.

If you're among those women who are afraid of cutting off old dead hair, just because they are trapped in the belief that they will not be perceived as beautiful, please, let go and surrender ! This is my plea to you. Igniting the goddess in you, means to accept where you are in your path of beauty, understanding the mistakes you have made in the past and the lessons you have learnt. The goddess in you certainly should not feel less than beautiful just because your hair is a few inches shorter. In fact, length does not matter if the quality is poor. In other words, it is better for you to cut off dry, unhealthy and potentially contagious crop and start fresh with shiny and voluminous hair, however short you feel it has to be.

One particular goddess comes to my mind : Kali, hindu goddess of time, destruction and new beginnings. Kali is known as the « Dark Goddess ». She is often depicted with blue skin complexion, partially naked with a long bloody tongue. She is emblazoned with golden jewelry, has multiple arms and holds several decapitated heads. She usually also stands or dances while stepping on the body of her husband, Lord Shiva, who is lying beneath her. Though this depiction

may seem strange, it is just symbolic of the fearlessness of Kali and her ability to help you let go of what is no longer useful while perceiving the brightness ahead of you. She represents a ferocious feminine force embodied in divine sensuality. She is the expression of creativity and new beginnings.

As you love your hair, you should learn to distance yourself from your expectations ; but rather, allow it to thrive by cutting off dead pieces and giving it the opportunity to show you its true beauty. Nevertheless, that process not only requires trust, but also patience, as all good things usually do not come as quick as cheap gratifications. Once you have removed the unwanted part of hair, set a new and disciplined hair maintenance regimen that will fit your lifestyle. This will help you document progress made. This will also set new habits that will become part of your overall hair and beauty rituals, thus increasing your hair length and beauty potential.

A long time ago, I used to relax and perm my hair. My life experiences led me to believe that straight hair was more beautiful than my kinky and hard-to-manage tresses. Every other month, I could hardly wait to go to the hair salon to get my dose of straightening cream. With time, seeing the tiniest amount of new growth became unbearable. I just couldn't stand it. I had to go get it fixed ! I hardly knew anything about hair and I relied on less than competent beauticians to sell me the latest version of what was going to finally make my hair look as straight as a Chinese girl. Imagine ! Looking back, I realize that I almost never went back to the same hair salon one month after the other. Which only meant one thing, that I was not satisfied with my experience and I kept on looking for a new hair specialist, with hopes of finally finding one who actually loved hair and whose goal was to improve its natural attributes rather than eradicating them.

Being sick while going through a painful break-up were the two reasons why, I believe, I ended up chopping off all my hair and wanting to start new. I was so tired from medical treatment that I

decided to wait a couple of months before going to get my relaxer again. At that time, I felt like my life was falling apart. I was also financially challenged and the lack of money had contributed to what I perceived to be the failure of my love relationship. Getting ill did not help. I found myself in debt, close to homelessness and my only wish was to run away from my problems rather than facing them. I dragged myself out of bed to go to school and work for several weeks, unable to see the light that was ahead of me. I still had faith but my relationship to my spirituality was that of victimhood, rather than responsibility and action.

Needless to say, between the stress and the medical treatment, my hair started to fall. My decision to big chop, before I had even heard of the term, came as a surprise even to me. It was one of those intuitive moments, like I learned to act on more and more with time. I was going to the grocery store when I saw that one of the local hair salons had put a « 50% OFF » sign in front of their store window. Like a robot, I walked in and asked the Ethiopian lady to cut off all my hair. She tried to convince me to hang on to my beautiful chemically straightened hair and to just do a trim, rather than cutting everything off and take the risk of not being pretty. I remember not even speaking much and grabbing the scissors to start cutting by myself. She looked confused and could not seem to understand my gesture. But she went ahead and removed all the relaxed part, leaving me with an inch or so of my own natural hair.

I remember feeling numb at the hair salon. Then, I remember crying a lot once I got home and for several days after. This was my body's way of turning the page to my past, and most importantly, to let go of my feeling like a failure. Needless to say, this experience was a healing one for me. A few months later, I had gathered the courage to leave the town where I was living and move to New York City, and start on my new path, away from the torture I had imposed to myself.

Fear not, I am not implying that big chopping is the only way to go. Transitioning from relaxed to natural is another route to take if being

natural is your ultimate goal. However, experience was crucial in learning to understand the particular needs of your hair and the fact that most often than not, how my hair behaved was a direct reflection of what was going on in your life. If you're in complete bliss and in a relationship of mutual love and respect with your hair, your hair will definitely show.

Step 4

Fall in love with your inner Goddess and Adorn your hair

Queen Amanishakheto of Nubia

A woman's super powers are directly linked to her ability to be ultra-feminine and not having to apologize about it. This is what makes us different from our male counterpart, driven by forceful strength. However, nowadays, we women get so caught up in our day-to-day checklists, that we perceive the simple acts of beauty as luxury. We even use time, or the supposed lack of it, to convince ourselves of the veracity of this claim. It's like we've gotten it upside down.

If we understand the Law of Attraction, we need to believe and know that we are beautiful, powerful, sensual and successful in order for this reality to become material – not the other way around. Yet, we are led to act as though our overwhelming responsibilities have to dictate the course of our lives, whereas they weigh us down and make it impossible for us to even dare dreaming of more glamorous ways to lead our existence.

What is exhilarating about having this inherent feeling of being a goddess or a queen is that it bestows upon us the conviction that we were already born into royalty, that we do not have to justify our status and that, those things considered by the common mortals as luxury are simply some of the elements that distinguish us from them.

Being grandiose in our attention to our beauty and to some of the healthy pleasures of life, does not mean being less responsible. Quite the contrary, actually. The legacy of the reign of Amanishakheto, queen of Nubia, was characterized by the epic anecdote of her raising

a small army that was able to defeat the Roman army sent by Augustus to conquer her queendom. Of course, she was of undeniably striking beauty, a beauty that was greatly attributed to the care she took at adding upon layers of luxurious fabric and precious stones to embellish herself, thus creating an aura of both fear and awe from her people and even the enemies of her empire.

Amanishakheto epitomizes the modern day diva, one that can choose to love or hate, but definitely not one that leaves you indifferent. She appeared mysterious and untouchable because she built the image of a powerful general of an army that was once underestimated by the great army of the Roman empire. Yet, she lived the lifestyle of a wealthy princess, spending time on magnifying her appearance to appear even more impressive by only choosing what was best : the most expensive gemstones, the smoothest and silkiest cloth, the most enticing scents. She was as feared as she was desired and, in order to become who she believed she was meant to be, in order to live her life purpose, she understood that she had to play the part by first and, just like a method actor, dress up in the appropriate costume.

What's so amazing with ethnic hair is that it has enough character to be able to play with it and make it be a representation of your personality and lifestyle. Just decide who you are, the most ideal version of you, and determine whether you are currently living the optimum level of this image you hold of yourself. Close your eyes, and breathe. Ask yourself « Who am I ? » and let the eyes of your heart, deep inside, show you. You don't need to do anything more. Just ask and, because your inner self already has all the answers, you shall see the truth. In reality, you are a magnificent being of light, who came to this Earth to shine and inspire. Fears of the unknown, build from years and years of self-defeating thoughts stemming from life failures and culture dictating you that you are not enough, that things are tough, that you should not waste your time dreaming about things that are too unreachable for you, all of these limiting beliefs about yourself have contributed in you not seeing how unique and immensely beautiful you are.

So, go on ! Close your eyes, now ! What do you see ? Smile a little, and keep on breathing and you should start feeling warmth coming from the middle of your chest : this is your heart chakra pulsing. If you feel pressure on a small dot in between your eyebrows, it is your third eye chakra quietly opening to allow you to see yourself. In fact, it does not matter whether you feel it or not. The magic is already happening, be sure of it. And the more you ask this question, the clearer your vision will be. Never doubt the brilliance of your being, as the inspirations and the intuitions will become more and more vivid. Just go with the flow.

And as a lion cannot be as glorious without its golden fur, the goddess in you cannot truly shine unless you start adorning her with the proper accessories. Choose what represents you, not what's in fashion – though there are so many choices to pick from these days, that creating a persona is a reachable task for most people. The only thing is that you need to know where to start. It means, coming back to the basics and finding out what works for your goddess. Are you a Roman mythology type of goddess, or are you a Middle Eastern gold and Emerald precious stone one? Are you the kind of goddess who is in touch with Mother Nature, like Alalahe, Polynesian goddess of Love, who is depicted as wearing crowns of bright and colorful flowers ? Or maybe you are like Aphrodite, another goddess of love, who preferred to drape herself with transparent and silky dresses, and decorate her long hair with natural pearls ? You may even be a modern day Ixchel, Mayan goddess, who always wears huge feathers to cover her long straight jet black hair.

Do what feels right, but know know that your hair is the sensuous element of your persona. It's not about length, or type of hair. It is about how you care about it. The more love you have for your hair shows the love and respect you have for you, as a goddess and as someone wanting to be treated as such. When in doubt, call upon Kulu Lau, polynesian goddess of Mirages. She taught her worshippers to understand that the world we live in is not the reality. Reality is what

we create for ourselves everyday. Reality is not something that is imposed upon us. Far from it, as per the law of karma, something that is inherited from our own past behavior and the choices we continue to make.

Do not expect to live a life of harmony, bliss and luxury if, deep inside, you are not completely convinced you deserve this lifestyle. If somehow, you see a glamorous woman only as a high maintenance and annoying diva, whose sole purpose in life is to look at herself in a mirror and does not much care about the well-being of others, if you feel a beautiful woman is only one who is at the mercy of men, someone who cannot think for herself and places all her value on her physical attributes, then you have completely misunderstood the goddesses and you most certainly cannot ignite the one goddess trapped inside of you.

Get rid of these limiting belief patterns, as they are true obstacles to your capacity to ever live an extraordinary life and, beyond your little person, to create a effective impact upon society, starting with your family, your neighborhood, your community. If you present yourself as someone who is overworked, overwhelmed, too busy to take care of her beauty, you appear as though you are not in control of your life. And as such, you are certainly not a leader, a guru, someone who uplifts the energies of others by first believing in herself. Be inspired to create your own little rituals of life and beauty, and you shall become inspiring to those surrounding you. The extra minute you are willing to take to put on a beautiful ornated gold-plated hair clip on your luscious kinks might just win you the wonderful compliment from a stranger that will make your day sparkle, leading you to be more open to more and more inspiration from your inner goddess muse, and so on.

You are the most important person in your life, and this, despite the fact that you feel undescrivable love for your husband, children or even if you are so spiritually in tune that you feel oneness with humanity. Your journey is that of you discovery of yourself to be free

from self-imposed burden. By treating yourself like the divinity that you are by birthright, you are becoming a pivotal tool of spiritual growth for the world. As a woman, you are endowed with plus-size abilities and strength that are magnified by knowing your worth and loving yourself. And to love yourself means putting the extra time to be the most beautiful and confident person you can gracefully be. Give it a try and see for yourself. Details are what makes you unique. A pearled hair pin found at the flea market or even a carnelian necklace that belonged to your grandmother that you can wear like an oriental queen would, may be a good beginning to start on your hair embellishment journey.

Step 5

Cover your hair with fabric

Oshun and Hatshepsut, African goddesses

It is rare to find a depiction of an African queen or goddess who does not wear a headpiece made of endless heavy-designed fabric. From the civilizations of ancient Egypt, influenced by the Middle East, to deep down into the continent and all the way down to South Africa, this was the staple look of what was perceived as divinity and local royalty. To this day, head scarves made of African wax fabric is the number one accessory worn by all our sub-Saharan African moms and aunties. In North Africa, the influence of Islam as practiced in desert regions, translated into women covering their head with what is called a hijab, which is usually a very silky veil covering the head of every pious Muslim woman beyond the age of puberty, as a way to show religious modesty. Beyond what we see with our human eyes, the symbol of head covering goes deeper than a mere fashion choice. In fact, it shows one's choice to retain mystery from what is Godly by nature.

In the times of the pharaohs, Hatshepsut, glorious and victorious pharaoh was also a woman. She ruled over Egypt for over two decades. Under her rule, the territory thrived like it never did before. Her notorious headpiece was the emblem of her title. She was loved, respected but also feared because her power laid in the fact that it was unlikely for any woman to chair such a flourishing empire if she didn't have a direct connection with higher spiritual realms, if she weren't herself a human-born goddess. Call upon the energies of Hatshepsut when you have to assert your opinion or position ; when your power is in question or when your authority is challenged. Ask this magnificent goddess to bestow you the ability to be a leader and be feminine at the same time. When you wear your headpiece, hold your head high and straight as a way to show the world you are amazing – not in an

arrogant way. No. Know your worth and act accordingly. Respect and appreciation from others will come naturally.

For a very long time, the young generation in sub-Saharan Africa, including West, East and the Southern regions - as it is not uncommon everywhere in the world - rejected wearing a headpiece. They perceived it to be associated with being old and uncool. Rather, they opted for the hip and trendy European trends, which seemed more in touch with modern times. It is not until the 20th century, with the rise of afrocentric communities in the United States, with hip hop and acoustic soul music singer-celebrities like Erykah Badu or India Ari, that somehow, African girls, living in the motherland, experienced a renewed sense of pride in their identity. To see that black women, sisters from another continent, reclaimed their original beauty, was not only a choice of fashion, but it was a sort of social and political activism.

But let's not get carried away. Even though real goddesses know how to pick their fights and never submit themselves to the standards of society, there is no point in turning such a pure act of femininity into a power struggle. As a matter of fact, many of us reclaimed the head piece as a gesture of freedom. In the hindu philosophy, princes and princesses wore the turban. Their social rank or cast was even attributed to the accessory, a precious stone or the lack there of, that they put on their colorful turban. Like in Africa, fabric also determined from which region the person was from and to which cast he or she belonged.

Similar to tribes of Native America or the Hindu tradition, both the material and spiritual worlds were always interconnected. People had the ability to travel from one realm to the other, gain wisdom for what they experienced in the invisible dimensions and apply this knowledge to further the cause of humanity. For a woman, wearing a scarf was part of her everyday attire. The fabric she used represented her tribe,

her village, her community. The way the scarf was tied could tell others of her age, her family background or whether she was married or not. Some symbols have become very distinctive and with time, are now internationally recognized. I can think of symbols of the Zulu tribes of South Africa, or the particular designs of Ghana's Akan tribe Kente cloth or drawings used in Nigeria that show the Yoruba group.

During spiritual practices, covering the head was meant to protect the crown chakra, energy center located on top of the head. This chakra is an energy point creating an opening of light that connects us to universal divinity. It is like a tube of pure light coming from divine realms above the sky, which enables us to channel divine entities such as angels. During ceremonies and rituals of magic, divine beings as living here with human flesh, were said to become vulnerable to outside forces of the Dark that could sneak in the human body through this subtle whole. Hence, wearing a scarf to symbolize the physical block preventing a woman's body from unwanted invasion.

This may seem peculiar, hearing the direct link between what is perceived as a fashion trend these days, yet realizing that the spiritual origin of such an act. At the end, we have to realize that fashion is, more often than not, inspired by far away cultures who were, themselves, inspired by the gods and goddesses.

What's so beautiful nowadays is that we have the luxury of reinventing ourselves and of creating our own reality, which reflects our state of mind and our convictions. Wearing a headpiece does not have to be a social cry for justice, but rather, one of the many options you select as a way to allow your inner goddess to express herself freely. Because, not to seem redundant, but one of the attributes of a real enigmatic and strikingly beautiful goddess is that she is free to be whoever she decides to be. She dares to be seen and enjoys public attention as she knows her purpose is to inspire others to be great, to be individuals, to be extraordinary. She carries the sort of olympic torch of integrity and love. As you lay eyes upon a goddess, you immediately know you are in the presence of a precious gem. You feel

compelled to stare at her, unable to look away, pulled by her enticing energy and beauty. She does not need to look like your own notion of a beauty standard. Actually, she usually does not. But you can't help but look, because she is divine.

Regardless of your ethnic origin, Yoruba goddess Oshun is a great divinity to channel when you come into a path of confused identity. She will nurture your thoughts and help you clear your mind so that you see who you are, underneath your own clouded and self-imposed judgment. Oshun is the goddess of all creation and universal beauty. This includes arts. She especially uses dance as a creative expression of beauty. She is often portrayed as a tall and light brown-skinned of extreme sensuality, depicted with generous breast, full lips and luscious skin. As the bearer of holy pure water, she will come to you if you allow her, when you want to create beauty without effort, when you want creativity to flow intuitively. This energy will flow through you, as a muse, to manifest all that will bring greatness into your life.

Wearing a headpiece like Oshun should be a way to show your love for nature, for authenticity as fruits and flowers make the beauty of a green forest. Once you discover your inner goddess, if she is like Oshun, it means that she is assertive and has great sexual appeal. You shall wear a headpiece that is distinctive, a unique piece that looks like no other, made of raw fabric, no silk or organza. Oshun is untamed and wild beauty, just like a virgin forest. Your headpiece should turn heads, leaving no one insensitive to you and the aura you carry. There should be no hair showing. Only the scarf of very bright fabric, worn with big geometric wooden earrings. Your overall persona should become stunning and that means for you, making sure you leave no detail to coincidence. Your dress should be worn tight, showing the line of your body, with wonderful cleavage enchanting every person who dares to look at you. Your makeup has to be bright, your lips should remind people of a juicy red apple asking to be bitten. Oshun is a delight. She will help you convey that you are power in sensual assertiveness. You are a goddess, a creator, an artist who is aware of the impact she has on people but who is certainly not a bimbo or a

woman who relies solely on her looks. The looks just happen to create a « wow » reaction on anyone who crosses your path.

If wearing a headpiece is a call from your goddess, then allow yourself to dive in. It is not only an excellent way to camouflage a bad hair day or even an oil treatment that you put on in the morning, before realizing that you had to run errands outside of the house, but it is also a great fashion accessory that will embellish any outfit, giving the extra spice of ethnic coloring. If you are a woman of African descent, whether African American, bi-racial or even Latino or Middle Eastern, or if you are just on a hair growth journey, adopt the head scarf as it is certainly one of the few components you should include in your armory.

Step 6
Braid your hair
Greek Goddess of Love
and Eternal Beauty: Aphrodite

The Greek goddess Aphrodite is one that does not need an introduction. Countless times have we heard of stories involving this goddess who is said to retain eternal youth and has the perfect body and hair.

The legend says that Aphrodite rose from the foam out of a wave in the ocean. During the times of the Greek gods, she had the power to enchant anyone who saw her. When men crossed her path, they immediately became infatuated with her and most wanted to possess her. She was undeniably the most beautiful of all goddesses ; most accounts use the word « perfection » and her magical powers were to compel love and potent sexual attractiveness thanks to her incomparable beauty. She was perceived by some to be a bit stuck up, with a slight narcissistic tendency.

In reality, Aphrodite was the gentlest of all goddesses. Humans would pray to her when they needed someone to love them. Unlike other Greek goddesses like Athena, whom one prays for wisdom and life strategies, Aphrodite is the one you call upon when you need your life to be sweeter, when you wish for miracles to be granted.

Her hair divinely represents this gentle and caring character of hers. The endless undulations of her loose curls are a testimony to the deliciousness of her personality. She used her hair to cover the intimate parts of her body, only hinting the beauty beneath to create curiosity. Her braids were also loose, another aspect of her character,

which is eternal youth and of seeing life as a playground, rather than a battle field.

But braids are not exclusively reserved for Greeks and other European types of hair. If you remember, singstress Alicia Key brought back the cornrow trend over a decade ago, when this hairstyle was still associated with people living in low-income neighborhoods.

Thankfully, fashion has a way of bringing old images forward and setting them as trends. Depending on your hair type, you can pick from the many braiding techniques, some very simple like French-braiding or others, more intricate, like corn row-braiding. Keep in mind that the coarser your hair, the more complex of techniques would fit compared to smoother, European types of hair that usually call for more easy going styles. Why ? Simply because coarser Afro hair textures creates kinks and grabs onto hairstyles whereas silkier hair like Asian very straight hair will tend to not hold onto hairstyles, especially if you do not apply hair products to create hold and styling aid.

Braiding is an excellent protective hair styling option. There are numerous tutorials that you can find on the internet, to teach you how to braid your hair. These styles include, like I mentioned previously, doing small cornrows that you can keep on for two to three weeks. This way, your hair receives the least amount of manipulation. By simply applying hair serums over the braids on a daily basis, you are sure to promote growth stimulation and to keep your tresses moisturized. However, if you prefer the freedom of changing styles every day, you may want to try twisting your hair and styling. You may need additional accessories like hair pins or rubber elastics to keep everything in place the way you wish. It is really up to you and what instruction you receive from your inner Aphrodite.

A rule of thumb is to always allow your higher self to speak clearly. And if you feel confused by the messages you receive, to ask again. Answers lay inside of us. If you are inspired by Aphrodite, you will learn that your hair is entirely part of your seduction package. She is

another nature-loving goddess for whom beauty lies not in the pile of makeup applied on the face, but rather on the purity of the skin and how sun-kissed it look. Hair styling has to look effortless. When you braid your hair the way Aphrodite would, you most certainly want to add romance into your life, as you make it as attractive and touchable as possible. The braids are loose, the curls also ; to show how spontaneous you are and how fun you are to be around.

Men will want to know you, attracted to your youthful beauty ; women will want to know your secret to being so nice and sweet all the time. Life will become much easier and you will notice people giving you their seat on the bus or co-workers doing you favors without you even asking. If you are single, you will not stay alone for long if you ask the help of Aphrodite. This is the easiest task for her and one she is absolutely delighted to do. If you are in a duo, Aphrodite will inspire you to add some honey to your relationship. We've seen earlier in this book that Rati, hindu goddess of love enjoys spectacular sexuality and makes the bedroom an arena for sexual prowess. Aphrodite is a goddess of love with the most romantic attributes. She is for restoring romantic gestures – what we can call « quality time » so that partners can enjoy each other's company by taking time to be together and discovering ever-wonderful aspect of their respective personality, things that will make them want to be around one another. Aphrodite is the one to help, and it starts with gorgeous braided curls that the loved one will take pleasure in untying while caressing your hair.

Step 7

Grow long hair

The sacred hair of Sir, Scandinavian goddess

It is no secret that young girls grow up with images of princesses with long and shiny hair. Regardless of their ethnicity, at one point or another, a girl has wanted to have very long hair. The lucky few actually don't have to do much in order for their hair to thrive. When asked what they do to make their hair grow, they annoyingly tell you « Nothing. I just shampoo and put on hair moisturizer. » Most girls never actually attain their dream length and they end up giving up on the idea that they could ever have their hair past their shoulder length. They think genetics determine hair growth potential and they assume they just didn't make it to the hair growth lottery.

Though it is true that some women are more genetically blessed in the hair growth department, being able to grow your hair is possible for every woman. However, it is important to understand your individual hair texture and your hair needs. This is one of the reasons why I was so enthusiastic when I came upon the teachings of ayurveda. No one needs to feel self-conscious about the hair they have, once they know what natural raw ingredients are compatible with their own unique constitution.

Additionally, deciding to grow your hair means that you have to be disciplined about your hair maintenance and the routine which is going to fit both your specific hair type and your lifestyle. The key is to come to an equilibrium so that taking care of your hair is a pleasure, and not something you dread doing.

In most cultures, goddesses and other deities are personified with having long hair. Actually, the longer the hair, the closer to extreme beauty a goddess is. In times of turmoil, hair is often sacrificed as

one's proof of loyalty or honest despair. Hair has magical powers, such as the power to charm or the power to heal. Think of the Brothers Grimm's fairy tale Rapunzel and how hair becomes the main character of the story, giving Rapunzel the power to give eternal youth to whomever comes in contact with it. Her hair is also what saved her, helping her escape from the castle where she was held hostage for years.

In buddhist texts, it is said that Buddha was once tempted by an evil deity from the Vedic tradition named Mara. This demonic female deity wanted to tempt Buddha into relinquishing his illumination. After several attempts, and Buddha feeling exhausted and discouraged, simply placed his hands on the ground as a sacred gesture to ask Gaia, Mother Earth, to help him get away from Mara. It is said in the legend that Mother Earth made an ocean appear out of her long hair to push Mara and all his energies of the Dark far away from Buddha. This is a perfect illustration of the sacred character of hair.

There are also many tales about queens and goddesses losing or sacrificing their hair. Sometimes, it is to save their lover, like the story of goddess Sif, the wife of Thor, the thunder god in Scandinavian and German mythology. Her hair was so long that it came down past her feet. One day, a mischievous god stole her hair and ran away with it. Thor, her husband, burst out with anger and demanded that Sif's hair be returned or the thief would suffer unbearable punishment. The hair was returned the day after, but even longer than before, as threads of gold were added as a sign of sacred apology.

Of course, those tales are so numerous, it would be hard to tell them all. The point is that if you want to channel a goddess aura, you should start caring about your hair as a sacred and magical tool of success and prosperity. Long, full, voluminous hair will always be a symbol of youth and health. Long hair will, most often than not, create reactions and attract stares – but in a positive way. Not that a woman with short hair cannot be beautiful, far from it. A woman is, by definition,

beautiful. But long, very long hair is a lethal weapon that has the power to disarm. And being exercising patience, love and care for your hair, will inspire other women to know it is possible for them to do the same. Long hair is not only a sign of beauty, even today in our modern society, but it is also a great spiritual ally. The healthier your lifestyle, the more gorgeous your mane, and the closer you will feel to your muse goddess.

Step 8

Wear hair extensions

Beauty mavens : Cleopatra and Kulu Lau

For a very long time, the idea of wearing a wig or hair extensions seemed completely against my convictions to be a natural beauty. As far as I was concerned, being a natural meant being a purist : meaning that I was to only wear my hair in its natural kinky curly state and that, for the rest of my life. Let's just say that I was anything but a fun natural. Since childhood, my experience with wigs and hair extensions had been limited to what I saw women do in hair salons, and I assumed this just wasn't for me. First of all, my limiting beliefs dictated to me that women who wore wigs or extensions were either cancer patients or escort girls. Somehow, for no real reason, my subconscious mind had made those links and they had stuck to me.

In addition, as I left my home country in Central Africa to move to the United States after high school, I discovered that wig-wearing as a hairstyle was not just a trend exclusive to the two stereotypes I mentioned above, but that actual everyday-women casually beautified their mane with 'artificial' hair. Another discovery I made was that this was not at all limited to women of color but that caucasian women also added on extensions just for the sake of making their hair longer or fuller – whether it be for a special event or as a regular hairstyle.

When I started my natural hair journey, the first six months post big chop were a delight. For the first time in my life, I was getting acquainted to my natural hair texture. My styles were cute and low maintenance. But as my hair gradually grew, it became more and more unmanageable. Thankfully, natural curly girls communities were growing all over the internet. I started to research alternative protective hair styling options. I found out that many girls actually opted for wigs in order to make their hair routine much more manageable. Sew-in and clip-on extensions were also popular. I was

relieved to not only step out of my shell and completely abolish my nonsense of beliefs associating hair extensions with the morality held by a person, but also to find a potentially healthy way to protect my hair while it's on a growth journey.

That's when Cleopatra VII, queen of Egypt, came to me. Even back then, and we're talking over 2000 years ago, this beauty known for her ritualistic approach to beauty and magic by the use of natural ingredients to enhance her existing attributes, covered her own hair with wigs and hair extensions. Without her distinctive hair, Cleopatra would have probably not been remembered by the human mind to this day. Her hair cannot be dissociated from her power and fame. It is part of her overall persona, and thanks to her legendary Egyptian coiffure, a black wig topped by a cobra made of precious stones, she may not have been the mysterious queen we know of today. She herself claimed to be the human reincarnation of Egyptian goddess Isis and the way she presented herself to the world was to present this divinity she held. In order to not just be a character, she had to become the queen-goddess she believed to be. It is no coincidence that she chose her costume and hair to convey her conviction. And as such, from the man she loved to the way she ruled Egypt, people believed her to be a human-born goddess.

In reality, Cleopatra was undeniably beautiful. But she was not be taken like any other powerless woman, just good enough to bear children to a king. As the ruler of an empire, she had to appear more powerful than she actually was. Having custom-made wigs to match occasions, events and outfits were part of her strategy to maintain order in the kingdom and intimidate her enemies. Being seen with her natural hair undone, however beautiful it surely was underneath the wigs, could have been perceived as a sign of humanity, hence a proof of vulnerability.

Now, another goddess should pop in mind again when it comes to create illusions grander than world reality. Remember Kulu Lau, Polynesian goddess of Mirages, is a key character in the Pacific

islands' mythology. Have you ever woken up in the morning and feeling low in energy, wishing time would stop so you could go back to sleep? Those days are particularly tough, as everything you have to do becomes a burden. You feel sluggish. You feel as though you're carrying the weight of the world on your shoulders. And nothing seems to help. Surely, you go to work, looking exactly like the way you feel. Your co-workers ask you what's wrong, what they can do to help... some even tell you you look awful.

In the Law of Attraction, I would call this the Mirror Effect. Basically, you feel bad, you think negative thoughts and they come right back to bite you in the face. Everyone can not only see it but they often have the elegance to remind you of it. It creates a vicious cycle, making you ultimately feel worthless. In days like that, you ought to call on the powers of Kulu Lau because you are a co-Creator and you are endowed with the capacity to manifest the life that you wish for. Unfortunately, you probably do not wish for problems to occur in your life – however, by thinking and looking like a desperate woman, you inevitably attract exactly those energies you actually do not wish for. Kulu Lau will help you by throwing you a jolt of strength to help you gather enough bravery to put on the happy costume. You may not feel great at first, but it is like wishful thinking. Once you start playing the part, you become the part.

A mirage is basically an optical illusion. It's like being in a desert, dehydrated and starting to see an oasis engorged with water and a beautiful tropical garden. Though it is said that the oasis is just a trick of your imagination to help you cope with the trauma of the situation, this temporary band-aid to your pain and despair helps you to alleviate all the negative thoughts surrounding you on that specific moment.

As Kulu Lau helps you to believe you will overcome the sadness of the day, invoking the powers of Cleopatra and covering your bad hair of the day with a gorgeous wig will make the process easier. And sometimes, it's not even about having a bad day at all. Sometimes, you just don't feel like finger detangling your hair, or unraveling your

twist out. Sometimes, and despite the fact that your hair may actually be absolutely stunning, you just feel like it should be protected. A wig or hair extensions will enable you to become a mirage yourself. You become, for a short while, the character of the woman wearing that wig. If you're having a bad hair day, you turn that around by creating a spectacular hair and a spectacular brand-new you for the day. If you simply want fantasy for a special event, you turn to fabulous hair to complete your glamorous outfit. Just like Kulu Lau, people would see the wonders of your beauty, appearing just like a goddess of magnificent beauty. Just like Cleopatra, you can choose to camouflage your self-consciousness or shyness by transforming into a confident, powerful and stunning woman. A wig or hair extensions can help you come out of your shell and play your part, while still preserving the integrity of your natural hair.

Step 9

Perfume your hair with enchancing fragrances

The goddesses :
**Their sacred flowers, their sacred
plants**



Deities and goddesses are entities of divine light and love. Their love for human beings and animals living in this world is unconditional and without judgment. Mother Earth is the guardian of all that grows and lives on this planet. Our environment is the most precious asset we have. Our environment is what ensures our survival while living in our human bodies. It ought to be nurtured with utter respect and gratitude.

All the goddesses have sacred plants and flowers, which are some of the symbols through which they can be identified, but also be called upon. When you smell a light pink rose, most likely you have images

of the motherly love and compassion of Mary, mother of Jesus, dancing through your mind. In art and Christian illustrations, Mary is almost always portrayed holding light pink roses or in the middle of beautiful ethereal gardens.

When it comes to your hair, your most visible sacred feminine power, fragrance is not a detail to be neglected. Cleopatra, queen of Egypt, knew the importance of such plants as mendhi, also known as henna. There is no place where this mystical queen would travel without bringing with her baskets upon baskets of the magical henna plant. She applied henna on her body to draw scenes of sensuality, flowers and exotic birds. She also used it for divination and magic, to draw success upon her and her kingdom. Traditionally, Egyptians used henna to adorn their body, as it is still done nowadays days all over North Africa and the Middle East. Henna, the dried plant, was also burnt as an incense, to draw fortune and protection. It was a sacred plant that Moroccans started to use when princess Cleopatra Selene, daughter of queen Cleopatra and Mark Anthony, was married to a handsome king named Juba II of Morocco. With time, the use of henna became popular to do body art for girls and women, with each culture, implanting their own symbols on which part of the body and at what stage of life a specific design should be applied on a woman. Henna is also popular as a very potent natural hair dye and conditioner, used these days beyond the frontiers of the Arab tradition.

Furthermore, as far as sacred plants are concerned, most goddesses had a particular relationship with a sacred plant. It could be a flower, a green leaf plant or even a fruit or a vegetable. Take Hera for instance. She is the Greek goddess of Heaven. She is also known as the patron of women's fertility and for her imposing tremendous punishment to adulterers. Hera is associated with pomegranate and the lotus flower. As a matter of fact, pomegranate is found in Ancient Greece, Rome, the Middle East and India where the mystical fruit has life-giving properties. It is used for divination, for wealth attraction, for bringing fertility to a couple and for overall luck in life and projects.

Pomegranate is a sacred fruit, just like the lotus is a sacred flower, especially in hinduist and buddhist traditions. One of the most pivotal sacred texts of Mahayana Buddhism, the Lotus Sutra, was named after the mystical flower. It is a flower associated with great spiritual poetry. If you look closely at Hindu and Buddhist art, you may notice that many deities are depicted either sitting on top of the lotus or lotus flowers surrounding them and being an essential part of the scenery. In the story of creation, according to Hinduism, it is said that Lord Brahma, the Creator, came out of the lotus flower at the time of creation. As he awoke, new life appeared. Lord Vishnu, the preserver of Life, is also portrayed in many illustrations, as holding the lotus as a sign of his being the embodiment of spiritual perfection. It shows that every human soul seeking illumination shall connect with Vishnu to ignite these divine qualities. However, beyond the spiritual and mystical attributes of both the pomegranate fruit and the lotus flower, in modern times, both of those natural plants are widely used in cosmetics as their healing, regenerating and nourishing properties are no longer to be proven. They are part of women's beauty regimen in many parts of the world.

When you decide to steep your hair with these subtle ancient mystical scents, you can call Hera to guide you to only attract that which your heart desires. As a result, you'll draw positive attention from the people ; those who will only have a positive impact on your life. Your sensuality will arise and you will barely leave people indifferent to your presence. Your beauty will be seen by their eyes, but inflamed within their soul as your heavenly scent will strike their own emotions. As your hair starts to scatter a delicious smell everywhere you go, people crossing your path will be filled with dreamy images, feeding their imagination with fantasy.

If you ever come upon shops selling natural scents, from good quality essential oils, which you can blend with non-fragrant oils and use as natural perfumes, to flower fragrances burnt as incense, get in the habit of having your hair smelling like magic. It will draw upon you the energies of the goddesses who are so delighted to come and help

you in every which way you need. Go to markets, to natural perfume shops and just pick the scents that speak to you, the ones you feel represent more your personality and the ones that you feel will enable you to come into character with your inner goddess. Smelling good adds another layer to the goddess experience, as it allows your beauty to permeate beyond what can be seen. You are unique and fragrance is a very intimate aspect of a woman, one which makes her stand out among others. They'll just know you are memorable and strikingly beautiful, without really knowing why : and that is what a true goddess is by definition.

What's also amazing about adding perfume to your hair is that regular perfume will stay on you no longer to two or three hours. After that, the scent usually disappears. However hair has the capacity to absorb any natural scent and to retain it for the longest time. So long as you make sure that the perfume will not dry your hair out, go for the adventure and discover fragrances you didn't know existed. When in doubt, call upon all the goddesses and deities to come through you and inspire you to draw exactly the smell that you need to help you open the gates of manifestation of all that is beautiful and loving in your life. Success will surely come as in energy, like attracts like. Once you start experimenting with smells and start putting intention when wearing them, only energies in alignment with your wishes will come to you for support and you will start to notice your life shifting to brighter and more beautiful things. Remember, you are what you do everyday.

Most people intend on becoming the extraordinary person they know they're meant to be only the day when all the conditions are ideal, when they have the money, when they have the car, the husband, etc. They think the conditions are to be ideal in order for them to be happy. It never happens because conditions are never ideal by themselves. You have to put your own energies in place, raise your frequencies to greatness before you see high frequency energies starting to be attracted to you. It is a process of purification of the mind, of every thought and of every intent. Basically, instead of

waiting to have the perfect hair, the perfect apartment, to meet the perfect guy to finally live like a goddess, you actually need to start acting as though you are that goddess, pushing the limits of what you are capable and see your inner powers begin to manifest. Once you are the embodiment of a goddess, regardless of the social context in which you evolved, then you will start attracting things in life that are in line with the goddesses. Once you take care of your health and beauty like a goddess does, then you'll start meeting wonderful men, who are here on this planet to be around goddess, who need to be inspired by your greatness and who are in awe of your beauty. Your life will consequently change from plain ordinary to extra-ordinary, because goddesses are beings who love to bring blessings in people's lives, always. As you become a goddess, you will see that you are a co-creator of your life and you, yourself, are a miracle worker in your own existence but also in the lives of the people you touch.

Step 10
Rituals of abundance
Of the full moon
Moon Goddesses
Selene & Lakshmi



For as long as Man has existed in this world, there have been accounts of the Moon Goddess, bringing upon human beings bounty and blessings. The full moon is associated with divine energies of abundance and fertility. Each culture carries its own myths and legends about moon goddesses. The Wiccans pay particular attention to moon rituals, and so do Native American tribes in North and Central America. The Greeks and the Romans, all the way to Mesopotamia and the Ottoman empire all had hymns and sacred poetry, flaunting the beauty of the Lady Moon and the delight it was to watch her unfold her magic.

When I first began my spiritual journey, I was unaware of the powers of the moon. I had watched movies about vampires and the destructive influence the moon had on them. This did not seem like something I wanted to dive into. I was into spiritual development. I was looking for the Truth, for answers to all the questions I had asked myself about the meaning of life. Getting into paganism or even stirring into my own culture and its animist tendencies did not seem like the path I wanted to take. I was prejudiced about things I did not even actually know. I had made up my mind, or rather, closed my mind, to the possibility that if there was a super powerful God, that He had probably also created the world of duality we lived in and that deities, in the form of other gods and goddesses, could also be entities of light I could call upon for guidance, just like I would with angels or masters like Buddha or Jesus Sananda.

I fell upon moon rituals as, what my human mind perceived as a coincidence. I was chanting mantras on Lakshmi and found that the Hindu goddess of wealth and spiritual awakening brought blessings in the form of material manifestation of luxury and prosperity when she was called upon during a ceremony ritual done during the full moon. If you didn't know, Lakshmi is the wife of Vishnu, hindu god mentioned earlier. As the embodiment of beauty, spiritual and material prosperity, she complemented Vishnu, who was the preserver of the Universe. Lakshmi was always with Vishnu. Their love is a testimony to the union between life and my conviction that we were all born to be prosperous, and that, through acquisition of comfort, we can accomplish our own life purpose and be a true inspiration to the greatest number of people.

Goddess Lakshmi, called Maya sometimes, helps us fight the gods of poverty and misery. You can call her when you need divine inspiration, when you need doors to open, when you feel stuck, but also, and mostly when you feel gratitude. She is the embodiment of beauty and of wealth, and I believe, it is most women's wish to be symbols of such characteristics. During the full moon, surround yourself with bright flowers and tulsi (or tulasi), holy basil. Tulsi is a

sacred plant for Hindus and it is the plant representing goddess Lakshmi. In some parts of India, it is not uncommon to find mala beads made out of the tulsi leaves, which not only carry medicinal properties but also, create a bridge to the divine realms.

Tulsi is a potent ayurvedic remedy for hair growth. It helps with premature graying and hair loss. As you use it more and more, your roots will be drastically strengthened and protected, moisturized while still allowing your pores to breathe. As you call for the blessings and guidance of Lakshmi during the full moon, you can create a tulsi hair oil, by slowly infusing dried tulsi powder into the oil of your choice, like coconut, sweet almond or sesame oil. You can also create a hair conditioning mask by mixing tulsi with rose water and leaving it on your hair for up to an hour or so. The full moon is the perfect time to create abundance in every aspects of your life. Your beauty is optimized during this period and that, until the next moon, when you are ready to start again for the new month. Hair is said to be at its maximal growth potential during the three days of the full moon, this is when you should give it the more care, indulging in natural ingredients proven to really make a difference in the quality of your hair. As you make your wishlist for the new cycle until the next full moon, ask Lakshmi to deeply nourish your hair and allow it to reach its full goddess hair potential : long, full and shiny.

Although Lakshmi is a very powerful goddess, one who can accompany you in all aspects of your life, Selene is another moon goddess. What's so special about Selene is that this Greek goddess has actually never stepped down from the moon. She is the divine incarnation of the moon and she has never come down of realms of purity. She is the sister of the god of the Sun, Helios. Selene has ascendancy over child bearing of humans and animals, and over growth in general, including plants and yes, women hair.

During the full moon, when the moon is at its brightest and fullest, feel the energy of Selene illuminating you and soak her sacred feminine power. Start the ritual by lighting white candles and burn

sandalwood, the scent representing the moon. Wear your hair down, with a headpiece jewelry made of moonstone and selenite crystals. Selenite, named after the goddess, is a powerful healing crystal. It intensifies the frequency of the human body to raise our consciousness. Wear this, and feel yourself becoming one with Selene. She will send you dreams and visions of new creation and will fill your body with positive energies. Being divine by essence, you will be able to see your dreams manifesting in the material world.

If your wish is to have long and big voluminous hair, pray to Selene to plant the seed of growth so that only the best quality of your hair texture come out. You may want to drink a glass of warm milk with honey and to perfume your hair with oil infused with jasmine flower essential oil. As you feel the love of Selene, feel the gratitude of the hair you already have, feel how much your hair loves you. You can say mantras or positive affirmations, talking to your hair and telling her, your hair divine energy, how happy you are to have her in your life and how grateful you are that she is doing so great. Ask Selene to inspire you throughout your hair journey so that you only do what is right for your hair, so that you only are inclined to use the right products that will nourish your hair, giving the proper nutrients to allow it to flourish. When in doubt about what treatment your hair needs at any given time, activating the energies of Selene will help you receive the answers you need. As guidance comes your way, though, it is important to act upon them. Otherwise, there is no point in calling upon divinities to provide you with the pathways of manifestation when at the end, you hear the intuition by fail to take action.

To allow yourself to be a modern day goddess, manifesting the life that you couldn't even dare dreaming of, understanding that it is your birthright to be successful and happy, be sure to contact me at www.reneekonan.com.

The path to empowerment comes from learning to let go of limiting fears, learning to deeply love and appreciate you as the wonderful being of light that you are.

I can help you release the energy blocks that still stop you from attaining what your heart desires, as you are yet to start vibrating in frequencies of love, gratitude and joy.

This is a process and it starts as soon as you are willing to turn the page and start on a new bright chapter.

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