

# Daughters of the Goddess Newsletter



Spring 2005 to Fall 2005  
925/787-9247

www.DaughtersoftheGoddess.com  
Leilani@DaughtersoftheGoddess.com

3527 Mt. Diablo Blvd, #353  
Lafayette, CA 94549

*A Dianic, Womyn-only Goddess Temple dedicated in the Spirit of Aloha to the preservation and perpetuation of Goddess culture, public ceremony, ritual and Womyn's Mysteries.*

## **He kēhau ho`oma`ema`e ke aloha.**

**Love is a spring that flows freely.**

We follow the sound of our Sister's voice, going deeper inside, journeying to Her Sacred Well, the Well of Knowledge that Ceibhfhionn guards. We must discover—what are those things that cause us to hold ourselves back, to keep the gifts She has given us hidden inside, locked away from the world? We find and release these blocks into Her Well, giving our energies and love to Her. It is time to open ourselves, to share our own light with our Sisters, and our communities. Claiming our gifts while witnessed by our Sisters, we acknowledge what we ourselves are a Well for. "I am Jesamyn, a Well of Knowledge for Healing." We gather Her sacred waters to bring home; they are a reminder of our own gifts and abilities, and our connection with one another. *» Jesamyn Angelica*



Aloha and Blessings to you Daughters of the Goddess,

I am writing to you on a gorgeous California day, sunny and 70 degrees expected! Although the weather feels like Spring, I am aware of Winter still doing Her work of deep transformation on me and those around me. This past Winter held a lot of lessons. So many dramatic and traumatic events in our world: the election, the tsunami....

I know my own inner work was also filled with a lot of depth. My 6 year old niece's cancer is spreading, my sister Tanya's mother in law and dear friend was diagnosed with stage 4 liver cancer, my sister Paris continues on her path as a single mom with my 17 month old nephew Leo. There are so many more stories I could name. I keep telling myself that the Goddess has blessed me with being grounded. This has been my mantra and chant over and over through the Fall and Winter.

While holding space for those around me, I was also awakened to a deeper understanding of my emotional Self. I realized that it is time for me to speak my deepest needs and desires in addition to holding space for those around me. As the eldest of five, a High Priestess, and the matriarch of my family since my mom's death ten years ago, holding space for others is a comfortable place for me. Speaking and asking for my inner needs to be met is much scarier, but I am going to try.

What calls to me is a deeper sense of intimacy with my Goddess sisters and the womyn I work with. This means all of you. So many of the dramas and problems that we face in our womyn-to-womyn relationships are based on a fear of intimacy. We are taught that intimacy is something to be shared with our life partners, lovers, husbands, boyfriends. But what of the intimacy, the sacred union of the souls of womyn—the sacred union of sisters, the sacred union of community?

I invite all of you to participate in this journey with me. It is awfully lonesome otherwise! Please choose to stop by the circle from time to time, write to me, or pick up the phone. If you are getting this letter, we have some sort of connection. I invite you to delve deeper with me, and explore. I am reaching out to you because your presence is important to my soul and Her work. I have much more to say and I look forward to sharing with you.

In Sisterhood and with all my Aloha,

*» Leilani*

Sun in Pisces; Moon on Aquarius/Pisces cusp



# Daughters of the Goddess Ritual Schedule

Leilani Birely, Hawaiian Dianic Priestess and ceremonialist, brings ancient Hawaiian healing and Goddess wisdom to the community. She is a graduate of the Women's Spirituality Masters Program at New College, San Francisco and ordained High Priestess of Northern California by ZSusanna Budapest. Leilani gives thanks and honor to her teachers: Luisah Teish, Yoruban Chieftess and author of *Jambalaya*; ZSusanna Budapest, author of *Grandmother of Time*; Vicki Noble author and co-creator of Motherpeace tarot; Starhawk, author and founder of the Reclaiming Collective, and Kumu Hula Patrick Makuakane and Mahea Uchiyama.

**OPEN TO ALL SERIES:** These 12 circles are open to all womyn desiring knowledge and experiential work with the multi-faceted aspects of Goddess in ritual. While these are NOT drop-in circles, you can confirm with Daughters of the Goddess on the day of ritual if you want to attend. **Gathering time is 7:30 p.m for all rituals unless otherwise noted.** See below for cost and contact information.

**Monday, May 9th, Goddess Dance Party/Leilani's Birthday Party**  
Hawaiian Goddess Haumea, Hawaiian Earth Mother. Moon in Taurus.

**Friday, August 5th, Celebrate New Moon in Leo and Durga,**  
Protectress and Warriress for Peace.

**Monday, May 23rd, Honor Artemis,** connect with your totem animals.  
Full Moon in Sagittarius.

**Sunday, September 4th, Festival of Yemaya.** 11 a.m. until 4 p.m.,  
New Moon in Virgo.

**Tuesday, June 7th, Honor Vesta,** Goddess of the Hearth and keeper of  
the Sacred Flame; celebrate the New Moon.

**Thursday, September 22nd, Fall Equinox, Celebrate Goddess  
Demeter,** the Mother of Persephone. Sun in Libra.

**Monday, June 20th, Summer Solstice,** Celebrate Goddesses Ishtar and  
Astarte, and the Full Moon. Sun in Cancer.

**Thursday, October 6th, Celebrate Tara,** Indian Goddess of Compassion,  
Moon in Scorpio.

**Tuesday, July 5th, Celebrate Dark Moon Goddess Cerridwen.** Moon  
in Cancer.

**Tuesday, October 18th, Celebrate Hathor, Egyptian Queen of  
Heaven,** and the Full Moon.

**Tuesday, July 19th, Celebrate the Birthday of Isis.** Waxing Moon in  
Capricorn.

**Friday, October 28th, Join us at our annual Spiral Dance,** to  
celebrate Halloween and the Crones.



**DEEPENING SERIES:** is for womyn who would like to be a part of creating a more in-depth experience with the technique and magick of ritual in conjunction with the Open Series; **attendance in the Open Series, participation in Kokua, and prior circling with DG for at least a year is required**. You must sign up for all of the Deepening rituals to participate; attendance at all rituals in the series expected. Limited to 11 womyn. This is not a drop-in circle and you must sign up prior to the first ritual. See below for cost and contact information.

**REIKI I WORKSHOP ON JUNE 26th!** Daughters of the Goddess presents a Reiki I workshop from 10 a.m. until 6 p.m. in Concord, CA. Learn hands-on techniques for stress reduction and relaxation, and earn your Reiki I certificate. Space is limited to 12 womyn! If you wish to join us, please contact [Carolina@DaughtersoftheGoddess.com](mailto:Carolina@DaughtersoftheGoddess.com), or see our website for more information. We look forward to seeing you there!

**GOOD VIBRATIONS BAST CREATIVITY HUA ON APRIL 21st!** Daughters of the Goddess Bast Creativity Hua is pleased to present, in conjunction with Good Vibrations, a pleasure and sexuality party on Thursday, April 21st! Come and join us for an evening of self-discovery and fun! Good Vibrations products will be for sale, so bring your mad money! For more information, please check out our website, email [Jesamyn@DaughtersoftheGoddess.com](mailto:Jesamyn@DaughtersoftheGoddess.com), or call Lisa at 510/459-8004. Space is limited, so please sign up soon.

**DON'T FORGET ABOUT OUR ONLINE NEWSLETTER!** Our expanded content newsletter is also available on our website located at [www.DaughtersoftheGoddess.com](http://www.DaughtersoftheGoddess.com). Please see our new feature *Ask Witchy*, and don't forget to read some of our past issues while you are there!

*`Onipa`a ~ Stand firm. —Motto of Queen Lili'uokalani*

<u>Packages</u>	<u>Exchange</u>
Newcomer Discount 1st 3 Rituals	\$30 each/please mail check to us
1 Open Ritual	\$40/please mail check to us
6 Open Rituals	\$195/due at first ritual attended
All 12 Open Rituals	\$295/due at first ritual attended
Deepening + 12 Open Ritual	\$495/due at first Deepening ritual

*Please note...* We offer significant **package discounts** to encourage regular circling. We offer a **Newcomer Discount** to any womyn who has never attended a DG ritual. Partial work exchange, payment plans, student and crone discounts available. **No one turned away due to lack of funds.** Sorry—no refunds. Call or email Leilani at the contacts listed on the front page. Individual consultations, healings, rites of passage and Temple Priestess training available upon request.

**Please bring a candle for the altar, rattles, drums, something to sit on & food to share to each circle**

# BEHIND THE SCENES...

*Debbie Leder*



I started my Spiritual Journey in organized religion and left the church after feeling worse when I left services than when I did coming in. I started studying Native American Spirituality; I went to a drumming circle at Reunion Center and there found out about Unity Center. I started going to services there, really liked the minister because when he talked about Spirit or God he always referred to the Goddess. It felt a little like idol worship to me in the beginning, since I came from a Baptist background. However, I really loved him and the more he talked the more interested I became.

One day I got a call from a woman asking if I would sell food at her event. The event was the first Spiral Dance and the Woman was Leilani. I really liked her and we talked for a long time; I was very excited about doing the Spiral Dance.

The Reunion Center had recommended me to Leilani and one of the woman I knew from the group explained to me about the Goddess and what she thought might be happening at Spiral. I was feeling like, "Wow, this sounds really great!"

I went early, set up, and sold food—I saw things there I had never seen before! Lesbians, lots of nakedness—the Spiral Dance was dedicated to the Sacred Whore. Women were baring their breasts; skinny, fat, fake, real. I was blown away by their comfort level. These women looked like they had joy, happiness, relationships that were real. I saw the calling in of the directions and I was vibrating, there was so much energy. Tears were rolling down my cheeks and I felt like I had come home. I was thrilled and scared but I knew this was something that was going to be important to me.

I began going to rituals here and there but with my busy schedule I didn't feel like I fit in too well. I actually totally felt left out, but something still told me I was in the right place. New women came into the group, and my feelings started to change. Then I went through my depression and my last vestiges of the denial, finally making my true commitment to the group.

I have always done the food for Spiral and Beltane Rituals and now I'm part of the Publicity Team. I have a need to share healing with the world, and am also the facilitator for our new Healing circle, Maui ola Hua, "Breath of Life". I look forward to meeting you in circle!

# Ask Witchy...



Dear Witchy,

*I keep hearing that I should "ground" myself after ritual. What is grounding? How can I best do this after a Daughters of the Goddess ritual?*

Love, Dazed and Confused

Dear DaC,

I'm glad you asked! There is often a lot of talk about grounding after a ritual, and there are as many ways to ground as there are people! Grounding is a process by which unused energies are released from our bodies back into the earth. The energies we raise as a group are often far more than we can each individually hold or use for very long. If you leave the ritual space without grounding you may feel dizzy, giddy, "high"; driving can be unsafe, and sleep and eating patterns can be severely disrupted. You may have a headache, backache, or another body ache for days after.

I can share with you my grounding practice, and then it is up to you to experiment and discover what best works for you. I promise, it will be an adventure!

After the Goddess and elements are released and the circle is opened, the first step for me is literally grounding myself—touching the earth or floor with both of my hands, as well as my forehead. I visualize the extra energy exiting my body (especially draining out of my Third Eye) and going into the earth for Her healing, and the healing of all Her creatures. The ritual Priestess may also ask you to direct this extra energy towards a particular cause, group of people/animals/beings, or intention.

I send the extra energy out with each out-breath, bringing in grounding earth-energy with each in-breath. I will often visualize that my body is a tree, and my roots go deeply into the earth.

Feel the hands of your Sisters on either side of you as we formally open the circle. Bring your attention to the here and now. After the ritual kiss is sent around the circle and the feast is announced, take it to heart! Go immediately to share in the yummy food that everyone has lovingly brought and prepared. This helps to bring you further back into your physical body and awareness. It is sometimes best to first eat a food that is as close to its natural state as possible—some fruit, nuts, or whole grains. A small amount of Hawaiian salt under the tongue can also do the trick.

Don't forget that your Sisters are resources, too! If you are still feeling ungrounded, check in with a Circle Sister, a Temple Priestess, the High Priestess, or a Big Sister. And this goes for when you get home, too—you can always call or email us with your questions and needs.

You can use the process of grounding at any time, on any day; it is especially helpful if you are feeling disconnected from your physical, mental, emotional or spiritual body. Try a short version while you are in a traffic jam, or if you are having a disagreement with a loved one.

I hope you found this answer helpful! Thank you for writing.

Love,  
Witchy

Please email [Witchy@DaughtersoftheGoddess.com](mailto:Witchy@DaughtersoftheGoddess.com) with any ritual or circle related questions!

## Community Announcements....

Communication is a priority in our community. Our new feature, *New Moon News*, has been birthed into being for this reason. This email newsletter will arrive in your inbox every other New Moon with news from behind the scenes of Daughters of the Goddess; past issues can be found on our website. We hope to share with the larger community what is happening within our Temple, as well as offer you ways to get more involved. We invite you to share in the creation with us!