The Royal Academy for Rising Queens

An international Sisterhood and online school that offers breakthrough, leadership training for emerging women.

Royal Rebirth

The Journey to Reclaiming Your Goddess Wings

April 8, 2015
Who is the Goddess?

She is the feminine essence of the Creator.

The Goddess represents:

👩‍❤️‍👨 The power to birth, rebirth, renew, restore, resurrect.

👩‍❤️‍👨 Healing, guidance, protection, nurturing, grace and peace.

👩‍❤️‍👨 Ancient wisdom and cosmic knowledge.

👩‍❤️‍👨 The Great Teacher, the prophetic seer, the visionary, the Oracle, the High Priestess, the keeper of law and order.

👩‍❤️‍👨 Abundance, prosperity, lushness, plenty, overflow.

👩‍❤️‍👨 The Great Mother. The Universal Queen. She is the highest level of ascension that women can reach on planet Earth.
The Goddess Era

A General Timeline

The Goddess culture flourished in prehistoric and early historic periods of human development in many places including (but not limited to): Egypt, other parts of Africa, Sumer, Babylon, Australia, China, Turkey, parts of Europe.

In the Goddess Era, lineages were traced through women. Land descended thru the female line.

Mother-right or Mother-kinship:
n. Alleged supremacy of the mother in the primitive family and clan; in reality, the supremacy of the male relatives of the wife or mother as opposed to the supremacy of husband or father.
n. A social order in which descent is traced from mother to children, so that the children belong to the mother's family and inherit from their mother's brothers: same as matriarchy.

25,000 BC- Upper Paleolithic Age begins (hunters-gatherers): Venus figurines and/or Goddess figurines found in many buried camping sites.

7,000 BC- Neolithic Age begins (farming and agriculture including domestication of livestock): Cave painting and more sculpture and statuary honoring the Goddess. This is the age where many Goddess temples were built and Goddess culture flourished.

7,000 BC- 2,000 BC- The Great Goddess Era: orderly governments, great human achievements in medicine, science, spirituality, agriculture, architecture, metallurgy, wheeled vehicles, innovations in flight, written language, and the first of 7 Wonders of the World, The Pyramid of Giza. Women flourished in their Divine Feminine gifts and were the center of the community.

3,000 BC- 500 AD The beginning of aggressive invasions by northern, warrior cultures (mainly European and some parts of Asia and the Near East) around 2500-3000 BC. These male dominant cultures conquered many countries and civilization where Goddess culture flourished. They fought aggressively.
to erase and suppress the memory of the Goddess. Statues were destroyed and desecrated; Goddess temples were demolished. Women were degraded and demoted (loss of glory).

500 AD- The last Goddess temples were destroyed and closed. (including: Temple of Artemis at Ephesus at 262 AD)

For a comprehensive and extensive historical account of the Goddess Era, read: When God Was a Woman by Merlin Stone.
The Meaning of Goddess Wings

受贿 of life/renewed life. Rebirth.

Divine protection/security.

Spiritual flight—ascent to the Heavens.

Power and dominion. Spiritual authority.

Healing and restorative powers.
The War on Men Through the Degradation of Women by Jada Pinkett-Smith

How is man to recognize his full self, his full power through the eyes of an incomplete woman? The woman who has been stripped of Goddess recognition and diminished to a big ass and full breast for physical comfort only.

The woman who has been silenced so she may forget her spiritual essence because her words stir too much thought outside of the pleasure space. The woman who has been diminished to covering all that rots inside of her with weaves and red bottom shoes.

I am sure the men, who restructured our societies from cultures that honored woman, had no idea of the outcome. They had no idea that eventually, even men would render themselves empty and longing for meaning, depth and connection.

There is a deep sadness when I witness a man that can’t recognize the emptiness he feels when he objectifies himself as a bank and truly believes he can buy love with things and status. It is painful to witness the betrayal when a woman takes him up on that offer.

**He doesn’t recognize that the [creation] of a half woman has contributed to his repressed anger and frustration of feeling he is not enough. He then may love no woman or keep many half women as his prize.**

He doesn’t recognize that it’s his submersion in the imbalanced warrior culture, where violence is the means of getting respect and power, as the reason he can break the face of the woman who bore him four children.

When woman is lost, so is man. The truth is, woman is the window to a man’s heart and a man’s heart is the gateway to his soul.

Power and control will NEVER outweigh love.

May we all find our way.

-Jada Pinkett-Smith
The Inverted Pyramid

A symbol of Feminine power

Pyramid  Inverted Pyramid
Royal Rebirth

A 3 step journey

Queen, rebirth can be a beautiful process. However, rebirth becomes painful when you resist. If you do not surrender to the process, you’ll find yourself stuck in the middle. You can look back, but the door has closed on that option; all you see is death. As you look forward, there’s an open door full of light, so bright that it’s scary. So bright and unfamiliar that you may be hesitant to walk through. So you find yourself in limbo, dealing with indecision, lack of clarity and anxiety. That is not the destiny for you. Surrender now if you want to be free.

Stage 1: Death-

The permanent end of a thing (relationships, opportunities, stages etc).

Stage 2: Limbo-

Any status where something is held up and nothing can be done until another action happens. The “in-between” stage.

In the Royal Rebirth process, this is the most extensive and expensive stage. If you don’t pass through, it will cost you your life.

Stage 3: Rebirth-

Newness, higher decisions, new people, new things done in new ways, dreams fulfilled.
Crossing the Burning Sands

How to bravely move through the discomfort and uncertainty of Limbo.

❖ Feel your feelings.

❖ Raising your vibration through Solfeggio Frequencies: 528Hz

❖ Fire Breathing (Breaths of Fire)

❖ Drinking lots of water

❖ Accountability partners/ Spiritual midwives

❖ Feed the Feminine (see page 11)
WAYS TO FEED THE FEMININE

Practicing Meditation

Tuning in to the Present Moment

Making Heart Decisions

Rest

Being Out in Nature

Practicing Gratitude

Stretching- Vinyasa Yoga

Practicing Ho’oponopono (see Page 12)
Ho’oponopono

Ho’oponopono is an ancient Hawaiian practice of reconciliation and forgiveness. It means “to make right”; “to rectify an error”. According to ancient Hawaiians, errors, pain, lack and conflict arise from thoughts that are tainted from memories of the past. Problems are only memories replaying in the subconscious. Ho’oponopono is a simple and powerful spiritual technique that offers a way to release the energy from these painful thoughts and memories that causes error and disease. As you practice Ho’oponopono, you are releasing toxic energy. As you do, you will receive higher energetic thoughts in the form of Divine inspiration.

Ho’oponopono focuses on self identity. The self-identity philosophy states that you are 100% responsible for everything that you are experiencing. If it happened in your childhood, it may not be your fault, but you are responsible for how it affects your outcomes now. If you have any blockages in the form of resentments, regrets, traumas etc, it’s your karmic destiny to heal them by facing these situations and simply releasing them. As you heal, your view of others and life itself will change. You begin to realize a great truth: Peace begins with you.

Practicing this ancient technique is like looking in a dirty mirror and cleaning it until you can clearly see the truth of who you are (your Divinity). Continual application of Ho’oponopono allows you to realign with your original design (destiny, purpose).

To practice Ho’oponopono, say these 4 simple sentences with powerful intention. By repeating this simple, but profound mantra over and over again you will neutralize, clean and clear internal pollution from your subconscious/unconscious mind:

1. I love you.
2. I am sorry.
3. Please forgive me.
4. Thank you.

**I love you.** (Join forces with the highest energy in the Universe: LOVE.)

**I am sorry.** (Power of repentance. Admission of error and willingness to make it right.)

**Please forgive me.** (Power of repentance. Admission of error and willingness to make it right.)

**Thank you.** (Gratitude is a dissolvent. It takes the negative emotional charge away from situations and invokes peace.)

The goal is to achieve self-forgiveness over blockages in your life. Self-forgiveness leads to self-love. Self-love leads to self-acceptance. Self acceptance leads to self-validation and from this place, all things are possible. When you are validated from within, you begin to see yourself as the Creator sees you: eternal love, greatness, beauty, genius and brilliance.

Say the Ho’oponopono mantra over fears, mind chatter, chaos and blockages in your life. As you do, negative energy is released. As the toxic energy is released, it is replaced with inspiration. Simply act on the inspiration you receive to experience profound transformation.
Practice Ho’oponopono first thing in the morning to receive positive energy for your day. Practice throughout your day. Use this ritual as much as you like. The clearer you get, the higher you go. You will increase your ability to receive unlimited Power.
Create Your Bold Action Plan

Transformation comes from applying what you've learned. Map out the action steps that you will take in the allotted time frames below:

24 Hours

7 Days

30 Days

90 Days