



Harmonia ~ THE INNER MEDICINE WOMAN
GODDESS AKESO
MANDALA

Akeso Harmonia Practice
Reclaiming the Feminine Mystery of Creation Through The Goddesses

Through the Harmonia practice bring your subconscious to the light, unweave your tangled web of limitations and judgements. Become a radiant Being accepting yourself as whole & holy

Empowered Creativity: Mandala Art Creation & Archaeology

- Akeso (Greek: Ακεσο) was the goddess of healing (wounds) and curing (illness). Unlike her sister Panakeia she represented the process of a curing rather than the cure itself. she represented the process of a curing rather than the cure itself.
- Goddess Commandment: Spend time regularly communing with Nature. Embody the Goddess Artemis is free from domestication and social conditioning, she roams purposely with a wild heART ~ Authenticity & Intuition guide her ever expanding personal and spiritual growth. Then bring the Goddess Akeso into the Earth.
- In this workshop we will discover the power of your inner medicine woman, the Archetype the Goddess Akeso. Tent your doTerra Frankincense oil on your wrists. Close your eyes and imagine Akeso is standing before you, embody here energies.

Inner Gardening ~ Mind, Body, Business, Soul
Natural Healer Mantra: Chant Flow, flow, flow

State of Being: Stand in your Whole Natural Self

Breath: Tune into all 7 Chakras. Reflect How does non truths about yourself block You, Breath in deeply and exhale it all out. Write how has lies about yourself made you a victim or over judgemental. Surrender to it!

Letting Go: What is Your Greatest Fear?
What do you need to let go of? What no longer serves you?

Create your Mandala by honoring your body temple. Mindfully examine it and identify what needs to be healed? Go from head toe and inside. Write them out and create Sigil mandala. There is an amazing book by Inna Segal where by you can go deep it is called The Secret Language of your Body.

Bring in Gratitude: Write out 3 things you are grateful for.

Art as Oracle: Reflect on your mandala's characteristics? Any messages?
Repeat this mantra: Divine Healing Intelligence, please heal and regenerate my whole body to it's maximum health, vitality, and well being. Heaven is Earth, Gaia is Heaven, and your body is a temple. Restore your temple in reverence, back to wholeness and balance.