



Astrid Longhurst Presents:

# THE BODY GODDESS

## Movements & Meditations



Alchemy in Action

**Beautiful Mindful Movements & Meditations for  
wellbeing, health, vitality & feeling fabulous!**

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# Meet Astrid...



Astrid Longhurst is the Founder & Director of the Institute for Body Confidence Coaching, (A Transformational Body Confidence & Wellbeing Coaching training programme). She is the Author of two highly acclaimed books, 'Body Confidence' published by Penguin & 'Romancing your body.' Astrid is an energy medicine movement expert, body image coach & expert & transformational life & body confidence coach.

Astrid's expertise is called upon in the media where she writes & provides comment for magazines, radio, TV and newspapers. She is also an inspirational speaker & presenter. her work has been featured on GMTV, The Elaine Show (Virgin Media One), BBC, Channel 4, RTE, ITV (This Morning) & Sky Living.



# Embody your inner Goddess

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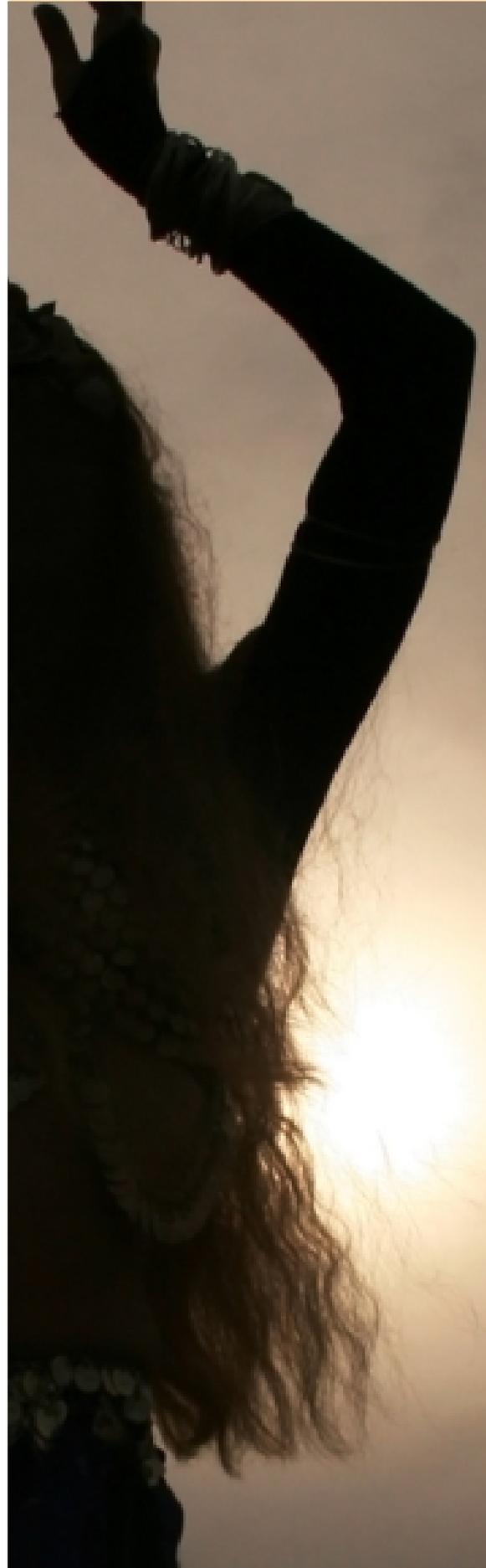
Your inner Goddess is always there, waiting to be fully embodied, lived, held, loved, danced, and fully embraced for all the magic, wisdom and beauty she offers you.

She resides in every part of your body & being.. She is the longing in your bones, the whispers of your heart, the stories in your hips and the wisdom in your belly.

Your body goddess is not an intellectual concept - she is a feeling, a knowing, a sense of aliveness & a deep connection to the wildest parts of you that long to be expressed, lived and loved.

Body Goddess movements & meditations help you to connect more deeply with your own body goddess energy & invite you to come “home” to the sacred space of your body, mind, heart & soul.

Enjoy! X





# The Wild Woman Body Goddess Meditation

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Embody your wild woman

Read this meditation/visual story every day to help connect you with your inner wild woman, your body goddess, the seven key goddess archetypes & your sovereign self.

Imagine, right now, as you are reading these words, that you are walking outside on the most beautiful spring evening.

The air is sweet with the promise of summer and eternally fresh with the new buds of Spring.



You feel so good, so alive, so safe and so in love with the air that you breathe.

As you walk, you notice that up ahead in front of you is the most beautiful forest. You feel drawn towards its natural and powerful beauty. The birds hover around your head, singing to you and calling you forward. Your body tingles with excitement and the feeling that something very special is about to happen.

You have never felt so alive and so in love with life.

As you approach the forest, you gaze up at the tall trees stretching endlessly into the baby blue sky. The sunlight shimmers through the leaves and branches making dancing dappled patterns of light on the forest floor.

Somewhere, from deep within your soul, you recognise this place. You have been here before. Maybe it was in a dream, another life, another time or in a soul vision. You know intuitively that this is a very special and magical place.

The forest invites you to enter and you walk into the centre where there is a natural circular clearing. You smile as you gaze at all of the creatures of the forest as they hum and sing to you, welcoming you back 'home.'





You notice that in the middle of this clearing is a chair or seat. You walk towards the seat. It might be a throne, a bench, a stone plinth or maybe a mound of grass. Whatever your seat looks like, you walk over towards it and sit comfortably, allowing your body to rest awhile. Just in front of the seat is a comforting fire burning brightly in the fire pit.



As you allow yourself to relax, you notice that there is a beautiful mist that is floating all around the circle and from within this mist, figures and shapes are emerging. You know intuitively that these are your ancestors, your guides, your guardian spirits, your angels, your power animals, your soul visions and your shapeshifters.

As they form a circle around you there is such a beautiful feeling of love, warmth and magic in the air. You relax even more as your body breathes a gentle sigh of peace and contentment.

You know that something very special is about to happen. You have been waiting for this moment all of your life and are ready to receive the gifts that this enchanted space offers you.

In the distance you can hear a haunting melody that runs shivers and tingles down your spine. And as the melody comes closer, you see that out of the mist is the most beautiful woman. She walks towards you, smiling and carrying a gift in her hands.

### **The earth empress/mother**

She is mature and yet not old. Her body is full of her wisdom of her life, of her love and creativity. As you gaze into her eyes, you see your own reflected back. She gives you a gift.



It is the most beautiful radiant heart shaped ruby.

It glints red with rich abundant life giving energy. She invites you to place it at the base of your spine. You do so, and thank her for her gift.

### **The lover/enchantress/seductress**

As the earth mother steps away, you notice the most mesmerising woman flow towards you. She shimmers in the evening light & shines a vivid orange colour around your hips, lower belly & sacrum. In her hands she offers you a crystal chalice which contains the seeds of your wildest dreams and greatest passions. She invites you to sprinkle the seeds in the rich soil of your belly, where all of the things that you love will begin to grow and flourish.





She tells you, that as the seeds of your becoming grow, to drink deep of your greatest pleasures and passions. You nod gently in agreement and thank her for her gift, which you place in your belly.

### **The wild woman**

As the enchantress melts back into the mists, you notice the most fabulous and powerful woman you have ever seen dancing towards you. Her aliveness and freedom cannot be contained. She laughs as she hands you her gift - a golden key. Your eyes meet hers and something within you unlocks and unleashes a wildness that you have never experienced before. She laughs even more as she invites you to keep the key safe in your solar plexus and says to trust the doorways that it will open.



### **The Queen**

Your heartbeat quickens as you find yourself looking straight into the eyes of your queen. You have always known her and now she is here in all of her majesty and sovereignty. There is no doubt that she is powerful beyond measure and wise beyond time. She knows her self, she adores her body, she reigns wholeheartedly in her life. She tenderly hands you the sweetest rose and somehow you feel a deep healing spread through every cell of your body. She invites you to keep the rose in your heart and always turn to it for guidance.



### **The Warrior**

As the warrior strides towards you, her feet barely touching the earth, her presence is communicated. Her essence is neither female or male - it is simply an essence, a flow, a cascading rhythm of now. She, like all of the others, is timeless, endless and constantly in the spiral dance of unfolding. She speaks with every part of her body and you know that what she says is her truth. You notice that at the base of her throat sits a blue butterfly, which she gently allows to fly into her hand as she offers it to you.





### **The Mystic Visionary/sage**

The colour Indigo begins to pour into your body from the ever deepening night sky and you can see the first glimpses of the moon. You catch your breath as a haze of magic appears in front of you. Out of this haze appears a goddess that you have only ever seen in your dreams. She wears the moon in the centre of her forehead and her eyes reflect the deepest knowing of all that there is. As you gaze in wonder at this beautiful vision, she invites you to embody your deepest wisdom and to choose the moon that you most resonate with and place it on your forehead. This might be a full moon, new moon, three moons or crescent moon.



### **The Alchemist**

As the night draws in, you meet your alchemist. She is all of who you are and have ever been. She is the weaver of magic. She turns dreams into reality and is always there, calling you to fully inhabit your life and your body. Her message is simple... 'follow your true north.' Above her head spins a crown of stars, shimmering in an ultra violet white light. Everything is easy for her as she casts her spells of love over you. Gently, she hands you her crown of stars and smiles as you place it just above your head. 'See how brightly you shine,' she whispers as she fades back into the arms of the forest.



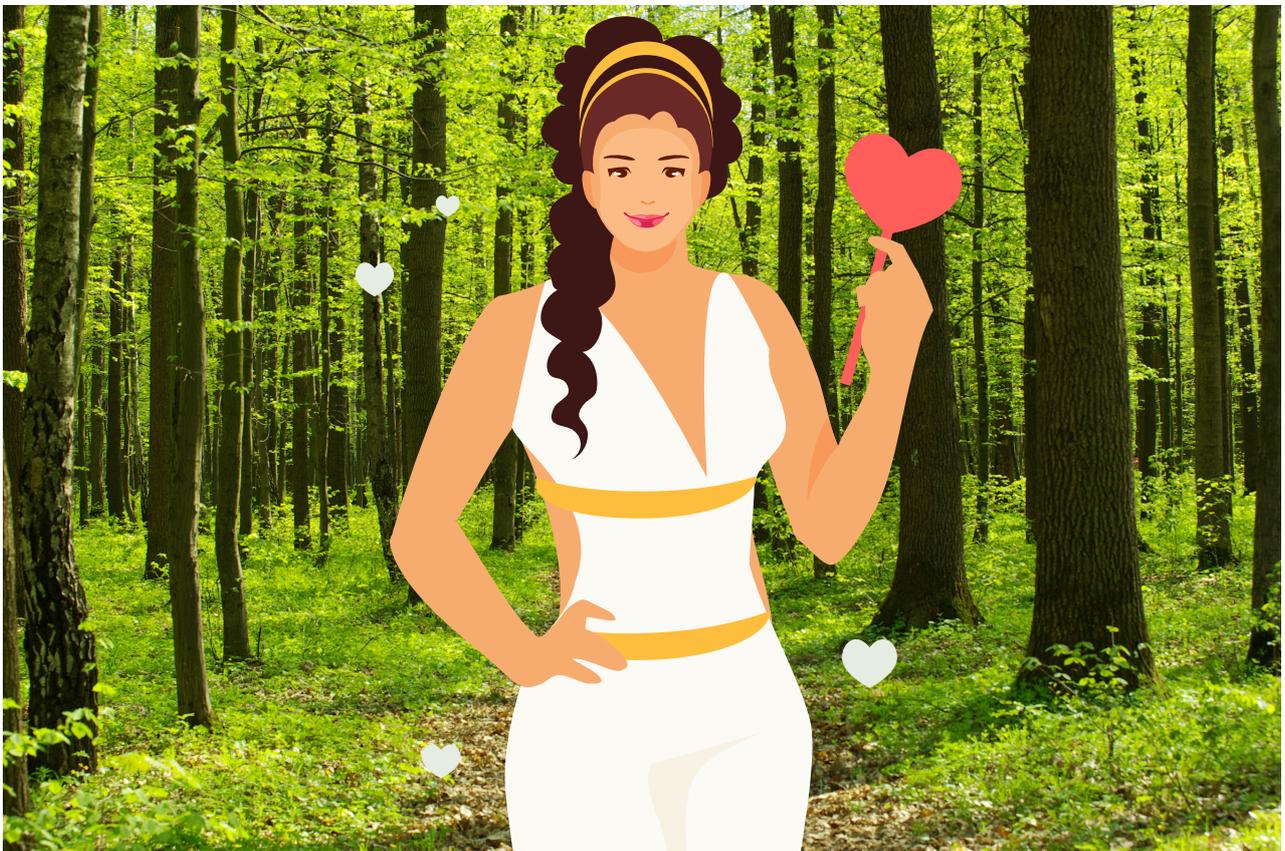
Having received all of the gifts from the seven Goddess archetypes, allow yourself to come back to where you are and gently answer the following wisdom questions...





# Body Goddess Wisdom Questions

- What is the story that hasn't been told - but must be told?
- What is the pleasure you most crave in your life right now?
- What is it to be wildly alive? To fully live your one wild & precious life?
- What is it to follow your heart? To embody your Queen?
- What is your truth? What words need to be spoken?
- Where does your vision take you?
- What is the magic & medicine you bring to the world?





# Thank you

I hope you enjoyed this wild woman Body Goddess meditation.

If you would like more details of my work, courses, teacher training and personal one to one coaching please visit my website at [www.astridlonghurst.com](http://www.astridlonghurst.com) or please visit my Instagram page @romancingyourbody

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# Resources

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please visit:

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