

PATH OF SHE GUIDED JOURNEY



A Goddess Journey of Soul

FOUR SEASONS OF THE HERA PATH

KAREN CLARK

CONTENTS

AUTHOR'S NOTE: A PATH OF SHE HERA TALE

THE HERA PATH

A GODDESS INVITATION TO THE HERA PATH

RECLAIMING THE HERA PATH

A MODERN RETELLING OF THE HERA PATH

THE FOUR SEASONS OF THE HERA PATH

THE PATH OF SHE GUIDED JOURNEY SERIES

INTRODUCTION TO THE PATH OF SHE GUIDED JOURNEY SERIES

FALL JOURNEY: YOUR HERA PATH

WINTER JOURNEY: YOUR REBIRTH MAGIC

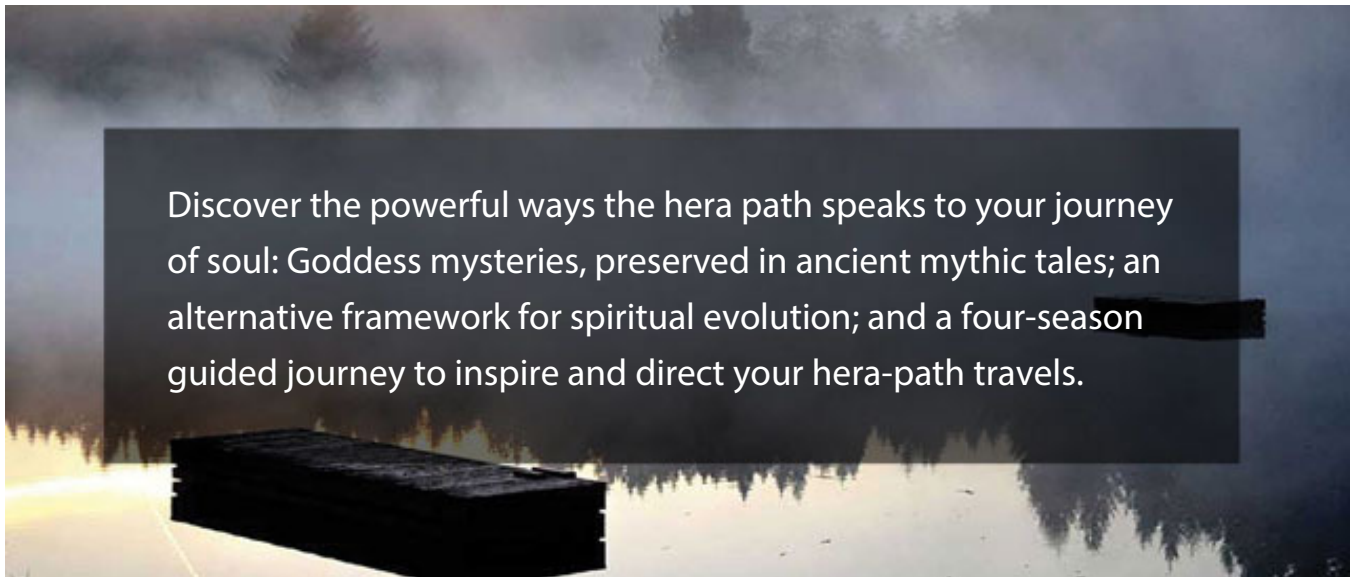
SPRING JOURNEY: YOUR SPIRITUAL EVOLUTION

SUMMER JOURNEY: THOU ART GODDESS

WALK THE HERA PATH

ABOUT THE AUTHOR

AUTHOR'S NOTE: A PATH OF SHE HERA TALE



Once upon a time, in the far-distant years of our ancient ancestors, we lived at one with the Goddess. It was Her love and life-affirming ways that gave meaning to our lives, and ordered our human society. It was She who guided our journey of soul through Her transformative mysteries, helping us to grow and evolve in alignment with the elemental powers of darkness, death, light, life, and the light, shadow, joys and sorrows of our mortal existence. We wove Her ways and mysteries into mythic tales to honor and remember Her wisdom teachings.

Through the wild winds of change, and the tumultuous unfolding of our human history, the Goddess was lost to us. We chose a different path, founded on the dominion and myths of God and men. The Goddess, Her ways, mysteries and mythic tales were distorted, destroyed, forgotten.

So it was that I grew up lost from the Goddess. My life was ordered by different meaning making and stories that focused my gaze outward, oblivious to the inner workings of my soul, and my true, deep, beautiful Self. I followed a path dictated by the mainstream culture, with my growth marked by material achievements and success. With a business education and successful corporate career, I was deeply entrenched in the modern myth of the good life.

Yet my life was hollow. I had no inner compass, no connection with my shining soul or untamed feminine nature. I was unhappy, restless, and off balance, constantly chasing after things that never seemed to satisfy me nor give me joy. Then one fateful eve, I dreamed of the Goddess, and although I wouldn't remember this dream until many years later, my life was set on a new path. Something awoke in me, a raw, aching hunger that I couldn't name or understand, but that drove me to step beyond the world I knew, and explore the wide, wild realm of the unknown of the sacred dark.

My spiritual journey led me inward to the roots of my being, and the profound mysteries that infuse and inform waking reality. When I started this journey, I had no guide, no framework, and no spiritual tools or knowledge, but still I found my way. Down, down, down, I traveled into the raw truths of my inner darkness, discovering lost parts of my life story and the sleeping powers of my undomesticated feminine nature.

Here, in this vast sacred space — beyond the limiting stories and habituation of everyday reality — amidst the wonders and pain of my deepest beauty and wounding — I discovered an immensity of being that deconstructed and rewired my inner landscape. And when I found my way to the other side of this journey, I emerged healed, whole and utterly changed.

This wasn't one, single spiritual adventure, but many, many years of self-discovery, healing and transformation, and many, many cycles of descent and return from the depths of the sacred dark, within and without. Somewhere along they way, I discovered the Goddess, and gained words, stories and a framework for understanding my experiences. I was traveling Her ancient hera path, following in the footsteps of the Goddesses Persephone and Inanna whose mythic tales had somehow survived to the modern times, preserving the transformative, evolutionary mysteries of the Goddess on our behalf.

The Goddess worked me hard. I gathered knowledge, skills and experiences, building and mastering my Goddess-based processes and toolkit through spiritual and academic studies, and my pagan practice. Most important, I dreamed of the Goddess, or more accurately She dreamed me, mentoring and guiding me in Her hera-path ways and mysteries. The Goddess reclaimed me, Her lost daughter returned, and gifted me with the wisdom teachings that I now share as the Path of She.

The Goddess's hera path is foundational to my Path of She offerings In this ebook, I'll share this Goddess wisdom teaching with you, both on a conceptual, inspirational level, and as a Guided Journey Series that can direct your transformational travels on the hera path in service of your self-discovery, personal growth and spiritual evolution.

In section 1, you'll discover the powerful ways the hera path speaks to your journey of soul: as Goddess mysteries, preserved in ancient mythic tales; an empowering, alternative framework for spiritual growth and evolution; an inspirational tale for these modern times; and a four-season framework that can guide your spiritual pathwork in alignment with the mysteries of the Goddess, and the primal lessons of Nature.

In section 2, you'll be introduced to the Path of She Guided Journey Series which facilitates your four-season journey through the hera path. Each season is a step along the hera path, guided by the Goddess, illuminated by Nature's seasonal teachings, and translated into a key focus for your personal explorations and spiritual pathwork. The four seasons take you through a complete cycle of the hera path that you can return to again and again on your journey of becoming ever more deeply, powerfully,

beautifully your Self.

My Path of She her tale isn't just my personal story. It speaks to countless others who are reclaiming the lost ways and transformative mysteries of the Goddess. My readers have reached out to me, sharing the stories of their Goddess awakening and personal transformation, sparked by the Goddess teachings I've been blessed to share with others. These Path of She teachings are part of a greater awakening that's returning the Goddess to our personal lives and shared society. We're all the lost children of the Goddess, finding our way home to Her love and life-affirming ways.

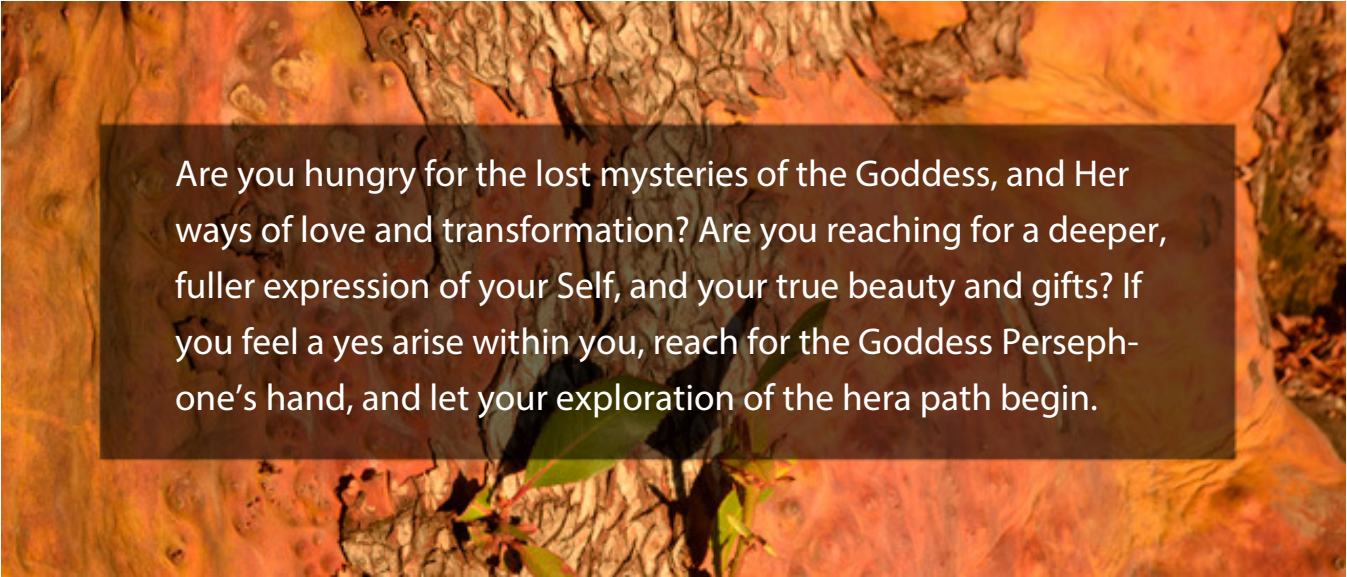
Come, let's walk the her path, and find our way home together.

Karen Clark

THE HERA PATH

What is lost can be refound.
So it is with the Goddess's her path,
and its transformative mysteries that can
mend your soul and make your life anew.
Step past the world you know.
Descend into the vast, potent depths
of the sacred dark, within and without.
Discover the lost parts of
your true Self and life story.
Become more deeply, powerfully,
beautifully your Self.

A GODDESS INVITATION TO THE HERA PATH



Are you hungry for the lost mysteries of the Goddess, and Her ways of love and transformation? Are you reaching for a deeper, fuller expression of your Self, and your true beauty and gifts? If you feel a yes arise within you, reach for the Goddess Persephone's hand, and let your exploration of the hera path begin.

At the edge of the known world, where the everyday gives way to the deeper Mysteries that underlie human reality, She waits for you. Her hand is extended, reaching to you with an open invitation to join Her at this edge place where the ancient hera path of the Goddess begins.

We best know Her as the Goddess Persephone through Greek mythology, and Her hera story of descent and return from the Underworld. Yet Her hera tale is much, much older, rising out of the Sumerian stories of the Goddess Inanna. And surely She has been with us from the very beginning of human myth making, Her stories long lost and forgotten through the ravages of time, and erasure of the Goddess roots of human culture.

Many things may have drawn you here to Persephone's side, and entice you to accept Her invitation. Perhaps you know why you're here, and you're actively seeking out the transformative teachings of the Goddess. Or maybe your soul has guided you to this moment, driven by a gnawing hunger or unrest inside of you that knows something essential is missing from your life. Or maybe you have no idea, you've stumbled upon this writing, and your curiosity and quest for knowledge have piqued your interest. Or maybe the wild winds of change, driving us all toward a turning point in our human evolution, have blown you to this edge place where Persephone awaits you.

Regardless of how you arrived here, know that whenever the Goddess crosses your path, She has gifts to offer that can guide and deepen your journey of self-discovery and spiritual evolution, and return you to the transformative powers of Her love and life-centered ways.

For millennia, Persephone has carved the hera path; every Fall, She makes Her descent to the Underworld, and returns in the Spring. This is Persephone's gift and offering: the Goddess mysteries of life as a journey of soul through seasons of darkness, death, light and life,

and our mirror human experiences of light, shadow, beauty and wounding.

Feel the energetic tug of Persephone's hand reaching for you. Sense the depths of Her wisdom and compassion, honed through eons of traveling the trials and mysteries of the Underworld. Know that She loves and honors you, not just your beauty and best qualities, but also your wounding and shadow side, because everything you are, and everything you've experienced are essential parts of your hera journey of discovering and reclaiming your deep, powerful, beautiful Self.

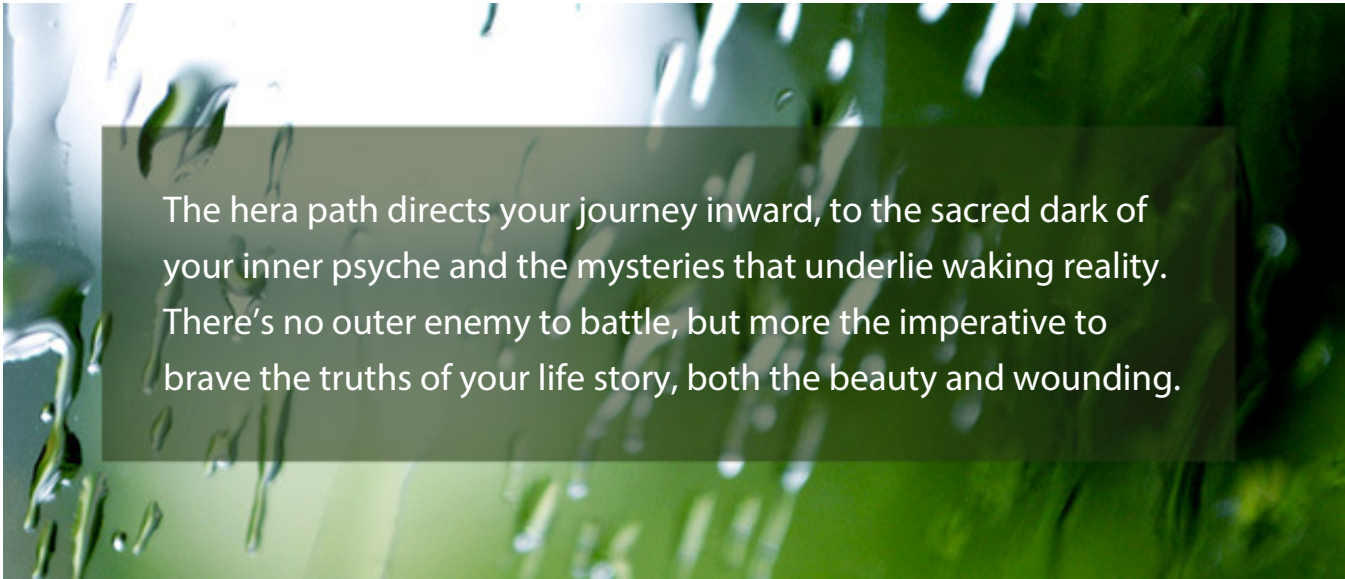
Take a deep breath. Check in with yourself, and your willingness to accept Persephone as your teacher and guide.

Are you hungry for the lost mysteries of the Goddess, and Her ways of love and transformation? Are you reaching for a deeper, fuller expression of your Self and your best gifts and qualities? Are you ready to brave the sacred dark, seeking out the deep roots and lost parts of your Self and life story that can mend your soul and make your life anew?

Can you sense the magnetic pull of your personal hera path, unique in all the Universe, calling you home to the complex, stunning, powerful wholeness that is you: woven of light and shadow, life and death, beauty and wounding, joy and sorrow, and so many wonders and challenges yet to be discovered.

If you feel a yes arise within you, reach back and clasp Persephone's hand, and let your exploration of the hera path begin.

RECLAIMING THE HERA PATH



The hera path directs your journey inward, to the sacred dark of your inner psyche and the mysteries that underlie waking reality. There's no outer enemy to battle, but more the imperative to brave the truths of your life story, both the beauty and wounding.

Change is in the air. For millennia, humanity has rejected the ways of the Goddess and the mysteries of the sacred dark. We've lived a half-life, cut off from our deep roots in the Divine Feminine, the primal powers of Nature, and the profound beauty and magic of our miraculous body, shining soul and authentic Self.

Yet the season of humanity is turning, and a great awakening is upon us. The Goddess reaches for us, as we reach for Her. It's time to reclaim Her hera path, and retell this sacred, transformative tale for these modern times. Here we'll find the very things we need to guide our spiritual journey and quest for self-discovery, personal growth and spiritual evolution that can truly mend our soul and make our life, and our world, anew.

The Goddess and Her hera path are foreign to our contemporary sensibilities. The original Goddess hera tales have been mostly lost to us. What remains are fragments of myths, like those of Persephone and Inanna, whose deeper meanings and transformative teachings have been relegated to the fringe of our human society and psyche.

Instead, our mythic storytelling and meaning making are dominated by the powers and perspective of God and men. The hero's journey — that comes to us through the comparative-mythology writings of the late, brilliant Joseph Campbell — is the prevailing mythic storyline of our human quest for personal and spiritual growth.

In its basic structure, the hero's journey is a quest where outer trials and treasures fuel our spiritual adventures and personal growth: the hero begins in the everyday world, where he is given a quest or call to adventure; he sets out on a journey where he faces great trials, usually with the help of an ally; he fights his biggest battle, and through his victory he achieves his quest and claims his treasure; and then

he returns to the ordinary world as a reborn or changed man.

If this storyline sounds familiar, it's because we've been telling this hero-journey tale for thousands of years. Joseph Campbell found this story structure in important, surviving myths from around the world, including those of Buddha, Mohammad, Jesus and Moses. Frodo, Luke Skywalker and Harry Potter are contemporary examples of our continued reliance on the hero's journey to tell big stories of spiritual adventure and personal growth.

But something is missing in these mythic stories. The hero's journey is presumed to be a universal spiritual journey for humankind, when in reality it only speaks to the masculine, outer- and action-focused aspects of our human nature and spiritual growth. The missing mythic storyline is the hera path, with its inward-focused, Goddess-based tale of descent and return from the Underworld.

In its basic structure, the hera path has four phases: the Goddess descends into the Underworld realm of the sacred dark, leaving behind Her known world as She begins a new cycle on Her journey of self-discovery and spiritual evolution; She travels the ways of this realm, suffering its trials and embracing its mysteries of death and rebirth: She dies to Her old Self, and is reborn anew; She returns to the sunlit realm of light and life, transformed by Her travels into Her full maturity and powers: Queen and Goddess of the realms below and above, who bridges the primal powers of darkness, death, light and life; and She walks the sunlit realm, at one with Her Goddess power and presence, leaving a trail of blossoming life in Her path.

When translated to your personal journey of soul, the hera path directs your spiritual quest inward to the sacred dark of your inner psyche and the mysteries that underlie waking reality. In contrast to the hero's journey, there's no outer enemy to battle, but more the imperative to brave the trials and challenges of your own life story, and to be present and empowered in the face of the raw truths of your experiences, both the beauty and wounding, and the light and shadow.

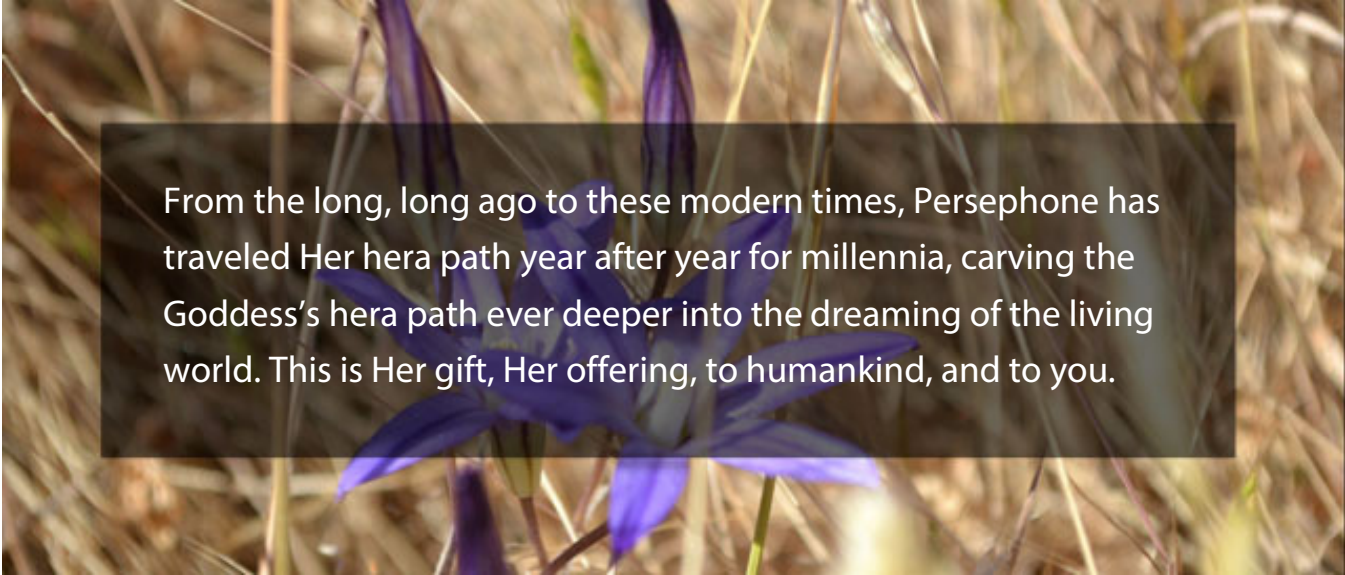
To reclaim the hera path is to embrace a Goddess-based conception of personal growth and spiritual evolution. You're not trying to reach a rarified state of enlightenment that's often associated with spiritual evolution, nor are you trying to emulate the qualities of someone or something outside of your Self. Instead, your journey of soul is about becoming a more evolved, whole, powerful version of your Self. You show up to your life and spiritual pathwork with wisdom, love and self-acceptance, knowing that darkness, death, trials and suffering are inevitable parts of human existence and your life story, and the very things that drive your spiritual growth and evolution.

The hera path has always held these transformative mysteries of the Goddess on our behalf. Persephone has been making Her journey of descent and return from the Underworld over and over again in the

mythic realm, waiting for the time when we would once more seek Her guidance and wisdom on our journey of self-discovery and spiritual evolution. Her story, along with the more ancient tale of Inanna, are as potent and relevant now as they were in the distant days when they were first spoken, and maybe even more so given how long we've strayed from the life-giving, soul-nourishing ways of the Goddess, and how lost we've been from the deep roots and mysteries of our own Self and soul.

What is lost can be refound and reclaimed, beginning with a retelling of the Goddess's hera tale for these modern times.

A MODERN RETELLING OF THE HERA TALE



From the long, long ago to these modern times, Persephone has traveled Her hera path year after year for millennia, carving the Goddess's hera path ever deeper into the dreaming of the living world. This is Her gift, Her offering, to humankind, and to you.

In the long, long ago, when Persephone was still a maiden Goddess, She lived in the sunlit realm of Her Mother Demeter. Hers was a world of beauty, goodness and overflowing abundance. She was safe, protected, in the bright circle of the Mother Goddess's love, and wanted for nothing.

But life never stands still. Something inside of us is hungry to know more, experience more, become more. And this something draws us to the edge of our known world, and sets us on a journey of self-discovery and spiritual evolution.

So it was for Persephone. She was restless and incomplete in Her Mother's world of sunlight and green -growing things. A great hunger arose within Her, a soul ache from the very core of Her being, for the dark side of Her feminine nature, and the great mysteries of the Underworld realm of the sacred dark.

Persephone turned Her mind to the Underworld, and felt the magnetic pull of its primal powers of darkness and death. Here, in the vast unknown of the sacred dark, the very things She hungered for — the deep roots of Her spiritual growth and the lost parts of Her whole, sacred nature — awaited Her. So began Persephone's hera journey. She turned away from the sunlit realm of Her Mother Demeter, forsaking its lush, green loveliness and sweet innocence, and descended into the depths of the Underworld.

Now some versions of this ancient hera tale would have you believe that Persephone was abducted by the God Hades, and forced to live in His land of darkness and death. But this isn't so. The Underworld is the realm of the Dark Goddess, and Persephone, like the Goddess Inanna before Her, chose to make Her descent by Her own desire and freewill.

Down, down, down, Persephone journeyed, stripping Herself bare of everything She knew and held dear from the land above. Down, down, down, to the land of the dead and the vast, unknown mysteries of the sacred dark. Down, down, down, to the place where life gives ways to the magic of death and rebirth.

Here Persephone remained in the belly of the sacred dark, traveling the ways of the Underworld, walking among the dead, suffering the trials and losses of this place, and surrendering to its Dark Goddess mysteries of death and rebirth. She died to the maiden Goddess She was, and was reborn and made anew.

Life never stands still. From death and rebirth comes new life. Profound, transformative change naturally reaches upward from the depths of the sacred dark, seeking outer expression in the sunlit realm of light and life.

So it was for Persephone. Once more the sunlit realm of green-growing things, and the love and life-centered ways of Her Mother Demeter called to Her.

Up, up, up, Persephone journeyed, rising out of the depths of the Underworld. Up, up, up, to the land of the living, bringing with Her the miracles of rebirth and new life. Up, up, up, to the edge place where new growth reaches skyward from its deep roots in darkness, decay and death.

Here Persephone emerged, transformed and reborn through Her travels and trials in the realm of the sacred dark — Queen of the Underworld and the Goddess of Spring Growth, bridging and balancing the primal, opposing forces of darkness, death, light and life — whole, sacred, in Her full maturity and powers of the light and dark of Her feminine nature.

The Goddess Demeter was there to greet Persephone, and welcome Her home, not as a child, but as a Goddess and power in Her own right. In Her boundless, Mother-Goddess wisdom and unconditional love, Demeter accepted Her Daughter's journey without judgment, knowing that a child must turn away from their mother, and set off on a path of their own making, and that there's no avoiding struggles, suffering and death-like endings on the hera path. These things Persephone, and all the Goddess's children, have to endure, embrace and transform in order to grow into their full maturity and selfhood.

No matter how far away Persephone journeyed from Demeter's side, and what She experienced in the Underworld realm of darkness and death, She was, and will always be, a child of the Mother Goddess, born from and infused with Her beauty and love. Persephone was never truly lost from the sunlit realm, and was always destined to return to Her Mother's world of light and love at the end of Her travels.

For a time, Demeter and Persephone walked together, Mother and Daughter reunited in

the sunlit realm, with the living world in full blossom. Wherever Persephone's feet touched the Earth, She left a trail of lovely flowers and new growth in Her wake. What was broken had been mended. What was lost had been refound. Something essential was healed in the great weaving of existence, and the world returned to its natural, life-giving state of beauty, goodness and abundance.

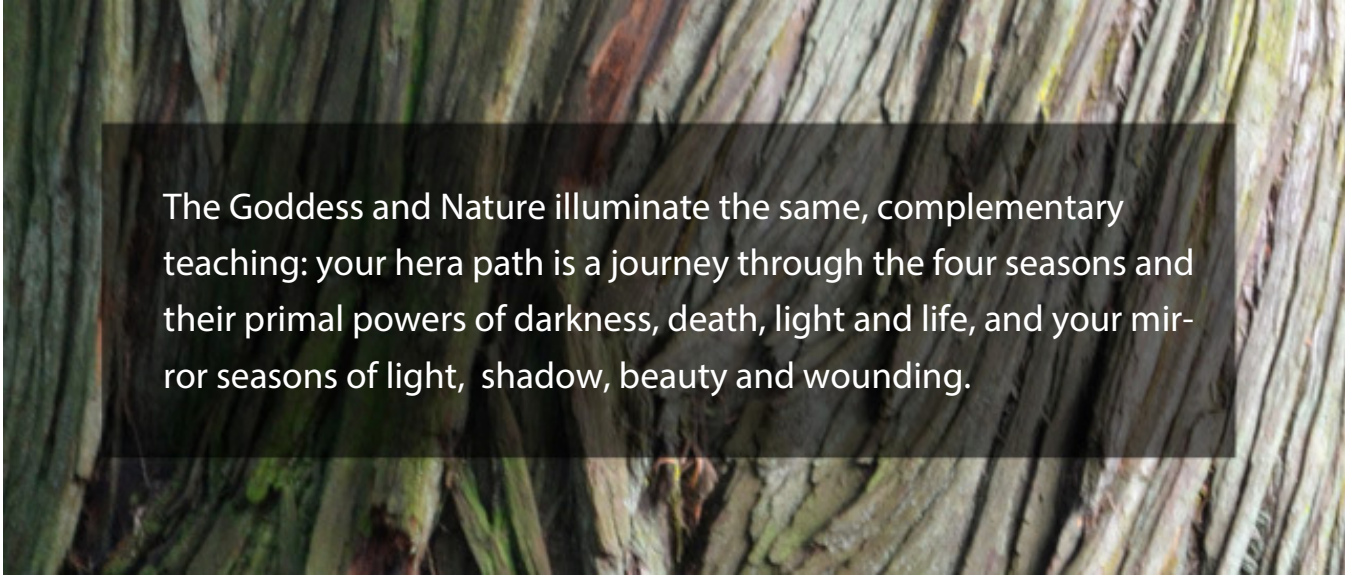
There's no happily ever after in Persephone's her tale. Life on Mother Earth is a complex weaving and bittersweet journey of many things: life, death, light, darkness, beauty, wounding, joy, suffering, the things we know, and the mysteries yet to be discovered. There's always more to learn, experience, become. Life is continuously hungry for more life, and never stands still.

When the season turns to Fall, and the powers of darkness strengthen, Persephone once more makes Her her-path descent into the Underworld, seeking the deep roots of the next cycle of Her self-discovery and spiritual evolution. As Winter settles its mantle of darkness and death upon the land, Persephone travels ever deeper into the belly of the sacred dark, giving Herself over to its potent magic of death and rebirth. Always Spring follows Winter, returning the natural realm to the powers of light and the miracle of new life, and so Persephone returns to the land above, reborn and made anew. For a sweet, blessed time, when Summer fills the world with light and full-blossoming life, Demeter and Persephone walk the Earth together, each at one with their special powers and gifts. Where they walk, they leave a trail of blossoming growth in their wake. Then with the return of Fall, Persephone begins another new cycle on Her her journey of becoming ever more deeply, powerfully, beautifully Her Self.

From this long, long ago tale to these modern times, Persephone has made Her her journey over and over, year after year for millennia, carving the Goddess's her path ever deeper into the dreaming of the living world. This is Her gift, Her offering, to humankind, and to you.

At the edge of the known world, where the sunlit realm gives way to Underworld of the sacred dark, Persephone waits for you. She's no longer a maiden Goddess, light of heart and sweet innocence, but a regal Queen and Goddess who has fully claimed Her sovereignty and powers in the great weaving of life. Be it Fall, Winter, Spring or Summer, She and Her Goddess kin can guide your travels on the her path, helping you seek the deep roots of your spiritual growth, and the lost parts of your authentic nature and life story on your her journey of becoming ever more deeply, powerfully, beautifully your Self.

THE FOUR SEASONS OF THE HERA PATH



The Goddess and Nature illuminate the same, complementary teaching: your hera path is a journey through the four seasons and their primal powers of darkness, death, light and life, and your mirror seasons of light, shadow, beauty and wounding.

How do we move from our modern retelling of the hera tale to applying its Goddess mysteries to our personal journey of soul? The Goddess already has this question covered, and the answer can be found within the seasonal aspects of Persephone's hera story.

In Greek mythology and in our modern retelling of the hera tale, Persephone's journey unfolds in accordance with the seasons. On a surface level, this may be interpreted as a simple, mythological representation of Nature's cycle through the seasons. But on a deeper level, the seasonal parallels between Nature and the hera path offer a powerful, four-season framework for reclaiming these Goddess wisdom teachings, and applying them to our spiritual pathwork.

All things on Mother Earth — Goddess, Nature and humankind — are governed by the primal powers of darkness, death, light and life.

The shifting, seasonal dance of these primal powers reveals itself in the cycle of Nature, the phases of Persephone's hera journey, and our unfolding life story and spiritual pathwork. The Goddess and Nature illuminate the same, complementary teaching: our hera path is a journey through the four seasons and their primal powers of darkness, death, light and life, and our mirror seasons of light, shadow, beauty and wounding. Each season on the hera path offers profound, transformative lessons in relation to these primal powers, and these lessons can inspire and guide our spiritual growth and evolution, and align our life and spiritual pathwork with the mysteries of the Goddess and the ways of Nature.

Persephone's hera tale has four phases which coincide with the four seasons: Fall — Descent/New Cycle; Winter — Death/Rebirth; Spring — Return/New Life; and Summer — Growth/Blossoming.

Each phase and season tells a part of Persephone's story that: shares Her choices, actions and experiences, and how these things change Her; speaks to our individual journey on the hera path, and the spiritual learning, tasks and experiences that facilitate our self-discovery and spiritual evolution; and aligns our spiritual pathwork with the Goddess's transformative mysteries, the primal powers of darkness, death, light and life, and our human experiences of light, shadow, beauty and wounding.

Nature is our great ally on this four-season journey, taking us into direct, embodied contact with the seasonal, Goddess mysteries of the hera path.

With every turn of the season, Nature shifts into a new configuration of its dance with the forces of darkness, death, light and life, played out in the physical and energetic displays of the living world. We're part of this dance. Our body absorbs and responds to these displays in our outer environment, and our soul heeds the lessons a new season has to share.

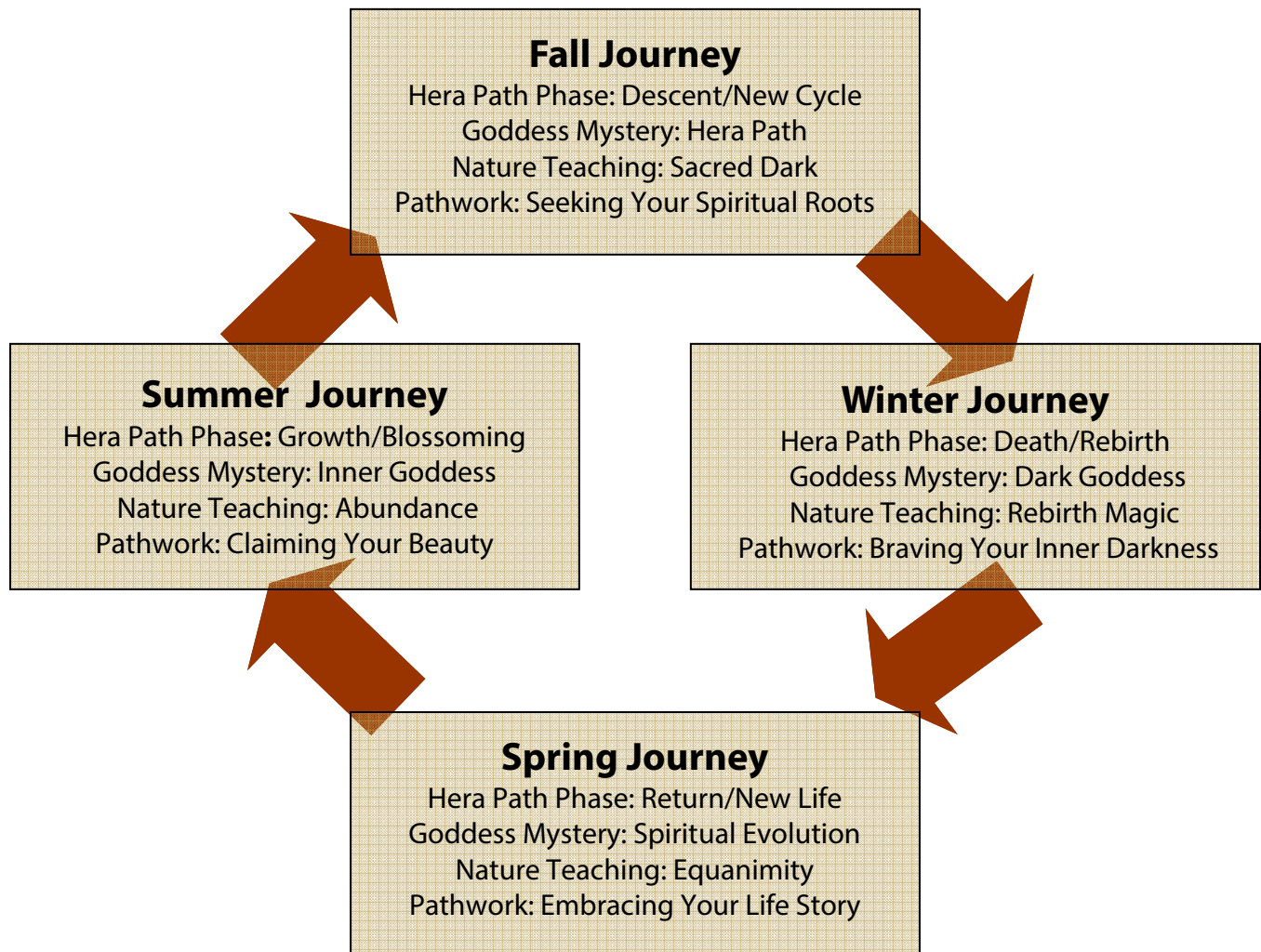
Fall invites us to heed Nature's seasonal shift, and turn our awareness to the powers and mysteries of the sacred dark. Winter takes us into the depths of Nature's magic of death and rebirth. Spring illuminates Nature's equanimity that balances the opposing, elemental forces that give rise to new life. Summer calls us to become one with Nature's full-blossoming beauty, abundance and goodness.

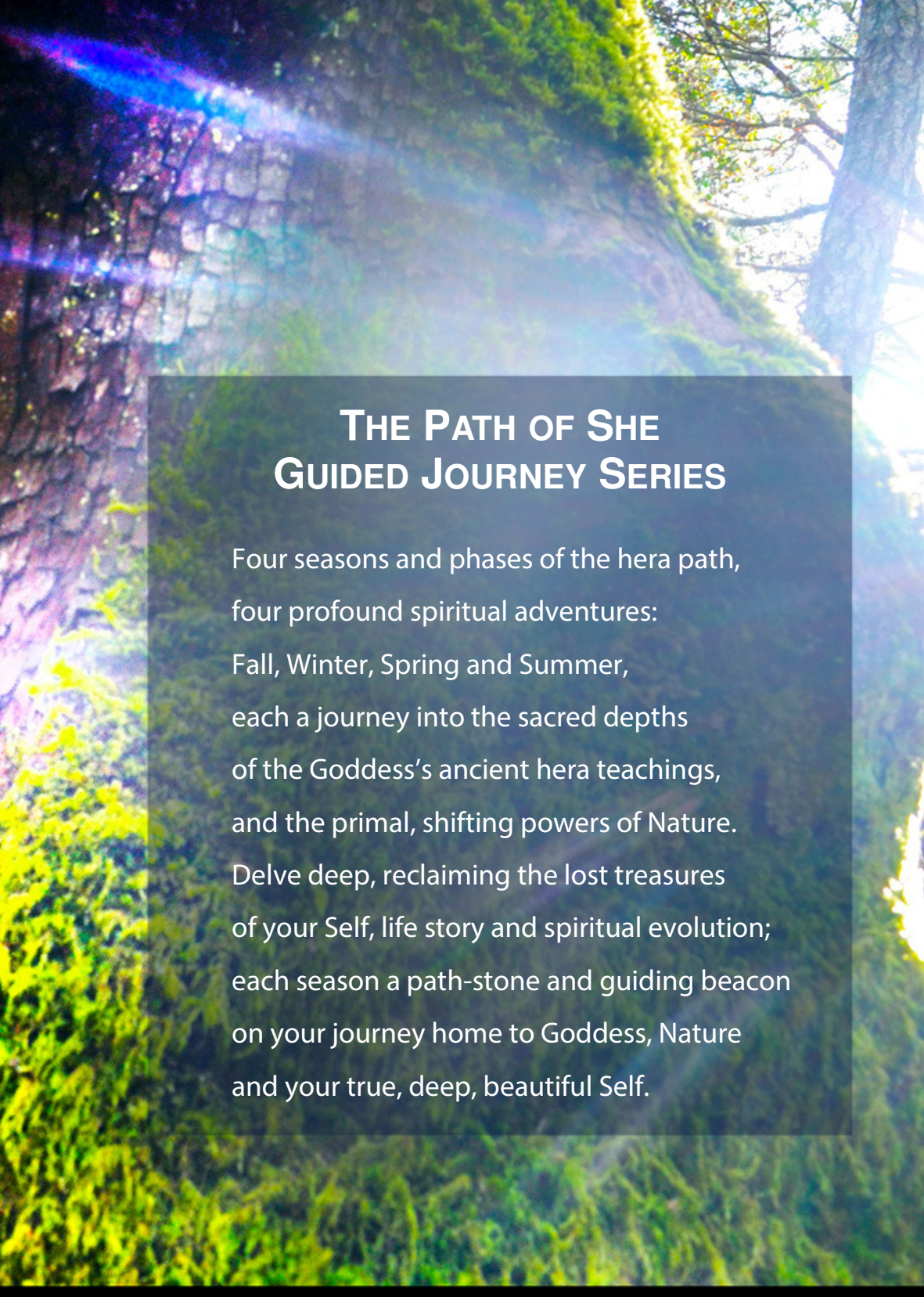
With the Goddess and Nature as your teachers and guides, the Path of She Guided Journey Series facilitates your journey of soul through the four seasons of the hera path.

There's a Guided Journey for Fall, Winter, Spring and Summer, and each of these Guided Journeys is a step along the hera path that takes you into the depths of the season's key Goddess mystery, Nature teaching, and focus area for your spiritual pathwork.

On the following page is a summary of the Path of She Guided Journey Series that we'll further explore in the next section.

The Path of She Guided Journey Series

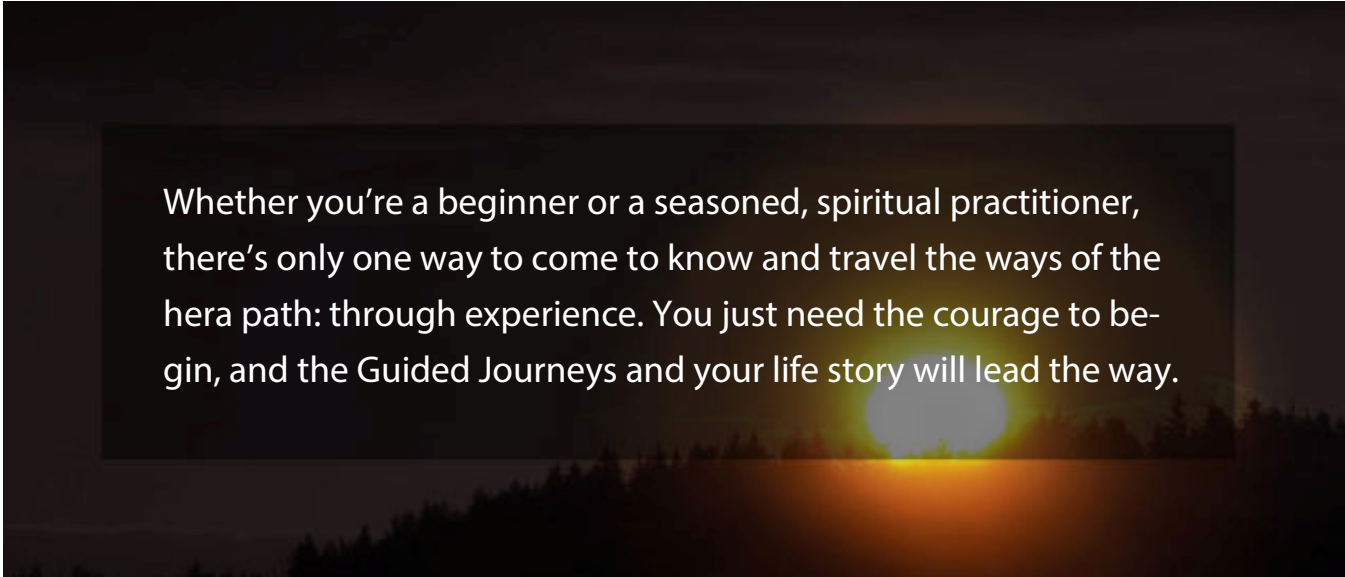




THE PATH OF SHE GUIDED JOURNEY SERIES

Four seasons and phases of the hera path,
four profound spiritual adventures:
Fall, Winter, Spring and Summer,
each a journey into the sacred depths
of the Goddess's ancient hera teachings,
and the primal, shifting powers of Nature.
Delve deep, reclaiming the lost treasures
of your Self, life story and spiritual evolution;
each season a path-stone and guiding beacon
on your journey home to Goddess, Nature
and your true, deep, beautiful Self.

INTRODUCTION TO THE PATH OF SHE GUIDED JOURNEY SERIES



Whether you're a beginner or a seasoned, spiritual practitioner, there's only one way to come to know and travel the ways of the hera path: through experience. You just need the courage to begin, and the Guided Journeys and your life story will lead the way.

The hera path is much more than the storyline of ancient Goddess myths. It offers a powerful, alternative framework that can take you into the deepest roots of your journey of soul, and remake your life in alignment with the full expression of your Self and your life story, both the light and shadow, and beauty and wounding. It's a path that returns you to right relationship with the Goddess, Nature, and your true, deep, beautiful Self.

With the Path of She Guided Journey Series, your travels on the hera path unfolds one season, and one phase on this ancient pathway, at a time. Each season is a step along the way, helping you reclaim the transformative mysteries of the Goddess, and commune with Nature's elemental powers, while also making your own hera journey of self-discovery, personal growth and spiritual evolution.

The Guided Journeys provide you with a simple, powerful structure that integrates Goddess and Nature wisdom teachings, with a guided meditation, pathwork exercises, awareness practices and journaling tasks to lead you on a transformative spiritual adventure that speaks to your mind, body and soul. The Fall, Winter, Spring and Summer Guided Journeys take you through a complete cycle of the hera path.

Each season has potent, empowering Goddess and Nature lessons to share, and these lessons are translated into a key focus for your spiritual pathwork. Along the way, you gather knowledge, insights, processes and skills that build your hera-path toolkit, and help you live your own hera tale of becoming ever more deeply, beautifully, powerfully your Self.

Your Guided Journeys Include:

A **Guidebook** (pdf ebook) that leads you through a seven-lesson journey of: exploring and experiencing

the hera-path teachings; applying these teachings to your spiritual pathwork and everyday life; and building your hera-path toolkit.

A **Journal** (pdf ebook) that facilitates your journaling tasks through writing prompts and questions to guide and deepen your self-awareness and exploration of the hera-path teachings.

A **Guided Meditation** (mp3 audio) that takes you on a spiritual journey into the depths of the season's Goddess mysteries.

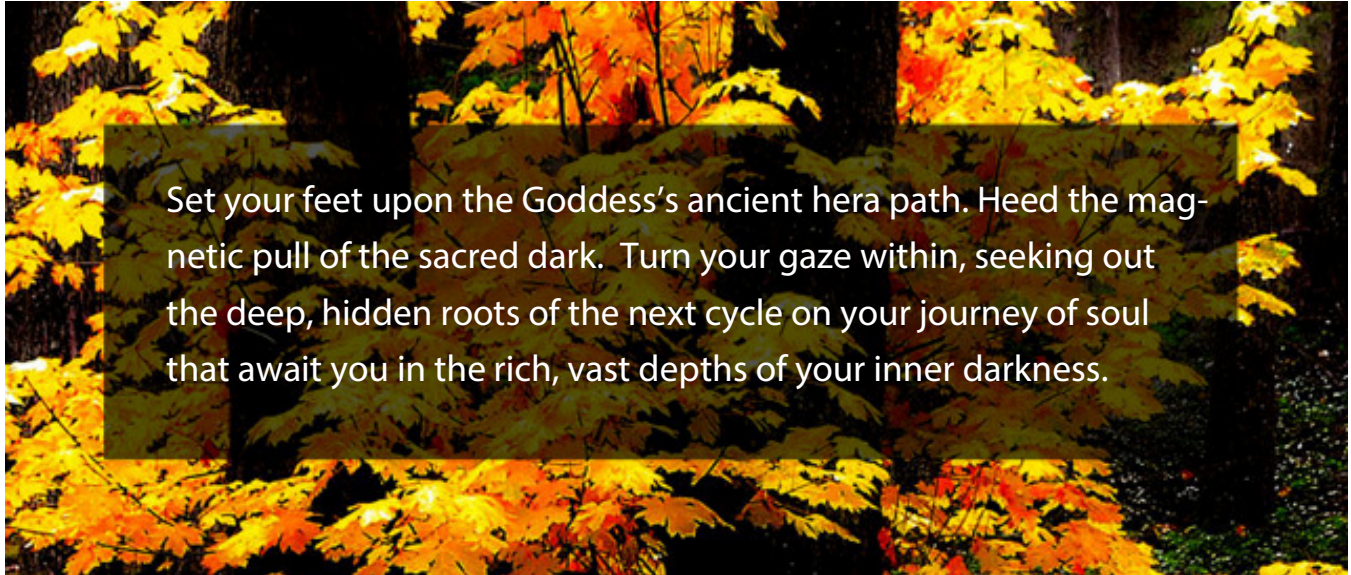
There's no right or wrong way to make your hera journey. With the Guided Journeys, your life story — with its light and shadow, beauty and wounding, and joys and sorrows — is the wellspring and catalyst of your spiritual pathwork. Every season, you work with wherever you are in the moment, and with whatever is arising within you to direct your self-discovery and spiritual growth.

Whether you're a beginner or a seasoned spiritual practitioner, there's only one way to come to know and travel the ways of the hera path: through experience. You don't require any specific knowledge or skills, you just need the courage and determination to begin, and the Guided Journey materials and your own life story will lead you from there.

Now let's take an introductory journey through the Path of She Guided Journeys for the four seasons of the hera path, and see what potent gifts of learning and transformation Fall, Winter, Spring and Summer have to offer.

FALL JOURNEY

YOUR HERA PATH: SEEKING YOUR SPIRITUAL ROOTS



Set your feet upon the Goddess's ancient her path. Heed the magnetic pull of the sacred dark. Turn your gaze within, seeking out the deep, hidden roots of the next cycle on your journey of soul that await you in the rich, vast depths of your inner darkness.

Hera Path: Descent/New Cycle

Fall is the time when Persephone begins a new cycle on Her her path journey. Change is in the air. The powers of darkness are strengthening, and the natural realm responds by turning inward to the dark belly of Mother Earth. So too Persephone feels the magnetic pull of these potent forces, compelling Her to leave behind the sunlit realm of Her known world, and descend into the unknown mysteries of the sacred dark in search of Her spiritual growth and evolution.

Goddess Mystery: The Goddess and the Hera Journey

Persephone and Her her path journey offer an alternative, mythic framework that sets your feet on the ancient path of the Goddess, and connects you with the primal powers of the sacred dark. On this path, you heed your soul's longing for self-discovery and wholeness, and turn your gaze inward to the sacred dark, seeking out the deep, hidden roots of your spiritual growth and evolution.

The core premise of the her path is that every journey of transformative change starts in the realm of the sacred dark.

Whatever you truly need to heal, grow and evolve waits for you in the sacred dark of your inner landscape: secret dreams and soulful longings, and the lost parts of your life story and authentic humanity to inspire and guide your life and spiritual pathwork. The deepest roots of your journey of soul — your life's purpose, true nature, best gifts, hidden beauty and unresolved wounding — find their origins in the still, sacred darkness within you.

With Persephone as your guide, you can reclaim the transformative, her-path mysteries of the God-

dess and the sacred dark in service of your journey of soul.

Your Fall Journey asks you to follow in Persephone's footsteps: step beyond the border of your known world; descend into the vast, rich mysteries of the sacred dark; discover the deep roots and hidden gifts of the new cycle of spiritual growth emerging for you at this time; and embrace the pathwork that follows, including the trials and challenges that come to you. Persephone's her journey teaches you that life, like the Underworld, is meant to test and hone you through adversity, and it's this very toil of sweat and soul that changes you, and helps you grow into your full maturity, powers and wholeness.

Nature Teaching: The Invitation of the Sacred Dark

With the arrival of Fall, the seasons of light and life turn once more to those of darkness and death. One cycle through these elemental forces comes to an end, and another begins. The Fall Equinox marks a moment of equal night and day that gives way to the waxing powers of darkness.

As the powers of darkness strengthen, and the days grow colder and shorter: trees shed their autumn foliage; plants give up their harvest, and then wither away; and birds and animals shift into their fall patterns of migration, hibernation, and stockpiling foodstuff for the barren days ahead.

These are the natural rhythms and ways of Mother Earth and Her wild inhabitants, dialed into a seasonal cycle that honors darkness equally to light, and balances times of outward activity and growth with inward focus and repose. In Fall, life instinctively returns to the rich, potent mysteries of the sacred dark where every new cycle and new beginning finds its deep roots and origins.

With Nature as your teacher, you can align your life and journey of soul with the elemental powers and transformative mysteries of the sacred dark.

On your Fall Journey, Nature invites you to heed the shift in the season, and follow your primal impulse to slow down, and turn inward to the sacred dark. Here you can source the deep roots and origins of your new cycle of spiritual growth that can guide your pathwork in the weeks, months and seasons to come.

Spiritual Pathwork: Seeking Your Spiritual Roots

Every journey of transformative change starts in the great unknown and potent depths of the sacred dark.

In Fall, Nature sheds its summer finery and turns inward, beginning a new cycle in the dark, fertile belly of Mother Earth, with its treasure trove of hidden mysteries and sleeping potential. Persephone and Her her path direct your awareness downward and inward to the sacred dark, where the deep roots and hidden gifts of a new cycle on your journey of soul await you. Both Nature and Persephone

point to the same, key focus for your spiritual pathwork: to transform your life, you must become skilled at turning inward, and sourcing the origins and makings of your spiritual growth in the unknown of the sacred dark.

If you're like most people, this may be a daunting proposition. Your Fall Journey asks you to leave behind your fear of the dark and the unknown, step past the comfortable ways your mind and our shared culture order your world, and seek out the deep roots of your emerging spiritual growth and transformation in the wide, wild realm of the sacred dark. Your Fall Journey pathwork will help you with these challenging, empowering tasks.

On your *Fall Journey Meditation*, you begin your hera journey by traveling into the Underworld realm of the sacred dark, and discovering the deep roots and hidden gifts that are the makings of the new cycle of spiritual growth emerging for you at this time on your journey of soul.

In your *Shifting From Fear to Friend with the Dark* pathwork, you explore, mend and build your relationship with the sacred dark, moving beyond your fear-based projections and cultural biases to discover what else is true about the dark.

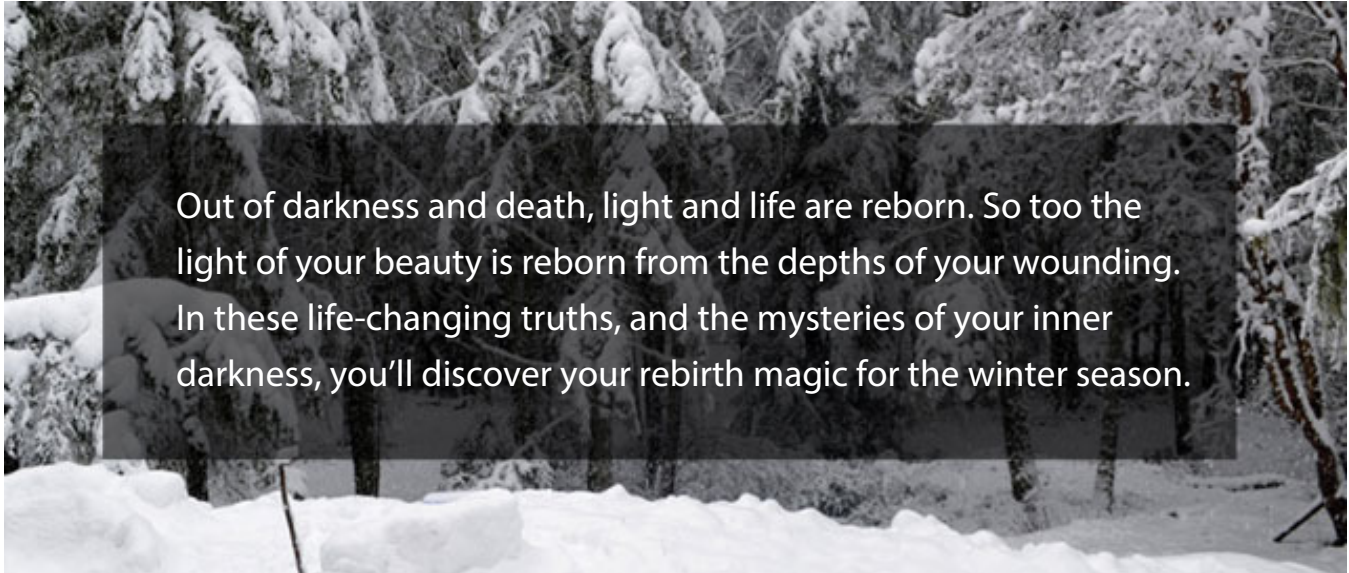
In your *Stepping Beyond the World You Know* pathwork, you practice and build your skill set for actively engaging the unknown of the sacred dark through: self-awareness, deep listening, meditation/visualization, and communing with the Mysteries.

In each of these Fall Journey activities, you're stepping past the border of your known world, expanding your capacity to source your spiritual roots in the vast, unknown depths of the sacred dark, and adding essential, hera-path processes and skills to your spiritual toolkit. With these processes and skills, and the insights and information from your guided meditation and pathwork exercises, you gather the resources you need to live your hera path, and to guide the new cycle emerging for you on your journey of soul.

Begin your hera journey. Step past your fears and the edge of your known world. Seek out the deep roots and hidden gifts that await you in the rich, potent depths of the sacred dark. Practice and hone your hera-path skills. Here begins a new cycle on your journey of soul.

WINTER JOURNEY

YOUR REBIRTH MAGIC: BRAVING YOUR INNER DARKNESS



Hera Path: Death/Rebirth

In the dark, cold days of Winter, Persephone travels in the depths of the Underworld, suffering the trials and losses of this place, and surrendering to the Dark Goddess's death-rebirth mysteries. Persephone, like Inanna before Her, understands that suffering and sacrifice are the price of admission to the Underworld, and that She must let Her old self die for something new to be reborn in its place. These are the ways of the Dark Goddess's rebirth magic.

Goddess Mystery: Promise and Peril of the Dark Goddess

Our modern retelling of Persephone's hera journey is rooted in the older tale of Inanna and Her descent to the Underworld realm of Her sister, the Dark Goddess Ereshkigal. Winter is the time of the Dark Goddess. Her death-rebirth mysteries reveal themselves in the still, dormant landscape, the darkest night of the Winter Solstice, and the seeds of your beauty and wounding that are the makings of your personal rebirth magic.

The Underworld is the realm of the Dark Goddess, and when you travel into the depths of the sacred dark, you must abide by Her laws. These laws govern all living things, and are reflected in: Nature's winter dance of darkness, death and rebirth; the raw truths of mortality; and the deep, darkest roots of your journey of soul.

To travel the Underworld ways of the Dark Goddess can be perilous. She is ruthless, and will hold you to your hera-path work of healing and growing into your true, beautiful Self. Her promise is that your life matters, and the things you've experienced, both the beautiful and the wounding, have a sacred purpose. Your life itself is the stuff of your rebirth magic,

and the crucible of your greater becoming.

With the Dark Goddess as your guide, you can brave the deepest, most challenging parts of your inner darkness, and claim Her potent death-rebirth mysteries in service of the transformative rebirth magic that's emerging for you at this time.

Your Winter Journey asks you to heed the call of the Dark Goddess: travel into the darkest depths of your inner landscape; seek the seeds of your beauty and wounding that are the catalysts for your rebirth pathwork this winter season; love and honor whatever comes to you, with clarity and acceptance; and from this place of self-awareness and self-love, commit to the hard, wondrous work of engaging the shadow, wounded places inside of you, and letting parts of your life die, end, for something new to be reborn in their place.

In these potent tasks, you reclaim the Dark Goddess's wisdom as your own: where you find your wounding, you also find your beauty; when you show up to your pain, you remember your joy. Your life experiences aren't random or punishments; they're the makings of your rebirth magic, and the shining forth of a deeper, more present, loving and powerful you.

Nature Teaching: The Magic of Rebirth

Winter is like a long, slow in-breath, with the season deepening into the primal powers of darkness and death. The Winter Solstice marks the darkest night and the turning into the new solar year.

As Nature settles into a death-like sleep, the wild world turns inward, stripping away its outer trappings, and returning to its bare-bones essence. Plants and creatures surrender to death and dormancy, retreating into the dark belly of the Earth. There's no despair in Nature, nor any resisting, hiding or running from the inevitable and inescapable.

Yet Winter's death state is an illusion — new life and light are gestating in the fertile darkness of Mother Earth — the new life of Spring arises from the death of Winter — the new dawn of the solar year is born from the darkest night of the Winter Solstice — the light of your beauty is reborn from the depths of your wounding. This is the potent rebirth magic of the winter season.

With Nature as a living example of rebirth, you can learn to trust and embrace the magic of death and rebirth, however it's revealing itself in your life at this time.

On your Winter Journey, emulate Nature and your wild kin: make time for stillness and silence; turn your gaze to your inner depth, and don't be afraid of what you find. Your rebirth magic arises from the deep, hidden places within you, and it's the wounded, painful parts of your life that are most often the catalysts of profound, life-changing transformation.

Spiritual Pathwork: Braving Your Inner Darkness

Life is an edgy business, and nowhere is this more apparent than in the winter season.

In Winter, Nature strips away its outward displays of life, turns inward and settles into a dormant, death-like state. The Dark Goddess calls you to engage and embrace the raw truths of your life story, both the beauty and the wounding, in service of your personal rebirth magic. Darkness, death, endings — loss, suffering, wounding — these are inevitable, inescapable parts of your life experiences.

Rather than running and hiding from these hard, heartbreaking truths, your Winter Journey asks you to be brave and to dare a positive, empowering relationship with your inner darkness, and the challenging aspects of your Self and life story that you may encounter in this sacred, inner space.

On your *Winter Journey Meditation*, you turn your mind to the Underworld realm of the Dark Goddess, and brave Her mysteries of death and rebirth in the depths of the sacred dark, claiming the seeds of your beauty and wounding that are ready to be reborn in your outer life at this time.

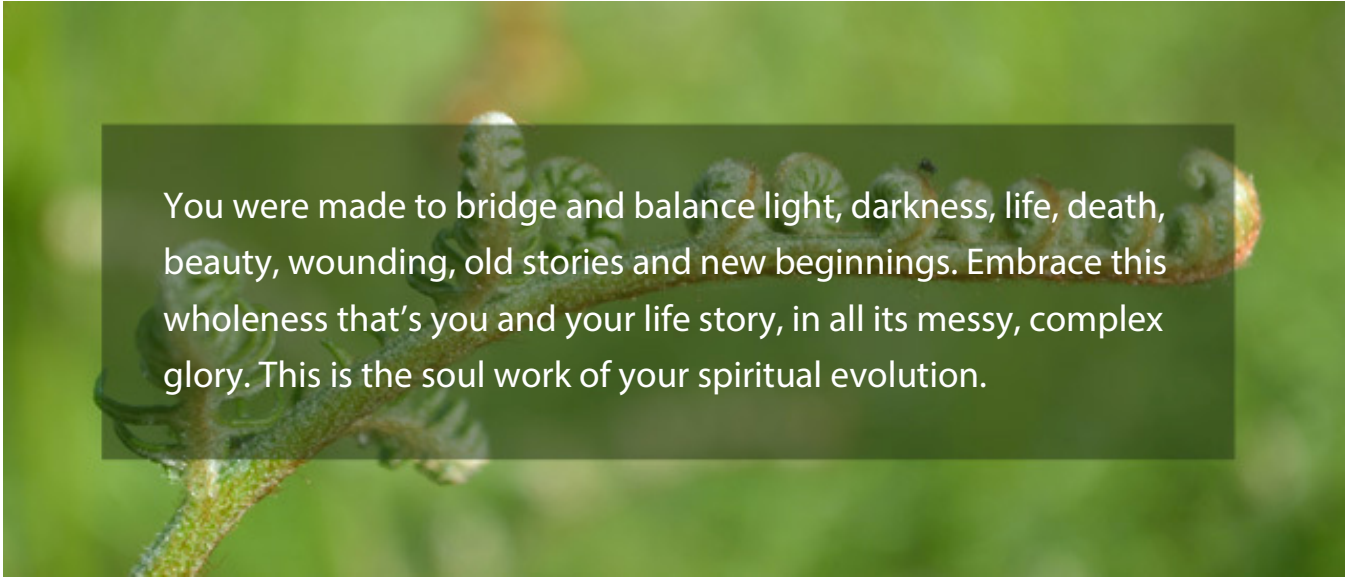
In your *Loving Your Wounded Self* pathwork, you bring your wounded self out of the shadows, and connect with this part of you as an essential partner in your rebirth magic, and a cherished ally on your journey of soul.

In your *Learning Breath Meditation* pathwork, you practice breath meditation as a simple, powerful skill for cultivating a state of inner emptiness and loving awareness that helps you access the vast realm of your inner sacred darkness.

In each of these Winter Journey activities, you're braving a new, deeper relationship with the sacred dark, within your inner landscape and the greater mysteries of this world, and adding essential, descent-pathwork processes and skills to your hera-path toolkit. With these processes and skills, and the insights and information from your guided meditation and pathwork exercises, you gather the resources you need to live your rebirth magic, and to guide your spiritual pathwork of rebirth in the weeks, months and seasons to come.

Be brave; dare the Dark Goddess's rebirth magic. Dive deep into your inner darkness. Claim the emerging seeds of your beauty and wounding as the catalysts of your personal rebirth magic. Make your wounded self your cherished ally. Become masterful at the processes and skills of descent pathwork.

YOUR SPIRITUAL EVOLUTION: EMBRACING YOUR LIFE STORY



You were made to bridge and balance light, darkness, life, death, beauty, wounding, old stories and new beginnings. Embrace this wholeness that's you and your life story, in all its messy, complex glory. This is the soul work of your spiritual evolution.

Hera Path: Return/New Life

With the coming of the fresh, sweet days of Spring, Persephone leaves behind Her Underworld travels, and returns to the sunlit realm and loving embrace of Her Mother Demeter. She emerges as a Goddess reborn into a more mature, evolved version of Her Self: Queen of the Underworld and Goddess of Spring Growth, bridging and balancing the immense, opposing energies of the death-centered Underworld and the life-centered realm of Her Mother Demeter.

Goddess Mystery: The Evolutionary Teachings of the Goddess

Persephone's her tale speaks to your spiritual evolution, offering an alternative, Goddess-based conception of transformative change. Spiritual evolution isn't about achieving a transcendent state of enlightenment, or living a purified, light-filled existence beyond the muck and mess of human reality. Instead, it's a journey of becoming a more evolved, whole, powerful, loving version of your Self.

Spiritual evolution on the Goddess's her path is a messy, complex, life-changing undertaking. Like Persephone, you do your descent pathwork in the sacred dark, and bring back what you've learned to your everyday life. And in this return, you claim and work with the potent, opposing energies of darkness, death, wounding, light, life and beauty, within you and your life story.

Through this spiritual pathwork, you step into a wholeness and bigness of being that can bridge and balance the full range of your Self and life story. You're reborn as a more mature, evolved, loving version of your Self — claiming and choosing from the complex, divergent parts of your Self and authentic nature — changing your life, touching others, and sending ripples outward into the greater world.

With Persephone and Demeter as your guides, here begins a new season of light that embraces your life story, in all its complexities and polarities, in service of your journey of soul.

Your Spring Journey asks you to align your pathwork with the Goddess's spiritual evolutionary teachings: welcome the muck, mess and complexities of your Self and life experiences to the light of your spiritual pathwork; cultivate a wholeness and bigness of being that can bridge and balance the full range of your Self and life story, with wisdom, self-love, self-acceptance and power; and commit to the new, soulful beginning emerging for you this spring season. This immense, transformative soul work is your spiritual evolution.

Nature Teaching: The Nature of Equanimity

Spring heralds the return of the seasons of light and life, as Nature emerges from its death state in response to the shifting forces of light and darkness. The Spring Equinox marks a moment of equal night and day, before the resurgence of the powers of light.

Nature delights us with the miracle of tender, new beginnings, reaching its green arms upward from the dark belly of the Earth to embrace the strengthening sun. It's as if Mother Earth has turned back on the fresh, bright colors, sounds and smells of the living world outside our doorstep.

Less apparent in this wondrous, springtime display are the death from which this new life arises, and the continuing presence of darkness alongside the resurgence of light. Green-growing things bridge and balance these elemental forces, extending both downward into the dark, composting soil, made rich by decay and death, and upward to the enervating potency of daylight, and the restful influence of the dark of night.

Nature offers a vision of a living equanimity that can inspire and guide your Spring Journey: the primal powers of light, life, darkness and death are inextricably interwoven and interdependent; together they find a new balance and wholeness that give rise to the green growth of Spring.

On your Spring Journey, follow Nature's potent example by cultivating your own equanimity: find a new balance and wholeness that can embrace and engage the full range of whatever is emerging from your inner darkness at this time. Light and shadow, beauty and wounding, old and new — all these essential parts of you and your life story co-inform your springtime pathwork of new growth.

Spiritual Pathwork: Embracing Your Life Story

New life emerges and evolves from the wondrous muck and mess of many complex, divergent powers and parts.

In Spring, Nature offers up its living vision of equanimity: a state of balance and harmony where the

immense, opposing powers of light, life, darkness and death give rise to the stunning new growth of the springtime landscape. Persephone returns to the sunlit realm reborn into a mature, evolved version of Her Self, at one with Her whole, sacred powers as the Queen and Goddess of the death-centered land below and life-centered land above. Nature and Persephone share a common theme that speaks to the focus of your spiritual pathwork: whenever potent, opposing energies come together in a state of balance, harmony and wholeness, the miraculous happens in the form of new growth and evolved life.

This Goddess-based conception of new growth and spiritual evolution goes against our human compulsion to think in dualistic ways that separate parts of our life into tidy boxes and opposing corners. Your Spring Journey asks you to cultivate a wholeness and bigness of being that leaves behind these dualistic tendencies to embrace and engage the full range of your Self and life story, however this reveals itself in your spring pathwork, in service of the new, positive growth emerging for you at this time.

On your *Spring Journey Meditation*, you reunite with the Mother Goddess Demeter, and explore your sacred garden in Her sunlit realm of love and life, gathering up the parts of your Self and life story that are the makings of your spring pathwork of personal growth and spiritual evolution.

In your *Practicing the Middle Path* pathwork, you explore and practice the middle path as a tool and skill for stretching your psyche and building your capacity to hold divergent, conflicting positions and energies, and to trust an organic, open-ended process of change.

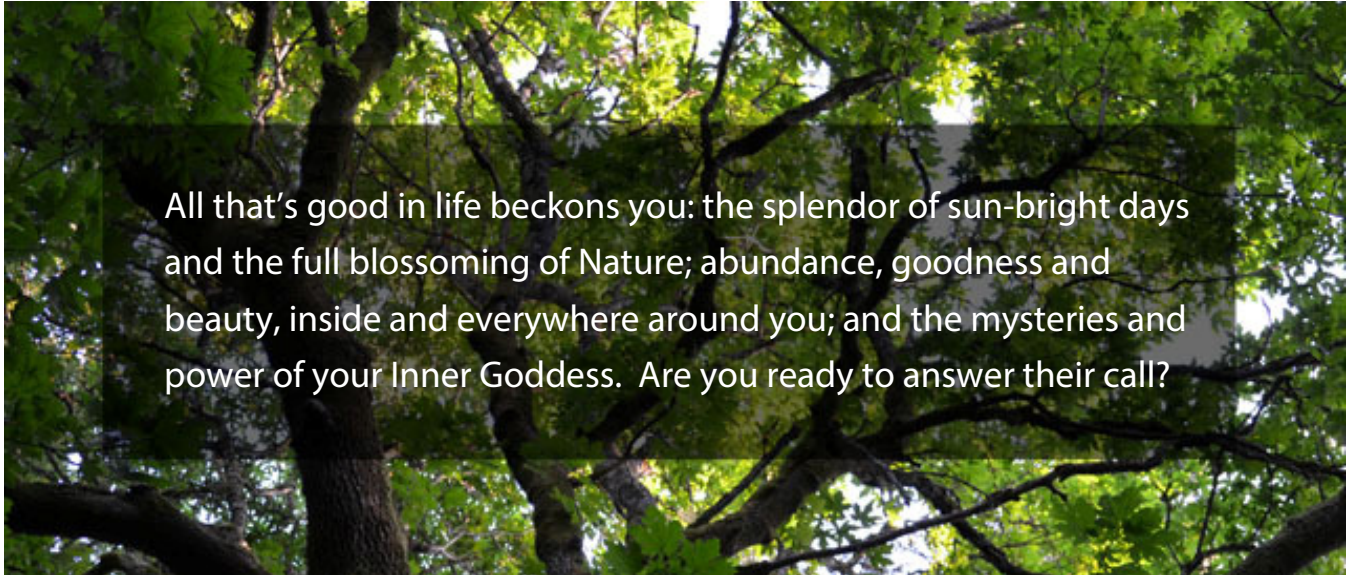
In your *Cultivating the Garden of Your Life* pathwork, you shift from introspection into action, drawing upon your guided meditation and pathwork exercises to formulate a concrete plan for preparing and tending the garden of your outer life to support positive, new growth in your everyday existence.

In each of these Spring Journey activities, you're: engaging and claiming the potent, opposing parts of your Self and life story; cultivating wholeness, self-love and self-acceptance; and adding powerful equanimity and middle-path processes and skills to your hera-path toolkit. With these processes and skills, and the insights and information from your guided meditation and pathwork exercises, you gather the resources you need to live your spiritual evolution, and to bring new, positive change to your life.

Embrace your life story in all its messy, complex, divergent glory. Bring your whole Self to the light of your spiritual pathwork. Practice and build your equanimity and middle-path skills. Shift into action by taking the first step in your plan. Become a more evolved, powerful, loving version of your Self.

SUMMER JOURNEY

THOU ART GODDESS: CLAIMING YOUR INNER GODDESS



All that's good in life beckons you: the splendor of sun-bright days and the full blossoming of Nature; abundance, goodness and beauty, inside and everywhere around you; and the mysteries and power of your Inner Goddess. Are you ready to answer their call?

Hera Path: Growth/Blossoming

In the luscious, hot days of Summer, Persephone and Demeter are reunited in the sunlit realm. While the sun shines bright, and the powers of light and life are turned on high, they walk the living land together, at one with their Goddess powers of love, goodness and abundance. Where their feet touch the Earth, they leave a trail of blossoming growth in their wake. So one cycle on Persephone's hera path finds its natural completion in the beauty and abundance of life.

Goddess Mystery: The Ways of Your Inner Goddess

Persephone's hera tale is a journey that leads Her home to Her full Goddess nature and powers. What was lost is refound, and the living world returns to its natural state of beauty, goodness and abundance. Like Persephone, Summer is a time to claim your Goddess nature and gifts, and to bloom into a beautiful, full expression of your Self, leaving a trail of positive, life-affirming growth in your wake.

The Goddess is immanent; She exists everywhere and can be found in all things. You too are Goddess: your body is woven of Her sacred matter, and your soul is a fragment of Her shining presence. Within the core of your being, your Inner Goddess holds your innate knowing of the ways and mysteries of the Divine Feminine.

You are Divine. You are beautiful, precious and worthy beyond your wildest imagination. Your deepest presence is love. You have special gifts and a sacred purpose that are yours alone to share with others. You are here, on this Earth, to blossom and flourish, and gift the world with your true, beautiful Self.

With your Inner Goddess as your guide, you can discover and live these empowering truths, and culti-

vate the parts of your beauty and gifts that are ready to blossom and flourish in your everyday life at this time.

Your Summer Journey asks you to claim your Inner Goddess: live your Goddess nature; bring positive change to your everyday life; blossom, flourish, and offer up the beauty and bounty of your very best gifts and qualities to others. This is how you can transform your life, and help build a better, kinder and more joyful world. You need to simply show up as your true, beautiful Self. Your Inner Goddess can show you the way.

Nature Teaching: The Living Truth of Abundance

In Summer, the powers of light and life are turned on high, and Nature gives itself over to these glorious, munificent energies. The Summer Solstice marks the longest day of the year.

Everything in Nature is flourishing, each according to its unique essence and sacred purpose in the great weaving of life on Mother Earth. Trees and flowers are in full bloom. Bees are busy making honey. Wild creatures are feeding and tending their young. The land abounds with beauty and bounty. Life is good.

Summer is a time of overflowing, life-centered abundance and goodness. Mother Nature gifts all living beings with the very things they need to grow and blossom. This abundance is also part of our human experience and innate nature. Life is good, and you're part of this goodness, with a special beauty and unique gifts to share with the world.

Nature's summertime bounty illuminates a glorious counterview to our human worldview of fear and scarcity: abundance. And it reminds you that you get to choose which of these worldviews will govern your life and journey of soul.

On your Summer Journey, Nature entices you to consciously choose an abundance worldview. With this worldview, your innate goodness, generosity and beauty can step to the forefront, shining a healing light into the parts of you that cling to a mindset of scarcity and fear. It's time for you to blossom and flourish, and share your bounty with others. Change in these healing, munificent ways, and you can transform your life in accordance with Nature's abundance worldview.

Spiritual Pathwork: Claiming Your Inner Goddess

Life is good. Abundance is real. The Goddess is everywhere, and in all things. You are Goddess.

In Summer, Nature gifts us with a stunning outpouring of goodness and abundance; all living things are blossoming and offering up their beauty and bounty in support of the web of life that holds us all. Your Inner Goddess calls you to claim your beauty and destined place in the sunlit realm, and to blossom and flourish alongside your wild kin. In these many, varied wonders, the Goddess reveals Her

positive, life-affirming powers, and reminds you that you too are a life-affirming expression of Her.

There's so much more to life than the scarcity and fear that dominates our collective worldview. Your Summer Journey asks you to explore and claim your beauty and Inner Goddess nature, and to use what you learn about yourself, and the abundance and goodness of our world to bring positive change to your life and greater environment.

On your *Summer Journey Meditation*, you journey into the core of your being in search of your Inner Goddess, and the parts of your true, beautiful Self that are ready to blossom and flourish at this time.

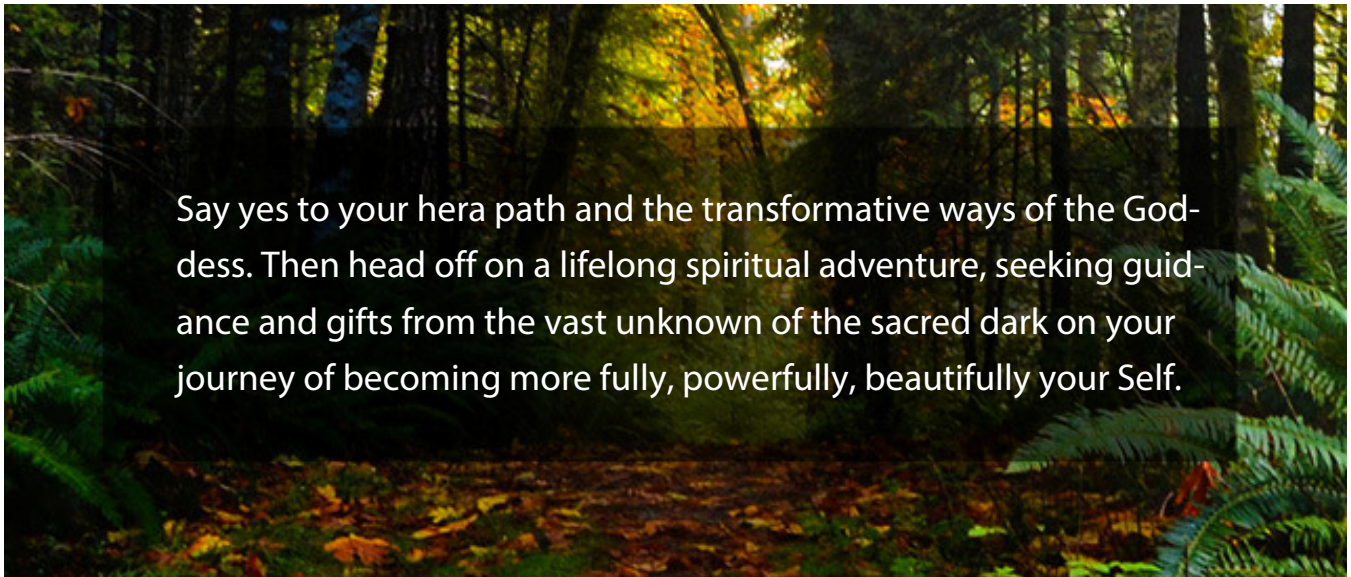
In your *Claiming Your Beauty* pathwork, you come face to face with your beauty to: widen and deepen your self-awareness and self-love; and see and claim your true beauty, gifts and sacred purpose.

In your *Believing in Goodness* pathwork, you step away from the collective worldview of scarcity and fear, and shift to a life-affirming worldview of abundance and goodness by consciously expanding your awareness to more fully include the good things in yourself, your life and your environment.

In each of these Summer Journey activities, you're exploring and claiming aspects of your Inner Goddess, and aligning yourself with the life-affirming powers of the Divine Feminine. Through the insights and information from your guided meditation and pathwork exercises, you gather the resources you need to live your Inner Goddess nature, and to bring positive, bountiful change to your life and greater environment. With every moment, every day, every season and every year, you can choose to make beauty, abundance, goodness and love your living reality.

Claim your Inner Goddess and Her life-affirming powers. Believe in the abundance and goodness, within and all around you. Blossom and flourish as your true, beautiful Self. Be an agent of beauty, goodness, love and positive change. Make this world a better place.

WALKING THE HERA PATH



Say yes to your hera path and the transformative ways of the Goddess. Then head off on a lifelong spiritual adventure, seeking guidance and gifts from the vast unknown of the sacred dark on your journey of becoming more fully, powerfully, beautifully your Self.

What is lost can be refound and reclaimed. The Goddess, and Her ways of love and transformation have never left you. They're inside of you, and all around you, in the primal forces and wonders of Nature, the best qualities and instincts of our humanity, and the love, gifts and powers of your true, beautiful Self.

To walk the Goddess's hera path is to honor that there's so much more goodness, depth and mystery to you, your humanity, and our world. You heed the voice inside of you that understands these things, and that's hungry to know more, experience more, become more. You gather up your courage, step past the borders of your known world, and set off on a spiritual adventure of self-discovery, personal growth and spiritual evolution, seeking a deeper, fuller, more evolved and loving expression of your Self.

So it was for Persephone, and Inanna before Her. When you walk the hera path, you follow in the footsteps of these ancient Goddesses whose mythic hera tales illuminate the Goddess's transformative mysteries, and their alternative conception of spiritual growth and evolution. In these tales, and their alignment with Nature and the cycle of the seasons, you discover profound, life-changing lessons to guide your spiritual travels and pathwork on your journey of soul.

The **Path of She Guided Journey Series** takes these potent, empowering Goddess and Nature teachings, and translates them into the **Fall, Winter, Spring and Summer Guided Journeys**. Each Guided Journey comes with a **Guidebook, Journal and Guided Meditation** that facilitate your exploration of the season's wisdom teachings, spiritual pathwork and skill development.

On each Guided Journey you will:

- Explore the Goddess's mysteries and wisdom teachings.
- Align your life with Nature's primal powers and lessons.
- Make your own guided hera journey into the depths of the season's mysteries.
- Discover your spiritual roots, hidden gifts and lost parts of your life story.
- Claim the soul work of healing and transformation that's emerging for you.
- Build your hera-path, spiritual toolkit.

Your hera journey with the Path of She Guided Journey Series isn't the work of one cycle or one season, but of a lifetime of returning to its powerful lessons and exercises over and over again. Every new cycle and season can expand your spiritual insights and experiences, and help you develop mastery in your hera-path skills. The Fall, Winter, Spring and Summer Guided Journeys each stand alone, taking you deep into the season's teachings. Together, the four-season series facilitates your travels through a full cycle of the hera path.

You can use the Guided Journey materials to develop an annual practice for aligning your spiritual practice with the seasons, and to apply their alternative, Goddess-based knowledge and skills to your unfolding spiritual pathwork, and the challenges and opportunities of your everyday life.

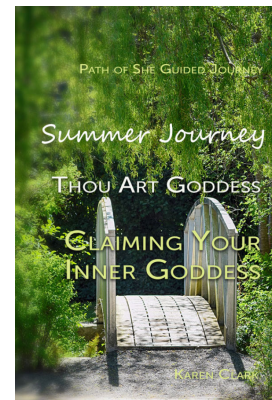
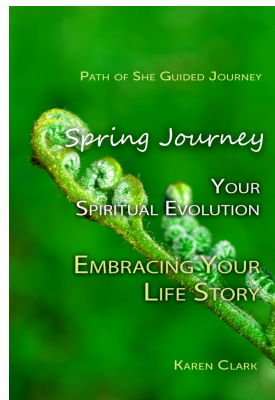
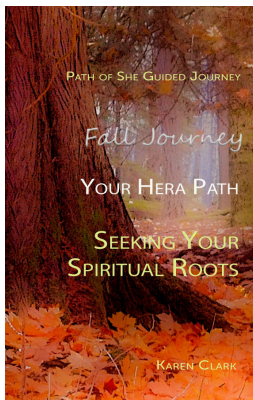
Like Persephone, you travel this ancient hera path by your own choice, desire and courage. Wherever you are now in your spiritual travels is perfect. You don't need any special skills or knowledge. It doesn't matter how lost or wounded you've been. Before you is the rest of your precious, priceless life. Behind you is everything that has brought you to this moment, some of it beautiful, some of it wounding, all of it has purpose: to help you heal, transform, and evolve into your full beauty and power.

Take a deep breath. Check in with your Self, and your desire to walk the hera path.

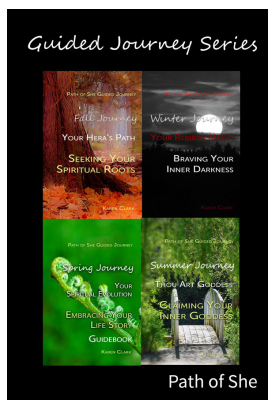
Are you hungry for the lost mysteries of the Goddess, and Her ways of love and transformation? Are you reaching for a deeper, fuller expression of your Self and your best gifts and qualities? Are you ready to brave the sacred dark, seeking out the deep roots and lost parts of your Self and life story that can mend your soul and make your life anew?

If you feel a yes arise within you, the Path of She Guided Journey Series is reaching for you, ready to guide your hera journey of becoming ever more deeply, beautifully, powerfully your Self, one season, one cycle at a time.

You can purchase each Guided Journey individually at \$16.99 (click to purchase).



OR as a four-season package at \$49.99, with a savings of 25% off the full purchase price.



What Fans Say About Karen Clark and the Path of She

"I want to say thank you for your amazing work! You opened something so passionate and deep within me that I didn't know existed! It changed my life for real! I hadn't had an actual "connection" to the Goddess then the dreams started and it's just moved me from one thing to another. It caused a hunger I couldn't feed, but gave me a fullness I've never known. Amazing." **Jody**

"I've read your books, devour your posts as they arrive by email, and I've followed the Thou Art Goddess Journey this Summer. When I read your musings, I feel connected to something that replenishes me as if my spirit were so thirsty. Parched, in fact. I just want to reach out with not only a thanks but more like 'do you have any idea how your work touches others?'" **Tina**

"I love everything Karen Clark does. She is real. She has a fearless and unique way of speaking about the Goddess. This is her way and she shares it. I am so happy she put voice to her words. So powerful." **Bridget**

About the Author

Karen Clark is the author of *Tale of the Lost Daughter*, *The Path of She Book of Sabbats: A Journey of Soul Across the Seasons*, and the *Path of She Guided Journey Series*. As a writer, teacher and waking woman, Karen's passion is to return the Goddess and our Divine Feminine nature back to their rightful place in our everyday lives and shared society. Her Path of She work translates Goddess mysteries to our modern search for meaning, healing, personal growth, and collective transformation.

Karen has been walking the Path of She, with the Goddess as her constant companion and guide, for thirty years. Her writings bridge everyday and magical realities, drawing upon her: in-the-world feminist studies and gender-equity consulting practice; between-the-worlds magic and dreaming with the Goddess; and her personal, life-transforming pathwork of reclaiming her Inner Goddess, feminine soul and undomesticated womanhood.



About the Path

The Path of She invites you on a journey of transformation with the Goddess. The Goddess is awakening and calling us to reclaim what we've lost: the life-giving mysteries of the Divine Feminine and Nature, and the hidden powers of our stunning bodies, shining souls and loving hearts.

To heed the call of the Goddess, you must step beyond the world you know, and travel Her ancient pathways of healing, personal growth and spiritual evolution. On this journey, your life story, with its beauty and wounding, is the crucible of your transformation. What you seek is to become a more mature, evolved, loving expression of your true, beautiful Self, and a life in harmony with the love-centered, empowering ways of the Divine Feminine.

The Path of She can inspire and guide your journey with the Goddess, providing you with the knowledge, skills and experiences to reclaim what you've lost, heal and transform your life, and help create a kinder, wiser, more loving world.

To learn more about Karen and the Path of She, visit: **pathofshe.com**

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Note: Path of She writings and offerings are in no way meant to replace therapy or other professional support. When working with Path of She materials, practice self-care, ensuring you have the personal and professional resources you need to do your spiritual pathwork safely, compassionately and wisely.