

# The Spiritual Weal

## Healing and Empowering the Divine Feminine

### Sedna

#### Healing Soul Trauma and Becoming Whole

The first step in this process of rebalancing is healing. Without healing we cannot move on. In this case, as trauma often occurs soul loss to cope with it long term this means that we can walk around with missing pieces, making life hard to manage as the understatement. When this is a good two to three thousand years patriarchal abuse, this graveyard under the sea of soul fragments adds up. This is the cost of the last three thousand years of patriarchy and the burden that the sacred feminine bears.

This affects not just women, though those incarnated in a female body this time around bear the brunt as in the past and continue to do so. Sexual crimes, abuse and discrimination. Victimisation and objectification of women's bodies. Double standards to do with gender and restrictive clothing and footwear for women such as high heels. These are all parts of how women, the divine feminine incarnate are subjugated. In even acceptable to the west Christian churches 'Male Headship' – A form of religiously based coercive control and abuse is accepted, making women second class citizens in their communities. In so many ways this Echoes the myth and story of Senda in all its three forms, this second class subjugation of women to what is effectively a domestic servant role. Which in Christian Churches is still quite hypocritically acceptable today. Then you add the subjugation of women, often criticised by a western society that allows its own, the wounds add up. Add up for thousand of years to now to a critical toxic mass that needs to be cleared.

But this is not just damaging the feminine vessel. Male or female, we all carry the divine feminine within us. Every man has some of the divine feminine within him, even patriarchal ones. It is just that they deny this and suppress it. In a way it is hurting themselves. It is this denial of the feminine principle that is the root cause of so many male specific Mental Health problems, such as young male suicide. The patriarchy hurts itself, which is bad enough. Making it worse is that they set the conditions to hurt others that are either expressions of the divine feminine in the world.

Women definitely yes. But the young men who come up effectively hazed into harmful heterosexual norms of patriarchal society, ordered and being bullied into conformity. The gentler men who embrace rather than run from their feminine side. Gay men, still subject to their own unique set of bullying, victimisation and control, up to and including Gay aversion therapy, criminalisation and violent ostracism. Young boys and youth that without power were, and are still abused today in institutional settings, be that prison or in church structures. Young men growing up watching their mothers, sisters and sometimes partners and children suffer

in family violence or other situations. Anything outside the dominant patriarchal norm has suffered trauma and soul loss for the same time as the female vessel has out of association with it.

Even if you do not have direct contact with this, you could still be affected by ancestral trauma, male or female, that could be a part of your life, holding you back. Or you could have soul loss from past life experiences this is so pervasive. This could be an unhealed ancestor, family relational patterns, or karmic energy around your family affecting you. This is something that is still important to clear so you and your descendants can go on without this ancestral imprint holding you back. Ancestral imprints can really affect us without understanding why, so this is an important step if you feel blocked in your life, especially around the area of relationships and/or male/female relations. In doing so you set yourself and your descendants free to live as full beings. For this reason it is a good process for all that are drawn to it to go through to start to create a better, clearer world as we all get rid of our trauma and become full souls, one by one.

# Sedna

## Our Guide



Sedna is the Inuit goddess of the Arctic who has three versions of her myth. Two of them had her marrying a dog, the symbol of love and devotion. One had it as a punishment from her father for refusing any other suitor. The other had her choosing the dog over any suitor she didn't like in an act of rebellion. Either way, the match turned out to be happier than any other option open to her and worked well for her in spite of the original shame.

In the one most relevant to our meditation she refused all suitors till a Bird Man promised her the life she wanted. Skins, blubber, seal meat. But as a Bird Man, all he could produce was fish. So she called to her father for help, who eventually went and got her. But a storm blew up and in order to save himself he threw his daughter, Sedna out of a canoe. In this time she, smartly to save herself, held onto the canoe for life. But her father chopped her fingers off with an axe and she descended to the bottom of the ocean floor to become the goddess of the Arctic. Sending our guide to the depths of the ocean, her fingers becoming Arctic sea creatures and her becoming the goddess of the Arctic waters. Not only controlling the source of food to the Inuit, but also the goddess of death. Here, when prey is scarce, Shamans go and comb her hair and attend to her to make the food flow again.

While all three work in terms of how the 'Mankind' patriarchy has affected women and the feminine/ anima/goddess energy over the thousands of years, it is the last one that resonates most with our current purpose and the one I saw. This Goddess, herself a proud survivor of patriarchal family violence, is helping us now. In helping us reclaim soul fragments lost to domestic and family violence. Domestic violence, sexual

assault, homophobic bullying, childhood (Female and Male victims alike) as well as those with this in the family karma she sets us free. For this we thank her and go on to accept her gifts in our life.

## **The Journey**

The journey is one ascending to the darkness of the ocean floor and meet Sedna to collect those parts of us left behind because of patriarchal wounds. Male or female, we can all have traumas and wounds related to the patriarchy from this life or past lives that have split off parts of our soul and this can hold us back in our evolution without realising it. As we do this we lose parts ourselves that need to be healed and bought back to us. This journey reunites us with these parts of our soul.

In July/August 2023 the trauma, sludge and karma around these soul fragments was healed and the soul fragments themselves cleansed and bought to a state where the individual owners were ready to reclaim them. They sit with the custodian, Senda, who awaits their collection to make those who lost them whole. In this journey you will be re-united with these soul fragments which you may, or may not know you lost. This journey is a guided meditation to the depths of the ocean to retrieve these lost soul fragments that are down there for ourselves and embed them back in us.

There is a note, however, in that if you need help dealing with wounds, mental unwellness or any other problem go and get it. This journey does not replace proper help to deal with the wounds of this lifetime, it enhances it. So if needing help is a part of your journey, go get it and do what you have to in order to become whole. After-care, if you need it is a must. If you feel unsure of anything, it might be an idea to talk to trained professionals before and after to have their guidance and support. Healing is good, but can be a rough ride. Nobody needs to go through it alone.

## Sedna Soul Retrieval and Trauma Clearing Meditation

**Find a place where you can be undisturbed and comfortable for an hour or so for this meditation, and if you want use a throw or blanket to keep yourself warm and comfortable. Leave any distractions in a place where they will not affect you, like your phone.**

- When you are comfortably seated or lying down take a deep breath. Feel yourself let go of your body as you go into your heart centre and feel the gentle, green energy. Feel your energy from this place of deep awareness and connection. Do you feel whole, are you missing pieces? As you scan yourself from a place of deep compassion and awareness note where you feel darkness, black spots and missing pieces. Do not judge, just note and observe.

- Take a deep breath and stay centred in your glow of deep awareness and connection. As you do a door opens through this green energy. As you walk through this door the scene changes to the bottom of the ocean – A deep, dark place. See and feel as you look around you, in this cool, dark comfortable place. Observe that around you are blue/black bubbles of energy that float unbidden, like ornaments with points of light in them.

- As you stand here, looking at these bubbles with points of light in them, a figure with soulful dark eyes emerges to greet you. As much as you note the shortened fingers, scarred at the end you see the depth of wisdom and strength in her eyes. This is the goddess Sedna. Looking at you with a gentle reflective smile she greets you by name and asks *'What is the purpose of your visit, soul seeker?'* As are asked you reply *'I am here to retrieve the lost parts of my soul'*.

- She smiles at you gently and bids you a warm welcome. She introduces herself as Sedna, the goddess of the Arctic and the keeper of souls and wisdom. She asks you what you wish to redeem. As she does you go back into your heart centre, trusting your intuition and say the words that come out without a mental filter. These are your wounds, where you have lost soul. As you say that, you feel lighter already.

- Following Sedna, you state, fully centred in your Heart Centre with the words you just spoke in mind;

*Fragments of my soul  
Drawn by my wisdom,  
Bridge these gaps I see  
Bring me to Wholeness'*

- Look around you and see what bubbles are around you, which ones change, light up, and float towards you. These are the lost fragments of your soul, corresponding to the words that you spoke before and the holes or gaps you saw in yourself in preparation for this journey. In response to your words, see which among this field of Bubbles lights up and comes to you, morphing to fit into the palm of your hand.

- Look at these fragments as they come to life in your hand, pieces of your soul. As they come to life invite them to come back into you, these pieces of you. This is a process of integration that could take some

time. Do not hurry them, but in this safe, protected space, these sacred waters, feel and observe what happens to you as they do go back into you. Observe and note to record this wisdom later, anything you learn. Note who you are, where they came from and how this affects you now. Even if this is scary or unpleasant, know that the goddess guiding you is supporting you. Does she talk to you? Does she say anything to you, words or wisdom or support? Note these for later. Remember, she has been through this journey too and has the wisdom to support you through this. This may take time, and take the time you need. This is not a process you rush.

- When these pieces are integrated, look at yourself from the perspective of the heart centre – The Heart Chakra. This connects you to divine love. Feel it open, truly open, and bring in lavender healing light, helping integrate and clear trauma from your being. With the goddess to guide you, you feel the healing light cleanse and balance your system, clearing out the trauma from your body, your mind. Your cellular memory. Allow this process to take place in it's own time, supported by the water, by your guide. Feel who you are now, your true being, shining in your own light.

- When you feel clear, shining in your own light you will know it. The goddess gives you a smile, looking at you. *'You may go now, my transcendent one. Have a full and happy life and take care.'* she tells you. In yourself as you wake up say to yourself

*'I am a complete being of light*

*I am a whole*

*I am a complete being of light*

*And from today my life starts again'.*

- Give yourself time to wake up and write down the guidance, wisdom and messages you received and truly come back into the world as you do. It may take time to understand the Journey you have been through, but when you do you will gain insights.