

# **Listening to your Inner Goddess**

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Published for CHI magazine February 2009

Many times as I'm giving a massage I feel that the left sides of my clients' bodies are more tense. Energetically, the left sides of their bodies are more sluggish, the energy is not circulating there as fast as on the right. Sure enough, after enquiry, it becomes clear that they are living their lives relying mostly on their right side, the logical mind; action-oriented and problem solving their way through a life that is filled with routine and a fast pace. To live a happy and fulfilling life, you must balance your masculine and feminine energies. Many times the voice or energies of the Goddess (your feminine self) are not being utilized and, therefore, a part of your soul is not being heard and experienced by you in this life. Rather than doing anything, the Goddess is about being still and going deep within the layers of your heart to uncover the magic within and discover who you truly are. When you reconnect with your Goddess within you'll unleash your forces of creativity and sensuality. You'll feel more creative in every part of your life, you'll dance more freely, you'll experiment more in your cooking, you'll want to write poems or love letters and put more color in every part of your life. You'll feel better in your body and feel more grounded and secure. When you connect more with the Great Goddess, our Mother Earth, you'll heal and sate all the wounds of your inner child that did not receive enough love and comfort. She will spark the feminine energies within you and show you how to be more loving and compassionate towards all, to intuitively know how to heal someone, to have the right touch, the right move in all that you do in your life. These are powerful energies that can create great change in your life. In order to begin a deeper connection to your inner Goddess I suggest these activities: invite your friends over for a night of sharing life experiences from the heart, take a walk in nature and ask yourself how you feel today, get a full body massage and dance the night away, and finally look at yourself in the mirror and tell yourself how absolutely beautiful you are.