

"Hamba Endleleni Engcwele"



Creating the future, by healing the past, all in the present now moment!

Dear Friends

If you walked away from last week feeling slightly vague and unsure of your decisions, please don't worry..... **Goddess Bast** has arrived evoking within us all that is feline and feminine, including a substantial measure of kitty-cat confidence (if required)!



She brings pure self-indulgence, self-reliance and a desire for complete detachment, and her gifts, very cat-like in nature, include the refusal to be at everyone's beck and call. **Goddess Bast** insists on the freedom of expression and complete independence, and she will help us to remain unswayed by the opinions of others.

If we are feeling any inclination towards a "*people pleasing*" mindset (it happens sometimes) and wish to ease ourselves past the need to gain everyone's approval, (not easy), we can assume the feline traits of independence and self-confidence.

According to Liz Simpson in her book, "Chakra Healing", "*the solar plexus chakra relates to our connections with others and the power to be an individual and unique, while celebrating our continuing connection with all humanity.*"

The archetypes of this chakra are "*the Drudge*" and the "*Spiritual Warrior*", where the former (blocked), surrenders the responsibility for their happiness by their dependence on others, and the latter (balanced), is the hero or heroine who interacts with others from a position of equality.

Most of us have at one time or another adopted the inner chant of "*I am un-worthy*" and identify our capacity to be loved by "*what I do*" rather than "*who I am.*"



By constantly seeking approval and recognition from others we block the flow of energy in the Solar Plexus region, and as a result we experience excess weight

around the middle, digestive problems and stomach ulcers, (not to mention being plagued by those awful feelings of low self-esteem!)

On the flip side, the "*Spiritual Warrior*" in us helps us to connect to our inner strength and reinforces the knowledge that our guidance comes from a Divine force within. We display our self-esteem by acting with integrity, no matter how unpopular those actions may be, and face challenges in alignment with our "gut" feelings and *Divine* instincts.

And what better teacher than the highly regarded and much loved and agile "kitty", full of poise, grace and self worth of inestimable proportions.

So if you are one of those people who embrace the statement that goes something like..... "*For sure, next time I will come back as a cat!*"then this is most definitely your week to take on those qualities that highlight the pussy's individuality, confidence and affinity for all things pleasurable....*Mmmm!.....or is it Meow?*

How many times have you ever observed a cat's graceful movements, or its complete involvement in comfort and sensual pleasure? Any cat-lover/owner will tell us all about the family feline's complete refusal to be "tamed" and even a very domesticated cat will always exhibit the qualities of freedom and independence....it is just the way it is, a sort of *take-it-or-leave-it* demeanor that leaves no room for persuasion!



I am a passionate animal lover and I have to admit, I prefer dogs to cats, they tend to do as they are toldcats on the other hand.....well, who knows a cat that will sit or lie down on command?

Various Meanings of This Card: Spend time alone: Give yourself permission to play: Ask for your needs to be met: Make your own decision: Work with cats: Pay attention to your pet feline and/or get a new cat:

Goddess Bast advises us to indulge ourselves in some "alone time" this week where we may balance our social interactions and busy schedules with an equal amount of solitude.

Peace and quiet or solitude can get wrapped up in so many misconceptions and, contrary to so many beliefs, location and surroundings have little or nothing to do with most people's idea of solitude. We do not always require silence or isolation to find peace; it can be found anywhere, even in crowds, as it is a state of mind and not a place.

Sometimes even the simplest solitary activity or experience can induce feelings of well being, comfort, contentment and reflection, but I'm sure that I'm writing to the already enlightenedso all that's left is to decide in which manner you are going to connect to your version of solitude..... and *just do it!*



Goddess Bast is one of the most ancient of the Egyptian goddesses who has the rare distinction of being both a moon and sun goddess. She is the goddess of sensual pleasure, protector of the household, bringer of health and the guardian saint of fire fighters. At night she transforms herself in to a cat and protects all those who call upon her with her all-seeing night vision or sacred eye known as the "utchat".

She is the epitome of the modern day "multitasker" and with a reputation of being an infamous "sex kitten"; Goddess Bast has a very colorful history.

There were numerous festivals held in her honor, quite often very rowdy affairs, and orgies were an integral part of the celebrations.

Once a year her sacred rites were held in her hometown of Baubastis and many people travelled down the river Nile in barges to attend the festivities. The journey was generally full of drinking, singing and dancing and many of the women on the boats would taunt the onlookers lined up on the river banks by lifting their skirts and making lewd comments. Perhaps these "feasts of Bast" were a precursor to the Mardi Gras and Carnival. Either way, I'm sure that everyone had an erotic and decidedly sensual time!



I'm not sure how your week will pan out, but perhaps you may decide to go with your gut feel, trust your instincts, ignore those niggling fears and if you feel that you are not really sure of what you are doing on the planet during these unpredictable and turbulent times, snuggle up to kitty (if your allowed to), relax and luxuriate in his/her feline sensuality.

On the other paw, if you are feeling adventurous, throw a party, dance and celebrate with the most cat-like dexterity, (you know

you can) and most of all, don't take anything too seriously..... except perhaps your comfort, peace and pleasure.

If any one has any interesting or amusing cat stories please send them to me as I would like to put a collection together for my website in honor of our "**Goddess Bast week**" and our furry, feline friends.

And in closing, please remember we are worthy all the love and Divine Grace we choose to embracewithout needing to do anything.....why.....because **WE JUST ARE!**

Open your heart to receive. Know that all is well. You are safe in the arms of the Divine.

Love

Helen

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