

Goddess:

A woman in
devotion to
unconditional
love.

✦ Goddess Guide ✦

An Instruction Manual
for Goddess Stewardship



Let this manual be your guide for the
honoring of the Goddess and the process
of Stewardship

The latest electronic version is available at:
<https://rebrand.ly/goddess-manual>

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Goddess Stewardship is a sacred duty

Congratulations on being chosen for Goddess Stewardship, the Universe must trust that you can handle it.

The Goddess Guide contains instructions, wisdom, practices, practical tips, and fun facts to help you best support your Goddess and get the most out of your relationship. Think of it as an Instruction Manual for the Goddess.

Read it carefully, refer to it often, and share it with other stewards so that others may be enlisted on the mission of enabling more Goddesses to thrive.



Goddess Guide

The Feminine is one of the most powerful, transformative forces in the Universe.



1. An Instruction Manual for Goddess Stewardship

The Role of a Goddess Steward

Goddess Stewardship is more than a role; it is a calling. It is an opportunity to engage with the divine feminine in a way that is nurturing, respectful, and deeply connected. This guide will serve as your companion and mentor as you navigate the complexities and joys of this unique relationship.

This path demands your dedicated time, intention, and energy to understand and support your Goddess. Your commitment, however, will be richly rewarded with beneficial up-leveling of your life and capabilities.

Your Goddess' time on earth is a precious and finite period. She is here to master the art of unconditional love, and then she will ascend.

The 10 Principles of Goddess Stewardship

1. **Transformative Unconditional Love:** Embrace unconditional love as a transformative force, fueling growth and deep connection with your Goddess.
2. **Support Her Journey:** Honor your Goddess's journey with deep respect, holding up a mirror to show her best self.
3. **Attunement:** Foster emotional safety through attunement and co-regulation, creating a space where vulnerability is welcomed.
4. **Take Care of Her Heart:** Engage in authentic, open communication, navigating both joys and challenges with honesty and empathy.
5. **Shared Evolution:** Commit to mutual growth, embracing self-improvement and holistic development to evolve alongside your Goddess.
6. **Reverent Intimacy:** Approach intimacy as a sacred, deeply connected experience, attuned to the needs of your Goddess.
7. **Energetic Synchronicity:** Cultivate an environment of energetic harmony, aligning with the positive, uplifting energy that your Goddess radiates.
8. **Guiding Stability:** Be a supportive partner, providing direction and stability while empowering your Goddess in her earthly journey.
9. **Playful Acceptance:** Practice radical acceptance with a playful heart, embracing the charming imperfections that make your Goddess unique.
10. **Mindful Stewardship:** Embrace your role as a steward with mindfulness and love, understanding its significance in creating a more conscious and loving world.

The Journey Ahead

As you dive in, you will discover insights and practices to help you understand and support your Goddess. From emotional care's nuances to spiritual connection's intricacies, this guide covers various topics essential for effective stewardship.

2. Understanding Your Goddess



You will find that your Goddess can significantly enhance your life in many ways by dedicating the right amount of care and attention. She possesses a wealth of superpowers, each a delightful discovery on your shared journey. 🌟

The Essence of a Goddess

A Goddess is a woman dedicated to mastering unconditional love. The stage of her journey matters less than her unwavering commitment to this ultimate goal. Her alignment with this divine purpose influences every aspect of her being — actions, thoughts, and interactions — serving as a beacon of inspiration and enlightenment. As a steward, recognize and support this commitment; it is the foundation of her essence and your shared path.

*In the realm where heart and spirit blend,
A journey with a Goddess, a sacred friend.
Her essence, a dance of light and shade,
In pursuit of love that never will fade.*

*A Goddess, not just a mortal guise,
But a soul on a quest, wise and wise.
She seeks the mastery of love so pure,
A commitment to a path, steadfast and sure.*

*In every thought, in every deed,
Her divine alignment, a powerful creed.
Inspiring, enlightening, a beacon so bright,
Guiding through darkness, a source of light.*

*Unconditional love, her greatest might,
Embracing humanity, holding it tight.
This love, a fuel, a relentless fire,
Igniting passions, fulfilling desire.*

*Her journey, transformative, a path so divine,
Harmonizing wisdom, ancient and fine.
In her, a universe of love does swirl,
Understanding her, a precious pearl.*

*So, behold the Goddess, in her grace,
A journey of love, an eternal embrace.
In her essence, in her powerful love,
A glimpse of the divine, from realms above.*

The pursuit of unconditional love transcends a mere personal quest for a Goddess — it is her core purpose. Achieving this mastery signifies her readiness to ascend beyond the physical, entering a higher state of existence. As her steward, your role is to facilitate and honor this journey, aiding her growth and supporting her path to ascension.

The Power of Unconditional Love

Your Goddess's greatest superpower is her deep ability to love unconditionally. This profound trait is the heart of her existence, empowering her to meet your humanity with remarkable grace. Keep this commitment to unconditional love as your guiding principle, reinforcing its presence in your collective path.



★ **Fun Fact:** Unconditional Love and Longevity: Studies suggest that experiencing unconditional love can have positive health benefits, including lower stress levels and improved mental health. This kind of deep, accepting love is linked to longer lifespans and better overall well-being.

Her journey is a transformative one, marked by personal growth and the ability to harmonize ancient wisdom with modern life. Understanding and respecting this essence is key to nurturing a meaningful relationship with her, where both the steward and Goddess grow together. This is one of the most essential Upward Spirals.

📖 **Note:** The concept of Upward Spirals is fundamental in this guide, and in life. An Upward Spiral occurs when participants invest more energy than they extract, ensuring that each contribution positively enhances the overall dynamic. Picture this as hearts spiraling upwards, with each turn representing an elevation in energy. ❤️

Align your Goddess to Unconditional Love ❤️

Your Goddess has made a high level of commitment to choosing unconditional love. However, fear may still get in the way while she is human. If you see her out of alignment, it is an opportunity for you to hold up a mirror and remind her that she can always choose love.

Love is a choice.

💡 **Tip:** If she still has trouble choosing love, you can ask her where the fear is, i.e. what is she afraid of? Identifying the fear will unblock the unconditional love.

Features and Benefits of Stewardship

Embracing the role of a steward offers numerous advantages, significantly enhancing your life when fully committed. This engagement can lead to a substantial upgrade in your overall life experience.

Joy and Happiness

The natural state of your Goddess is one of pure joy, which she radiates effortlessly. By aligning with her rhythm you'll discover strategies to amplify her joy. This, in turn, enhances your own happiness, creating a reciprocal cycle of increasing delight.

💡 **Tip:** Find your Goddess's Giggle Box. Your Goddess has a Giggle Box located deep inside her – not to be confused with a ticklish spot. This box is activated when she feels full of love, where extra love is converted to joy, resulting in escaping giggles.

Picking her up with a big hug and giving her a gentle shake will often show you where the Giggle box is.



Wisdom and Guidance

Your Goddess possesses profound wisdom, often communicated in ways that transcend conventional linear understanding, originating from a higher dimensional perspective where concepts of time, space, and ego are fluid. Cultivate patience as you learn to decode and appreciate the depth of her insights.

 **Note:** She may not always be able to communicate her wisdom to you in ways that you immediately understand. Listen relentlessly until you do understand. If something does not land, stay curious and ask her to explain differently, perhaps with a story.

 **Tip:** Ask her how she **feels** about something, not what she thinks – you will get far better answers, as her answer will be derived from the heart, not the mind.

Emotional Support and Healing

Your Goddess is highly equipped for deep listening, reflection, and understanding of humans that, if you take her counsel, will allow you to navigate more adeptly through life.

Some stewards say that this upleveling, healing, and increased capacity in life is the best part of Goddess stewardship.

! Caution: It is important to recognize that **your Goddess is not your therapist**. While she offers love and support, addressing your personal traumas is your responsibility. Over-relying on her for emotional healing can strain the relationship.

3. Deepening the Connection



Safety

Humans thrive in an environment where they feel safe. Your Goddess is no different. Safety comes from several different factors.

Physical Protection

While not as important today as it used to be in the cavemen era, there are deeply rooted instincts that have Goddess' wired to be with stewards who will protect her from physical harm, unhealthy energy, or dangerous situations. This is the critical first step in fostering safety – making sure she knows that her **body** is safe.

Energetic Sensitivity

Your Goddess is highly sensitive to the energies around her, finding it challenging to be near those whose energies diverge significantly from her own, particularly negative energies. She has honed the skill to shield herself and remain vigilant about the thoughts she allows into her consciousness. As her partner, you play a crucial role in protecting her energy by surrounding her with positive influences and creating a serene environment that supports her well-being.



Allowing Her to Feel Vulnerable

Creating a space where your Goddess can feel vulnerable is essential for her to open her heart fully. Beyond physical safety, emotional security is key. Show her consistent benevolence, reassuring her that even in your challenging moments, she is not at risk of emotional harm. She must trust that she can be vulnerable and messy, without fear of hurting you.

To foster this environment, practice empathy and curiosity when she expresses intense emotions. Instead of trying to fix her feelings, be fully present and listen.

Learn to regulate your nervous system, so that you show up as a grounded presence that she can trust.

Tip: In addition to regulating your nervous system, you can help co-regulate hers. Take her to a quiet, safe place, scoop her up in a cuddle, and sync your breath for 5-10 minutes, and she'll be tuned back up.

Your calm presence during her emotional expressions helps her feel safe to experience and express her feelings fully, without the added concern of triggering you.

Note: Her heart may have been hurt before by a previous steward. While this is not your fault, it is your responsibility to make sure that she knows you will not hurt her in the same way, and that she can feel safe to be vulnerable with you.



Building Trust

Trust is the foundation of every relationship and is established through consistent honesty in all interactions. She's very attuned and will constantly collect subtle signals of your integrity to gauge if she can trust you.

Avoiding issues or softening the truth can create shared unease about unresolved concerns. For instance, you might refrain from expressing your true feelings about an important decision because you are worried about causing conflict. This reluctance to be open can lead to misunderstandings and a lack of genuine connection. Being transparent and open-hearted in these moments is essential, and will lead to deeper intimacy and connection.

Managing expectations and commitments is also key. When you promise something to your Goddess, uphold the trust between you by delivering on that promise. However, if you cannot meet an expectation, remember that your Goddess is reasonable and understanding. In such cases, openly communicate to reset expectations, thus preserving the integrity of your original commitment.

Embracing Accountability

Approach new commitments with bravery and a positive outlook. Remember, life is unpredictable - plans might unravel, and as a human, you are prone to errors. The true measure of your character is in how you handle these moments. Integrity, once shaken, can be rebuilt. Accountability is an attractive quality; seize every chance to demonstrate it.

If your actions ever cause unintended harm, strive for understanding rather than dwelling on notions of right or wrong. Acknowledge and validate your Goddess's experiences, and work together to shape the future you both aspire to create.

Communicating Through the Hard Things

There will inevitably be difficult discussions that need to be surfaced. It is your responsibility to do so with care. First, you should prepare yourself for the conversation.

1. What is it that you want to say? Get to clarity before you speak with her. Make sure what you are bringing forward is either the truth or labeled as your experience. Do not project your history onto her experience.
2. Double-check your come-from. Why, at an emotional level, are you bringing this topic forward? Make sure it is coming from a healthy space.
3. Default to self-responsibility, to avoid triggering any defense structures



Tip: To gain extra clarity for important conversations, consider seeking outside perspectives from trusted friends to filter out biases, skewed perspectives, or faulty come-froms.

Once you are prepared, it is time to prepare your Goddess for the conversation. As an energetically sensitive being, the tone and preparation are just as important as your words.



Create a Safe Space



1. **Create a bubble** – a safe space where you both show up with intention; defining what is to be brought into the space, and what is to be taken out.
2. **Remind her that you love her** and that she is safe.
3. **Make physical contact with her**, such as holding her hand or touching her leg. This physical connection helps you stay emotionally connected.
4. **Explain your come-from.** Why are you bringing this forward? I.e., to better the relationship, hold up a mirror on how her behaviors do not match her goals, or show her how you can better receive her love.

Taking these steps to prepare her for difficult conversations properly will greatly increase her receptivity and the effectiveness of the delivery of your message.

If she gets triggered, restore safety before continuing.



4. Nurturing the Goddess Path with Masculine Support ... ∞ ...

Providing Direction and Structure

As a steward, your role in providing direction and structure is pivotal. It involves setting a clear path for the future and shaping the framework for your shared journey. This responsibility might require you to gently dismantle pathways that dilute her focus or distract from her goals. Your role is to guide her through the maze of possibilities, helping her avoid the pitfall of trying to please everyone. By offering clarity and focus, you empower your Goddess, enabling her to channel her energies more effectively and fulfill her true potential.

💡 **Tip:** The word “de-cide” means to kill off a pathway. By helping her choose and discern with direction, you are freeing up energy from dead pathways, and concentrating the energy on the ones that are meant to flourish.



Taking Care of the Hard Things

To relax fully into your care, your Goddess needs to feel confident in your ability to handle difficult situations, trusting in your strength and resilience. She must trust her steward to handle the most difficult challenges. Remember, your ability to navigate tough challenges is a testament to your commitment and a source of security for her.

💡 **Tip:** Lean into difficult situations – see them as an opportunity to show your Goddess that you will excel when faced with a challenge – when she needs it most.

Be the Wall in the Storm

One of the roles of the masculine is to provide structure for the feminine flow. The more your Goddess can count on you for stability and structure, the more she can flow in her feminine lusciousness.

Goddesses can be messy as they grow to new levels; it is not always a clean process to shed old behaviors that molt away to make room for the new. When your Goddess goes through a temporary messy growth period, your role is to step in with extra calm presence, rock solid. You hold the vision of the best version of her up as a mirror, with the patience to ride out any intense seas.

Be the wall against the storm – do not get blown over, but do not fight back either – just hold.

Be the boundary that she can feel safe to push up against.



5. Manifestation and Energy



The Role of Love in Manifestation

In Goddess Stewardship, think of manifestation as engineering the future with love as the jet fuel. Love amplifies your intentions, making them more potent and achievable. Your role is to hold a clear vision of the future, put as much emotional energy on how that future will feel, and then release the *how* and the *why* to allow for serendipity.

The Present Awareness of the Goddess

The Goddess has a strong connection to the present. Her ability to stay grounded in the **now** enables her to focus her energies and intentions clearly. This present-moment awareness is crucial for effective manifestation.

The Future Vision of the Steward

As a steward, your role complements the Goddess's present focus with your ability to envision and create the future.

Her present love + your future manifestation = **mind-blowing outcomes**.

Harnessing The Power of Sex Magic

Leverage sex magic, a time-honored technique that combines focused intention with the intimacy of sexual union. More than mere physical enjoyment, it elevates the act to a ritual of connection. Every touch and shared breath, charged with intention, fortifies your bond and synchronizes your energies toward a unified purpose. This method enriches your connection and amplifies your joint efforts in manifestation.

6. The Dynamics of Love and Intimacy

Attuning to Her Body

A Goddess's connection to her body is one of her superpowers. The body contains incredible intelligence, which she is on a continual journey to embody. Your job is to listen and feel the signs that her body, eyes, breath, energy, and movement are giving, and match her with a deep, integrated presence. **Allow her to surrender into pleasure.**

Given the intense connection between her body and her emotions, if she is in pain, this may be a sign that she needs help emotionally. For example, lower back pain may indicate needing more support, or neck and shoulder pain may mean she is carrying too much responsibility. Listen to her body's signals so you can respond with supportive remedies.

The Sacredness of Lovemaking



Creating a Sacred Space

Lovemaking starts with how she feels emotionally, which means creating a safe, nourishing, and lovely environment for her to begin opening up to you. Your Goddess has special powers for nesting, including advanced skills for creating environments for cuddle puddles and everything else that makes it feel like home. Specific elements to pay attention to include:

- **Lighting** - dimmed lighting and/or candles make the room glow with warmth
- **Music** - consult with your Goddess on what her preferred sexy playlist is for the occasion. Her intuitive selection will create the right ambiance.
- **Scent** - Rose mist spray, essential oils, and/or Palo Santo will all help keep the space smelling fresh.
- **Bedding** - there is no such thing as too much squish. Pillows and soft blankets are cuddly and great props. Investments in sheepskins will be well rewarded. Some stewards even travel with sheepskins full-time for an instant cuddle space transformation.

💡 **Tip:** Ask her to set up the nest, and watch how she does it so you can learn how she would prefer to set up the space.

☀️ **Fun Fact:** Cuddling and Oxytocin Release: Scientific studies reveal that cuddling triggers the release of oxytocin, a hormone that plays a key role in social bonding and stress reduction. This hormonal response not only enhances feelings of trust and connection but also has physiological benefits, such as lowering blood pressure and reducing stress levels.

The Power of Presence

Full presence in lovemaking begins with a synchronized cuddle, aligning your breaths to connect deeply with your Goddess. This act of shared breathing sets a foundation of intimacy, allowing you to be fully attuned to each other. In this moment, every touch and emotion is heightened, fostering a profound connection. Being completely present means absorbing every detail of the experience, ensuring your Goddess feels seen and cherished in the shared space of closeness and affection.

★ **Fun Fact: Synchronized Breathing and the Nervous System:** When two people breathe in sync, it can harmonize their nervous systems. This shared breathing pattern activates the parasympathetic nervous system, inducing relaxation and reducing stress. It is a simple yet powerful way to align emotions and foster a sense of calm and connection.

Communicating Through Touch

Touch is a powerful communicator in intimacy with a Goddess. It's about tuning in to the subtle signals her body gives – a sigh, a shiver, a gentle nudge – and responding with understanding and empathy. This silent dialogue of touch deepens your connection, as you learn to listen with your hands and speak through your actions, creating a harmonious and intuitive bond that sets her at ease.

💡 **Tip:** A massage practice is a great way to connect to her body, and a great way to begin a lovemaking session (although not every time!). It is recommended for stewards to have **abundant supplies of organic coconut oil** at all times – it will come in handy at times you may not have expected.

Mutual Fulfillment

Your Goddess loves giving you pleasure too! The path to pleasure is a shared journey. Embrace the joy of mutual fulfillment, where the delight in her pleasure becomes your own. This shift from merely giving or receiving pleasure to finding joy in each other's satisfaction creates a beautiful Upward Spiral.

7. Cultivating Divine Harmony



Investing in your Goddess goes beyond mere attraction; it requires a continuous dedication of your time, energy, effort, and attention. This investment is the cornerstone of a thriving relationship, where each moment spent together builds a deeper, more meaningful connection.

Radical Acceptance

Embracing your Goddess means accepting her in her entirety. Attempting to change her, even subtly, can inadvertently alter the very qualities that you cherish. Embrace her as she is, with all her unique traits and qualities. This acceptance is a form of unconditional love, providing her with a sense of security and safety within the relationship.

💡 **Tip:** Embracing imperfections Your Goddess is not [yet] perfect. Once she achieves perfection, she will no longer be in her human form, and she will ascend. Any behavior that comes across to you as an imperfection should be viewed through this lens – a reminder of why she is still here with you. Aim to see these imperfections as **adorable little reminders of her temporary humanity.**

Understanding and Engaging Her Love Languages

Your Goddess is fluent in all five Love Languages: Quality Time, Physical Touch, Words of Appreciation, Gifts, and Acts of Service. Part of your journey is to explore and understand how she prefers to give and receive love. This exploration is a dynamic process, adapting and evolving as your relationship grows.

Quality Time for a Deeper Connection

Quality time with your Goddess is not just about being together; it is about being genuinely present and emotionally current. Her mind thrives on engaging and intelligent interactions. Her body relaxes into ease against your attuned presence and masculine frame.

! **Caution:** Remember, your anxieties and concerns are yours to manage, on your own time, so that you can be fully present with your Goddess.

During these moments of quality time, focus on deepening your connection. Your presence and attentiveness enhance the strength of your bond. Each moment spent in genuine connection is an investment in the growth and depth of your relationship. As your Goddess perceives your sincere care and involvement, her affection and love for you will naturally deepen, creating a cycle of mutual love and appreciation.

8. Investments to Make in Yourself

Your Goddess will often remind you that one of the best ways to show up for her, is to **show up for yourself**.



Self Love

Your Goddess has already learned that she needs to have a full cup of self-sourced love to show up best for others, and you must do the same. Part of your journey is to identify, introspect, and resolve blocks preventing you from loving yourself so that you may show up at your best for your Goddess. Ayahuasca is an excellent tool for removing blocks for unconditional love to flow. ❤️

Your Health and Your Body

There are inevitable energetic exchanges with your Goddess through your interactions with her. Given her high levels of energetic sensitivity, she will be affected by your pain, your health, and your emotional state. A good steward knows how to care for himself, his body, and his health to ensure he shows up well for his Goddess.

Continuous Self-Improvement and Holistic Growth

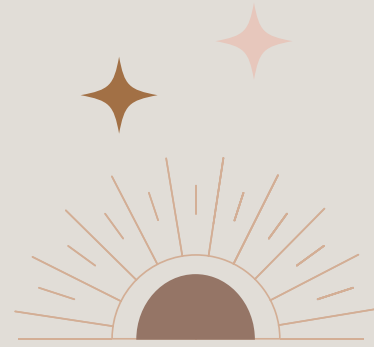
As your Goddess evolves, you need to grow alongside her. Incorporate daily practices like meditation and reading for mental and spiritual enrichment, and engage in physical activities for bodily health. In the realm of intimacy, educate yourself about deeper aspects of sexuality and connection. This holistic approach to self-improvement – covering heart, mind, body, and spirit – ensures you are a well-rounded partner, capable of matching her growth and deepening your shared journey.

Your Purpose

Your Goddess will take joy and delight in seeing that you are aligned with your purpose in life. If you know your purpose, apply high importance to achieving it. If you do not, then consider that your purpose is to steward your Goddess while you are in the discovery phase.



9. Creating a Harmonious Environment



Provision and Environment

Your goddess thrives in an environment full of rich, clean air, preferably made with many plants, nature, and ample natural lighting. She also loves the ocean, which is full of fresh, ionized air. The ideal temperature range for a Goddess is fairly narrow, ideally she must be kept in an environment between 65-85 degrees Fahrenheit.

! Caution: Temporary exposure to higher/lower temperatures is acceptable short term, but know that it is not her ideal state to have lots of clothes on (she prefers to be naked), which is why warmer temperatures are preferred.

While the Goddess does not expect a monetary reward for any of her services, the steward handles earthly challenges such as finances, housing, bills, etc. Consider it your gift to humanity to provide for her so she can weave her magic and engage her superpowers for other humans.

Food and Nutrition

The dietary choices of your Goddess are crucial, as she deeply resonates with the energy of her food. Prioritizing organic produce is essential, with a greater emphasis on the loving energy infused in its preparation.

💡 **Tip:** Your goddess may dance, sing, or beam gratitude into her food as she prepares it. Embrace this process; treat it as sacred. It will have her enjoy the food more, which is the main reason for eating – to create fuel for more joy.

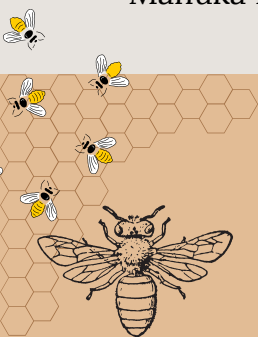
Her diet will likely be predominantly vegetarian, yet she can harmoniously integrate high-quality, ethically sourced meat, especially from animals raised with care and affection.

Keeping a stash of emergency rations (snacks) can be a lifesaver – and might just prevent those hangry Goddess moments. Other essential goddess food that should be kept handy at all times:

- Cacao (Ceremonial grade)
- Herbal Teas and Matcha (Ceremonial grade)
- Fresh Organic vegetables, especially avocados
- Manuka Honey



🌟 **Fun Fact:** Manuka Honey's Antibacterial Properties: Manuka honey, derived from the nectar of the Manuka bush in New Zealand, contains a higher concentration of methylglyoxal (MGO) compared to regular honey. This compound is responsible for its potent antibacterial properties, making Manuka honey effective in wound healing and infection prevention, as supported by clinical research.



Daily Routine

Goddesses will have elaborate morning practices to tune herself for the day ahead. Treat this morning ritual as sacred and defend her time for doing so. Take note of when the morning practices are skipped for unusual circumstances, and if it is happening too often, offer a kind supportive mirror to encourage her to prioritize these morning practices and get back on track.

📖 **Note:** The morning rituals of a Goddess are more than routines; they are essential for her to function at her best. A Goddess without her morning ritual is like a wizard without a wand – slightly less magical and a lot more unpredictable.

These practices finely tune her faculties like a musician tuning an instrument. This alignment is crucial for her effectiveness in her roles, whether guiding, healing, creating, or inspiring. Her positive impact on the world is significantly amplified when she is in harmony with herself.

It is best to let your Goddess wake up naturally, as her body knows how much sleep she needs to thrive. If you wake up before her, gently exit the room to leave her undisturbed.

💡 **Tip:** Once you hear her waking up, jumping back into bed with her for morning snuggles will set her day up for success!

10. Troubleshooting and Rebooting

Troubleshooting Checklist

The Goddess' natural state of being is pure joy, but if you find your Goddess's happiness is not at its highest levels, here is a troubleshooting checklist for you to follow.

- Has she had food? Being a Goddess requires a lot of energy, which means a relatively high caloric intake for her size.
- Has she been in nature?
- Has she danced?
- Has she been cuddled adequately?
- Has she done yoga?
- Has she had a massage?



Rebooting Your Goddess

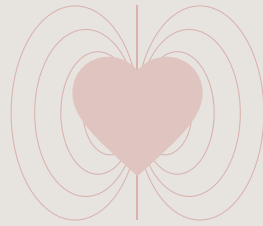
If you have worked through all of the troubleshooting steps above, and your Goddess is still not operating optimally, consider a reboot. Unfortunately, you can't just turn her off and then back on again, because you *never want to turn your Goddess off*.

There are a few different methods that you may try, depending on the circumstances. Reboot your goddess by:

1. Taking her to nature and allowing her to ground with the earth. She will find the right tree to do so. Ask her where her favorite tree is.
2. A gratitude exercise where you share why you love her, how you celebrate being her steward, and how grateful you are for the person she is now and the Goddess she will become.
3. A tantric breast, yoni, foot, or booty massage that is not goal-oriented – to soften her heart and reconnect her to her body



11. Maintaining the Polarity of the Masculine and Feminine



As a steward of a Goddess, understanding and maintaining polarity in your relationship is vital. This concept revolves around the magnetic attraction between masculine and feminine energies, each playing a unique and complementary role.

Your role, as the masculine energy, is to provide direction, stability, and a sense of safety. Your strength, steadiness, and penetrative energy allow her to surrender into her feminine essence, a state where she can fully embrace her natural qualities of nurturing, intuition, and compassion.

In maintaining this polarity, it is essential to respect and celebrate the differences between these energies. Your role is not to overpower but to complement and harmonize with the feminine energy. This balance is what keeps the relationship dynamic, passionate, and deeply connected, and erotically charged. ♥

12. Practical Guidance for Everyday Life

Helping your Goddess Navigate the Human Realm

Your Goddess may need help with earthly duties. Some common struggles that goddesses face include:

- Overcommitting
- Compromising her self-care for others
- Linear planning
- Picking out food after she has reached hunger paralysis
- Doing her taxes
- Travel logistics
- Saying goodbye to a party in less than 2 hours

Pay close attention to your Goddess in such scenarios, and if she encounters these or related challenges, consider it a chance for you to assist through an Act of Service.

It is important to gently remind her that while helping others brings immediate satisfaction, true, lasting fulfillment arises from nurturing her own wellspring of love. This self-care enables her to be fully present and effective in her interactions with the world.



13. Weird Things Goddesses Say

Here, we'll explore some of the endearing things you might hear from your Goddess. We have to make fun of Goddesses, just a little bit, to avoid pedestaling.

- *Do not talk to me until I have done my morning practice.*
- *We need to go, my aura is clashing with the energy of this room.*
- *I am a full body No, I am doing digital detox and grounding with nature today.*
- *That yoni massage really moved a lot of energy through my root chakra.*
- *Is this food vegan, gluten-free, dairy-free, sugar-free, organic, fair trade, free-range and blessed by the indigenous people?*
- *I can not drink this matcha, it is not ceremonial grade.*
- *Will you come sing prayers into the cacao with me?*
- *I could not possibly do more than a microdose because my channel is too open right now*
- *Is this raw, manuka honey made from happy bees?*
- *Can we reschedule? The Universe is calling me to take a self-care day.*
- *I need to clear the room with Palo Santo before we start so the energy is clean*
- *It is not that I do not like them, they are just on a different spiritual path than me.*



14. Final Reflections on Your Stewardship Journey

As you conclude this guide, remember that stewarding a Goddess is a transformative journey of love and growth. This path is not just a series of steps but a commitment to nurturing a sacred bond, and a choice to align your life to unconditional love.

Your role as a steward is a blend of privilege and responsibility. It excels with patience, empathy, and an open heart. Embrace each moment with your Goddess as an opportunity for mutual growth and deeper connection.

Investing in your Goddess with love and care plants the seeds for a beautiful, evolving partnership. This journey is about more than just two individuals; it's about contributing to a more loving and conscious world with an Upward Spiral.

Let this guide be your compass, supporting you in the complexities and joys of your relationship.

Cherish every moment with your Goddess.

15. Appendix

Credits and Acknowledgements

This guide was initially inspired by and created for Brigitte Huff, to honor her relationship with Nick Sullivan and to celebrate Brigitte's Goddess being brought online. The first version of the Goddess Guide was created as a gift for her. Version 2 was created for a wider audience and distribution to spread the wisdom. May their love story continue to inspire the spread of unconditional love.

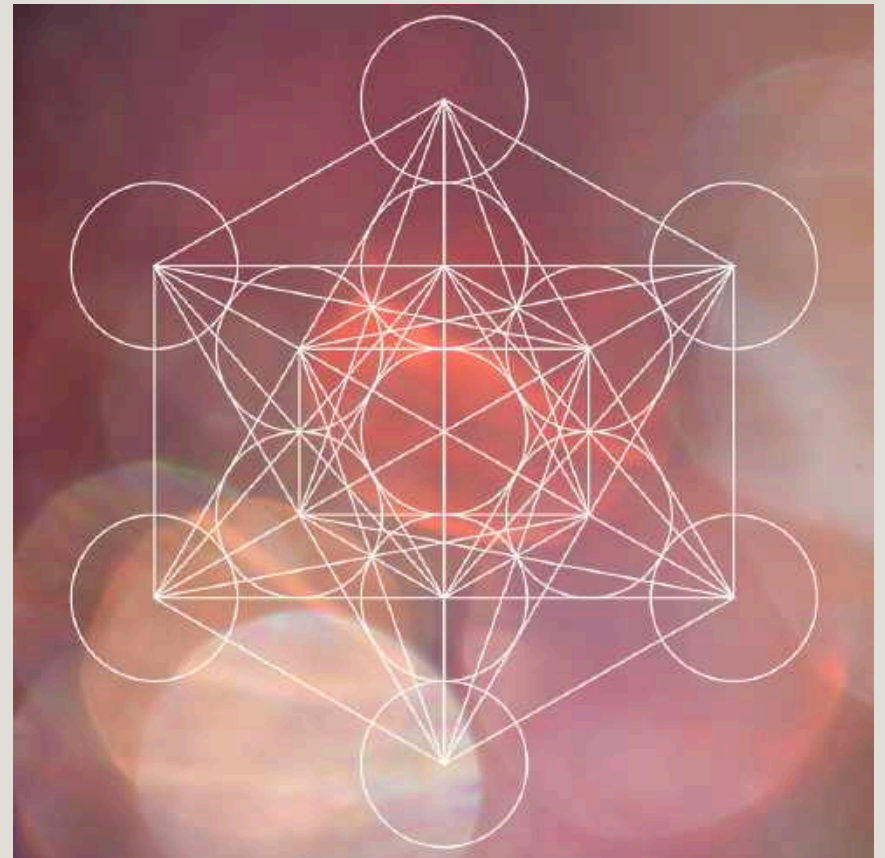
Many other Goddesses have inspired the creation of the Goddess Guide. ♥

The content was created with love by Nick Sullivan and designed by Hannah Natali (NataliStudios.com) with meaningful contributions from:

- Bobby Batista
- Brigitte Huff
- Holly Turiya
- Natalie Adele
- Starielle Hope

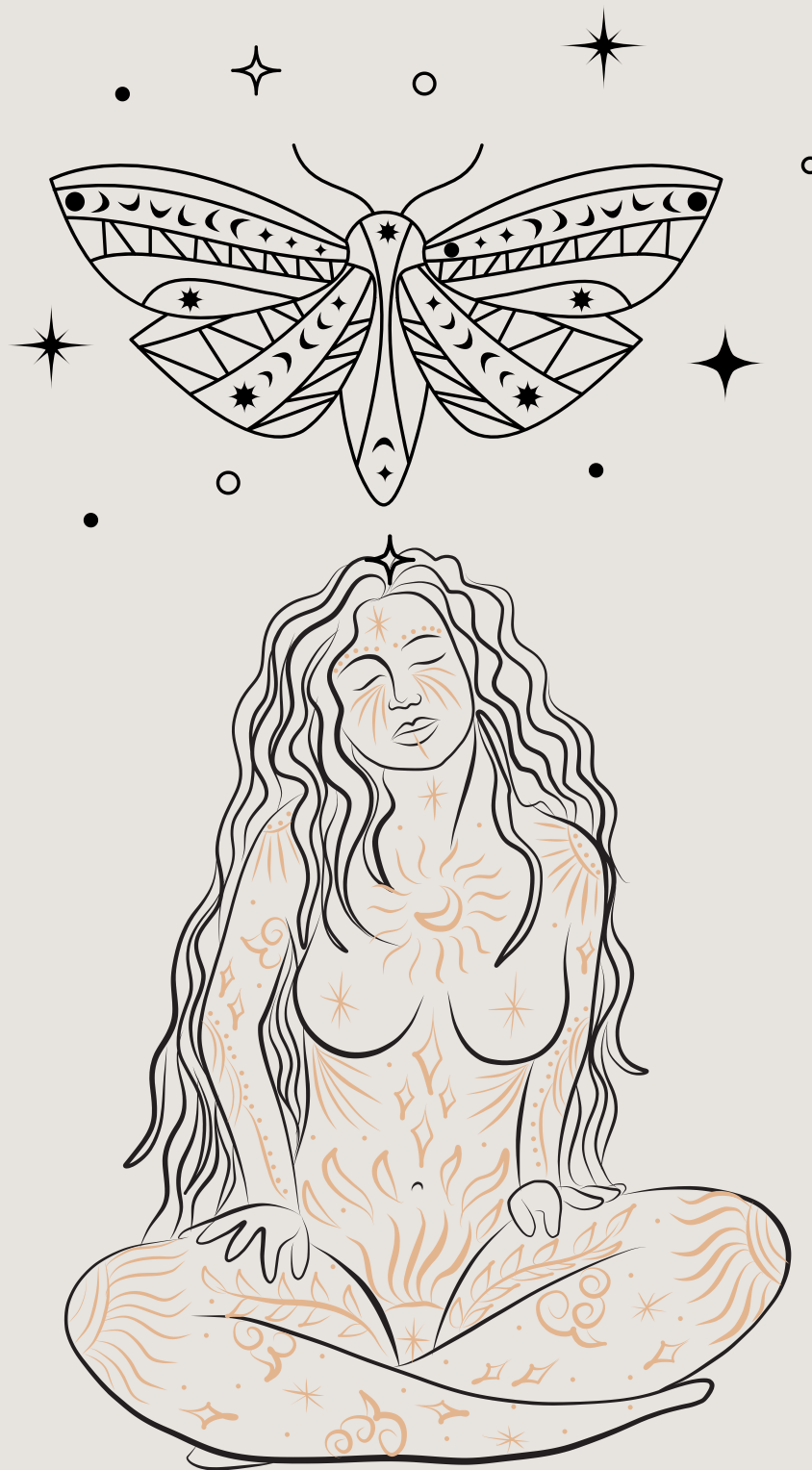
Additional Suggested Reading

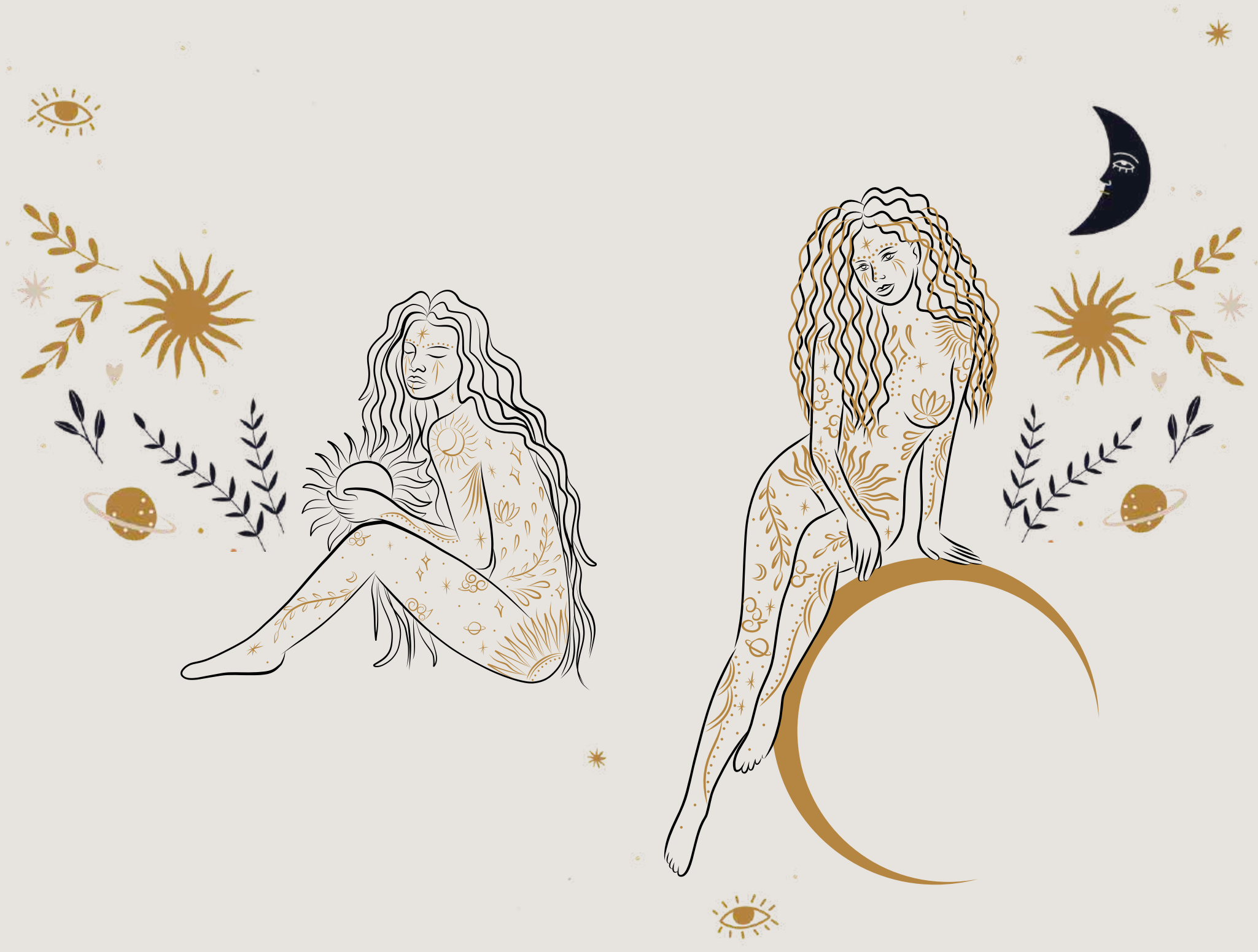
- The 5 Love Languages
- 15 Commitments of Conscious Leadership
- The Mastery of Love



Reference to Supporting Scientific Studies

- Love and Longevity: A Social Dependency Hypothesis - A study available on PubMed (published on September 30, 2021) examines the hypothesis that social dependency, which includes unconditional love, contributes to longevity.
• <https://pubmed.ncbi.nlm.nih.gov/35757670/>
- Giving to others linked to longer life, study finds - An article by the American Psychological Association (APA), published on January 1, 2023, discusses how giving and caring for others, which are forms of unconditional love, are linked to a longer life.
• <https://www.apa.org/monitor/feb03/giving>
- Manuka honey: an emerging natural food with medicinal use - This research paper (published in 2013) examines Manuka honey's emergence as a natural food with medicinal properties.
• <https://link.springer.com/content/pdf/10.1007/s13659-013-0018-7.pdf>
- Affectionate Touch to Promote Relational, Psychological, and Physical Well-Being in Adulthood: A Theoretical Model and Review of the Research - This review, available on PubMed, discusses the role of affectionate touch, including cuddling, in promoting well-being in adulthood.
• <https://pubmed.ncbi.nlm.nih.gov/27225036/>
- The Influence of Breathing on the Central Nervous System - This study, published on June 25, 2018, in PubMed, examines how different breathing patterns can influence the central nervous system, including effects on the brain and autonomic nervous system
• <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6070065/>





Goddess Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Goddess Notes

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

Goddess Notes

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