

Awaken Your Inner Wisdom Podcast

with
Cissi Williams



—cissiwilliams.com—

Meet the Dark Goddess Hecate



with Sophie Bashford



HI AND WELCOME TO AWAKEN YOUR INNER WISDOM. I'm Cissi Williams and in this interview, you'll meet the amazing Sophie Bashford who's the author of Your Goddess and the creator of The Goddesses, Gods and Guardians oracle cards. Sophie introduces us to the Greek Dark goddess Hecate and how she can help us heal the witch wound. She also explains why it is that so many who carry goddess wisdom can feel blocked, or resistant to revealing their true self and true spiritual gifts. And how Hecate can help us heal our deep inner fears, so we can share our gifts and wisdom with the world. She also takes us on a very magical and healing journey, where we meet Hecate, and I loved, love this journey. So, let's head over to this interview now with the lovely Sophie Bashford.

Cissi:

Hi Sophie, it's amazing to have you here again. I love speaking with you. So, thank you so much for coming today.

Sophie

01:00

Hi Cissi, always such a pleasure to be here. And I'm looking forward to diving in.

Cissi:

Yeah, and today I love, I love the topic that we're going to be diving into. And we're going to be talking about Hecate. So, who is Hecate? And how can she help us?

Sophie:

Well, Hecate is one of the most powerful crone goddesses. She's really known to me anyway, as the Queen of the witches. She is a protector of the witch archetype and energy, and she represents that element of the triple goddess, which is the Maiden, Mother, Crone. She is the Crone. So the Elder, the wise, the incredibly wise aspect of the goddess. Lived through it all, you know, seen it all, given birth to it all, died to it all.

But the important thing about Hecate in terms of working with her as a healing goddess figure, certainly in my experience when she when she comes through to me,



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as I've written about, is this ability that Hecate has to come in, when we are just at the point where we may be feeling there is no way that I can be visible with who I really am, you know. She comes in when you are feeling so terrified, really, of showing your truth as an ambassador of the goddess.

02:46 If you have this connection to the Goddess, if there are healing gifts within you linked to the Goddess, linked to the sacred feminine, particularly things that you want to speak because she's very connected to the throat chakra expression. So, she comes in to help you heal those wounds. And there's a term called the witch wound particularly that's quite well popularized at the moment. And what that essentially means is, if you're here now, maybe you've caught the vibration, you have found yourself here coming into this vibration here to hear us talking about Hecate, and it could be that that's because you have past experience, maybe even past life experience or past soul experience. Having had a very strong connection to the Goddess, to the Divine Feminine, to that healing energy, that spirit. And you've worked with these energies before, a lot. But at some points, as you may know, the witches or those who were healers, were feminine healers, female healers, not always women, can relate to any gender but particularly working with this healing feminine energy. You will have perhaps experienced some form of trauma with that or persecution with that because these women historically were sought out and they were branded as dangerous, or they banished us.



And so, Hecate comes in with a torch of light to bring you back into looking at those fears, confronting it, yes, but with the purpose of healing it so that you can come out again and share who you are. And it might not mean you know, that can mean anything. It doesn't mean that you have to be out you know on social media or in an actual physical spotlight, but it is just about you actually using your voice, coming out even just in your immediate circle.

But there's a lot within this and I will talk a bit about what all of that means, but that's what Hecate really represents is this crone Elder. She's the sorceress. She has a huge cauldron. She represents the magic, the mystery, the wisdom, the healers that were branded threats to society and were exiled, were pushed out and also harmed. And it's suppressed everything. And oftentimes a lot of people that have this energy, that's wanting to come back and be rekindled, they feel it so deeply, but they are, they have so much, I mean, I'm talking about myself, I've gone through this, I still am going through it because it doesn't necessarily completely ever go away.

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06:03 But what I'm saying is you can with Hecate, she will bring it to the fore, work with you, support you, bring so many healing gifts in for you, and help you release maybe a lot of emotion, also that stuck related to what's happened to you a long, long, long time ago, or what happened to you. And you can find often so many threads that link up. Once you bring this out to your awareness, you know, it can relate to so many areas of your life, not just work, not just speaking up, not just expression, not just showing your truth, not just sharing your spiritual gifts or being out, if you like, with who you really are, as a divine feminine healer.

It can also relate to your relationships because sometimes we can be in relationship with people that reflect that negative element of when we were pushed down, or we were silenced. So, we can maybe find ourselves in relationships with people that are sort of mirroring that and kind of, they keep reinforcing that. So, we might be in a partnership with someone who is always trying to suppress that part of us, and we don't feel that safe to come out and be that person. So, there's lots of life which brings us lots of mirrors along the way. But at some point, that force within you, the need to share who you really are as a divine feminine healer and aspects of the Goddess Consciousness, whatever that means to you. Even if it's just for your own personal well being, that part of you will get stronger and stronger and stronger until you can't ignore it. And that's when Hecate will be here.



Cissi:

07:51

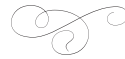


Yeah, it's, I get so many things when you're speaking. So, Hecate came in a journey for me. It's now, I can't remember exactly when it was, it might have been last year where I was going, it was last year, and I was about to dive into a very intense healing journey involving not just myself but also others that I care about very much. And I was starting to journey in and suddenly Hecate came, and she was holding her keys, and she was starting to open locked doors for me and taking me deeper and deeper and deeper into these tunnels where I had to see and witness what was held in my ancestral lineage. And because it was affecting someone who is related to me, and we started to work and heal and clear that. But it was as if she then came for every layer, where I had to go deeper. And I feel that's very much what not just her, but the dark goddesses have helped me with, that every time you come to either share and express a deeper truth, there is another deeper layer to move through, to cancel the old fears is trying to grab you again and pull you back down and so that silence me or so I hide because I'm such an introvert.

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Most people don't realize that when they meet me because I'm very chatty. But in myself, I'm an introvert. I don't want to be seen as why we start with the writing on a magazine or the podcast but being seen?! My goodness! No, so for every layer, you break through these, you have these fears come up. So, all of that old witch wound there suppression, the torture, the abuse, the silencing, and I think it's so beautiful what you were saying that it never really fully goes away because it's a journey. And I feel that although that initial layer might go away, there is more and more, to come through, as you, it's like now you are on a much bigger stage than you were on say ten years ago.

Sophie:

10:07

But I'm the same as you, but I'm the same as you, exactly the same. In the sense that my, I love being social, I love being with people, I love that element, and I actually like sometimes you know, being out presenting and I love, I love that part, but it's a very specific part of me, my deepest self is very introverted. And what I need, I think there's a different kind of introversion that you need when you're working with these sacred, feminine energies, because you're actually going into a deep well, you're going into a deep portal, you're going into the cauldron, I keep filling that cauldron. You're accessing such deep reserves of intuitive, you know, this database really these Akashic records, whatever, you know, these deep records of your time with The Goddess, and what that, you know, retrieving, you're retrieving so much and you're healing at the same time. And the most important thing, I think, that I just have to say, and I say this to whoever I'm working with, is that the only way that you will heal these wounds, if you relate to the witch wounds, the wounds of divine feminine persecution, of having been put on trial, having been having to prove yourself, having to, you know, of being banished, being silenced,



Cissi:

11:34

and betrayed,



Sophie:

And told, sorry?



Cissi:

and betrayed,

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Sophie:

11:39 Betrayed, that's a very powerful word, key word betrayed. And, you know, being silenced, all of those things being told that it's extremely unsafe for you to show who you are. You know, really, really unsafe. And that can paralyze you. And I know that feeling, I see it in all my clients or people I work with, I know it in myself.



But the only way to work through it is to do what you are here to do. To actually say that word, right that sentence, you know, do that healing session that you're going to do, you know, whatever it is, you have to get into the flow of using your energy again. Using your channel again, using whatever it is, it might not look like what I'm doing or what you're doing, it might look completely different. You could be in any or any profession, but you've got to use this energy.

And that is the way you know, I can feel, I still go through a big process before I do something that's putting me in my, in my power that's actually using my gifts. I still go through a very big process before and I can sometimes feel, I remember how I used to feel and I still get it now to a certain extent. When I'm going to share something, you know, either on social media or through another route, or I'm about to present something, I can feel this... I call it existential fear, it's not logic, I mean, fear isn't really logical, but I mean, it's not, I can't, I know nothing bad is going to happen to me if I go and do this workshop, or go and do this, you know, or share my writing. I know that logically. But this is a deep, visceral, existential fear. And it can put so many blocks in your way and you can find yourself maybe making up excuses, procrastinating, finding a million reasons why you can't do it, or just feeling deeply, deeply uncomfortable, in a way that is sort of physical, emotional, it's sort of, it's paralyzing sometimes. I know, I know that I really know it.

13:59 And yet the gift of doing it, of actually stepping across that threshold and Hecate you know, I can feel her energy here. She is, I know she's always with me, when I feel those feelings and she always has been, behind me, urging me on, urging me on you know, doing a lot of spiritual work too, which we'll probably bring some of that in in the guided journey shortly but a lot of energetic work around me too, so that I can feel those bindings coming off. I've seen it happen. I've seen myself, I've seen what's happened in my own energy field. But it's also mainly happened through continuing to share and then it's like those chains just get dissolved. The they get broken down.

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Cissi:

14:51 And it's easier to shake them loose.



Sophie:

It's easy to shake them loose because if they're not doing it, you're stuck in this. You can't experience the enormous reward and the feeling that of liberation, the feeling of healing that comes from having done it, and then you feel the energy flowing through, you feel like there was nothing to fear. You come out the other end of it, and you feel amazing.



Cissi:

15:18 Yeah, absolutely, you feel so liberated and filled with magic and that flow. It's extraordinary. It's extraordinary. What helped me with that is that I, just allow myself to be human. So, whenever I'm about to journey down, because I experience it both when I journey down and when I share. Because it's like journeying down, I know, often, I will have to witness things that I have avoided in the past, I didn't want to see it. So, as I journey down, I just have to be willing to witness, willing to see and just be present. So, I can feel that, that initial feeling, both there and when I share and I have my little routine, I mean, my students have seen me now, they just laugh, and I have my little, the Dark Mother calls it faffing around, and it's like, it takes me about 30 seconds. But it's like, I put lip gloss on and I drink a sip of water, I get ok, let's go. And then I just show up and I just do it. But it's allowing myself to have those feelings of being human, you know, being terrified, being like, oh my god what is it I'm going to be experiencing? Because some of the journeys are so transformational, and I really have to show up for them fully. It's not like I can journey in and be in a half hearted state. I journey in and I'm fully there. It's like going for a marathon run in a way, you know, your body is going to feel something like, oh, we're about to do something. So, it is allowing myself to feel that and still show up.



Sophie:

17:02 Yes, it is. Knowing that you will probably go through a range of emotions. So, I think having that little routine, like you say, of maybe doing your makeup putting you know, I often I do similar things and just having that little that bit of routine. But then it does come to the crunch point really of just having to say the first word or at least show up wherever you are or walk through the door or write the first word or whatever it is.



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But there are so many tools and gifts that Hecate brings energetically you know, spiritually as well. And a lot of work with the throat chakra. So maybe if you're listening, you if you're drawn to this conversation, you may have felt your throat, something in your throat as we've been speaking, it might have felt a bit scratchy, or you might have been coughing or you may know that you have sort of you've had challenges with expressing yourself. You'll say I mean speaking your truth yes, but it's very personal to you, it's something that you probably feel quite scared to say or express you know, it's, I always have a thing with myself when I know that I need to write something from the goddess, you know, that I need to, I will always say to myself write what you're most scared to write. And then when I write what I'm most scared to write it's...

Cissi:

18:30 Wow. I love that.



18:31

Sophie:

It resonates with so many people and is always my true. It's always what the, what my clearest channel is wanting me to say. But sometimes I really want you to know this if you're listening, sometimes when I'm writing that my heart is pounding. And I don't feel, you know, and I'm not saying, I'm not saying always be that much out of your comfort zone all the time, but I do feel that if you're listening to this, there's a part of you that very much is, can handle being stretched because you do have to be stretched out of that feeling of hiding of wanting to be. And there's times when you need to honour that because you need to be in your cave, you need to be in your deep self, you really do.



Cissi:

19:22 But that's different, that's when you are nourishing yourself.



Sophie:

Yeah, yeah

Cissi:

You're rejuvenating and recharging.



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Sophie:

Yes.



Cissi:

Compared to the hiding when you, which actually drains you. It limits you, you can feel yourself being smaller and smaller and smaller because you are not following your, at least that was my experience, I wasn't following my soul's yearning, my soul's calling, my soul's path.



Sophie:

19:47

Absolutely! I 100% resonate with that and I feel like that before I kind of came to my path of breaking open. I very much felt that I almost felt like I was under a rock you know, stuck, but not in a good way. Like just really, really, really I couldn't, it's very difficult to articulate isn't exactly what that is, but I knew that it was so much suppressed energy, so much suppressed lights, so much suppressed. And that was a horrible, horrible feeling, almost unbearable. And I think that's the point where you can't necessarily explain it to someone else, but you know, deep in it, inside.



Cissi:

20:31

And also like you said early on that it goes in stages that I thought I had cleared a lot on my fears of being seen sharing, and then I stumbled upon something huge and I had put like a self sorcery on myself, to lock my real power and my real magic and that really shocked me. I'd locked it inside my, nervous system behind the meninges. It's like that you have three layers of meninges, and I'd put three locks on these structures in my system. And as I discovered that, it really shocked me that here I had been on the path for a long time, and yet, there were deeper layers of locks that I had placed on myself in order to protect myself and protect my children, from the repercussions of embodying this very deep, deep ancient power and magic and wisdom, feminine wisdom that I feel we all have within us, and that we had to suppress in order to survive. So, I feel that was really an important learning for me, that it keeps on unraveling. The deeper on the path I go, it's not like a onetime thing, and then you're done.



Sophie:

21:56

And also, it's when you're ready to isn't it? When yeah, your soul is ready for that different level of healing. And you can't force that either.



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So, I don't, yeah, don't mistake me for saying you need to push. I'm not saying push yourself. But it's just that when you get to those thresholds, where you're being asked, when you're ready actually, I'm ready to break through this now, I'm ready to. But it's like yeah, okay, then it will feel like you are having to, yeah, dig deep, and it will feel like a big a big expansion.

Cissi:

22:32



It's so great you're saying that actually, because it is that difference between it's not that you suddenly stumble upon it from your head, it is something that comes from deep within you, and suddenly it's there. And then when it's there, it's kind of being revealing itself to you. That's when you have to just make the choice. Okay. We break through this now. But if you go searching for it from your head, you'll never find it. Yeah, it's a very deep, it's a deeper feeling.

Sophie:

23:01



I think so too. And it is also for all Hecate's power and her presence and her you know, people I know, sometimes people can sometimes feel this. Because she's been so demonized by patriarchy, because she's been so misrepresented and so miscommunicated too. So, you know, you can have such a false impression of who she is but also, she is a strong presence.

But there is also in my experience, there is this incredible kindness and incredible understanding and empathy. You know, the feeling that I have when I meet with Hecate is her, just wordless, you know, this telepathic understanding, deep cellular actually understanding that she has, of what we what that fear is, and why we have that fear, and she understands it. She gets it more than you could ever imagine. And so, then when you're explaining that, like, oh, and then I just came to this deeper level than I realized I had this extra kind of binding or whatever they were like locks in your energy field. But, you know, you needed to do the work you've done before, you wouldn't have been ready, you know. However, many years ago at the beginning, you know, acknowledge also the work you've done. Like you've done so much to be able to get to that point where you could even see that those were there, you know.

I see that a lot with people that I work with, I mean, it's an honor to be let in to seek to for that to be revealed in a healing space. But I have seen so much extraordinary things really in people's energy fields when they're working with Hecate. Of how, how many layers of heaviness of silencing of blockages and it's this is not your fault, you

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know this, this happened because, you know, you went through a lot of experiences most likely that were out of your control, and you've decided to come back here in this lifetime and heal this. And you healing this is then a light for other people, it's a torch like you then get given, I mean, I've done this, you know this has happened many times. Hecate will at some point, maybe in some kind of initiation or ritual come through and give you her torch, you then carry the torch, but others and you might even be called to help others with this healing too.

25:48 So, this is something that then goes on, it spirals on and on and on, and you're putting it ahead of you, and you're putting it into you, and you're putting it behind you. Because it is a healing for your ancestors and it's a healing for the collective feminine wounding, which the Earth is holding, you know. She's the mother earth is holding that too. So, there is a bigger purpose to it. It's not, it's individual, and that's very important for you personally, but your calling is a healing not only for yourself, but for the other people that are then, you know, really drawn to you. So, you but what, even if you never meet those people, it's still having an effect, a hugely transformational effect on, you know, perhaps your children or people you're responsible for, your definitely your lineage. And, of course, you're then setting a lot of people free, you know, around you, too.



And I've definitely felt this, it's a big topic. But you know, my own mother definitely carried huge wounding, connected to the sacred feminine, and she didn't live very long in this lifetime. So, I then sort of took on a lot of her wounding to bring through for her too. So now we kind of work together in spirit. But it did feel very heavy for me, because I had a lot and like you're saying, I think you said, or maybe it was before we went on the recording. But there's you said something about, you know, if you have a lot of power, if there's a lot for you to bring through, you know, you may well feel a huge weight of stuff to work through. And it might sometimes feel overwhelming, and it does sometimes, but I think just even doing something like this podcast, this interview, knowing that the support is here for you.

Cissi:

28:00



And I think that is such an important key to recognize, certainly has been for me to recognize that I am always supported. We're always supported. From the unseen world, the spirit world, it's like the dark Goddesses are always there holding us, guiding us. Whenever we journey in, we're not there alone, there's a whole team there supporting us.

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And also, you know, when I was younger, I used to think that once I healed myself in certain areas, then everything would be fine. And obviously, after a while you realize, oh, there's more things to heal, there's more things to heal. And I know I've shared this before, but when I first started it, I was just working on my own personal stuff. There was plenty of them. And then after a while, I think actually after about 20 years time, then it became more of the ancestral and the deeper layers.

And I think that's another thing that the more we have healed ourselves, the more we have been able to trust the process and transform these heavy wounds into medicine, into wisdom into like a source of light for ourselves and others. Then the deeper wounds, we will then be guided to witness, to heal, then it suddenly becomes more of the collective wounding perhaps. So, and that doesn't mean that we have failed, because now we have more wounds that we're seeing, because sometimes with those collective wounds, they may still show up as your entry point into where you're seeing it in your own life. But it actually dives deeper into like the ancestral or the collective and I think that's been a really big aha moment for me and also to help my students with that that you haven't failed. You know, because you have more healing to do. You just being asked to step in more fully and being a conduit for that healing.

Sophie:

30:05

Yeah, absolutely. And knowing that you will find enormous reserves of strength that you might not have ever known you had.



Cissi:

Yeah. Yeah. And that's the blessing you receive. Oh my God, there's so much power here! Yeah.



Sophie:

And you're seeing yourself through a different lens. I think you're then seeing yourself reflected back to yourself if you like, differently, you really get to see your spirit alive and, and shining and free and...



Cissi:

30:41

and ablaze! It's like being a blaze with that fire, that magic, that power!

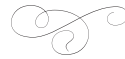
And you can never, it's I'm so glad you're bringing that up, because you can never ever then after that ever see yourself as weak and limited because you have witnessed the real truth in you. Yeah.



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Sophie:

31:01

And sometimes even like, you know, I will know that it's not just me, it's coming through my field, but it's like, wow, yeah, that's who, this is what was been carried in my soul. This is what I needed to ignite. This is what I needed to unleash. No wonder I felt so diminished and so stuck and so small, and so kind of shrunk, or, you know, whatever I felt like. It was like, just going to explode, you know.



Cissi:

31:32

When you are hiding it. Exactly.



Sophie:

I was hiding it. I mean a bit, like you said, it wasn't like, I couldn't have just clicked my fingers 20 years ago and gone, okay, well, I just want to ignite it now, like, let's just do it tomorrow, there's no way that would have happened, I would, I had to go through step by step. Really, you know, step by step. And I always remember this, that when you work in integrity, with these spiritual guides, they know the pace that is best for you, they know better than you, your higher self knows better than, than your lower self, you know, you will maybe go well, why isn't it happening now? Or why aren't I at this point now. Or maybe sometimes it will feel more intense than you think you can handle. But the pace will always be right. If you're if you're working in integrity, if you're working with the right teacher or the right guide, or you're in, you know, you know that you've got a good support system, they will guide you in the right way. You'll never be led to something that you're not ready for. You'll never be pushed to do something that is too much for you. Yes, it will sometimes feel very confronting. Yes, there may be kind of some quite deeply buried fears coming up to be, to be witnessed, and other emotions. And you may have to process a lot of sad. There may be sadness, grief, other things too. But it's, I mean, it's really a kaleidoscope of emotion. And that's part of who you are. It's certainly part of the feminine soul is the kaleidoscope of emotion. So, it all weaves together.



Cissi:

33:21

Yeah. And, and as you say that it will need to take time. I feel that the deeper the magic, the deeper that feminine power and wisdom that is coming through, the longer time we often, or certainly I experienced this, I need to spend in being prepared to be able to hold that. If I would have met myself 25 years ago, as I am now, I wouldn't have



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run a mile. I would have thought I was absolutely insane. I mean, no way that aspect of me, that version of me could have ever, you know.

34:03

Sophie:

No, absolutely.



34:07

Cissi:

If I would have seen a glimpse of my future I would have gone, no way, this is insane! And here I am, and I go, this is so amazing! Yeah.



Sophie:

And there's just one last thing I want to say just feeling to say before maybe I go into the guided journey. It's just that sometimes because Hecate represents the Elder, the female elder or the crone aspect. Sometimes it's really important to recognize that, that part of you, you know, you need to embrace your maturity. It's about spirit. It's about spiritual maturity, and really learning to embrace this idea of the crone wisdom.



You know, obviously, we know everything in our sort of modern society points towards youth, in many ways, but that she really embodies this, this crone wisdom. So, probably in your life, you'll probably find, if you're close to Hecate, that you have a lot to offer in your mature later years of your life. Like the last later decades of your life will be very rich, they will not just be going down into kind of, you know, older age, yes, you will be coming, you will be advancing in years with this maturity, it's like I always think of Louise Hay, particularly, you know, when she started her publishing company at age 65, you know, there's so many not just women, I'm not saying it's just women, but it is a very strong theme for women, a sense of, you're not just being put on you know, you don't have value in the world anymore, which is very much our modern view. Hecate really champions this idea, this feeling of mature female wisdom, and the respect and reverence for that.

So, it's not a race, you're not going to be you're not meant to embody all your wisdom at 25. And that's also such a pressure for young people now, to feel that they have to find everything, you know, be doing everything, knowing everything, sharing everything, by the time they're 30. That's not the spiritual feminine path, like that's not the way that it works. And you will, you have to be patient, you have to mature into this, and your maturity is going to be something that's very highly prized, and you will probably be able to contribute an enormous amount in your, in your

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mature years. And that's really, really important that it's not realizing that's what she represents, she's sort of almost bringing that back into our consciousness. And I think that's incredibly important. She also can sometimes represent if you pull her as an Oracle Card or something, that you need to listen to, to other people that sort of really reflect that energy. So you might be bringing in an older mentor to your life, you might be bringing in, you need to listen to the grandmothers, you need to listen to the elders, the grandfather you need, there's some form of elder wisdom, that is very important for you. So I just want to mention those two things, because it is a really important part of Hecate.

Cissi:

37:19



So beautiful, that you're mentioning that because as you say, you know, we have forgotten, but we are actually starting to awaken to that now. And remember that, that the wisdom of the elders is such a treasure, and also how we are changing the conversation around menopause. Menopause is such an initiation into the crone energy, when we allow ourselves to see it as an initiation. It will, it was the best thing that I ever went through, apart from giving birth to my daughters. And it was it was brutal. It was absolutely brutal at times, but at the same time, amazing. And so, I thank you for, for sharing that. Because I think many of us will have that thought or can have that thought that oh my god, you know, getting a bit older, you know, I only have a little time left, and then I'm supposed to be retired and it's like no. And like you say you say Louise Hay was 58 I think when she published her book and then to set up her publishing company, I think she was 65. I know, amazing!

Sophie:

and look at it now!



Cissi:

Yeah, one of the biggest ones in the world. So, she's a great inspiration.



Sophie:

Yeah, she is a great inspiration. But I think there are so many women doing this and it's just you know, it's this cauldron of energy that just keeps filling up and I feel maybe it'd be a good point to go into the guided meditation if that's okay with you.



Cissi:

Yeah, let's do that. Thank you.

Meet the Dark Goddess Hecate



with Sophie Bashford



Meditation

Sophie:

38:56 I'm going to lead you through a short meditation, a little journey to connect with Hecate. So, it's entirely safe. And, I'll guide you through everything. So just come into a comfortable seat. Or you can lie down as well if you want to. As long as you can hear me or see captions. Alright, so just coming into a comfortable seat and taking a couple of moments just to connect with your breathing.



So, we've been talking quite a lot. You've been hearing our voices, but now it's just a time to come into some silence.

And just to allowing the breath to guide you into stillness. Just focusing on the inhalation and the exhalation.

40:18 Allowing your awareness to drop down from your head, from your mind, into your body. Just becoming aware of the sensations in your body.

As you start connecting with your physical body just taking a slightly deeper breath in and out.

Still allowing yourself to come into the present moment. Aware of the ground beneath your feet. Aware of wherever you're sitting that being held by the couch or the floor. And arriving here fully present opening up your energy field to the presence of a great goddess and her name is Hecate.

And she's been here all the time that we've been speaking but now she is coming closer.

Hecate is coming forward now in a different dimension.

Take a couple of moments just to imagine what the queen of the witches, the great crone goddess, looks like or feels like and you can't get this wrong.

Meet the Dark Goddess Hecate



with Sophie Bashford



42:52 Her energy coming in, and she brings in a colour and this colour of light is a beautiful bright blue, almost an electric blue colour.

It's very clear. And she brings this electric blue colour into the space around your body. And she directs this colour into your throat area, into your throat chakra, which is the energy portal linking to your throat and your channel of communication, expression and truth. And as Hecate brings her light from her flaming blue torch into your throat chakra just imagine absorbing it, taking it in.

Perhaps see it opening your throat chakra. And this is magic inside this blue light. Magic from Hecate's cauldron and in a way that you might not be able to yet see or feel, Hecate is bringing you some healing magic from her cauldron into your throat chakra and you may feel it almost going deeper now deeper into the channel of your throat chakra.



Just spend a couple of moments as this energy circulates, and does its work.

45:57 Now as you've taken this blue light from Hecate into your throat chakra, now I'd like you to see it expanding beyond the throat. Spreading this beautiful blue light over your whole neck, radiating across your chest, above over your head, beyond your physical body, through your physical body but also beyond. So it takes up the whole of the space around you, your aura, the electromagnetic field around your physical body connected to your spirit.

And this blue light, that Hecate brings from her torch, spreading through your whole body, your whole aura until you are glowing with this blue light. And Hecate puts into this blue light a very important message and this message is subliminal. It is through the unconscious and is something intuitive. And the message she says is safety, eternal safety for your soul to express its truth as a divine feminine healer, midwife, ambassador, torch light, teacher, initiator, wise one.

48:11 This is your light and it is expanding. It is also taking in this deep soul message from Hecate that you are safe. The frequency of safety has been put into this light so that it is there vibrating.

Meet the Dark Goddess Hecate



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48:45 It is there like an ingredient that you put into a pot and take in like a medicine. This ingredient of safety is a frequency from Hecate. It is now given to you, healing backwards through your soul's lifetimes, your many lifetimes, any experiences where you have felt incredibly unsafe to share your true light. To come forward and speak, to bring through wisdom, to bring through the elements of your personal soul mission, your Divine Feminine contracts, what you are here to say, the teachings that you are here to offer, the vessel that you are here to be. And the healing that you deserve to receive, safety. But she now puts in a different ingredient into this blue light, and this is joy. Joy. Joy in being who you are. Let that soak in that it is joyful for you to express your truth.

50:56 That is joyful for you to show your light. Just breathe that in. And that has been given to you, safety and joy. And then the last one that she is going to give to you, the last psychic message, emotional imprint really that she wants to really embed into your energy field, into your consciousness, is courage. Courage being infused into that blue light all the way through your body. Very much focused on the throat chakra still but spreading through your whole being courage. Courage to keep walking. So, where the goddess leads you to, courage to keep crossing the threshold, courage to keep holding the torch light, courage to keep looking within to find your own treasures. Courage to keep speaking the words that you are guided to speak, courage to keep creating what you are guided to create, courage to be who you are.



And these other three messages, the three elements, that Hecate has given to you through this blue light today. But one last thing she invites is for you to now look at yourself through your inner vision or just have a feeling whatever comes to you. What do you look like now when you are infused with Hecate's light, when you are standing in her aura knowing that you are protected? That your inner witch is protected, your inner wise one is protected, your inner Priestess is protected, your inner healer is protected.

How do you see yourself? How do you feel?

54:25 Hecate says you can repeat this meditation anytime. Especially when you feel you are coming up against a fear or an old wound. You know deep down that you're here to heal this wound. You can do this again.

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55:06 She says as she comes into completion now, pay attention over the next two to three days for any guidance that pops into your mind, anything that comes to you, any synchronicities, any insights. Also, any signs that you feel you are receiving from her because she is very close. Any opportunities that come your way, any impulses that you have and you feel very sure that they are rooted in, this power that Hecate is shining her torch upon today. So just in your own time, take a breath and really congratulate yourself for having opened up to this journey today. Take a few moments just to feel the earth beneath your feet again, the solid feeling of being held through the base of your spine through your legs, grounding into the earth.

56:52 Visualize each of your chakras, the seven energy centers running from the crown of your head over your third eye, your throat, your heart, your solar plexus, your sacral chakra and your base chakra, just being sealed over with white light. Sealing in everything that you have received today, drawing your energy back to you.



Starting to be aware again of your physical body and your physical surroundings. Flickering your eyes open when you are ready to do so. And in your own time coming back into the room.

You might feel you just want to sit in the energy of that, just integrate for a bit longer. So just be gentle. Have a sip of water, maybe eat something after you finish listening to this.

Cissi:

Wow. I'm really spaced out.



Sophie:

Yeah, me too Cissi. I don't think I can do too much talking after that.



Cissi:

58:29 That was amazing. Amazing. I could really feel her, really, really feel her.



Thank you Sophie for bringing her through today. At times, I felt like and I'm sure many of us who listened and experienced this felt like she was just talking directly to us. And it's amazing. Thank you. Thank you. You are amazing. That's all I got to say. It's really, I'm really still in a trance. But thank you so much for bringing Hecate into our whole conversation today and for sharing her wisdom with us. I've had many, many insights myself, and I just thank you from the bottom of my heart.

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Sophie:

59:22 You're so welcome. And I'll just show the card that I just want to show from my Oracle deck here, is she just really is with you. I really want you to know if you're here today listening to this, that Cissi so kindly and intuitively opened up this space today. I feel it's really important that Cissi is really holding this for you to really anchoring this. So thank you Cissi for being, holding this this space for people. But she wants to know that she's really with you and I feel it's very important that you feel that this is for you, if you're listening to this, thanks Cissi.



Cissi:

Thank you.



To find out more about Sophie and her work visit sophiebashford.com

