

Awaken Your Inner Wisdom Podcast

with
Cissi Williams



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Meet the Norse Goddess Freya



with Chameli Ardagh



HI AND WELCOME TO AWAKEN YOUR INNER WISDOM. I'm Cissi Williams and in this interview you will meet Chameli Ardagh who is a yogini, mystic and a goddess wisdom keeper. She's a master in decoding the goddess myths and in this interview she introduces us to the Norse goddess Freya. And her interpretation of Freya is absolutely amazing. She also takes you on a journey to meet Freya. So, let's head over to this interview now with the amazing Chameli Ardagh.

Cissi:

Hi Chameli, thank you so much for being with us today. I absolutely love, love, love speaking with you. So, thank you for coming here today.

Chameli:

00:43

I'm looking forward to what's going to reveal itself, as always when we meet, there is such a rich landscape that opens up, so I'm curious.

Cissi:

Yeah, me too and today we are going to be talking about the Norse goddess Freya. And obviously we're both from the Norse, you are Norwegian, and I'm Swedish and I listened to your course on Freya, and I've been on this path for a while, and with Freya, with Seidr and Norse shamanism and I loved, loved your interpretation of her, your way of opening the doors so we could journey with her and get to know her. You are a master with decoding the goddess myths. I've known that for a long time, but witnessing how you decoded Freya, who's so close to my own heart and soul, was just magnificent. So, thank you for that.

And that brings me to my first question. How did you first start to feel that she was, she was approaching you, she was coming closer to you? How did that happen?

Chameli:

02:02

Yeah, I started to hold, to facilitate courses and processes with Freya, just a few years ago. And it has been a long time coming. She has been hovering around for a long time knocking from the inside of my heart.



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And it's been an interesting journey because I had my spiritual upbringing in India. And I studied for at least a decade before I started to teach anything. So, I have a kind of a great respect, and want to be in integrity with what I teach, like this, what I teach is something that comes from my experience, my insight, there is no pretending, so that is something that I value. And it's important to my particular seat.

And it was interesting when Freya started to knock, and Hel, the Nordic goddesses started to knock on my heart, that I noticed kind of an insecurity almost like, can I? It was as if I needed years of study and practice before I wanted to teach. But once I started to move closer to her, I realise that, you know, this is my ancestral wisdom stream. And that there is something very intimate about that. And so, her presence and her wisdom, once I moved closer to her, I realised it's very alive in me.

03:39 For me, a kind of a wall that I also started to dance around was that, you know, the Nordic spirituality has somehow been kidnapped by kind of white supremacists, like even the Nazis were using the terminology and the gods as a kind of symbol for their cause. So, in Norway, there's a lot of association with the Norse spirituality with the kind of white supremacy ideology. So that was also something that I was part of different, you know, discussion groups around Nordic spirituality, and I was shocked by how much it was rooted in this kind of white supremacy ideology. So, I was kind of, do I want to even go there?

But then, and that was actually partly Freya's guidance, I saw that no, I need, you know, we need to guard and protect the beauty and the wisdom of this tradition, and not let that win, not let that take over the narrative, that kind of destructive ideology, because that's just one little part and it's just one little part of also the history of the Norse spirituality. So, I saw it no, it's important for me to retrieve the wisdom and to kind of be a guardian of Freya, and Hel, and be a guardian of the beauty and the depth of the Norse spirituality. So, once I kind of went over there, it then started to become alive in me.

Cissi:

05:28 Yeah, do you feel that... that how it had been hijacked, and it's much more the masculine way of that belief system... that it's like a metaphor, or a mirror, for the imbalance in patriarchy and how it kind of distorted the ancient wisdom traditions and how Freya now has come to you, and Hel, just like she has come for many of us,



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just like many of the Divine Feminine are coming, starting to awaken within us, where they start to rise within us and teach us again and instruct us again, so that we can bring this through as a healing medicine to address the imbalance that we see out there, where it's just gone insane.

Chameli:

06:20 Yeah. And the interesting thing is that when we then begin to explore the mythology from the north, they are describing exactly that.



Cissi:

06:30 I know! The First War! Exactly! As they do in the Norse, and you know, in the Inca tradition with the Eagle and the Condor, which is the mind and the heart, and about the First War... actually would you mind diving into that? Because that was one of my aha moments, when you dive into the Norse mythology, like, oh my God, they talk about it already here. Yeah, it's like, the keys are already here.



Chameli:

06:57 Yeah, yes, yes, yes. And, you know, at the heart of the goddess view, is wholeness. So, when we speak about the patriarchy taking over and kind of oppressing the more earth based goddess centered traditions, that is something that happened historically. It's something that happened in the myths. It's something that happened geographically, but it's also something that happens inside us. And it's happening right now, inside us...



Cissi:

Exactly, yes.



Chameli:

It's kind of like a hologram, you can enter it from many different parts. So, when I tell the story, I invite each one of us here to also have our antennas inward and, and tune into where can I recognise this in myself? So, one of the many, many stories that illustrate not only this split and the war between the kind of patriarchal systems and the more goddess centered systems, but also it gives us keys of how



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to heal it, and that is, you know, what is so hopeful, and so inspiring, that we have these kind of maps of consciousness in these myths, like you were mentioning, that follow universal patterns that we can find in all traditions.

08:22 So one of the stories of Freya is that it actually starts with something that in Norse mythology is called the First War in the world. And this war is between two groups of gods and goddesses. And one group is the Aesir gods. And they are the more kind of patriarchal, they are sky gods, they are more kind of formless, spacious inspiration, intellect, poetry. And then the other group is the Vanir Gods, which are the nature gods. They are very goddess centered and more indigenous, body, elements, magical arts. The goddess Freya is part of the Vanir group. And so when we see these two groups in war with each other, one can see that we can bring it all the way into the war between the mind and the body or the mind and the heart, the intellect, the kind of that separate self, that begins to see our own bodies as object to be fixed and modified, really to see Earth as an object that we can exploit. It's yeah, it's kind of that split that happens within us that we may, you know, maybe listening here you can recognize that in yourself.



So, this great war was creating great destructions in the world. It was a horrible time. Until one day, in the hall of the Aesir Gods, the sky Gods, stood a goddess. And her name is Gullveigr. It means the golden brew, and she stands in the hall, she comes from the Vanir gods, she stands in the hall, radiating with light.

So her name Golden Brew points to it, like the elixir of life which rejuvenates us eternally. The Aesir Gods, they kind of laugh and mock her, and they try to burn her, and they burn her to ashes. But once she has burned to ashes, she rises again, even more radiant, even more beautiful. And then they burn her again. And she rises again. And the third time she rises, she rises as pure light. She is now called Heidr, which is just pure radiance, the radiance of the eternal spirit and the gods. They can no longer deny what they are facing, and they bow down. And they see that they are facing the immortal spirit, and it humbles them. And they know that ah, we have to learn, we have to learn how we can stay connected to this immortal source.

And it is said that Heidr, her radiance started to spread out into the world and started to touch.... like each ray was touching women's hearts. And these women were the ones

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that were called to become healers, medicine women, the midwives, the herbalists, and they started to gather, and they were guided by Heidr as their kind of main High Priestess.

12:08 And in knowing the stories from the north, we also know that the High Priestess, all the women that are feeling the call of being healers, being you know, exploring the deeper layers of our consciousness, the High Priestess is Freya herself. So then we see that Gullveigr, Heidr, is Freya, the great goddess of the North. And historically it is said that in Northern Europe, the people, like the villages and the different tribes, who they went to for guidance, was women priestesses. So historically, there's a whole tradition of women being the spiritual authority for the community. And they were guided by the High Priestess Freya.



And we see that this is Freya by following the next step of the myth, where we see Freya standing in the hall of the Aesirs. And this time, she's calling forth all the Aesir gods and all the Vanir gods. She gathered them into Council. And she starts to teach them how they can create the brew of wisdom and peace. And the way she guides them is that she asks each one of them to come to the centre and spit in a bowl in the centre. So, every single aspect of this wide spectrum from matter to spirit, from body to mind, the full spectrum is offered into the bowl, and it turns into Kvasir, which is the mead, the brew of wisdom and peace.

And it is said that this initiated a period of great peace on earth, because every single being on Earth had direct access to Kvasir, to the mead of wisdom and peace. So there was no, no need to fight. Until somebody started to be greedy. Somebody started to think that oh, no, it's better we hide the mead so that the people have to go through us to get it. And it is said that the mead was hidden inside a mountain. And this is when we started, you know, that this part of the story that many of us find ourselves in, is that we are now seeking the mead. Yeah, we are seeking that source. We feel a longing, we hear in a lot of these stories that the mead was hidden in the mountain, but beings all over the world started to dream and remember that there's something I forgot. There's something calling me that is oftentimes what brings us into the spiritual path. Yeah, that kind of sense of something. And in the myth, it tells us that that is the goddess herself in the mountain, saying: You forgot something, you forgot something, you forgot the source of who you are.

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15:21 And then we see in the stories, different narrative where different people and gods are trying to find the mead. There's one interesting story where Odin himself, the great Lord of the Aesir Gods, a brilliant kind of God, and he is said to be the first student of Freya. He really learned a lot from her. So she's the teacher of the gods. And he thinks that he can find the mead, and he turns himself into a snake, which is the primordial symbol of Goddess. So he turns himself into pure energy, and he's able to enter into the mountain. And it is said that there is a great giant guarding the gate inside, testing him. It is said that Odin has to ask the right questions to enter, which is an interesting key for us, like, sometimes we are struggling with oh, how can I? How can I? And sometimes this is interesting for us to examine, are we asking the right questions?

And then finally, he hears a voice behind the giant that says: Let him enter. And he is let in, and he's facing this brilliant giant goddess guarding the mead. And it is said that she brings him into her bed, and they unite in sacred union. And this is again, something we bring in with ourselves, thinking about the intellectual part of you, descending into yourself, and uniting with the kind of a primordial wisdom within you, that sacred union within, where there is no longer two, there is no longer that separation between self and self. There's a sense of wholeness, all the way from your most spacious sense of self into the bones and skeleton and thoughts and feelings and manifest form is that sacred union.

17:28 So Odin, in blissful union with his Goddess, is now offered, he gets to drink from the brew of peace and wisdom. But then it is said that the Heron of forgetfulness is hovering over the mantle and begins to flap its wings. And now Odin, a little bit full of himself, yeah, now he has the wisdom, now he begins to attach to it, begins to identify with it. Oh, I got it now! I got the answer. Oh I'm the one. And then he forgets the source of the wisdom that is filling him. And he transforms himself into an eagle, and he rises up and leaves the mountain.



And he leaves his beloved, who is left heartbroken down in the dark, just heartbroken that he forgot her. And he just soars up as like, I've got power! And he flies the mead back to the gods. And it is said that he shits some of the mead, and that's what the human gets... (little pieces of shit, so little pieces of wisdom) to get a little wisdom... little bit. But where we can seek the real mead is up, up and out, away from here, that's where it is.

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18:45 And this just illustrates, you know, parts of our spiritual path, where when we begin to have more spaciousness, more connection to ourselves, beyond our drama and feelings and suffering, it is easier then to split off and think that 'oh, I only want that', and we begin to push parts of ourselves down into the mountain.

And many of us that is guided by Goddess, we are called to descend back to that one that we left behind. And that can be a very uncomfortable part of our journey, because then we meet heartbreak, we meet mistrust, we meet a sort of grief, anger, all of these feelings that were left behind, also in the name of spirituality. Like I said, at the heart of Goddess spirituality is wholeness. She is the totality. So there is no part that can be left behind. But this pattern of finding the mead and forgetting it, seeking it again, drinking from it, splitting off again, abandoning parts of ourselves forgetting wholeness, this pattern we see then repeat itself again and again and again in many, many different myths of Freya and her mead.

Cissi:

20:11



Yeah, yeah, yeah. And that they were written such a long time ago, and it still keeps on happening, still keeps on happening. I love the Norse scholar, I know that you love the Norse scholar Maria Kvilhaug, because her interpretations of the Norse myths have just been amazing, and how she describes that they will follow a similar theme, where you have the hero, which is the mind setting off on a journey to journey down, down, down and find this golden mead, which is this golden light of the soul. And that Freya represents the soul. Thor represents thought and Odin represents spirit, which makes it so beautiful for us to realise that, of course, these are all aspects within all of us. And how it is that eternal journey to go down and connect with this light of our soul.

One thing I just wanted to touch upon that I see quite often, it's quite common, that when we start on this journey, and we start to descend, and we journey down, and we experience this beautiful - once we passed the different gates and we've kind of witnessed all our pain and the heartache and the grief - it's like we go deeper and deeper and deeper. And then we experience, and we feel, and we meet this beautiful wholeness and magic and love that is just indescribable. I see it like, it's the beautiful source of the feminine.

And then, what I notice is that, just like we have journeyed down into the earth to exhaust her on her resources, quite a few of us then grab something from here, journey

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back up, and then tries to put it in like a business plan or, you know, get something from it. And it's going to cause so much heartache within you when we do this.

So what's your advice here, because I feel many of us will fall into this. And many of my students fall into that, because they walk on this path and they got to, they've got to survive, they got to earn money, so there is such a temptation to not stay for long enough to let this brew within you for long enough until it's ready to be birthed. Just like you said, you were in it for a long, long time, feeling it in your body before you share it. So when you're sharing it, it's from your core, and it's not from your head, so you're not flying off like Odin did, with that forgetfulness with the mind. You're really sharing it from that deeper core within you and I do feel that is why your take on how you decode the goddess myths are so powerful. Yeah, what's your advice here to those that are starting this?

Chameli:

23:19

Well, first is to recognise, and it is so beautiful that you name it. Yeah, it's important like in the Norse, in fairy tales and mythology, we have the trolls, you know, and the trolls, it is said that when the sunlight shines on them they disappear. They pop. Yeah, so that's such a beautiful kind of little practice for us to see that once we shed lights on them, they don't have the power anymore. Yeah. So it's what you're doing now, you're naming it, so you're popping the trolls in one way.



Cissi:

23:59

I love that! It's so cool. I can just see them going pop, pop, pop, pop, pop until they disappear. Instead of kind of getting you to be tangled up in, you know, in there.



Chameli:

Yeah, because that's what they want. They want you to dance with them. And that is where we see one of the keys, we see it in Freya standing in the hall, creating the brew of peace and wisdom, is that she doesn't take sides. She doesn't go into the discussion that is already going on. She doesn't go into the war that is already going on. She comes in with a different consciousness. And that's important for us to remember, also living in the world today, where it's just so full of division and so much demand of you taking sides and joining the battle.



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There is a way that we can engage with the world, not checking out or closing off and also not indulging in that drama, and you know, Freya gives us this, just like Durga from India gives us this kind of image of how we can move in, rooted in a different kind of consciousness. And to trust that that is the medicine that creates peace.

25:08 Back to your naming that kind of temptation of grasping, to grasp and kind of moving into action too early, and then leave the roots, you know, and then we go into kind of a momentum that is not rooted. And then we exhaust ourselves and we have to struggle a lot. And we have to pretend, and we have to be something, and it kind of moves us further and further away from the source that can rejuvenate us, and that can guide us. And it's, you know, when you feel into it, it's a mistrust. Yeah, it's a mistrust that if I let go, will anything happen? If I surrender to deep rhythm, will life still move?



Yeah, we have to remember that we are the daughters of the patriarchy. We are daughters of the colonized kind of mindset that the Aesir Gods, yeah, they came into the north, taking over kind of the indigenous goddess centered religions that was in the north. And we are products of that mindset. To recognise that, to see that each one of us is pure living spirit. And we have been trained in mindset and behaviors, that is part of a system that is destructive to the earth.

And there's another story, I'm just going to tell it very quickly, but it's also about the Vanir gods and one of this Vanir, he is an elf from the elf tribes. And he's a goldsmith, and it is said that he's, you know, he's creating these rings of wisdom. And he, you know, he's created like 700 rings. He just sits there and smiths, seeking for wisdom, wisdom which actually is his beloved. It's a goddess called Wisdom, an all encompassing wisdom.

And then it is said that a king comes, and he's more from the patriarchal Aesir, sky God centered mindset, and the King comes and steal the ring. And then he gives it to his daughter, and it actually creates a lot of suffering and for his family too. And this story just shows us how we, when we are touched by wisdom, there is a temptation of grabbing it and think that we can take it also from other cultures, that there is a sense of like, oh, I like that, I can take it. I remember when I was traveling in India, in my

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early age, there was an unawareness of what honoring and humbleness and respect of what kind of relationship that can create. So, for example, if the king had come to the Elf smith and said: Can you teach me how to create the ring of wisdom? That would be a relationship of honoring, that would be a relationship where the king had to sit in the sweat, and, and make his own rings, and then it would be integrated inside him. And he would be able to share that from a place that would be of integrity and honoring, that will also rejuvenate him in a different way.

But instead, he goes like, I want to take the ring that you created. And we cheat ourselves. So we do that, because there is a mistrust. We think that I just have to read more books, I have to accumulate more spiritual wisdom. I have to get it from the outside. And the Goddess Freya, like really invites us to turn around inside and to look at that. What is it that we have? What is it inside the mountain that is crying and feel mistrust. And that is the door into wisdom, into the wisdom that is alive and breathing 100% through each one of us. Is almost like so many of us can spend decades in our spiritual path and not actually believe that we can have it, because we just believe. Instead of giving a chance to drop in and realise what is already here. So that mistrust is the interesting edge to meet with loving compassion, curious about it.



Cissi:

29:31



And also perhaps that, when we recognise that this programming is so steeped in all of us, that every time we are able to drop deeper, every time we are able to stay there, every time we are able to... even if the mind starts to kind of fly away with us and then we realise and we then come back inside and we drop deeper and build that trust, that, you know, it will move when it's ready to move, but it's not up to my mind to decide when that is. Like the seasons and you know, the north of Sweden, where my ancestors are from I'm sure that they felt during the winter that it will just never end because it just keeps on going. But, of course it will, when it's ready, but it's not ready at the same time it's ready in Britain, you know. It's got its own rhythm. Every time we are able to still stay there, we change.

It's like you say, we are then in that with a different rootedness, with a different consciousness that we can then bring through. It's like having Freya's völva staff with us, holding us, anchoring us. That's at least that's my experience, because obviously

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when I'm in there, at times I go "For how long? Seriously?! How long?" So I can feel my mind, and then I just have to stay, like she guides me deeper and deeper. And that has helped me to recognize that every little layer, I'm doing that, I'm also helping to break it at a deeper level, in a deeper way, into the web. So it's not as if I'm doing it on my own.

And also when I'm in there, I can feel how there are so many of us in there at the same time. It's not like, that's the thing when you journey in, especially when you move through the darkness and you feel as if you're all alone. But really, you are not. I remember you saying that in one of your, I think it was in the Inanna (course), how you were saying that, you know, when you journey in, there are so many of us in here, those that have been here before, those that are coming, those that are here now. And that was such a comfort. Yeah, to know that?

Chameli:

31:55

Yeah. Yeah. Yeah, you can, we can have this for real, you know, what all of these paths are guiding us to is, is a living, breathing spirit, that was breathing through Christ, that was breathing through Buddha. All of these beings that illuminate so much of this healing. And it's that edge of seeing when we move, when we have a realization, and then we move into conceptual belief systems, we create new belief systems. Instead of staying in the rawness. It's vulnerable, to stay available for the living, breathing spirit.



Because it also includes all of those layers that are so, you know, unfamiliar or familiar, but they feel risky and less luminous and less clear. You know, when we descend, it can feel so scary, it can feel so dangerous. And, and yet, you know, like, when we begin to, to let ourselves be guided by Goddess, this is where she will lead us. And she will lead us to wholeness and a sense of her, which is not dependent on any beliefs, it's not dependent on any good, exalted feeling, because feelings come and go. It's not, you know, it's not dependent on any of that. It's a beingness that, that has more space to trickle through, just like it did through Jesus, or Buddha, or any of these Luminous beings, is that unclenching of the ideas of ourselves into being ourselves.

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Cissi:

33:47



Yeah, the unclenching of the chasing, that chasing that light, chasing their life and enlightenment, chasing to that happiness. And that's been for me, that's been the greatest thing with starting to work on the goddess path, being in the mind for so long, and, and that kind of seeking it that way. As you say, just embracing the whole spectrum of, you know, darkness and light, happiness and sadness, life and death. That they are just, it's the wholeness of all of that. You can't have one without the other. And I think that, for me was such a big thing, because in the past, especially in the self help community, it was like seen as something bad if you got ill. You know, that you've done something wrong. Instead of embracing the teaching of that. Does that make sense?

Chameli:

34:53



Yes. And we see you see in the story, also that when Freya, she gathers all the qualities. So, it's not like the Aesir gods are intrinsically bad. It's just when they are uprooted, and at war with nature, we end up in a modern culture like we have today, which is, you know, destroying us. So, she brings.. she gives us that key that we can also bring inside ourselves... is.. that wholeness and it's a more messy, it's not like so straightforward. It's like a weaving parts of ourselves into our consciousness. And then that brew, that Mead of Peace and Wisdom begins to nourish us from within, nourish the world.

Cissi:

Yeah, and it's so needed. So, could you describe this with very few words, who Freya is?



Chameli:

Yes, I like I feel somehow, I feel passionate about naming her as the, as the High Priestess and the patron of women practitioners. I find that as a very powerful presence to, to awaken in our lives. She, you know, in modern culture, she's oftentimes labeled as this kind of little bit like shallow kind of, oh, it's sex and beauty, she is a goddess of sexual aliveness, but it brings us all the way down to the primordial erotic nature that that creates life itself.



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She is a great goddess in the sense that she is not Goddess of one thing. Yeah, she's like a source Goddess that comes in with a kind of... I feel her laughing, very embodied. I feel her like the one you see running in the forest and you see her little tail. Or you see her like rushing into freedom beyond all the limited ideas and limitations of who she should be.

37:22 So she has that aspect in us that keeps challenging us and seducing us into more and more of who we are. So there's a tremendous freedom in her. She's also said you know, like, she's a lover and a sense that you know, she's very in her heart. She has feelings you know, in some of the mythology she's crying and grieving, so she's also a very kind of close goddess to human, as one we can feel her. So I feel like a forest goddess, you know, is one I saw when I was a child you know, in the woods of Norway. She was very alive for me. I didn't have a name for her at that point, but she was definitely there. And she's also the one that is a guide for those of us who wants to explore the more esoteric, deeper energetic reality of this existence. So she is a guide through different dimensions in different realms. She's the goddess of magic and of aliveness, of freedom. And she's the High Priestess of women on the path. Yeah, that's how I would describe her.



It is said like in her description that she's a goddess of beauty ..is almost like she needed to fit in. How I saw it historically is like.. my studies have shown that it was more like the Romans that came up to the north that came from a certain.... they had their goddesses you know, as Venus and Aphrodite and, and they wanted the Norse gods and goddesses to fit into the system they already had. So that's when, like, you know, this great goddess got squeezed into one little part. It was again the patriarchal mind, that we want them to fit into a box. Yeah. And it's actually said she, you know, the only places she is described is that she's described as huge, huge and radiant. Yeah,

Cissi:

And scary.



Chameli:

So it's not like a pin up little pin-up goddess. Yeah, it's like she's giant and radiant, and free and scary.

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Cissi:

Yeah. Yeah. Beautiful.



Chameli:

Too scary for the Christianity that came in.



Cissi:

39:43 Exactly! She's not scary for us. It's like, that was, yeah, I know that when I started to get to know her, just like actually, similar like with Mary Magdalene. when I had my idea of Mary Magdalene, and then when I actually met Mary Magdalene, it was not what I had, you know, what I had thought she would be.. for sure, as she's so powerful. I see her very similar actually, as the embodiment of darkness and light, like Freya is an embodiment of the darkness and the light. She's got the death aspect and the life aspect and just that whole totality, with an incredible power and force and magic, and at the same time, such compassion and love in that. Yeah. Yeah. Would you mind taking us through a very brief, guided journey to meet Freya?

Chameli:

40:36 All right. So there is one of these stories, yeah, of when we forget the Goddess in the mountain. We forget the source and we start to seek it. And there's one of these stories where the hero goes out to seek. And when he finally comes into the mountain, again, he meets also a guardian that ask him to ask the right questions. And when he finds the goddess, she is covered in armour, and it's said that the armour has grown into her body. This is the armour of forgetfulness, this is his own soul, his own source that has been armoured by his forgetfulness. And, so I would like to us to just the journey in shortly, and just see how that, each one of us, how we recognise that mythological pattern within ourselves.



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The Journey

41:46 So, turning your awareness inwards and as you do, you begin to notice that there is a movement here, the movement that your breath is creating.

The breath is like a priestess, a guide who is always here waiting for you. So, see if you can fall into her rhythm and let her take you in.

The priestess of breath, she holds the keys, she knows the doors into everything you long for.

Yeah, so often we are so busy looking for the complicated, the complex, we overlook her. Simply resting in this rhythm that is always here.

In the centre of your torso, just at the centre of your lower ribcage, your solar plexus area, we will find the door that we will enter today. Simply tuning in to the movement of the breath in the Solar Plexus. With each exhale is falling a little bit deeper inside. Yeah, there's not so much doing, it's more like an unclenching.

43:54 You may notice sensations here. Let the breath softly sweep like a broom through this area, slowly opening the door.

Yes, and entering in, that's right, just dropping a little bit deeper. Nothing to do, nothing to rush.

45:06 Just dropping a question inside here now. What did I forget? What did I leave behind?

Who did I forget? Who did I leave behind? Let the questions drop like pebbles towards the bottom of an ocean. Just follow the question, no need to force an answer just open and receive. Why did I forget?

And as you sink, drop... you may begin to feel that there is a movement meeting you from inside. Something is arising from within you, calling you.

Calling you home. Come, come closer. Come.



Meet the Norse Goddess Freya



with Chameli Ardagh



46:43 Yeah, just softly breathing, opening.

When you may see images or have thoughts coming, memories or feelings, or maybe it's just that sense. Just see if you can stay present with whatever appears for you.

It's your presence that is the key here.

All that is needed... and receiving from within.

And now we just symbolically, bring your hands to the surface of your body and symbolically stroke your hands over the body as if you are removing the shield of forgetfulness.

Yeah, gently, removing the shield of forgetfulness.

Yeah.

48:41 More and more of this presence from within are allowed into your body, into your being.

Letting your hands come to your chest, just keep stroking the palms of your hands over your chest, your heart.

Yeah.

49:54 Stroking down the torso. Below your navel. Let one hand comes to rest below your navel and then bring one hand to your chest. A little bit more present, a little bit more of self embodied.

This is Freya, always here, waiting for you to unclench and let her in.

And you can blink your eyes open.



Meet the Norse Goddess Freya



with Chameli Ardagh



Cissi:

50:56



Wow, I'm completely spaced out now... in a good way. Yeah, thank you that was beautiful, and as you say so easy to drop in when we allow that. Thank you, I'm still quite taken actually.

So, wow, as always Chameli, you are amazing. And thank you for helping to decode Freya and her wisdom and all the various goddess myths that you've decoded that provides us with a doorway, so that we can journey in and develop our own relationship with them.

For me personally, you've been instrumental in helping me to deepen my journey on the goddess path. You and Maria Kvilhaug for the Norse for sure. Amazing, and without your ability to decode, I wouldn't have been able to do my shamanic journeys through those doorways, which is where they can meet me and take me deeper, and I am forever grateful to you, for being this beautiful chalice that you are. Thank you!

Chameli:

52:43

Deeply received.



Cissi:

You truly are amazing. Thank you.



To find out more about Chameli, and all the amazing online courses she runs, such as the one about Freya, visit awakeningwomen.com

