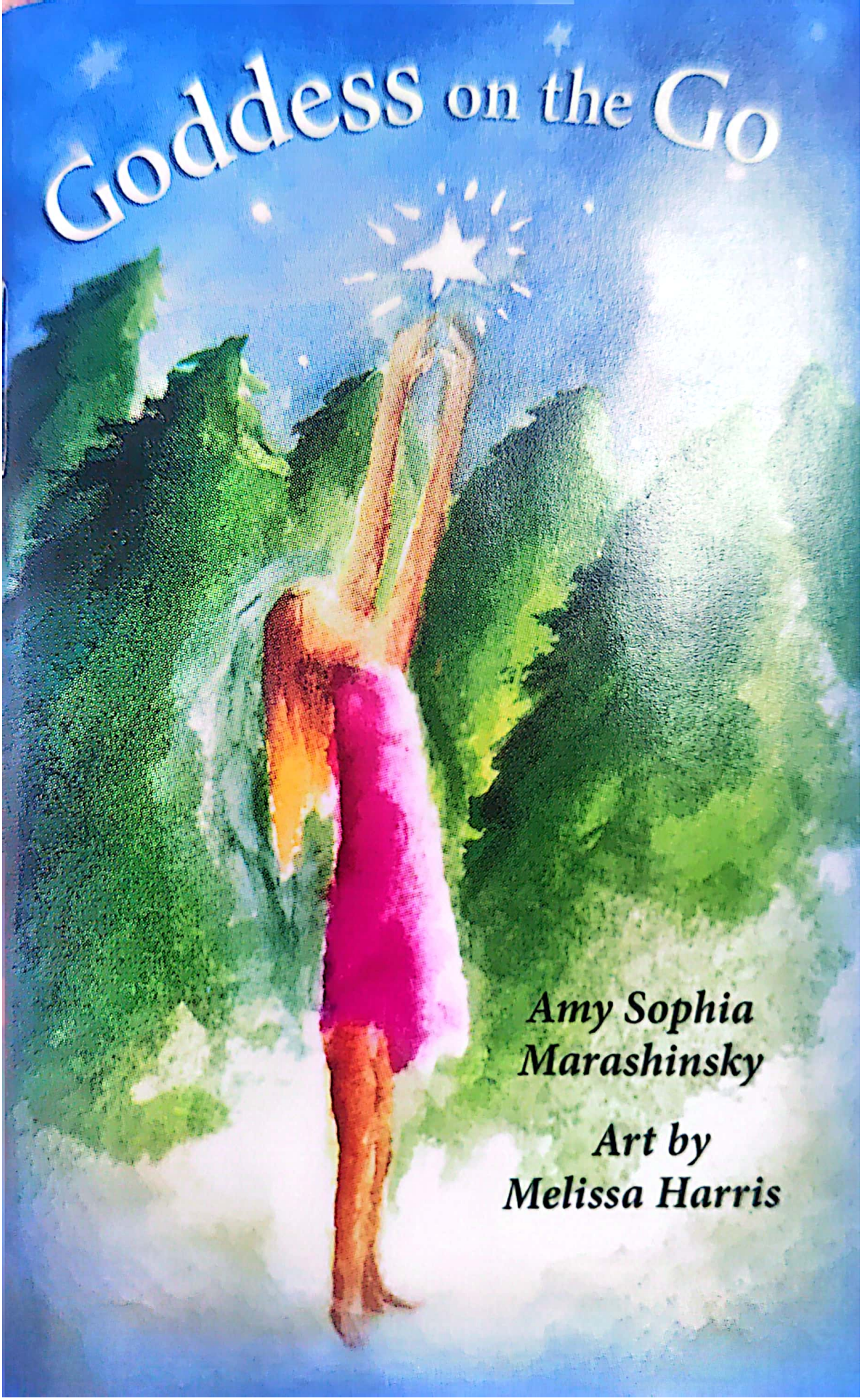
Goddess on the Go



Amy Sophia Marashinsky

Art by Melissa Harris

Goddess on the Go

by
Amy Sophia Marashinsky

Art by
Melissa Harris

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For Josephine Davidson,
my dear, dear friend,
for all that you have created
and supported through the
non-stop generosity of your soul
and the impeccability
of your vision.
Amy Sophia Marashinsky

For my parents,
Donald and Sally Harris,
who helped the artist in me
to blossom and thrive.
Melissa Harris

Acknowledgments

I'll begin by blowing kisses from my writing fingers to Tom Cumella, who unwittingly gifted me with the wonderful title of this deck and sparked the idea that became *Goddess on the Go*.

I am deeply grateful to Melissa Harris, for her brilliant and profoundly inspirational art; for saying yes to partner with me on *Goddess on the Go* way back in 2002; and for bringing the deck back to my attention in 2005. Another wave

of submissions to publishers was stimulated, which has resulted in this deck being in your hands right now.

I sent *Goddess on the Go* to Kirsten Glück at Schirner, the German publisher of *The Goddess Oracle*. When Schirner decided against it, Kirsten suggested I send it along to their main competitor, Urania. Oceans of appreciation are in order for Kirsten, for her role in *Goddess on the Go's* initial publication.

Silvia Bachmann, who I am now fast friends with, was a delight

to work with. We will be creating future projects together.

I seem to have contracted for the most intense and challenging things to crop up in my life when writing a book that accompanies a deck. It happened for *The Goddess Oracle* (soul mate relationship breaking apart), *Oracle of the Grail Code* (my beloved companion cat, Shiva, died) and now for *Goddess on the Go*, my 78 year old mother was hospitalized with a blood infection. Never ending appreciations to my sister, Amanda Lundberg, who,

though she had recently started her own new business, and had two little children—a toddler and a baby, generously and valiantly shouldered the responsibility for my mother's and father's care in New York while I worked on *Goddess on the Go* in Massachusetts.

Deep Goddess thanks to my community, the *Sirius Community*, for all the listening and support. And special thanks to Deborah Wilson and Jo Davidson for reading the manuscript; Susan Settle, Evie Ashton, Jo Davidson, Tammis Coffin,

Bruce Davidson, Linda Reimer, Hank Allan, Brian Hydefrost, Kelly Savitri, John Bailey, Ayla Bailey, Val Vojdik and other nameless souls, who fell in love with the deck, which encouraged me onwards to publication.

Contractual thanks go to my union, the National Writers Union, to Miryam Williamson for directing me to Christine Ammer, and to Christine Ammer for perusing the contract and giving excellent advice.

Immune system stimulating appreciations go to Christopher

Allan, my Lyme support friend and photographer.

And lastly but not leastly, mellow meows of thanks to Lakota, my sweet cat companion, who spent hours napping on me, instead of someplace softer, to assist me in remaining calm and focused and help me complete *Goddess on the Go*.

As always, I could not have done what I did, had you all not done what you did.

—*Amy Sophia Marashinsky*

Thank the Goddess for Amy Sophia Marashinsky who has worked closely with my imagery and expressed so well the essence of the images. I so enjoy our twelve-year connection and partnership. It has been a blessing to work with her.

I am grateful to all the women who served as inspiration for these images. Most of the figures in these particular paintings were done from my imagination. The themes and images were inspired by all the wonderful women in my life. The literal models that you see are

Karen Marshall and Susan Heckler and Rhianna Mirabello. I would like to thank the following women for opening their hearts to me and sharing so much of their lives, as well as my women's group that has been a consistent source of support and inspiration over the past ten years or more. Others are friends that continue to enrich my life with their support and inspiration: Lorah Yaccarino, Kathy Burke, Regina Marotta, Kelly Moeller, Michelle Payton, Marilyn Mason, Cindy Vanderhoof, Sheila Brady,

Nancy Ward, Sharron Britton, Kristine Mattila, Judy Levy, Barbara Fudala and Kym Stine. Many thanks to Sagewalker, Margit Collagrande and Mary Thunder and *The Pathwork* for their contributions to my emotional and spiritual growth. Thanks to the generous people that have offered me housing for retreats throughout the country where I am inspired to write and create art. Thanks to Pat Schroeter for her dedication to helping me through some health challenges which allowed me to keep painting.

Many thanks to my former partner Kent whose love and support nurtured my creative endeavors. He designed and built my dream studio where the magic takes place. Thanks also to my brother and sister Caren and Kevin Harris who have always been there for me and continue to support and encourage me in my life.

—*Melissa Harris*

Artist Statement
By Melissa Harris

I have been painting and drawing for as long as I can remember. If too much time passes where I have been taken away from my work I become grouchy and anxious to get back to it. I find my inspiration in nature, travel, personal relationships, and dreams. Some of my series include butterflies, women and magic, women and nature, women and dreams, cycles of the moon, intimacy, and many more. I love painting

imagery that inspires and empowers women, though I have many other less personal paintings in my collection as well. Whatever my subject matter is, I like it to have a certain "edge". This may be purely compositional and/or it could be emotional. I like to think that a key word for my work, whatever format it takes, could be "depth"; depth of space and depth of emotion.

I am not as interested in recreating an image exactly as it appears in life, like many illustrators, perhaps because of my influences in

art school and my taste for expressionist painting. I am most satisfied if I can capture the "essence" of whatever my subject may be in an expressive way. That is why my paintings often have a "looser" look with evidence of brushstrokes or delicious whirling designs that the watercolor medium creates by itself. I love letting the medium talk back to me and not manipulating it too much. I feel that this allows more room for interpretation in my imagery. I began painting in oils when I was around 11 years old

because my parents signed me up for some classes with a local artist. So working with oils is as natural as brushing my teeth and I am very comfortable in this medium. I discovered watercolors much later in my artistic life and when I am working with a more ethereal image or concept or when I am traveling I pick up my watercolors. I love their unpredictability.

I like to work on several pieces at the same time for a few reasons. My interests change frequently and

I need to be deeply connected to what I am working on. This pertains to mediums and sizes as well. Some days I am drawn to oils, other days, when I have less energy, I will work in watercolor. I love the freedom of moving from one to another with music as a constant inspiration. The music helps me stay connected to my feelings, which can then be more easily passed onto the canvas or paper. I typically work on 2–5 paintings simultaneously. Some paintings are finished in an hour. Others will

take months. Although painting is an activity, I feel that the "listening" aspect of art-making is just as important so that I am careful to hear when an image is finished or needs more attention.

How Goddess on the Go Was Created

It was while I was tracking the scent of a completely different book that I stumbled across and was inspired to create *Goddess on the Go*. HarperCollins UK had just purchased *The Goddess Oracle* from the bankrupt former publisher, Element Books, in 2002. The editor at the new firm HarperElement was interested in seeing proposals for more goddess books from Hrana and me. The project closest to our

hearts was an expanded edition of *The Goddess Oracle*. We also brain-stormed about a small deck of goddess centered cards.

Excited about the prospect of a new deck, I emailed my friend and writing confident, Tom Cumella, about the new idea, pitching it to him to see what he would think. He wrote me back several days later asking how my "goddess on the go" project was doing. Well, I was immediately struck by that splendid title, which conjured up, in a moment of epiphany, a small

portable deck of uplifting affirmations along with wonderfully evocative art representing the cycles in women's lives. When I thought of an artist that would be right for this, Melissa Harris of Creatrix, who I had encountered 4 years earlier, came readily to mind.

I met the fabulous Melissa Harris at the International New Age Trade Show in Denver, Colorado, 1998. Hrana knew her and took me over to her booth and introduced me. I instantly fell madly in love with her art. At the time, she told me

she was interested in working with a writer to do a deck. Since I had just done a goddess deck, I didn't feel I had anything more to say about it, so that was that.

Rushing to my computer, I googled Melissa, found her and contacted her immediately. She remembered our meeting. When we began to talk, we discovered that we had quite a bit in common in addition to both being air signs. That makes our styles very similar: fast, inspired, overwhelmed with creativity and quick-witted.

We knew we would partner together beautifully.

Melissa responded positively to my concept and I got to work. I wrote a first draft of the affirmations I wanted to use for the images I would later choose, and decided that the deck would be limited to 33 cards. My reasoning was that I wanted enough affirmations to suit all occasions and yet let the deck remain light and portable. Also, numerologically speaking six (which is 33, or 3 plus 3) is *THE* perfect number for affirmations,

because, according to Vicki Noble, "The Sixes are full and expressive, a peak number, always expansive and positive in some way. Six represents exuberance or triumph, being on top of things."[1]

Now it was time to choose the art. I went through all of Melissa's on-line images, and flagged the art that I felt would work for *Goddess on the Go*. She sent me everything I needed and suggested I come to

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1 *Motherpeace: A Way to the Goddess through Myth, Art, and Tarot*, Harper & Row Publishers, 1983, p. 175.

look at the vast collection of her paintings, in case I found other images that could work. So on one Indian summer October day, I made the pilgrimage to her sun-drenched, peaceful studio and together we went through the amazing bounty of her brush. When I returned home I spent time matching the text to the images.

When I write text for anything, it is usually a partnership between me and the Goddess/Divine. I go into a deep meditation and open up to allow what wants to come in.

Listening, stilling, breathing. I use this method for all my work, whether it is a specific goddess that comes to speak to me, like when I wrote *The Goddess Oracle*, or a particular quality that wants to be part of a deck, like PEACE for *Oracle of the Grail Code*.

In meditation I received the message to use "I am" in all my affirmations. The use of the words "I am" is not new. There is a whole branch of spirituality having to do with the ascended masters (those beings who over-light humanity

and assist in its spiritual growth), one of whom is known as Saint Germain. He uses the words "I AM", as I understand it, to mean 'the Divine that resides within me.' The Divine that resides in all of us, is, simply stated, our soul. So using the words "I am" helps align us with our soul.

Aligning with our soul has many benefits. This is because our soul is where the blueprint for this lifetime is stored. I refer to blueprint to mean a plan for what needs to be worked on in this lifetime. Connecting with

our soul and learning what that blueprint is is what is meant by following the soul's path. There are clear indications that tell us when we are doing this. They are experiences of feeling "at homeness" or "rightness" or a sense of inner peace.

I wanted affirmations that would be key, concentrated energy phrases, yet simple and elegant, capable of dissolving core negative thoughts and replacing them with a healing beam of transformational light and love. Affirmations so powerful that they say it all.

In order to create this, I paid close attention to the energetic nature of how the words come together and what they created with their vibrations. This is most important when writing affirmations. I would know that the text and its accompanying image were spot on when I held the card while reading the affirmation and felt it entering my being like a burst of light, leaving a fallout of happiness and peace.

A Deeper Understanding of Affirmations: My Story

I happened upon affirmations in the 1980s with Louise Hay's *You Can Heal Your Life*, Shakti Gawain's *Creative Manifestation*, and Florence Scovel Shinn's *The Game of Life & How to Play it*. Although I read the books and worked with affirmations, I really didn't get it on a deep enough level until I was in a car accident in 2000.

Some of us can be led to water and some of us need to be drowned

in the water before we get that it is there for drinking. I have been one of those who has needed strong persuasion.

At the time of my accident I was aware that I had two choices: one was to feel victimized by this experience and the other was to choose that it would be the best thing to ever happen to me. I chose the latter. It was not the easier choice, since I was quite an expert at the victim song and dance, but if I wanted to be transformed by what had happened, this was clearly what I had to do.

In order to play this big, and in such a positive uplifting key, I had to have some tools. And this is where affirmations came in. They were the tools that helped me with my goal, which was to live as if the accident were the best thing to happen to me. The affirmations gave me something to focus my thoughts on, especially when the going was rough—and let me tell you, the going was rough. It gave me a new way to spin energy that was loving, supportive and helpful, rather than being in a hit-and-run or chewed over and spit out.

What we think about ourselves and how we language our lives is a self-fulfilling prophecy. I began with tracking my thoughts to find out how I was creating my reality. That, in my opinion, is the first step if we want to create change in our life. I knew I was stuck in victim mode and that my thoughts ran along those lines. The accident had slowed me down: it seemed at the time that I was given a life sentence of rest! This was a fabulous gift for in my abundance of spare time I was able to focus on how I

was thinking or communicating with myself. More specifically, what beliefs structured my inner monologues and what negative, limiting words I unconsciously used. When I was able to see that, then I could consciously choose to replace those words and phrases with positive, uplifting ones; ones that affirmed me and my life, and created love and joy.

None of this happened overnight, for I had entrenched beliefs about the world and my life. Many were the times that my brain ran away with

negative thoughts and I had to go after it, lasso it and wrestle it into the positive. It was slow and painstaking at first. The way it is when you begin anything new, like a new diet or exercise program. I just had to commit to doing it, which I did.

Choosing to live my life and everything I receive with gratitude and viewing it as the best thing to happen to me brought me profound transformation. I am no longer the person I was before the accident. I am happier each day than I have

ever been the day before. And no matter what happens to me, I know it is the absolute best, coming to me with love from the Goddess/Divine. And that goes for the Lyme disease I now grapple with.

What's In Your Brain Diet?

It is all about what beliefs, thoughts and words we feed ourselves. In fact, the way we language our thoughts is more important than what foods we eat. It is a known universal rule that energy follows thought. Where we put energy, i.e., what thoughts we think, is what we will create in our life. A diet of negative words can create bad health. Choosing loving and uplifting thoughts can build a strong immune

system and help to keep us disease free.[2]

Each of us chooses what is needed for our highest spiritual growth prior to being born on this earth plane. Challenges are the gifts we contract for in order to have a life filled with growth and zest. We choose the situations and the people involved from a place of total love. We are also tenderly advised and assisted by

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2 There are many factors that go into creating our health or the lack of it. Lots of times having a life-threatening disease, bad health or a disability is what we have chosen so that we can experience the greatest spiritual growth.

our spiritual elders and members of our soul group to help us create only the very best experience for ourselves.

Evolution is not measured by living a life that is challenge-free, but by what we do when confronted and pressed, ground down and mashed. When we are handed lemons, do we make lemonade or do we lament and slowly slide into victim mode? Do we gather our inner energies for a supportive love feast or launch an aggressive blame blitz while we struggle and stammer with what to do? Do we live life with a

welcome mat on our doorstep, ready and able to dance with whatever comes our way or have we posted a "Go Away, No One at Home" or even a "Vacancy" sign?

We can focus on the negative. We can focus on what we don't have. We can focus on the feeling that nothing is ever enough. All that will do is ensure that we never will have enough. However, if we develop an attitude of gratitude and celebrate everything that comes into our lives no matter what it is, as there

to bring us the very best, then that is what it will be.

I am not advocating building a highway over our emotions, so we can speed by them to what we think is more important in our lives. What I am suggesting is to take whatever time is needed to feel our emotions, be with them, gain clarity on what insights they bring and then choose to do something to transform them into useable energy. Something that will nourish and uplift.

Developing an attitude that meets life's challenges with an "oh fabulous

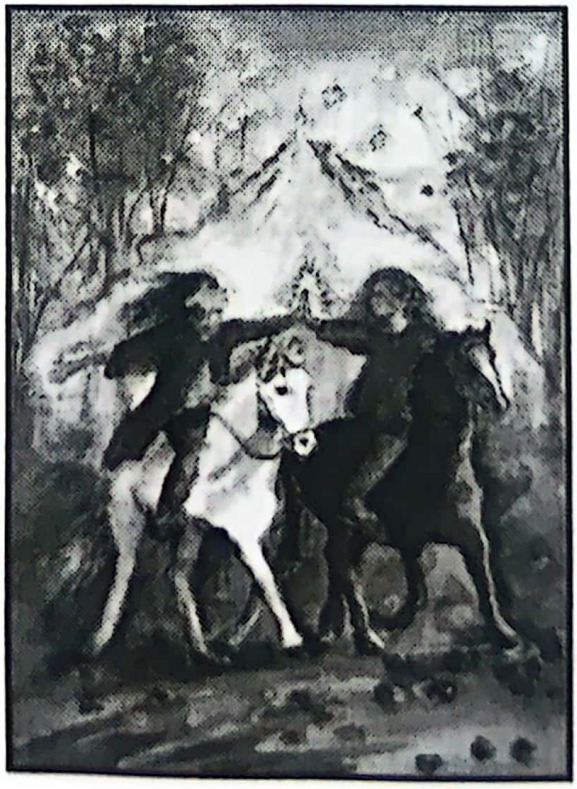
what can I learn from you" is one that will ensure a life filled with joy and resiliency, and the energy and ability to keep transforming those challenges into gifts.

I recently reconnected via telephone with an old friend of mine who I hadn't spoken with in over fourteen years. I hardly recognized her. She has completely transformed her life. Her voice was lighter and happier and her energy was sparkling. She also stated that I felt completely different. We reminisced about what drew us together: it was

the discovery that we hadn't been handed the template for creating joy in our lives. This was something that we both had to learn.

What we discussed during our catch-up conversation was how by drawing intense and challenging experiences into our lives, such as a child's drug addiction, a divorce from family of origin, a car accident and disability, break-ups with life partners, we learned to focus our thoughts in positive, life affirming ways. We were finished with creating drama and negative intensity

because we had done it to death! We now knew, from the benefit of lots of experience, that in order to create joy in our lives, we need to be showering ourselves with nourishing, loving thoughts and a steady diet of pleasure.



Affirmations Use Word Magic

There is magic in words of a very ancient kind. The magic of putting thoughts or energy into form and making it manifest. There are still indigenous cultures today who have taboos about saying their true name. This is because names have power and once we know a name, then we have more power. Knowledge was measured by how many names a person could command. In the old times, a Celtic

warrior would enter a battle chanting his or her name and lineage, sure in the intelligence that it would assist him or her in defeating a foe. On a similar note, once we give name to anything, it ceases having power over us. The strongest example of this is when we are anxious or fearful. Naming what is troubling gives us the clarity we need to deal with it and breaks it's hold.

By choosing to name life in a positive, uplifting, loving supportive way we create the energy on the inner planes that manifests

into form on the outer planes in those very ways we have named.

A short time ago I heard about a restaurant in California where a waitress was making a smoothie. Just as she had finished it and was taking the blender to pour it out, something happened and the blender went flying, spilling the smoothie all over the counters and floor. She calmly surveyed the scene and loudly announced, "I made a mistake." Immediately, all the rest of the staff shouted, "Hurray, you made a mistake," stopped what

they were doing and rushed over to help her clean it up. What would your life look like and feel like if you celebrated your mistakes in an affirming, positive way?

A Love Letter to Women

I created this deck to give women something quick and uplifting. Like a spiritual shot of your favorite organic caffeinated beverage during an afternoon slump or like taking a break from a moment of high stress by opening a secret door and finding yourself standing next to

a waterfall. Life flies by faster than high speed internet access. Women, who are tagged as prime nurturing agents, for all and sundry, need to find ways, excuses and means of nurturing themselves. This deck is my love letter to women.

How to Use Goddess on the Go

There are many ways to work with this deck depending on how much time there is to invest. At the high end you can commit to keeping a journal and spend time writing down your thoughts. This is like taking the energetic temperature of what's in your brain: is it mostly positive or mostly negative or a percentage mix of both? At the low or quick end, in times of need or when you trip over a spare

moment, you can pick a card and give yourself over to its message.

The best way to use *Goddess on the Go* is any way you choose, or however your heart desires. I have provided some suggestions below as a jumping off point to your own creativity.

Suggestion #1:
Nurturing

Take a deep breath, counting to three, hold the breath for a count of three and then exhale for a count of three. Breathe as normal.

Pick up the deck and shuffle the cards in any way you choose, while you open yourself up to what is needed. It can feel like a blossoming of your heart or a new doorway appearing in your mind or something completely different. When you feel ready, pick a card.

As you gaze at the card, allow yourself to engage fully with the image. When you feel ready, read the text slowly, rolling it's message around in your brain. Give over to the art and words, letting them plant a seed of Light inside your

heart and mind. Take in the energy that the combination of art and words evoke by consciously choosing to breathe it.

When you feel tingly and light, nourished and supported you are ready to get back to your life.

Suggestion #2: First Aid

This is to be done during a moment of stress, panic or anxiety.

Wherever you are, take a bathroom break! That's right. If it is in the middle of an argument,

discussion, board meeting, presentation, dinner engagement, whatever, if you are feeling uncomfortable or like you are unraveling, or something unpleasant is happening, it is time for a time out and the best place to escape to, when in public, is the bathroom.

Even if you are home, you might need to get away for some time alone and the bathroom, once again, might be your best refuge.

Once there and in private, you can take out *Goddess on the Go*, shuffle, while taking calming and soothing

deep breaths. Focus on your solar plexus, while taking three deep breaths. Now imagine your feet turning into roots, and reaching into Mother earth. Notice yourself feeling grounded, with your feet like roots, deep in Mother earth.

Now turn over the deck so that you can see the images and text and begin to go through the entire deck of 33 cards, one card at a time, opening to the art and reading the text, till you are aware that you feel stronger and more centered. When you feel ready, return to your life.

Suggestion #3:
Affirming the life you want

Write, paint, collage, draw or use whatever form you choose to give an energetic of what you want your life to look like. Take three deep breaths and ask to be guided on the four cards you need to choose to assist you in creating what you want. Take more deep breaths while you shuffle, focusing on connecting with the Divine/Goddess for assistance and when you feel ready, choose your four cards. Do the affirmations when you wake up

and before you go to sleep, till your life is what you want.

Suggestion #4: Affirmantra

This is a fabulous way to use your time in meditation, while exercising, or when walking to and from work, or doing errands. You can even use this suggestion after you wake up, as a way of tuning your day to a particular affirmation.

Take 3 deep breaths and allow yourself to open to receive guidance about which *Goddess*

on the Go affirmation you need to hold in your consciousness for the day, the meditation, while traveling, or during your exercise time. Shuffle the cards and when you feel ready, pick a card. Gaze at the art, letting it play with your senses. When you feel ready, focus on the text. Allow the text to sink into you and slowly begin to repeat it. Over and over again, as you breathe and go about the activity you have chosen, repeat the affirmation silently to yourself, like a mantra.

When you have completed your activity, you may choose to let the affirmation go or continue with its use as you move on with your day.

Amy Sophia Marashinsky is the author of *The Goddess Oracle: A Way to Wholeness Through the Goddess and Ritual* with artist Hrana Janto, *Mermaid Magic* and *Oracle of the Grail Code: Restoration of the Feminine*. Prior to beginning her career as an author of books and oracles, Amy Sophia was an award-winning film maker, a writer/director/producer of theater in New York City, and had written and broadcast for NHK radio in Japan.

In addition to a love affair with mythology and fairy tales (which

began when she was ten) Amy Sophia has counseled clients—one-to-one and relationships, facilitated past life regressions, done intuitive readings, mediated and taught women's empowerment workshops for over 12 years.

In 2005 she launched a website, www.deepspiritualnourishment.com, which features downloadable, digital MP3s, to meet the demand for her own recordings of the meditations in her books and decks. She currently devotes herself to numerous audio, book and oracle

projects at her home in Western Massachusetts.

Visit her on the web:
www.amysophia.com
or contact her at
info@amysophia.com.

Melissa Harris has been making art for as long as she can remember. She holds an MFA and BFA in Painting and was awarded a Fulbright grant to study painting in Paris. Melissa became aware of her clairvoyant abilities during childhood. Just before Melissa left for Paris she experienced a profound spiritual awakening on yet deeper levels and began channeling. These readings turned into hands-on healing sessions. She studied energy work but wanted to find a way to combine her art with her

healing. Thus, CREATRIX was born; a company featuring her artwork and messages on notecards, prints, and other gift items.

She also travels throughout the country doing her popular Spirit Essence Portraits, a combination of a psychic reading followed by a narrative watercolor painting of what she discovers when she tunes in. In addition, she teaches workshops combining spirituality with artistic technique.

Melissa makes her home on 9 beautiful acres in the Catskill

Mountains in New York with her feline family of 4.

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