

## The Snake Goddess – Earth’s universal energy of the Divine Feminine



*Fotoula Adrimi teacher of shamanism, the Path of the Living Light/Path of ISIS and the Priestess of the Moon lineage, remembers her connection with the snake Goddess; the universal energy of the Earth and its link to the feminine power. Originally from Greece, Fotoula carries a shamanic lineage from Chiron’s Pelion mountain, and in 2005 she answered her soul’s calling by training in the healing arts. She has studied with western and indigenous*

*shamans and is a member of the Global Shamanic Teachers Network formed by Sandra Ingerman. In 2013 she founded The ISIS School of Holistic Health in Glasgow, Scotland, and on 21 March 2018 published her first book: “The Golden Book of Wisdom: ancient spirituality and shamanism for modern times”. The book is an epitome of 24 spiritual teachings on the journey of the soul, through the human and spirit experience, towards the awakening of the Divine Self.*

In a circle of prayer ties, I join my sisters in the dance of the Serpent. Together we form the body of a snake that appears on the Earth under the subtle light of grandmother moon.

We circle around ourselves and around each other anticlockwise. The energy rises into our bodies and is amplified by the beat of grandmother drum, played by the men outside the circle. Each step brings the feminine energy back onto the Earth. Each drumbeat brings the male force into balance and harmony. And together, female and male energies merge and create the alchemical union of the sacred marriage, bringing rebirth, fertility, magic and awakening.



This is the ancient ritual of the Moondance, a serpent dance that survived in secret for thousands of years in the Mayan mountains before being rediscovered and shared with the west by the indigenous shamaness Isobel Varga. I have taken part in the ceremony six times, each time I have been touched very deeply. In August 2018, my German friend and colleague Claudia Wolff of Lebensheilpraxis started a new moondance circle near Stuttgart, and I joined her as a smudge woman.

### **The Serpent Energy**

Being the serpent was familiar to me. I connected with this energy on my first trip to Egypt in 2006 when I visited the Egyptian museum in Cairo. In the museum I felt the cobra energy rising in my body, it was as if my soul knew that there was a primordial feminine energy in the depths of the Earth that could awake. Then, travelling to Karnak temple, I was approached by an Egyptian

healer, a practitioner of the old ways, who shared with me an attunement/initiation of this spirit animal.

Indigenous cultures honour the snake and its energy of the Earth's feminine power. For example, dancing with live snakes is an old tradition, still found in some Native American tribes. By entering into a high state of consciousness, the dancers are able to merge with and hold the snakes, which do not attack them. In the ancient site of Knossos, Crete, statuettes of the Priestess holding snakes were found in the temple of the Earth Mother. (In some rural areas of Crete, it is still customary to leave a small plate of milk at the entrance of the house for the snakes, which embody the benevolent spirit protecting the home).

In contrast we, in the west, identify the snake with danger and evil. Yet, the snake as a mystical symbol features in many European traditions. Ancient Greek, Roman and even Celtic female jewellery has been made in the image of the snake. When I included a golden snake emerging out of a standing stone on the cover of my book, some people said that it reminded them of the garden of Eden story, where the snake is synonymous with the devil. Others spoke about the saints who are said to have cleared the land of snakes and killed the dragons. I wonder, could this be a reference to the obliteration of the previous pagan civilisation and the women's priesthood which carried the snake as their symbol of feminine power?



*The entranceway to the moon dance symbolises the ovaries*



### Symbolism

The snake is the ancient symbol of wisdom, healing and transformation:

- \*Changing its skin, the snake becomes a symbol of the power of renewal, where the old is shed so that the new can emerge;
- \*Flying into the sky, the Serpent-Dragon is a spiritual being associated with fire energy.
- \*Swallowing its tail, the Ouroboros of the Greek tradition, the snake forms a perfect circle. Like the cells of our body it continues to live by renewing itself from its own matter, through space and time;

The snake is also a symbol of the spiral movement of the universal energy. The ancient Egyptians called the snake energy Goddess Wadjet, whose physical representative was the cobra. It is also associated with the kundalini, which rises up through the spine, activating the third eye and associated glands. The rising cobra with the open hood is a symbol of the opening of our inner perception.

In addition the snake represents protection. In many eastern statues, the cobra rises behind the sitting Buddha to protect him while he meditates.

Nowadays, the Mayan moondance ceremony awakens within us the ancient knowledge of the Earth ways and feminine wisdom. The women dance as the one Serpent under the full moon, in order to heal the Goddess, inner and outer, who was dismembered by the patriarchy.

Women may remember how they have worked with the snake energy for thousands of years. It is an energy that is linked to the fertility of Mother Earth and the continuous renewal of the cycles of life. During our times of transition, when we are exiting the era of patriarchy, connecting with the snake energy can bring us back into balance. Like the snake, we are experiencing our own awakening of the feminine power out of narcosis of a long winter.

### Re-igniting the feminine energies through Wadjet – A practice inspired by ancient Egypt

I have found this simple practice useful for both men and women. All you need to do is invite the snake energy, Wadjet, to arise from within the Earth and circle around and through you.

Stand with your feet together, facing west. Invite and welcome the snake energy to rise from the Earth and flow around and into your body. The energy moves in a clockwise spiral that circles

around and through your body. As it rises around you, intend that it gathers and takes away all the old energy that you now wish to let go of.

The snake energy spirals upwards around your body and aura. When it reaches your crown, Wadjet-the cobra, opens her hood. Now stay in this space for five minutes, as you receive an empowerment and spiritual alignment to the snake energy of the Earth.

After a little while, the snake energy spirals down your body, anticlockwise, and returns to the Earth. The serpent has removed the old energy and leaves you with a new skin.

Slowly come back, giving thanks to the Snake energy of Wadjet and Mother Earth. You may also wish to pour some milk onto the Earth as an offering to the snake and all beings of the underworld.

Note: The snake energy is a cold vibration. You may feel cold during or after the practice. It is also normal to feel a little fragile/thin skinned as you adjust to the new skin. If so, you may wish to nurture yourself.

*Fotoula shares esoteric teachings and shamanic work, including practitioner courses, through the ISIS School of Holistic Health. For more information on her work visit: [www.theisisschoolofholistichealth.com](http://www.theisisschoolofholistichealth.com) or refer to her book: *The Golden Book of Wisdom: ancient spirituality and shamanism for modern times.**

