

Part 1

INANNA'S DESCENT





GODDESS INANNA
of Love, War, & Fertility

The Descent of the Sun Goddess Inanna

The beauty of mythology and culture's ability to tell a story is that it paints a powerful picture of symbolism for us to understand cosmic concepts. Humankind has been telling stories since they could build a fire. Imagine them sitting around and sharing the teachings through Myths for the future generation's growth and survival.

A beautiful story that relates to the energy we are encountering as light beings, is of the ancient Mesopotamia Goddess Inanna. In ancient Mesopotamia mythology Inanna was known as the "Queen of Heaven." She was the goddess of love, war, and fertility. She was worshiped in Sumer at least as early as the Uruk period (c. 4000 BCE – c. 3100 BCE.) She is famously known for the myth of her descent into the Underworld ruled by her older sister Ereshkigal. Before her descent she informed her guard to come for her if she did not return in three days.

This preparation of a guard symbolizes that we cannot do shadow work alone, and must call in a friend, coach, or Spirit guide to aid us in our uncomfortable journey. You never have to do this alone.

As she prepared for her descent she dressed elaborately. She wore a turban, wig, lapis lazuli necklace, beads upon her breast, the 'pala dress' (the ladyship garment), mascara, a pectoral, a golden ring, and she held a lapis lazuli measuring rod. Each garment is a representation of a powerful "me" she possesses.[3]

The ancient rule is, those who come to the Underworld are not allowed to leave. But she braved forward with hopes to defy that law anyway. When she arrived she banged on the gate. The gatekeeper asked "Why have you come?" She answered "I have come to attend the funeral of Gugalanna", the first husband of her sister Ereshkigal, the Queen of the Underworld. The gatekeeper reported this to Ereshkigal. She told him to "*Bolt the seven gates of the underworld. Then, one by one, open each gate a crack and let Inanna enter. As she enters, remove her royal*

garments. Ereshkigal was suspicious of her sister's fine clothing (unacceptable for a funeral) and her arrogant behavior.

This reminds me of the slow transition into the depth of a narcissist's web - AND - how we can arrogantly think we can fix the Narcissist.

The guard told Inanna she may enter, but must give over her lapis lazuli measuring rod. She paused and questioned, but as he says, "It is the way of the underworld." She handed it over. Inanna passed through seven gates, at each handing over an article of fine clothing, stripping her of her power.

The symbolism is that each layer of clothing is a layer of your ego. When all is stripped away, you are naked, open and ready for healing. It also reminds me of how we feel at the end of our rope with the Narcissist, stripped of everything and given up on life.

When Inanna reached her sister she was naked. And then, holding on to her Heavenly ego role as Queen, she made her sister Ereshkigal rise up from her throne and instead Inanna sat on her throne. This deception is looked at and judged by the Annunaki deities. These seven judges looked at her -- it was the look of death. They spoke to her -- it was the speech of anger. They shouted at her -- it was the shout of heavy guilt. The afflicted woman was turned into a corpse. And the corpse was hung on a hook.

This ultimate "death" symbolizes your ego, Earth body, ultimately surrendering and dying to make room for your soul to awaken and your authentic self to rise again.

Three days and nights passed and her guard did as Inanna instructed, and went to the temple to plead for her rescue. Three out of the four deities refused, saying her fate was her fault. But Enki, the fourth judge, had pity and created two sexless creatures to go down and appease Ereshkigal, who was in agony because of the death of her sister. They appealed to her and provided her solace, and refused all the offerings she provided them, and requested only Inanna's body. They sprinkled her body with food and water of life and revived her. As the two creatures carried her

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up to the Overworld, Erishkigal sent demons to follow her insisting someone needed to take her place. They tried to take three servants of Inanna, who were also close friends who mourned her, but Inanna stopped the demons. Finally they came upon Dumuzid, her husband who was clothed and adorned lavishly, sitting on her throne, and being entertained by slave-girls, - clearly not mourning her. And Inanna was displeased with this self centered, disgustingly disloyal and unloving action. So she allowed the demons to take him to the Underworld.

When Dumuzid was taken, his mother, sister, and Inanna mourned. Even though he was acting haughty, she had compassion for him.(Just like you and I do) She pleaded with her sister to allow him to be in the Underworld for half the year, and on Earth for the other half, trading with his sister. In the ancient world, this explained the seasons.

This beautiful story shares her bravery of journeying to the depths, allowing it to strip her of what she was holding on to, and the protective, yet toxic, part of her ego.

It is a symbol of your spiritual journey in your brave and vulnerable work of healing from trauma. And even in the shadow work you will not make all the right choices, but you have help along the way. Those whom you chose to be your life raft out of the dark, in order to transform and rise with your toxic ego dead. And you see who truly appreciates and supports you. And in turn it is easy to let go and release the self centered, toxic people in your life. And after you have descended from the depths, you now rise up and embrace your authentic soul self in this avatar body. You are strong, wise, and powerful, and nothing can stop you from shining your unique soul's essence light out into the world.

This is the goal of this book. To give you some questions to introspect, while not overwhelming you as you heal. I remember how just one question would take me a whole week, or month, to process and look at my inner depths and behavioral patterns to make sense of it all, then to figure out, and know how to shift moving forward. So as you read each chapter give yourself time each morning to re-read, answer a question, and journal about what is coming up in your thoughts, in your interactions, and what your intuition has to say about it.

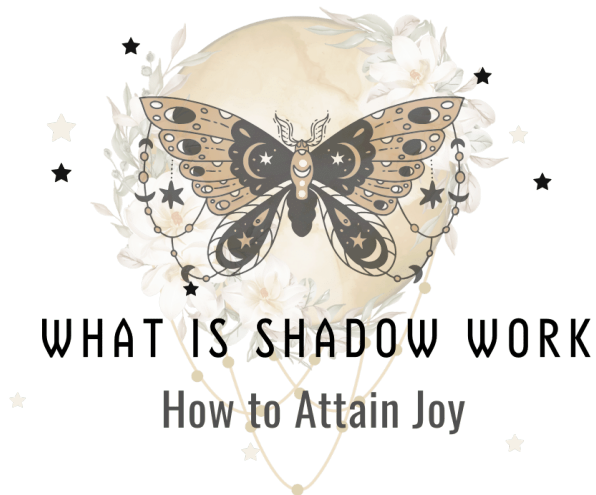
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This is your time to activate and reassess what you value, what patterns are repeating that are not serving you. And to level up and own your authentic self. To kill your Earthly pain body in order to take responsibility and look in the mirror to allow your soul out, and make small changes to love and be braver and stronger. And shine your soul aura out brighter like a diamond compressed by the molten hot Earth.

Release the old mistakes and experiences; they were your molten lessons, but now they are gone! Own your power to change your patterns and don't make the old choices anymore.

“Break the bonds that bind you to murky mediocrity and shine authentically bright.”





WHAT IS SHADOW WORK

How to Attain Joy

What is Shadow Work and How does it help bring Joy?

Just as the story of Inanna depicted, shadow work is: working with your unconscious mind and ego to uncover the parts of yourself that you repress and hide from yourself. This can include trauma or parts of your personality that you subconsciously consider undesirable. As stated before, modern society labels fear, anger, and sadness as negative personality traits and emotions. Just breathing and being a human on Earth, constitutes you will experience the full spectrum of emotions, including those that society says “don’t show that”. But sadness can be the driving force to repair and rescue certain situations. If we all only felt joy and harmony we would appear to be robots.

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Being human is beautiful, experiencing the best of times and worst of times is our reality.

Buddha said,

“Pain in life is inevitable, but suffering is not.”

And he also said,

“Attachment leads to suffering.”

How many of us have suffered at the abuse of the Narcissist due to our attachment to their future faking and love bombing phase?

I know I’m guilty.

Acknowledging suffering does not justify or accept violent acts of atrocities or fight for justice and safety from evil. What this does is allow and hold space for those very real emotions when you feel sad. It is damaging to yourself to hold in what is natural. What is helpful is to discover your healthy coping mechanisms to feel it and heal it.

We all thought 2020 was bad. But more and more of us are waking up to the fact that, as a collective, our emotional intelligence is quite low; and that needs to change for the safety of our kids and communities.

The Gen X generation, before the Millennial generation, wasn’t raised with acknowledging their “negative feelings.” So when they feel sad, they immediately react in defense out of ego with blame, and spiral down into deep self loathing. The goal is more awareness about our emotions, and when we feel sad, we conclude, “blah I’m having an off day.” That’s it, the World is not over, there is no one to blame, because we have learned that emotions are energy.

Emotions are *energy in motion*.

They are like waves crashing on the ocean, perpetually cycling in and out. Thoughts become our reality, and 80% of our thoughts are negative. And if you ignore your emotions and shove them down with cookies, alcohol, or taking on too much blame and internalizing it, then they will get trapped in a locker in your mind and it will fester into disease, anxiety, stress, or emotional outbursts and implode on your body.

You cannot harness the waves, why try to harness the wave of an emotion? The key is to surrender and ride the wave by remaining in the present, knowing the wave will pass. When one doesn't do this, it leads to depression, mental illness, and even acts of terror.

Although many are awakening, there is still a pandemic of avoidance. Just as 2020 brought an invisible virus that visibly manifested in physical ailment and taking lives, the pandemic of emotional suppression results in suicides, homelessness, obesity, mass shootings, cancer, and more! I am not attributing solely emotional avoidance to these issues, there are scientific factors and environmental and social factors playing into those as well. It is a mixed recipe for disaster with the lack of healthy emotional connections.

For example, in the case of physical health directly correlating to our emotional health. The research confirms “a significant correlation between negative emotional states with binge eating or eating disorders. Poor emotional regulation skills and depression are proven to be the cause of Obesity and its results! All this indicates one area where there is a complete lack of focus regarding obesity – and that is the role of emotions! Often food becomes a respite from stress, loneliness or emptiness. Sadness and depression result in the clients going into compulsive eating sprees. This sadness and depression are also usually connected to life events, and once these are healed through therapy, the compulsive eating reduces or stops.

Emotional Trauma in childhood has a massive correlation with obesity among those adults. Research shows that there is a significantly higher correlation between sexual abuse and

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victimisation in childhood with extreme obesity among women. However, the current mode of interventions across the industry hardly considers the role of emotions (i.e. mind) in obesity!”

You can dive even deeper into obesity being a physical shield for your empathic sensitivities with Soul Mate Coach Jeanne Sullivan Billeci in Ep 87 on the Empath and the Narcissist podcast : <https://ravenscott.show/narcissist-abuse-support/why-empaths-attract-narcissists-with-soul-mate-coach/>

Back to strengthening your emotional intelligence.

While you may understand you cannot control the arrival of emotions, you can learn how to ride the wave of the emotion and find a different perspective to look at the situation.

As Eckhart Tolle says “All negativity is caused by an accumulation of psychological time and denial of the present. Unease, anxiety, tension, stress, worry - all forms of fear - are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non forgiveness are caused by too much past, and not enough presence.”

— Eckhart Tolle, *The Power of Now: A Guide to Spiritual Enlightenment*

When you find the lesson and positive angle in any situation, even that of another abusing you, you will find true contentment and joy.

This idea of negativity as caused by psychology, is an aspect of ourselves we can control.

You may be thinking, “but it is not my fault that the Narcissist treated me this way.” And I agree. That is their problem. But as empaths we tend to internalize their actions as our fault. And we twist our minds to try and fix what we cannot control, and sacrifice ourselves to achieve what was falsely promised. This is where the psychological suffering comes from. And the good news is, you can clear it out.

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Once you awaken, start to connect to your wise Soul Self. Then you can rewrite conditioned mirror neurons that are keeping you stuck in your pain cycle. This is the essence of the work that is called Shadow work. Face the uncomfortable scary monsters of patterns you still have in your mind that cause your actions to people please and stay in abuse. That is the first step, recognizing. It is like flashing a light in the dark to reveal the ANT's (Automatic Negative Thoughts - Dr. Daniel Amen). Then you use that torch to burn away the "bugs" in the dark to clear them out.

The torch is all the tools in this workbook such as Journal and Burn Exercises, the guided meditations, and Astrological Moon Self Care rituals.

All of these build up your strength, like an emotional gym, to become confident, brave, and strong to lovingly speak up for yourself and draw powerful boundaries.

This is how you start on your path to joy. The more you burn in the depths of your shadow, the freer you feel and the more clarity the Universe provides through dreams, tarot, and Angel numbers.

Just as the concept of clearing out your messes in your home allows wealth to come to you. This is the same. When your mind is clear of ANTs there finally is room for Spirit Messages, aha moments, and real enlightenment to flow in.

And this, dear empath, brings joy.

It brings joy because it provides a sense of connection to your soul.

It brings you a purpose.

It brings you clarity.

This awakened state allows you to release all the material things you once thought would bring you joy, and you find peace and contentment with what you have that is already in you! And

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ironically, once you are content, a flood of passions flow through to you that in turn can provide a wealth of resources. And all your pain and suffering connected to your abuser and the past are transmuted like a coal to a diamond.

Joy is “a feeling of great pleasure and happiness.”

And if your psyche is cluttered, there is no room for joy. Continuing to be quiet and letting them yell at you, or manipulate, is not an option anymore. You have room to rise up like a brave, confident advocate for yourself and for your children.

One last bonus action from discovering joy, is you now have the bandwidth to help another human. There is scientific evidence that doing a kind act for another human being, small or great, brings long lasting joy and alters our DNA in a healthy way. Neuroscience and Psychology are uncovering more facts about joy every day. And, shockingly, they look strikingly similar to what ancient philosophy has been practicing for centuries.

According to the scientists part of Mission: Joy, the four acts of joy to do every day are:

1. Kindness
2. Gratitude
3. Mindset Reframing
4. Connection

“When you are kind to someone else, you end up being joyful, but why? Because we realize that we are made for goodness.”

- Archbishop Desmond Tutu



Introspection:

Next to each piece of Inanna's belongings she carried into the underworld, write a part of your ego that you could let go of. For example, it could be your Human Design "Not self theme", or from the shadow of your gates such as pride, or self sacrificing.

Then for each write on a piece of paper how you feel about that, the origin of it, and why you are still holding on to it.

Write a letter to yourself releasing it and setting an intention to rewrite the behavior over with something more empowering and compassionate. Be as specific as you can so you can pluck this weed at the root. Then burn the paper and shower after. Do each one on a different day so you are not exhausted after.

Turban & Wig _____

Pala Dress _____

Lapis lazuli measuring rod _____

Golden ring _____

Mascara _____

Lapis lazuli necklace _____

Pectoral (Brooch) _____

“Your worth is not defined by the shadows of the past, but by the radiant spirit within you.”

- Raven Scott

