

The Goddess Code™: The 7 Pillars of Feminine Power

*A guide to awaken your feminine essence and
embody your highest expression*



*An initiation from The Goddess Worship Mythos™,
by Hilary Burton*

www.goddessguidanceofficial.com

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Welcome to the Temple

Goddess,

You were never meant to shrink, to silence your power, or to apologize for your desires.

You were meant to be worshipped – not by others first, but by yourself.

Inside these pages lies a remembrance – a sacred initiation into your divine feminine power.

Each pillar you'll explore is a key, unlocking deeper levels of self-worth, radiance, and magnetism.

This work is derived from The Goddess Worship Mythos™ – my sacred body of teachings devoted to guiding women home to their highest feminine expression.

These principles have transformed not only my own life but the lives of the women I serve.

You are entering the Temple.

You are the altar, the offering, and the divine within.

Welcome home.

Hilary



Why We Rise

There is a quiet ache within women who have forgotten
their own magic.

An exhaustion from striving, performing, and proving —
while their deeper truth whispers: there must be another
way.

There is. And it begins here.

The feminine does not hustle for worthiness.

She remembers it.

She embodies it.

She becomes magnetic simply by existing in her truth.

**These seven pillars are the foundation of The Goddess
Worship Mythos™ – a sacred path of remembrance,
reclamation, and radiance.**

Let them awaken what has always lived inside you.



PILLAR I: SELF-WORSHIP

Mantra: "I am my own altar."

You are your first devotion.

Self-worship is not vanity – it is sovereignty.

It is the daily act of meeting yourself with reverence, tending to your desires, and honoring your needs as sacred.

When you worship yourself, you teach the world how to treat you.

You become magnetic, radiant, and rooted in your own worth.

Reflection Prompt:

"How can I honor myself like the goddess I am today?"

Embodiment Practice:

Stand before a mirror, place one hand on your heart and one on your womb, and speak three loving truths aloud about yourself.

Whisper your name as if it were holy. Feel the warmth of your own gaze softening any self-judgment.

Ritual Element:

Anoint your skin with oil or perfume as if preparing for ceremony. Move slowly. Feel your own touch as worship.



PILLAR II: FEMININE FLOW

Mantra: "I trust my rhythm."

The feminine doesn't force - she flows.

She trusts her timing, her cycles, her intuition.

She knows that slowing down does not mean falling behind.

Your flow is your power.

When you honor your body's natural rhythm, the universe moves with you.

You stop chasing, and begin attracting.

Reflection Prompt:

"Where am I still pushing instead of allowing?"

Embodiment Practice:

Put on a soft instrumental song and let your body move without choreography.

Allow your hips to lead.

Let your breath guide you.

Follow your body's impulses instead of your mind.

Ritual Element:

Journal by candlelight tonight. Ask your body what it needs this week — rest, creation, pleasure, or stillness — and honor its answer.



PILLAR III: SACRED LEADERSHIP

Mantra: “Softness is my strength.”

Sacred leadership is power rooted in grace.

It's the ability to hold structure while remaining open, to guide with integrity, and to lead by embodiment rather than control.

True feminine leadership doesn't shout; it resonates.

It's presence, not pressure – devotion, not dominance.

Reflection Prompt:

“Where am I ready to lead through embodiment instead of expectation?”

Embodiment Practice:

Stand tall, feet grounded, spine long.

Speak your vision aloud as if the world is already listening – slow, deliberate, confident.

Ritual Element:

Write a declaration of your leadership – what you stand for, who you serve, and how you choose to lead.

Read it aloud each morning as a sacred vow.



PILLAR IV: LUXURY & DEVOTION

Mantra: “My life is my altar.”

Luxury is not excess – it’s intimacy with beauty.

It’s the devotion to creating a life that feels like worship.

When you infuse your surroundings, routines, and relationships with intention, everything becomes sacred.

Devotion is consistency wrapped in love – the daily recommitment to yourself, your pleasure, and your purpose.

Reflection Prompt:

“How can I make my daily life feel more luxurious and devotional?”

Embodiment Practice:

Pour your morning tea or coffee with presence.

Sip slowly.

Let it become a ritual of gratitude for the beauty that already surrounds you.

Ritual Element:

Create a small altar space with flowers, candles, or objects that represent beauty and abundance.

Tend to it weekly as an act of devotion to your evolving self.



PILLAR V: SENSUAL EMBODIMENT & PLEASURE

Mantra: "My pleasure is sacred."

Sensuality is your birthright.

It's how the divine moves through you – in your breath, your body, your expression.

Pleasure isn't frivolous; it's fuel for creation.

When you reconnect to your senses, you awaken your magnetic field and remember that joy is holy.

Reflection Prompt:

"What forms of pleasure make me feel most alive, safe, and connected?"

Embodiment Practice:

Dance with your eyes closed.

Let your hips lead, your breath deepen, your hair fall loose.

Move as if you are worshipping life itself.

Ritual Element:

Take a bath, slow shower, or self-massage ritual tonight.

Let water or oil become the language of divine touch.

Whisper, "I am allowed to feel good."



PILLAR VI: ARCHETYPAL PLAY & EXPRESSION

Mantra: “Mantra: “I am a multidimensional woman.”

The feminine is vast – she holds many faces: the Queen, the Priestess, the Muse, the Siren, the Huntress, the Healer.

Archetypal play is the permission to express them all – to embody your sensuality, your mystery, your rage, your tenderness.

Expression is liberation.

When you stop performing and start playing, you reclaim your wholeness.

Reflection Prompt:

“Which feminine archetype am I being called to explore right now?”

Embodiment Practice:

Dress or adorn yourself as a different archetype for one day.

Let her walk, speak, and move through you.

Observe how your energy shifts.

Ritual Element:

Create an “archetype altar” – one object for each facet of your feminine expression.

Light a candle for the one that most wants to be seen today.



PILLAR VII: ENERGETICS, POLARITY & MAGNETISM

Mantra: "I am whole within myself."

The dance of feminine and masculine energy is the pulse of creation. When you harmonize the two within you – intuition and logic, softness and structure, surrender and direction – you become radiant equilibrium.

This is where magnetism lives.

From wholeness, everything you desire begins to orbit around you naturally.

Reflection Prompt:

"Where can I create more balance between being and doing?"

Embodiment Practice:

Sit quietly with one hand on your womb (feminine) and one on your heart (masculine).

Breathe deeply until both feel united – still, powerful, and centered.

Ritual Element:

Journal about one area where you're over-giving or over-controlling. Commit to restoring balance through surrender or structure, whichever is needed.



The Path of The Goddess

The Goddess Code™ is your first initiation — a remembrance of who you are beneath conditioning.

But awakening is only the beginning. The next phase is embodiment — living, breathing, and leading as the woman you came here to be.

If these pages stirred something within you, your next step is to enter **The Art of Feminine Foundations** — the course where these pillars come alive inside your body and your life.

Begin your journey here ➡

www.goddessguidanceofficial.com/artoffeminine



Closing Affirmations:

May your life become a living altar of devotion and beauty.

You are the Goddess. You are the Temple. You are the Code.