

Dream Goddess

AWAKEN TO THE LIFE OF YOUR DREAMS WITH THE 7 SACRED GODDESSES
BY KELLY SULLIVAN WALDEN

Dream Goddess: Athena

Goddess of Wisdom & War

Women who embody the Athena archetype are not afraid of their power—in fact they thrive on it. They are achievement oriented, alpha “A-type” personalities. They tend to identify themselves with their work, projects, or creative endeavors, and thus are extremely driven.

Contemporary Athena women in Western culture are natural leaders, who usually find themselves either working for themselves or climbing to the top of the corporate ladder. They don’t typically complain about the proverbial “glass ceiling” because they are too busy making strides, working hard, and focusing on the goal they are achieving than on how difficult it is to make it in a “man’s world.”

Women ruled by Athena live in a world where they know if they work hard enough, they can create their own destiny. They can be competitive with men and women alike (anyone who stands in the way of her reaching the brass ring she is striving for).



The cost of being overly “Athena” can be adrenal burn out, constantly feeling at war, and thus being criticized for being “ruthless” and a “bitch”. Being an extreme Athena archetype can be a lonely road since there’s only room at the top for one person—relationships can be opportunistic, conditional, thus not deep, long-lasting, and satisfying.

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Athena women's dreams are filled with wisdom and strategic guidance about how to get ahead in business and become more successful.

If you're not an Athena woman, you definitely want to be on her good side. If she is your attorney, she will do whatever it takes to win for you.

If Athena is your "shadow"... then you might feel a tendency toward victim energy regarding your finances, getting the recognition you desire at work, or having the affluent lifestyle you desire. If your Athena energy is suppressed then your desire for success, autonomy, and wealth may live in the closet and come to haunt you in your dreams. Perhaps you judge other women who are self-made, successful, prosperous, powerful, and confident. Perhaps you'd rather attract a mate (or someone to take care of you) than do what it takes to provide for yourself.

If this resonates, then explore the ways in which you might **add a drop of Athena** into your life and:

- Dress for success (not just comfort)
- Set a goal and achieve it
- Stop procrastinating and complete a project you've been working on (or wanting to work on)
- Become more "competitive" with yourself by pushing yourself to do/create slightly more than you did the day before
- Make a bold move/gesture and put yourself "out there"
- Become more independent and self-reliant

Athena's Story

(Source: <http://greekgodsandgoddesses.net/goddesses/athena/>)

Athena was the Greek virgin goddess of reason, intelligent activity, arts and literature. She was the daughter of Zeus; her birth is unique in that she did not have a mother. Instead, she sprang full grown and clad in armor from Zeus' forehead. She was fierce and brave in battle; however, she only took part in wars that defended the state and home from outside enemies. She was the patron of the city, handcraft, and agriculture. She invented the bridle, which permitted man to tame horses, the trumpet, the flute, the pot, the rake, the plow, the yoke, the ship, and the chariot. She was the embodiment of wisdom, reason, and purity. She was Zeus' favorite child and was allowed to use his weapons including his thunderbolt. Her holy tree was the olive tree and she was often symbolized by an owl. She became the patron goddess of Athens after winning a contest against Poseidon by offering the olive tree to the Athenians. It is evident that Athena and Athens derive from the same root. Athena is also called Minerva, Athina, Athene.

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Light:

Leader
Strategic
Wise
Courage
Law and justice
Mathematics
Strength
Decisive
Gets things done
Reliable
Great work ethic
Successful
Powerful in the world
Financially stable
Wealthy
Abundant
Mental
Disciplined
Commands respect
Impressive
Stands toe-to-toe in a man's world
Makes a name for herself

Shadow:

Warring
Bitchy
Bossy
Pushy
Ruthless
Crispy
All head no heart
Busy
Stressed out
Result-oriented
Ice Queen
Critical



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Women in the media who embody Athena:

Hillary Clinton
Robin Wright as Claire Underwood
Kerry Washington as Olivia Pope
Sheryl Sandberg (Author, "Lean In")

Who else?



Athena Dream Scenarios:

- Work related dreams
- Late for school
- Late for work
- Taking a test
- Money (losing, making it, or strategizing about how to get more of it)
- Losing or finding your purse or wallet
- Performing/gaining recognition in front of an audience
- Getting applause (publicly acknowledged)
- Anything related to sleep working

Symbols related to Athena:

Sun
Golden shield
Spear
Spindle
Bowl
Intertwined snakes
The Parthenon
Number 7
Owl (wisdom)
Dove (victory)
Ram
Eagle
Tiger

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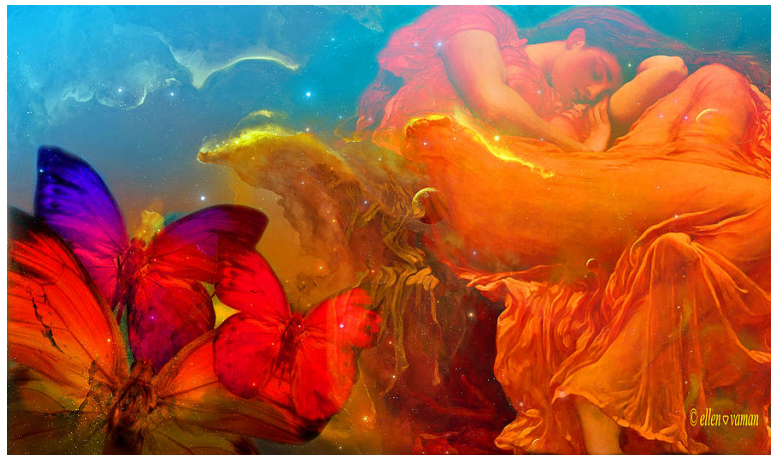
Leopard
Cats
Gold
Orange
Yellow
Emerald green
Royal blue

Questions:

- Who do you know that embodies the Athena archetype (light and/or shadow)?
- When in your life (if ever) did you embody the Athena archetype?
- What do you love/like/admire about Athena?
- What do you dislike the most about Athena?
- What inspires you about Athena?
- What scares you about Athena?
- What would it take for you to be in “right relationship” with Athena?
- Can you recall any Athena dreams you’ve had? Please describe them:

Set a Dream Declaration this week, asking Athena to assist you in becoming more:

- Successful
- Wealthy
- Disciplined
- Empowered



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Athena Dream Declaration Prayer:

“Athena, show me, guide me to be the powerful, successful, fulfilled woman I truly am. Infuse me with the remembrance of my true confidence, wisdom, audacity, focus, perseverance, and leadership to make my dream for _____ come true.”

Athena Mantras:

“I am the director of my dream.”

“If you want to get the job done, give it to a busy woman.”

“I am the embodiment of success.”

“All work and no play makes Athena a dull (crispy) girl.”

“Audacity is more important than talent.” ~Madonna

“I am Queen Midas; everything I touch turns to gold.”

For more information about Athena, go to:

<http://greekgodsandgoddesses.net/goddesses/athena/>