

Godless
ALPHA
Directions Home

Jessica Theroux



*Goddess Alpha
Directions Home*

Jessica Theroux



Calgary, Alberta, Canada



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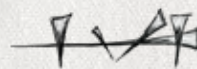
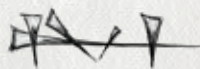
The lands where our studios stand are a part of the ancient homeland and traditional territory of many Indigenous Nations, as places of hunting, travel, trade, and healing. The of Southern Alberta include the Siksika, Piikani, and Kainai of the Niisitapi (Blackfoot) Confederacy; the Dene Tsuut'ina; and the Chiniki, Bearspaw, and Wesley Stoney Nakoda First Nations. We also acknowledge the homeland of the Métis Nation of Alberta.

We commit to serving the needs of Indigenous Peoples today and into the future.

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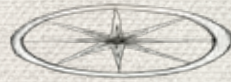
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Dedication

*This book is for you.
Goddess Alpha serves as a reminder that in this world, it is easy to forget
You have an army behind you.
These are your directions home;
breadcrumbs to always remember your way back.*



Acknowledgments

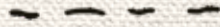
My goddess research is an amalgamation of received stories, conversations, listening, speaking, reading, and writing over decades, spun together with lived and learned experience, imagination, and curiosity. Goddess Alpha is more than an historical account and collection of facts. It is an act of fantasy, and respect.

I extend special gratitude to the wonderful storytellers who have influenced me greatly: Clarissa Pinkola Estes, Jean Shinoda Bolen, Joseph Campbell and Alexander Eliot, to name a few. Thank you to Lorene Shyba for her faith and mystical vision. Thank you to my parents, Garry and Debbie Szabo, first of all

for being my origin story and place of my first learning when it came to stories and the power of myth and of course for your unwavering support everyday, helping with photography and ironing and anything I ask of you; my solid foundation. Thank you to Winslow Eliot and Islene Runningdeer for the uplifting and esoteric fresh eyes in this journey.

Thank you to my husband, Rich Theroux, for the gift of a life well lived. You are the fire in the hearth of my home and along with all these breadcrumbs I am able to travel and dance and explore and never worry about being able to find my way safely back.

Foreword

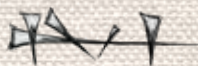


Jess Theroux has compiled a contemporary text that encompasses the complexities and richness of our inner worlds as reflected in these extraordinary and ancient goddesses. A wonderful gift for coming-of-age women, it is also a book that's a powerful guide for people of all ages and genders. As the author describes Venus, it's "perfect."

Jess captures the essential qualities of these goddesses from around the world in fresh, unique, artistic, and insightful ways. Through intuitive and knowledgeable descriptions, beautiful poetry, unique artwork, and compassionate guidance, she shows us how to befriend each one. She offers us a fierce, loving insight into the goddesses and into ourselves. Her words—and accompanying symbols—feel as true as the arrows that Artemis lets fly.

*Chaos reminds us to
Find comfort in the unknown
In the in between*

*—Winslow Eliot, PhD, metaphysician, and author of
Be Still—how to heal and grow and
What Would You Do If There Was Nothing You Had To Do*



Preface

In 2017 I was teaching an art class and we were looking at font design. For an example for the class, I designed an alphabet, each letter based on a goddess. As I embroidered each letter in class and at Rumblehouse gallery, I would tell the stories of who I was focusing on at that moment. These letters were important; representative of huge and universal truths. When I had a stack of 26 letters, little linen rectangles, I decided to make a book out of them.

It took a year to put the whole thing together, write the poems to accompany the letters and design each page based on the various cultures. This was a practice in digging to truth and connecting to ideas, not about perfection. It was all intuition and heart. Making the book was a balance between economy—too many pages to hide the backs of the embroidery would make the book too thick versus freeing myself from expectations of the past. There are threads showing and knots to fiddle with.



For years I carried this book around with me in my backpack and purse. I would tell the stories when people asked. Tapping into rich connectivity to a central flow of feminine energy, the lessons I wanted to remember were laid out in 52 pages of string and colour and love.

When the ability to share this with more people came, it was intimidating and exciting. This book is an opportunity to expand on free-verse poetry and create daily routines to keep our power in the forefront of our consciousness. As you practice these reflections they will become second nature and part of who we are. Work towards a connection with everything around you. Meditate on home. Find peace and the goddess within. —Jessica Theroux, 2024

J. Theroux

Goddesses, A to M



Artemis: Nature is our temple. Wilderness, our holy place. My bow and arrow remind us to be true and my crescent moon brings light. Pg. 4



Placeholder: Nature is our temple. Wilderness, our holy place. My bow and arrow remind us to be true and my crescent moon brings light. Pg. 4

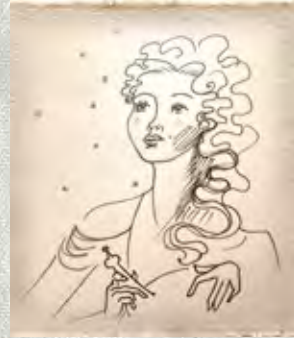
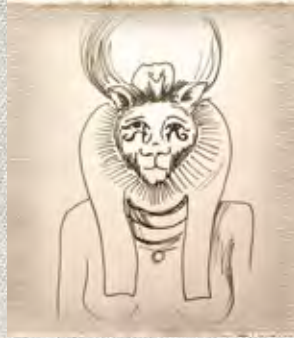
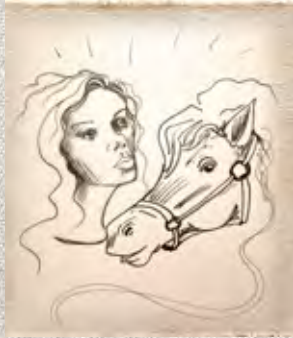


Placeholder: Nature is our temple. Wilderness, our holy place. My bow and arrow remind us to be true and my crescent moon. Pg. 4



Placeholder: Nature is our temple. Wilderness, our holy place. My bow and arrow remind us to be true and my crescent moon brings light. Pg. 4

Goddesses, N to Z



This book is to serve as a reminder.
In this world it is easy to forget. You
have an army behind you. Remember.

Artemis, she reminds us that
nature is our temple, the
wilderness, our holy place. Her
bow & arrow reminds us to be true.
Her crescent moon reminds us to be
light bringers. Most importantly,
she calls on us to support and
protect the feminine.





Artemis



I AM ARTEMIS



*I am wild, one with the wilderness
A delectable balance of timing
And immaculate chaos
One with the natural cycles
My home was Ancient Greece
And now I live in the hearts of those who
protect Mother Earth
I am Alpha Huntress
No hunter comes before me
Those animals I get to know
We agree on terms
To survive, you never take more than you need
To thrive, you take what wants to be taken
I am
The Boar
The Stag
The Bear
I am the moon and all her cycles
The crescent moon is the bend of my bow
My arrow is my truth
My needle piercing the silence
Resolute and unwavering*

*I am the new moon
The promise of the light coming, new beginnings
I took my vow of celibacy, my partner is nature
Water over rocks is my music
I stand for truth
The wilderness holds that truth
Come to my home and you'll feel
That truth, the breeze through the windows
You'll feel safe to be you
Artemisia plants: tarragon, mugwort, wormwood,
Burning to cleanse the air, in pastes in glass jars
These plants, for fevers, inflammation, headaches
The extra bed is always made for visitors
The antlers and feathers and furs
Adorning my home are gifts from the animals
When you build your altars
Remember the ethical journey of only receiving
What is given to you in jubilation
You can't force connection, you can't fake holy
My home is a place where you can be you
When people come to me in honesty
They are received with love and compassion
Including you
I am with you.*

REFLECT



What are distractions
in your life right now?
What is hindering you from being your truest self?
Breathe deep
Who is your truest self?
What elements are strong in you?
What elements need nurturing?
Are there distractions that could be re-focused,
and used as opportunities for re-centring?
For example: dishes could be stopping you from
writing your novel but, could you use that time
to listen to a podcast or a favorite album? Or
dictate notes? a time to meditate on big ideas?

ACT



Venture into nature
Carve out time to be quiet outside
with family or alone
summer or winter
you need fresh air
grass between your toes
dirt under your fingernails
snow in your hair
Remember me, eel the pulse of the mother
Protect and lift up your sisters



MEDITATE

Wherever you are, close your eyes
Breathe deep, imagine the fresh scent of
new growth in a deep forest
Breathe deep
imagine the soft mossy earth below you
feel the wind around you, gentle,
just enough to make the trees whisper
Remember me
The new-moon sky may be dark,
The light is coming. Be the light
You are armed with the truth
I am at your side.

Bilquis reminds us of our
sexual power. While it will
manifest differently for everyone,
we must never be made to
feel ashamed.

Protect and honour that
connection between you and
the Goddess.





ilquis

I AM BILQUIS



The Queen of Sheba

*I am the daughter of a jinn and my mother
was a queen.*

I know political and sexual power, both.

I am known for how much I have, and yet

*I am still ravenously hungry for more,
more knowledge, more experience*

Any way to grow beyond

I come from what is now Ethiopia

I am the beginning of a long line of Kings

They wrote about me in the Hebrew Bible,

the Qur'an and the Kebrä Nagast

All different words for the same story

There was a woman

She upset the norm

She had hairy legs and beautiful hips

She was evil

Evilly intelligent

Wildly out of control

a wealthy monarch

a philosopher-queen

a heretic!

*There are so many stories, they called me lustful
and indulgent.*

A tapestry of histories

And intentions

I guess there was a little bit of me in each story

My home is beautiful, everything gold and shining

I would travel, and people would travel to me

I have many treasures from across the world.

I have musicians playing for me always

Sitars and zithers

I sing as I work around the home

Frankincense smoke spiraling

through the notes of my song

I worship the sun

The only celestial body to

Rival me

And my gold

These monotheists come around

And push their god

But it's the sun that catches my eye

Do what brings you belly jiggling joy

What gives you butterflies?

Do that and I'll be with you.

REFLECT



Who are you really?
What helps you feel alive?
What excites you?
What turns you on?
Are you getting everything you desire?
If not, what's stopping you?
How can you restructure things in your life to attract
elements you crave?
Reflect on the various stories of you that will
surface after your death
What stories do you want people to remember?

ACT



Stretch. Reconnect with every inch of yourself.
First your body, roll out your joints, next your mind.
Listen to voices outside your usual experience
While in a safe space, push yourself to be
uncomfortable
Do riddles
Have you been wanting to train for a marathon?
Buy running shoes.
Have you been curious about a book that seemed
outside your comfort zone? Read it.
Have you been curious about faith?
From a place of Love and Compassion, journey to a
new land and learn everything you can
EXPAND.



MEDITATE

No matter what time of year, find a quiet place to
close your eyes
Breathe deep
imagine heat, dry desert heat, slow down
imagine the tongues of sunshine on you
smell rich and earthy scents
Myrrh, Sandalwood, Cinnamon
settle in, breathe slow, slow everything down
Remember me
My insatiable thirst for knowledge for experience
and understanding
You have sexual power and royalty in your blood
Back straight, head high, I am at your side

Chaos reminds us to
find comfort in the unknown,
in the in between,
in the fog.





chaos



I AM CHAOS



I am Primordial

Fog and mist

Alpha

"the chasm" between heaven and Earth

They've called me a chaotic mix of elements

Existing in the primordial universe

primal mud

I am the fertile space from where life sprang

The misty air through which birds fly

I am the beginning

Before form

I am complex and crude and cunning

I smell like ozone

Like earth and rain like dark dreams

I speak through all the mouths

See through all the eyes

My home is before the beginning

Timeless, formless, limitless.

I existed before mouths and eyes

I speak through your cells

Do you hear me?

Whispering in languages never written down

Through the winds

Between the dust

Spinning yarn from the ether

I am reminding you of the beginning

There were no words

To misinterpret

There was only essence

And things built from there

Or they didn't

Accepting when things don't work

Understanding that when things

Do work

knowing it is the universe at play

The big bang began it all and we

Are just little bangs

Creating as we grow.

REFLECT



What contrasting
binaries are at play in you? introvert? extrovert?
Chaos reminds you of the in between
It's ok to want to be alone and still crave connection
male? female?
we exist on a spectrum of characteristics.
Hormones, tendencies that will evolve and grow
as you get to know you more.
quiet? loud?
needy? independent?
messy? tidy?
You never have to be just one thing
You are a complete and complex being that is ever
growing, flowing, changing and evolving.
Like me, you are made up of the whole universe,
everything
You bring worlds into being.

ACT



Actively plan something you could bring into being.
Do up the blueprints.
What conditions would be conducive for your
Big Bang?
What do you need to add to your soil
to make things grow?



MEDITATE

Before time, there wasn't so much a flow
there was everything ... at the same time
Breathe deep
Life is messy
everyone is complex
many ideas existing at one time
We try to make sense of it all
Surrender
You don't have to understand it all to celebrate it all
Remember me
I am with you in the in between.

About the Author



Jessica Theroux entwines her own personal journey with meticulous historical research and a spiritual connection to prominent goddess figures. Through her mastery of embroidery, watercolour, oil painting, and ceramic sculpture, she delves into the mystical realms of the feminine divine, shining a light on the power that resides within every cherished and often-overlooked creature on our planet. In a recent TedX talk, she explored the significance of love in our collective journey of (re)creating the world. Jessica, along with her husband Rich, run Rumble House, an art gallery and studio in downtown Calgary, Alberta.

