



# APHRODITE

LOVE

When I open my heart I am filled with delight so profound, with ecstasy so sweet, with pleasure so deep. The connecting with my beloved takes me to all the places, and the union plays rhapsodies in my soul. I can achieve union when I achieve oneness with myself. I can dance partnership when I can dance alone. I can love another when I can love myself.

## Mythology

Aphrodite (pronounced a-fro-dye'tee), ancient Mediterranean Mother Goddess, traveled to Greece when the Greeks colonized Canaan. The Greeks say Aphrodite was born of the union of the sky and the fertile sea womb, when the castrated penis of the former Sky God Uranus fell into the ocean. Although traditionally revered in all her multitudinous aspects, including battle, the Greeks, in their effort to assimilate her, relegated her to a love Goddess. When she arrived at Olympus, Zeus, the chief God, married her to Hephaestus, the lame God of smithcraft. He made her exquisite jewelry, but she preferred the passionate Ares, God of war, in her bed.

## Meaning of the Card

Aphrodite is here with her dance of love, inviting you to luxuriate, bask, and revel in love for yourself. Do you spend the day without thinking or saying how much you love yourself? Do you do little loving for yourself? Or are you miserly, keeping yourself on a diet of starvation rations? Do you listen to your needs in a loving, respectful way, or do you criticize yourself for balking at the schedule you keep, for complaining about the job you hate, for bemoaning the relationship you endure? Now is the time to love yourself. Aphrodite says that to be able to love another, you must be able to love yourself. Loving others means being able to allow them to be exactly as they are. It means witnessing yourself and your loved ones with love, amusement, and delight. The amount of space we can allow another is dependent on the amount of space we can allow for ourselves. Wholeness is achieved when we can hold infinite space and patience for ourselves first and then extend it to others.

## Ritual Suggestion: Holding Space

This can be done anytime, anywhere, for as long as you feel is appropriate. Take a deep breath and release it. Take another deep breath and as you release it feel, sense, or see a circle of space around you. It can be any amount of space that you need. Now fill that space with love in any form that pleases, delights, tickles, or makes you feel good. Once the circle is filled, put yourself in the center of the circle, in the middle of all that love, and take it into your cells, into the marrow of your bones. Take it in, whether or not you feel you deserve it. Take it in, regardless of how you feel about yourself. See, sense, or feel yourself filling with love for you. As you are holding the space for you, look into your own eyes and say, "I love you". Keep repeating it over and over until you feel your love for yourself dancing in your heart. Feel the love circulate through your body. Now take a deep breath, exhale slowly, and open your eyes. Welcome back!