

A Black Woman's Guide to Tantra and Goddess Spirituality

What is a contemporary Goddess? For today's black woman, a Goddess is a woman who strives to make informed, conscious choices that benefit her health, beauty, and spiritual wellness. But she isn't a high-maintenance diva-girl.

Being a Goddess is about living well and embracing your divine feminine spirit. A Goddess is confident, sensually delicious, authentic, and unique. This concept is both ancient old skool and modern new age.

A Goddess embodies a special feminine power in her heart and mind. It's the power that manifests when you're free of hatred. It's replaced by an unlimited capacity for love and kindness.

A Goddess is the beautiful black woman that Jill Scott examines in her remarkable spoken word song, *Thickness*. Jill repeats the words "She so big . . . She so BIG . . . She so BIGGG" until the audience finally "gets" it. She's explaining that love supreme shouldn't be about the thickness of a sister's rockin' hips. It's about valuing and spotlighting our larger-than-life **essence**.

[Insert Jill Scott music video]

Like Jill Scott, I'm saying it's time for spiritual elevation. I've found that Tantra allows just that.

HISTORICAL

In ancient times, the concept of a "higher being" was feminine. Most societies worshipped the Goddess, the Great Mother, creator, provider, and sustainer. Civilization was matriarchal; humankind was in harmony with nature.

There is little archaeological evidence that female members of those societies held themselves superior over their men. But eventually, as societies became less agrarian and more technological, the Goddess was replaced with a mighty but wrathful male god figure.

This gave rise to the gross exaggeration of masculine attributes of greed and aggression. The feminine characteristics of community, giving, nurturing and creativity were repressed. Cultural concepts such as justice and equality became imbalanced.

The status of women began to decline and continues to this day. This has woefully impacted women's rights. It's even reflected in the derogatory terms associated with femininity or female genitalia: bitch, heifer, and . . . Well, you get the point. ... [Article Continues...]

