

# Aphrodite Workbook



# Aphrodite

The Kit includes:

This PDF workbook  
The Video Lesson  
The MP3 Meditative Journey

★ Start where you like

★ Print out the workbook or use it as a guide for your own  
journalling

★ Start with the parts of this kit you feel most drawn to

★ Come back to the other parts later if/when they call to you  
- you don't have to do it all!

★ Explore your journey with Aphrodite in any way that feels  
good to you!

★ Use this kit as a guide, always go with your gut and what  
feels true to you



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# Heart Storm

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think of Aphrodite



*"Love who you are, embrace who you are. Love yourself.*

*When you love yourself, people can kind of pick up on that: they can see confidence, they can see self-esteem, and naturally, people gravitate towards you."*

*-Lilly Singh*



# Intro

- ★ Aphrodite is the Greek Goddess of love, beauty, pleasure, sensuality, sexuality, passion and procreation
- ★ She is also known as the Roman Goddess Venus
- ★ Aphrodite is a powerful ally in working with self love and helping you to see your own inner and outer beauty
- ★ She is the Goddess to call on when wanting to bring back a spark to romantic relationships
- ★ Aphrodite can help you to find love in all things, especially helping you to fall back in love with your own life
- ★ If you want to experience more pleasure and enjoy the physical aspects of life, she is available to assist you
- ★ Aphrodite can help you to see the love and light in others rather than going into judgement or fear
- ★ She is the Goddess of self care
- ★ If you have been hustling too hard or looking after everyone else, she is the Goddess to call on
- ★ Aphrodite can support you with sexual healing, in your sexuality and sexual relationships (however, always work with a professional if and when needed)



# Check In

How are you feeling as you begin this work with Aphrodite?

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In what ways do you feel you are already working with the energy of Aphrodite?

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In what ways do you think she can support you?

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How would you like things to look and feel after doing this work with Aphrodite?

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# 30 Day Practice

Every day for thirty days do something to develop your connection with Aphrodite or to focus on an area she can support you with (e.g. self love, self care, pleasure, etc.)

Do this in whatever way works for you.

★ **Some ideas for your practice could include:**

- Calling on Aphrodite in your daily prayers or practices
- Place an image of Aphrodite somewhere you will see it
- Make her your screen saver on your phone for 30 days
- Create an Aphrodite altar
- Making a daily offering

If you already have a daily spiritual practice, think about how you could include her.

During the 30 days take notice of how you feel and of any changes you see in yourself or your life.

Record your experiences in a journal or in the notes pages at the back of the workbook.

What are your intentions, plans and goals for this 30 day practice?

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# Aphrodite Tool Kit

Here are some tools that may help you to work with Goddess Aphrodite. Use this list only as a guide, always trust your intuition and remember you can always just use what you already have.

## ★ DEITIES:

Zeus + Dione (her parents)  
Any of the other Greek Gods and Goddesses  
Dove (animal spirit)

## ★ OILS/INCENSE:

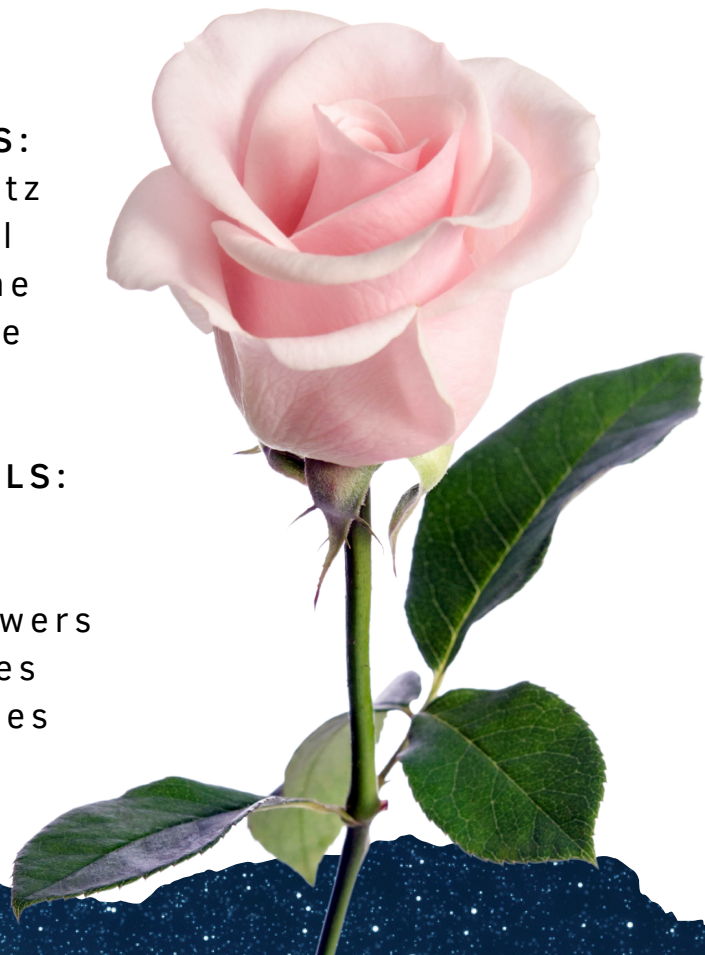
Rose  
Geranium  
Ylang Ylang  
Jasmine

## ★ CRYSTALS:

Rose quartz  
Pink opal  
Aventurine  
Rhodonite

## ★ OTHER TOOLS:

Water  
Shells  
Roses or flowers  
Dried roses  
Pink candles



# Candle Magic

Use this candle spell to invoke and invite Aphrodite into your life.

Choose something specific you would most like her to support you with - e.g. romantic love, self love, self care, beauty, sensuality, sexuality, or anything else you think she can help you with.

Everything can be changed to suit your own preferences, needs and supplies! Make it your own!

## You will need:

One candle - a pink candle would be great, otherwise a plain white candle always does the trick!

An earring back (to wear after!) or if you don't have pierced ears, a pin or crystal point

Rose or Geranium oil

Rose petals

Cinnamon

A plate to put your candle or candle holder on

- ★ 1. Make sure your space is clear and you have somewhere special to put your candle
- ★ 2. Gather your supplies and get comfy
- ★ 3. Take some time to centre yourself - ground, clear and protect your energy through visualisations, affirmations or whatever else works for you



# Candle Magic

- ★ 4. Hold your candle in your hands and take a few deep breaths, visualising your energy moving into the wax
- ★ 5. Say out loud:  
*"Thank you Goddess Aphrodite for hearing my prayer, hearing my heart and coming into my life in powerful ways. Thank you for bringing your light, your love and your healing power to me now. Thank you for showing me how to love, how to be loved and how to love myself. Thank you for helping me with [your own choice]. Thank you for helping me to embody your beauty and your grace, your power and your wisdom. May all our work together be done in alignment with the best and highest good of all, and so it is."*
- ★ 6. Take your earring (or point or pin) and engrave Goddess Aphrodite's name and your own name into the wax. Then add any words or symbols that you feel represent what it is you want to call in. Do this with intention.
- ★ 7. Dress the candle in the oil, the cinnamon, and rose petals
- ★ 8. Put your candle on the plate or in the holder, sprinkling more rose petals on the plate.
- ★ 9. Light your candle and visualise Aphrodite's pink light of love activating in your candle and moving into your heart.
- ★ 10. Let the candle burn down or snuff it out and re-light anytime until finished. Continue to thank Aphrodite.



# Self Love

Where are you at on your self love journey?

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In what ways do you show yourself love?

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In what ways do you lack self love?

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What is Aphrodite calling you to do to bring more self love in?

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# Self Care

Where are you at on your self care journey?

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In what ways do you care for yourself?

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In what ways do you not care for yourself?

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What is Aphrodite calling you to do to create more self care?

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# Beauty

Where are you at with seeing your own beauty?

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Where do you see beauty inside yourself and in the mirror?

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Where do you struggle to see your own beauty?

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What is Aphrodite calling you to do so you can start to see your own beauty even more?

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# Romance

How are you feeling about romance right now?

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Where is romance present in your life?

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Where is romance lacking?

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What is Aphrodite calling you to do to bring more romance into your life?

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# Love for Life

How in love with your own life are you right now?

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What parts of your life are you most in love with?

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What parts of your life are you not so in love with?

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What is Aphrodite calling you to do to help you fall more deeply in love with your own life?

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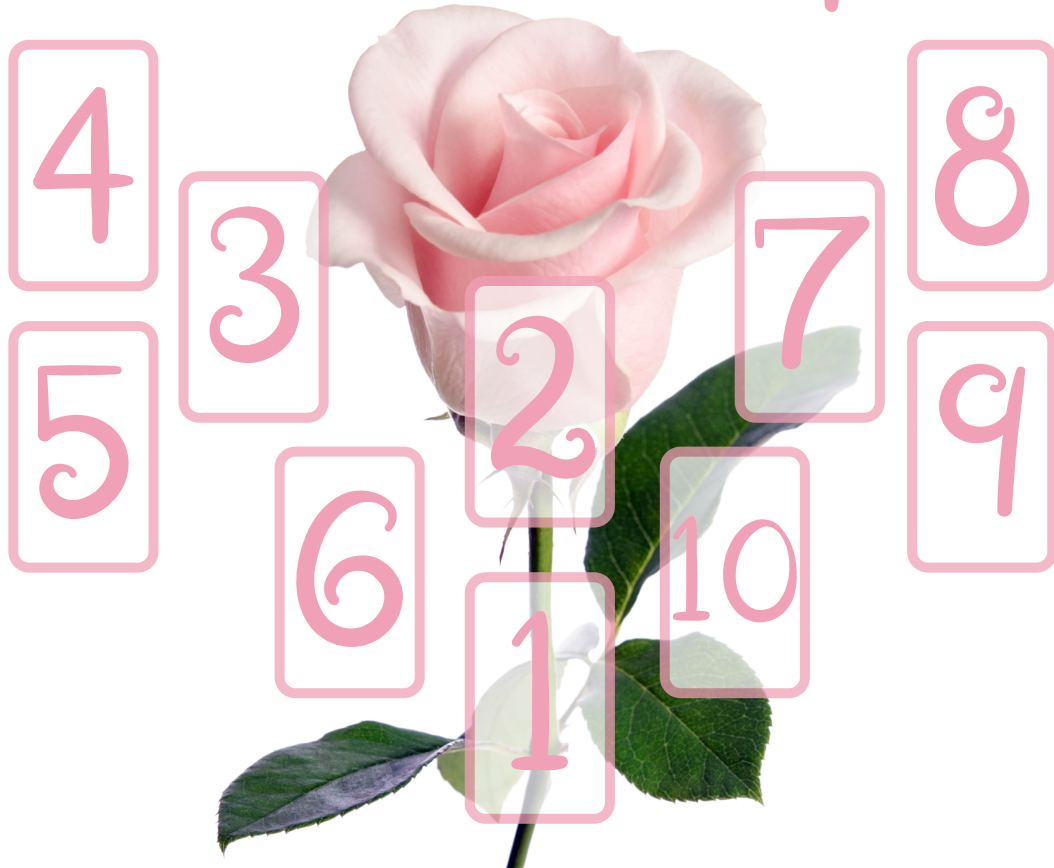


"I think the most important thing in life is self-love, because if you don't have self-love, and respect for everything about your own body, your own soul, your own capsule, then how can you have an authentic relationship with anyone else?"

-Shailene Woodley



# Aphrodite Spread



1. Why is Aphrodite coming into your life?
2. What is she here to help you with?
3. What do you need to know about your self love journey?
4. What self care practices are best for you right now?
5. How can you see your own beauty?
6. How can you improve your romantic relationships?
7. How can you connect with your own sensuality?
8. How can you experience more pleasure?
9. How can you fall more deeply in love with your own life?
10. How can doing this work impact your life and ripple out to others?





# What's Next?

- ✓ If you enjoyed this kit and found it useful, please tell your friends about it. As a small business word of mouth helps so, so much!
- ✓ If you are in The Circle you are welcome to come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!  
[www.newagehipster.co/the-circle](http://www.newagehipster.co/the-circle)
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions -  
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## About Vix



Victoria 'Vix' Maxwell is the creator of New Age Hipster, a spiritual home for good witches, lightworkers, starseeds and spiritual seekers. A Priestess for present times, modern mystic and spiritual teacher in converse sneakers, Vix supports her worldwide community in reconnecting to their own light, inner guidance and power through soul readings, courses, online spiritual development circle, spiritual business coven, podcast, blog and social media channels. Vix is the best-selling young adult fiction author of the *Santolsa Saga* series and author of *Witch, Please: Empowerment and Enlightenment for the Modern Mystic* published by HarperCollins.

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