

The Order of the White Moon Goddess Gallery Presents

Sophia

A Level II Final Project by Mystic Sage

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She is more beautiful than the sun,
And the constellations pale beside Her.

Compared to light, She yet excels it.

For light yields to dark,

While She yields to nothing.

She stretches mightily throughout the cosmos,
and guides the whole universe for its benefit.

Wisdom of Solomon 7:29-8:1



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Sophia means wisdom. In the Hebrew Scriptures, Wisdom is not merely a feminine noun but an alive person. She is the Judeo-Christian God's female soul, the source of his true power¹, and the creative energy through which all things come into being. She is the feminine manifestation of God. Here is how She is described in the book of Wisdom:

Within her is a spirit intelligent, holy,
unique, manifold, subtle,
active, incisive, unsullied,
lucid, invulnerable, benevolent,
sharp, irresistible, beneficent, loving to humankind,
steadfast, dependable, unperturbed,
all-powerful, all-seeing, and available to all.

For Wisdom is quicker to move than any motion;
She is pure, she pervades and permeates all things.

She is the breath of the power of God,
pure emanation of the Divine Glory;
hence nothing impure can find a way into her.

She is a reflection of the eternal light,
untarnished mirror of God's active power,
image of divine goodness.

Wisdom 7:22-26

Because Sophia is "a breath of the power of God and a reflection of the eternal light," she can give us wisdom, light, and perspective on our lives and on the things with which we struggle, question, or desire.

¹ Amy Sophia Marashinsky, *The Goddess Oracle* (Stamford, CT:US Games Systems, 2006),158.

The Wisdom of Ben Sirach tells us that Sophia is the Great Mother of all. We read in chapter 24, verse 18 “I am the Mother of true love, wonder, knowledge, and holy hope. Beyond time, I am yet given to time, a gift to all My children, to all that have been named.” As the Mother of humanity, Sophia has revealed herself to many different peoples, traditions, and religions. To the Jewish people, she is Shekinah, the feminine face of God. In Hinduism, she is Shakti, the all-powerful cosmic feminine principle². As our Mother, she longs to connect with us, love us, and guide us. When we connect with her, we connect with our own deep inner wisdom. Robert Powell in *The Sophia Teachings*, tells us that Sophia is someone who enables us to begin to discover who we are, what we think, what we feel, and what we are able to do.”³

Sophia is God-with-us acting within to bring transformation. In the Wisdom of Ben Sirach, Sophia tells us:

“I am the breath of the Most High, blanketing the earth like mist, filling the sky like towering clouds. I encompass distant galaxies, and walk the innermost abyss. Over crest and trough, over sea and land, over every people and nation I hold sway. Among all these I searched for rest, and looked to see where I might pitch my tent...I have grown tall as a cedar of Lebanon, like a cypress...I spread my fragrance like a choice myrrh...I was like the smoke of frankincense, like a terebinth I spread out my branches, laden with honor and grace. I am like a vine putting out graceful shoots, and my blossoms are a harvest of honour and wealth.”

Teri Degler in *The Divine Feminine Fire* says that “in these images we find the very essence of Sophia as God-with-us.” She explains that while the smoke shows that she makes her home with God, the terebinth shows she spreads her protective branches over us and makes her home with us as well. She is the source of transformation and creative inspiration.⁴

To begin to work with Sophia and allow her to transform us, guide us, and love us we must take time for solitude and quiet reflection. Joyce Rupp tells us that

“the quiet spaces in life are necessary if there is to be a movement from head to heart. It is in the heart that wisdoms are born. We can know and experience many things but they remain only knowledge until we allow them to sink into the depths of the heart. Sophia helps us to take facts, data, events, and experiences down to the spiritual womb. There they gestate and are transformed into truths which eventually are brought up into the light of consciousness. These discovered truths give our lives a right ordering where the best of who we are can come to be realized.”⁵

² Teri Degler, *The Divine Feminine Fire* (Flourtown, PA: Dreamriver Press LLC, 2009), 19-21.

³ Robert Powell, *The Sophia Teachings* (Great Barrington, MA: Lindisfarne Books, 2001), 2.

⁴ Teri Degler, 146-150.

⁵ Joyce Rupp, *The Star in My Heart: Experiencing Sophia, Inner Wisdom* (Notre Dame, IN: Ave Maria Press, 2004), 27-28.

Meghan Don gives us a powerful prayer and meditation to help us enter that quiet space where we can begin to listen to Sophia:

Prayer...

Mother of the ground of my being
Spacious eternal womb
May we enter and know you within our own being
May we enter and know you as our being
May our small fears dissolve into your breath
May our small thoughts find their way to you
May we lay down in your cosmic lap
May we know the movement of your being
And the repose of your nature
May we breathe back into love
Into our eternal happening.

Meditation...

Gathering yourself into the quiet of your being, let your breath come into a natural and gentle rhythm. Let yourself deepen and expand. On your next out-breath, let your breath reach out and join with the expansiveness of Sophia, Mother Wisdom. Let your breath rest in the peace and spaciousness here. When needed, take another in-breath and feel this great mother within and all around you. If you like, you may gently say in your mind the name Sophia as you breathe in and out.⁶

As we come to know Sophia and connect with her she works in us to bring comfort and healing from wounds we have experienced. Solomon tells us in the book of Wisdom, "I therefore determined to take her to share my life, knowing she would be my counselor, my comfort in cares and sorrow." (Wisdom 8:9) If we allow her, Sophia will be a comforting presence with us as we face the pain in our life and seek to heal from it. She can help us see that our wounds can be a source of growth in wisdom if we are willing to reflect on them and allow her to bring insight.

⁶ Meghan Don, *The New Divine Feminine: Spiritual Evolution for a Woman's Soul* (Woodbury, MN:Llewellyn Publications, 2016), 26-27.

Here is a ritual for Healing with Sophia:

Need:

Sage or other incense, matches, a white Goddess candle, a blue or green candle, piece of paper and pen

Decorate your altar with a blue or green cloth, your candles, crystals and anything else you would like (flowers, picture or representation of Sophia etc.)

Light the sage or incense and visualize the smoke purifying yourself and your space. Cast a circle and invoke the directions/elements and request their support during your ritual. Light the white Goddess candle as you invoke Sophia.

Invocation:

Sophia, I call upon you and ask you to be my wisdom. Bring to my mind those hidden things that cause me sorrow and are in need of healing. Give me wisdom to see the truth of those things, to see the lessons they have taught me, and to know the truth about myself.

Meditation:

Close your eyes and take a few deep breaths. Gather yourself in the quiet of your being and let your breath come in a natural, gentle rhythm. Allow yourself to deepen and expand. As you exhale, let your breath reach out and join with the expansiveness of Sophia, Mother Wisdom. Rest for a moment in the peace and spaciousness found here. Feel Sophia within you and all around you. When you are ready, open your inner eyes and find yourself in a beautiful, serene garden. Notice the light and play of the breeze on the flowers. As you walk through the garden, notice the beauty and sense Sophia's presence with you. As the two of you walk together, you

notice a path and turn toward it. You know the path leads deeper into your inner world and as you walk, you allow Sophia to gently lead you. Where does she take you? What does she show you? Are you reminded of anything from the past as you wander? When something comes up look to Sophia and allow her to care for you as you remember. Let her love nourish you and pour healing oil on any wounds the remembered event causes. When you are ready, walk with Sophia back down the path to the garden. When you are back in the garden turn to Sophia and ask her to tell you what wisdom there is for you in what she showed you. Was there a lesson? What “knowing” comes to you? Thank Sophia for any insight you’ve gained. When you are ready, open your eyes.

Write down the insight you gained from Sophia. Light the blue or green candle and place the paper under it. Ask Sophia to help you integrate the insight into your daily life. Visualize it done.

Blow out the candle.

Ground yourself.

Thank Sophia for the insight she gave and the directions/elements for guiding you and being with you during your ritual.

Open the circle.

Another gift for us as we connect with Sophia, is inner freedom and wholeness. Proverbs 2:11-13 tells us that “When Wisdom enters your heart...you will be rescued from your own dark inclinations...” Sophia brings freedom into our hearts as we search for the truth of who we are and discover how we are called to live a life of wholeness. As we look within ourselves, questioning our true desires and our motives, Sophia helps us see the truth. When we have inner freedom we are less controlled by our emotions and are better able to see what will lead to not only our own greater good, but also what is best for others. We are able to choose to act in a certain way, not out of guilt, fear, coercion, manipulation, or any other unfree motivations, but because we want to do so. When we have inner freedom, we are able to dwell more quietly at our center because we are more true to who we really are. To be free inside is to know and to accept the person we are becoming. It is to have a vision of life and self that moves us toward goodness and wholeness. When our true self is freed, we are a blessing to others.⁷

Robert Powell gives us a beautiful prayer to invoke the Great Mother, Divine Sophia. It is called the *Our Mother* and was introduced during World War II by Valentin Tomberg:

Our Mother, thou who art in the darkness of the underworld,
May the holiness of thy name shine anew in our remembering,
May the breath of thy awakening kingdom warm the hearts of all who wander homeless.
May the resurrection of thy will renew eternal faith even unto the depths of physical substance.
Receive this day the living memory of thee from human hearts,
Who implore thee to forgive the sin of forgetting thee,
And who are ready to fight against temptation which has led thee to existence in darkness,
That through the deed of the Son the immeasurable pain of the Father be stilled,
By the liberation of all beings from the tragedy of thy withdrawal.
For thine is the homeland and the boundless wisdom, and the all-merciful grace,
For all and everything in the circle of all.
Amen.⁸

[Return to Goddess Gallery](#)

⁷ Joyce Rupp, 107.

⁸ Robert Powell, 92