

# The Triple Goddess

*A Self-Reflection on Maiden, Mother & Matriarch*



These archetypes are not rigid stages — they are living energies within the psyche. We carry aspects of all three throughout our lives. Sit quietly with each one. Notice which feels most alive in you right now.

<p>◆ The Maiden</p> <p><i>Waxing Moon · New Beginnings</i></p> <p>Artemis — Goddess of the Hunt</p>	<p>◆ The Mother</p> <p><i>Full Moon · Creation &amp; Power</i></p> <p>Selene — Goddess of the Moon</p>	<p>◆ The Matriarch</p> <p><i>Waning Moon · Wisdom &amp; Legacy</i></p> <p>Hecate — Goddess of Magic &amp; Crossroads</p>
<p><b>Reflect:</b></p> <p><i>Do you feel the pull of new beginnings, lightness, or exploration? Where does curiosity or joy want to lead you? What is wanting to be born in you?</i></p> <p><b>Cultivate:</b></p> <p>Let yourself be lighthearted. Play. Go into nature. Experience physical joy and competency. Laugh freely.</p> <p><b>Essence:</b></p> <p><i>Neroli · Sweet Orange Optimism, hope, emotional balance</i></p>	<p><b>Reflect:</b></p> <p><i>Where do you feel the fullness of love, devotion, or creative power? What are you nurturing right now — in others, in yourself, in the world?</i></p> <p><b>Cultivate:</b></p> <p>Care for others and yourself equally. Create. Cook. Garden. Seek deep connection and allow yourself to be nourished.</p> <p><b>Essence:</b></p> <p><i>Rose · Lavender Compassion, healing, emotional balance</i></p>	<p><b>Reflect:</b></p> <p><i>What wisdom have you earned that is ready to be shared? What no longer needs your energy? What legacy are you quietly building?</i></p> <p><b>Cultivate:</b></p> <p>Mentor. Teach. Write your wisdom down. Give back. Trust your discernment. Honor your magic.</p> <p><b>Essence:</b></p> <p><i>Clary Sage · Cypress Intuition, vision, grounding transitions</i></p>

**Balancing the Three Within You** — Do you recognize yourself in one archetype more than the others right now? Or do you sense all three living within you at once? These are not rigid stages to climb — they are living energies that move and shift. If one feels overdeveloped or undernourished, what might help restore balance?

*"The moon continues to wax and wane whether we are watching it or not. So do we. Wherever you find yourself in this cycle — honor that season." ◆*