

Honouring

the Divine Feminine
Mantra's, Songs and Dances
by
Zubin Nur

Honouring
the
Divine Feminine

Mantra's, Songs and Dances
by

Zubin Nur



This book is made with the intention of enlightenment and for the inspiration and support of all, to empower Love, Harmony and Beauty in all beings on this planet.

3rd edition 2013

2nd edition 2010

1st Edition 2006

All parts of this book and CD may be used *with prior* permission from Zubin Nur zubinnur@peaceplace.nl (and with due credits).

Other publications by Zubin Nur

Sound Soul Healing (Book & CD)

Real-eyes-ing the Divine (Book)

The Rhythms of Life (Book & CD)

Forthcoming projects:

Universal Worship (Book & CD)

Lullabys (Book & CD)

Songs for Children (Book & CD)

Reflections 1: On life (Book & CD)

Reflections 2: Living Peace (Book & CD)

HeartsLight Publications 2013

Honouring
the
Divine Feminine
by Zubin Nur

Contents:

Words of Gratitude.....	7
Honouring the Divine Feminine within and without	8
1 Sri Mata.....	10
2 I am the Ancient One.....	11
3 Saraswati Mantra & Dance	12
4 Inannah Ereshkigal	14
5 Maria, Quan Yin, Tara	17
6 Om Tare Tu Tare Ture Soha.....	18
7 The Love of the Compassionate One	20
8 Goddess Come Down (Zubin's version)	21
9 Passion and Compassion	22
10 Lalitambika	23
Appendix 1 The Mystery of Inannah & Ereshkigal	25
Bibliography	26





Silver Goddess Figure designed by John Westrik and ZubinNur and made by John Westrik

Words of Gratitude

First words have to be words of Gratitude. Firstly to The Goddess for Her Inspiration and support. Then to my beloved life partner John who has helped, strengthened and supported all my work and journeys and especially the production of this CD and booklet.

I am also so grateful for all my teachers on this life's path. The teachings from my birth family and my Sufi family (Sufi Ruhaniat International). I offer great thanks to my teachers Mariam Baker, Pir Shabda Kahn and all others who have guided me and walked with me on this spiritual path. There is great gratitude for all they give and have given me. Thanks also to all the friends who also offer support through their friendship and through their positive attitude toward this work.

Great thanks of course to the Divine and especially to the Divine Feminine which has been *so* lost in the world as I experienced it. She *is* re-emerging and her place is accepted and honoured by more and more people. This work has come to support this growth of awareness of the Divine Feminine. May it find it's way to all who will appreciate it and grow in it, with it and through it. It is a great blessing for me to work with the Divine Feminine.

Gratitude of course also goes out to you dear reader and listener. May this bring you all you wish for yourself. May the Divine Feminine grow in you and through you and may you feel her loving, supporting and guiding hand present with you through every day of your life.

With all good wishes and great gratitude, Zubin Nur

Honouring the Divine Feminine ~ within and without ~ ~ empowerment, integrity, integration ~

This CD has come along to help us on our path toward recognizing and integrating a part of ourselves which has been neglected and overlooked for so many centuries. We are now moving to a new time. A time of integrity, honesty, integration and peace. Making this change is not easy as we can witness in the chaos in the world around us.

Much of the world has forgotten the Divine Feminine. Many are still scared of Her after thorough brain-washing from the early middle ages onward. It is time for us to work with The Whole. To integrate Divine Feminine and Divine Masculine. The question could be asked why is this CD then *only* honouring the Divine Feminine? The routes and roots to the Divine Masculine are largely open and accessible, however, the routes and roots to the Divine Feminine are mostly still hidden and distorted. Those who feel called to honour the Divine Feminine may feel the need to concentrate solely upon Her for a while. Not denying the Divine Masculine but establishing a welcoming for the pure, dark, creative, chaotic Divine Feminine in this largely patriarchal world.

The Goddess has been waiting, she's been waiting for us to remember and to return to the Wholeness of feminine *and* masculine, the completeness of yin *and* yang, the unity of female *and* male in all their complimentary energies.

She didn't die and She didn't go away ~ once you open your awareness to Her you will see Her manifestations everywhere & will feel and know that She *is* loving you and supporting you as She always has, as She always will. She has never for a moment forgotten us ~ rather we forgot her ~ and still She loves us, supports us and cares for





During recordings at the Maria Kerk in
Apeldoorn 2006

1 Sri Mata

The first of the 1,000 names of the Divine Mother in Sanskrit from the Hindu tradition.

This name encompasses ALL. It is the name of the Universal Mother for whom nothing is too small to be overlooked or left out.

Sri means the first or the most important. She is the Primal Pulse, the Cause and Effect of the Universe. To Lord Shiva who ate poison to save the world, She was the Antidote.

Mata means the One who sets or establishes limits. She, being the One who is in All is the One who can limit. She can limit Sri Lakshmi (The Goddess of Abundance) because She encompasses her. Possessing a glory which exceeds that of Lakshmi is true liberation, solid Bliss. Sri Mata is the embodiment of Bliss. Here it is sung 108 times as is the Hindu tradition

Feel your attunement to the mantra and sing along. Walk with your Sri Mata, She is alive and dancing in your heart.

This is a very simple mantra and can be sung to many different rhythms, chants and intonations. Experiment and feel what suits you the best. Feel how at home you are with her and She with you. And above all however it feels, just be with it, don't worry about it, or judge it, just know "This is how it is right now."



2 I am the Ancient One

Words: I am the Ancient One
 You live in Me
 I am the Ancient One
 Living in You
 OO - OO - OO - OO
 Ah - Ah - Ah - Ah

The first spirituality that humankind knew was probably that of The Mother. She was respected in *every* woman, who was considered an amazing and wonderful creatrix. She could bleed and *not* die. She could bring forth new life. She was the embodiment of creation. This Mother aspect was honoured and respected not only in each woman but in All of Creation. Everything was recognized as an integral part of the Whole and was therefore Sacred, to be respected, honoured and thanked. The first humans knew that Everything was connected to Everything.

The Ancient One has been holding, supporting and caring for us for ever. For many centuries she has received a dwindling amount of Love, Honour and Respect and little or no recognition - let alone thanks.

In this song She reminds us of our connection to Her and that She is ever living in us ~ we too are sacred.



3 Saraswati Mantra and Dance

Words: Om Eim Saraswatyea Swaha (x3)

This is the root mantra of all devotions to Saraswati. She is the Goddess of Spiritual Wisdom, Education and Music. During this mantra we can take the opportunity to remember that everytime we remember Her ~ she *is* manifest in the world.

The Dance also asks us to be aware of the whole of ourselves, to gather the parts together, even those which we do not like to admit we have. They *are* here, when we acknowledge them and come to understand them. they cause us less strife.

So as we Dance we gather *all* the parts, knowing that the Divine knows us *completely* anyway, we have no need to try to hide some parts of ourselves.

Dance: Form a circle. Chose partners for the 2nd part.

1 Process in a circle. Clockwise direction. Identify with Saraswati. As you walk, know She walks in you. Arm and hand movements or mudras are free.

2 Turning to your left (anti-clockwise), hold your left hand underneath your heart and use your right arm to gather all the parts of your personality. End standing facing centre with hands cupped in front of the heart with the whole of your presence in them.

3 Walk inwards, offering up this cup that represents all you are to Her. On reaching the centre turn to your right gradually releasing all to Her who is not only in the centre but also 'outside', the Container of All.

Repeat this part as desired, or dance just this first part.

Part 2

1 Turn to your partner. Partner on the right begins, bending and reaching down to the feet of her partner, she strokes the aura from the feet upward, encompassing the whole aura. Affirming that *this* (her partner) *is* an embodiment of the Goddess.

2 On the repeat the partner on the left completes the same blessing and acknowledgment.

3 Third repeat, hold hands, l to r hand, r to l hand of your partner, walk a half a circle together (changing places). Affirming what has been seen in each other.

The Dance may finish here. Personally I like to go back and finish in the first part. Affirming that we know this Divine Female quality *is in us* without affirmation from 'outside'.



4 Inannah Ereshkigal

Words: Inannah Ereshkigal

Many of us raised in the Western world with a Christian background know of the self-sacrifice of Jesus. Few of us are probably aware that the self-sacrifice myths go way back into mythology and are also there in the Ancient Goddess traditions.

Sing and dance the mantra of these two sister Goddesses. Feel their energies in you and around you.

As you sing the song feel which sister resonates more with you at this moment?

Are you as at home with Ereshkigal, Goddess of the Underworld, as with Inannah, Goddess of Heaven and Earth?

Can you be comfortable in the darkness of your Underworld and re-emerge to your Heaven?

What ever, how ever it is, is how it is *just now* and NOTHING on this plane is forever, except Love.





Inannah ~ Queen of Heaven and Earth



5 María, Quan Yin, Tara

A song/ prayer calling upon these Goddesses and the qualities of Wisdom and Compassion which they embody. While it is a prayer asking these qualities to descend into this earth plane and into our lives, to inspire and to help us to embody them. It is also an affirmation that their qualities already *do* live in us. Notice how it feels to you, an invitation or an affirmation? Notice how your attunement can change from one to the other according to your inner process.

Words:

- 1 Maria, Quan Yin, Tara
- 2 Live in us, live in us
- 3 Maria Quan Yin, Tara
- 4 Blessed be, Blessed be.

Dance: Form a circle. Processing anti-clockwise, bringing these qualities into our presence and sowing it for our future.

1 Process meditatively raising the arms from the heart to the heavens.

2 Continue to walk bringing these qualities into your heart and body.

3 As 1

4 As 2 bringing the energies further down to the Earth.

Hand palms to the Earth.



6 Om Tare Tu Tare Ture Soha

The mantra to the Buddhist Goddess Tara (according to John Blofeld) it is possible that both Tara and Quan Yin descend from a tradition that was around *before* Buddhism and that this Compassionate Goddess was so sympathetic to Buddhism that she became absorbed into it.)

Tara is a great source of Compassion. It is said she leaves no call unanswered. She will not judge you or find your call unworthy. She answers all, like a sun of compassion, without discrimination and with abundance of compassion for all.

As we sing and dance this mantra we can practise offering the hand of compassion completely and unconditionally. Just as this Bodhissatva does. She seeks nothing in return, but continues to work for the enlightenment of all. Refusing to stay in Nirvana (the state of the Enlightened) until *all* can be there in that blessed state.

If we chose to carry wrath, injustice, vengeance, hate or rage, it is *ourselves* we are poisoning first. In the first place *we* will be harmed by these thoughts as they flow in our brain and so in our bloodstream. Would we still chose to do this if we were fully aware of the harm we do ourselves? We *can* make the positive choice ~ to learn and let go of the pain and bitterness.

Draw this compassion into your life and gradually you will see how it overflows into all you do. Move on to embody your true light.



Words:

- 1 Om Ta-re
- 2 Tu Ta-re
- 3 Tu-re So-ha
- 4 Om Ta-re Tu Ta-re Tu-re So-ha
- 5 Om Ta-re
- 6 Tu Ta-re
- 7 Tu-re So-ha
- 8 Om Ta-re Tu Ta-re
- 9 Tu-re So-ha

Dance:Form a circle, find a partner.

- 1 Hands on own heart
- 2 Extend right hand to your partner.
- 3 Seal the hand hold by putting your left hand on partners right hand.
- 4 Change handhold to r holding l, l holding right. Make 180° turn, moving clockwise. Stand attuning to the other. Open into a circle.
- 5 Step in, lively, into the circle, rejoice in Tara, swing the hands up.
- 6 Step back, lower arms.
- 7 Bow, hands in prayer mudra to honour Tara.
- 8 Turn to bow to the partner you have just danced with, honouring where we have been.
- 9 Turn to bow to your new partner, honouring where we are going.

During the whole of the Dance our eyes are cast down. Stepping out of the pattern of giving only to receive. We offer this forgiveness and compassion whole-heartedly and unconditionally not looking to see whether the other recognizes or accepts our giving. This giving is a release, it unloads our backpack. Occasionally we may glance at our partner, yet not lingering to 'catch their eye'. A moment of meeting each others' glance may be on 8 or 9 where we honour 'where we have been and where we are going'.

7 The Love of the Compassionate One

In this song we affirm that this ancient, female, compassionate energy does indeed flow in us and through us. The more we affirm it the more we empower it and so strengthen our own capacity to embody compassion.

This is a great healer. As we forgive ourselves, releasing our judgements and complaints about ourselves we *can* step into Wholeness, becoming a more effective part of Divine Unity.

Words:

- 1 The Love of the Compassionate One
- 2 Flows through me,
- 3 healing me
- 4 Feeding my wholeness
- 5 Holding me in Love
- 6 Quan Yin Quan Yin Honour to Thee
- 7 Quan Yin, Quan Yin All praise to Thee
- 8 Quan Yin, Quan Yin
- 9 All Love_
- 10 to Thee

Dance: Form a circle

- 1 Process in the circle anti-clockwise (no set movements.)
- 2 Turn to the right on your own axis. End facing centre.
- 3 Affirm your channel of healing from above the crown chakra down.
- 4 Bring hands to heart.
- 5 Cradle yourself.
- 6 Walk in toward the centre raise hands (not holding hands) offering honour.
- 7 Walk backwards, hands in prayer mudra.
- 8 Hands on your heart as you call Her.
- 9 Offer the love to Her.
- 10 Bow on the last sounds of Thee, turn to your right, ready to process again as the mantra repeats.

8 Goddess Come Down (Zubin Nur's version of Mariam Baker's Dance)

This song actually only affirms and reminds us of what is actually happening *all* the time. She *is* here, we really don't need to remind *Her*, we need to remind *ourselves* that we may be open, to be channels for this Divine Feminine energy.

Words:

- 1 Goddess come down
- 2 May we feel you all around
- 3 Goddess rise up
- 4 Live in us, live in us
- 5 Goddess come through
- 6 Be there in all we do.

Dance: Form a circle.

- 1 Process behind each other (clockwise) raising and lowering the arms, bringing Her energy down.
- 2 Turn left on your own axis, end facing anti-clockwise direction.
- 3 Process behind each other (anti-clockwise) bending and raising the energy from the earth.
- 4 Turn to your right. Free turn, embrace this Divine Feminine energy in and around you, end facing centre.
- 5 Pull back the bow to release the arrow and release it up and out, feel Her energy coming through.
- 6 Bring arms down to the sides and finish with hands on heart.



9 Passion and Compassion

Whilst on this journey of discovery it can seem as if the divine qualities are split up and that the quiet, compassionate woman is often considered more desirable. Kali seems to be chaos and destruction and Quan Yin seems demure and compassionate. However sometimes the compassionate thing to do *is* to *stop* something. Set *your* limits, know *your* aim. To release or dissolve an attachment – *can* at times be the best for all parties. The image of Kali as destruction and Quan Yin as all encompassing compassion are both facets of the *same* jewel. They can help us to get an anchor on these qualities. In actual fact they are one and the same being. There is only One Divinity it is Whole, The Whole, is *including everything and excluding NOTHING* ~ not even the worst we can imagine!

This song came as if in answer to this call to remember the Unity of the different facets of The Divine Form.

Words: 1 Passion and (2)fire and (3) death (4) am I
5 Still I hear your every cry
6 Live in me and (7) I'll live in you
8 Passion and compassion in all you do.

Dance: Form a circle. 1 - 4 is the embodiment of Kali, 5 that of Quan Yin or Tara, 6 & 7 brings these energies together.

1 Reach up and out in front of you with 'passion'/ fire in the movement.

2 Cut diagonally down from upper right to lower left (right hand)

3 Cut diagonally down from upper left to lower right (left hand)

4 Raise both arms as a confirmation of this statement

5 Bring your hands gently to your ears.

6 Bring arms up to the side, round in front of heart, bringing the backs of the hands together.

7 Bring the hands to heart turning them to make an opening gesture from the heart.

8 Process behind each other in the circle to the right (anti-clockwise), free movement as you walk, express *your* passion and compassion.

10 Lalitambika

This is the last of the 1,000 Names of the Divine Mother.

Lalita is described as charming and graceful in all Her ways. She transcends all worlds. Her home is in the bindu (seed centre) of the sri chakra, through this position she transcends and transmits the light of all deities. She is said to embody the eight qualities of brilliance, playfulness, sweetness, depth, steadfastness, energy, grace and generosity. It could be described as the quality of humanness in its highest form.

Ambika is the Universal Mother, Mother of the Universe. She is the Ultimate Embodiment of these qualities. She embodies the power of will, knowledge and action.

A wonderful way to close our Journey of Honouring the Divine Feminine.

Thanks for your attention, I trust you have enjoyed listening as much as I have enjoyed receiving and singing these mantras and songs. Enjoy! And carry these energies and melodies into the world with you.

Enjoy being you!





Photo of the Goddess Maha Kali in the Temple
at Skanda Vale, Wales.

Appendix 1 The Mystery of Inannah & Ereshkigal

Inannah was the Goddess of the Heavens and the Earth, her sister Ereshkigal the Goddess of the Underworld.

Inannah heard that her sisters husband had died and decided to go visit her and pay her respects.

On her decent to the Underworld Inannah received no priviledges. At each of the 7 gates she had to release part of her jewels and attire until finally on entering the Underworld she was as naked as the day she was born into the world.

Ereshkigal was distraught with grief and declared that her sister would pay the same price as everyone else for entering the Underworld. She too would die! Inannah died and her carcass was hung on a peg to rot.

Inannah had warned her good friend and handmaiden Ninshubur that if she was not back in 24 hours to go to the other Gods to get help to get her back. Finally Ninshubur got help from Enki (God of Water and Wisdom) who created two creatures whose task it was to enter the Underworld unnoticed and secure the release of Inannah.

The creatures empathise with Ereshkigal, who was moaning and groaning as if giving birth. They moaned and groaned with her until she was through the experience of loss and grief. She realized how they had helped her and in gratitude for their support offered that they may name their reward. They ask for the life of Inannah, who is then restored to life and allowed to return to the World.

The story of course continues further. However this part is of interest to us. Inannah goes voluntarily to the Underworld. Has to release her life and is re-born, resurrected. In the myth the process took 3 days.

The story tells of uniting yin and yang, darkness and light, living and dying. It is *all* part of the whole.

Bibliography

The Myth of the Goddess - Evolution of an Image - Anne Baring & Jules Cashford Arkana Penguin 1993

Bodhisattva of Compassion - The Mystical Tradition of Kwan Yin - John Blofeld Shambala Dragon Editions 1988

When God was a Woman - Merlin Stone - Harcourt 1976

Woman as Divine - Tales of the Goddess - Mariam Baker

The Great Mother; A Gospel of the Eternally Feminine Occult and Scientific Studies and Experiences in the Sacred and Secret Life - C. H. A. Bjerregaard

When the Drummers were Women - Layne Redmond - Three Rivers Press

The Language of the Goddess - Marija Gimbutas - Thames & Hudson

The Living Goddesses - Marija Gimbutas

Van Venus tot Madonna - een verborgen geschiedenis - Annine van der Meer - Synthese

Goddinnen in elke vrouw - een nieuwe psychologie van de vrouw - Jean Shinoda Bolen - Lemniscaat (Goddesses in every woman)



De Heks in elke Vrouw - Een Handboek (The Witch in Every Woman) - Lauri Cabot & Jean Mills Meulenhoff

Descent to the Goddess - A Way of Initiation for Women - Sylvia Brinton Perera - Inner City Books

The Path of Priestess - Sharron Rose - Inner Traditions

The Thousand Names of the Divine Mother - Sri Lalita Sahasramam - Commentary by T. V. Marayana Menon - Mata Amritanandamayi Centre San Ramon, Calofornia

Hymns to the Goddess and Hymn to Kali - Sir John Woodroffe Ganessha & Co Madras

Mother of the Universe - Visions of the Goddess and Tantric Hymns of Enlightenment - Lex Hixon Quest Books 1994

Goddesses in Older Women - Archetypes in Women over 50 - Jean Shinoda Bolen - Harper Collins

The Unknown - She Eight Faces of an Emerging Consciousness - Hilary Hart

De Novice - Thich Nhat Hanh - Ten Have



