

THE SHAMANIC

Goddess Journey

A YEAR OF DEEP CREATION, EMBODIED
FEMININE POWER, AND INNER MASTERY





Welcome Goddesses!

My name is Carolyn with 144 GODCODE. Thank you for joining me on this Shamanic Journey to awaken the full power of your Goddess self over the next year.

This monthly guide will help deepen the relationship with your body in alignment with Mother Earth, the Divine Feminine, and the annual cycles of *Creation, Birthing, Harvest, and Rest*.

This is when Feminine energy rises as a Woman, Creatrix, and Goddess

Each month you will be invited to dive into a sacred dance of self discovery and feminine empowerment. The Shamanic tools within this guide will support you in nourishing your body and spirit, synchronizing with your circadian rhythms, and honor the sacred cycles of your own blossoming.

As you embark on this journey, I encourage you to also explore the

Shamanic Drumming Journey to Awakening Your Goddess Self

A powerful guided experience that will help you deeply activate your inner Goddess, and support you throughout this transformative year.

This year, we honor the awakening of the Goddess within you.

Enjoy the journey ahead...

Love Carolyn

144GODCODE.com



2025 Reflections

IN 2025 I HEALED...

2025 GRATITUDE LIST

IN 2025 I OVERCAME...

MY 2025 SUMMARY

IN 2025 I LEARNED THIS ABOUT
MYSELF...

2026 Goals & Intentions

MY LIFESTYLE GOALS ARE

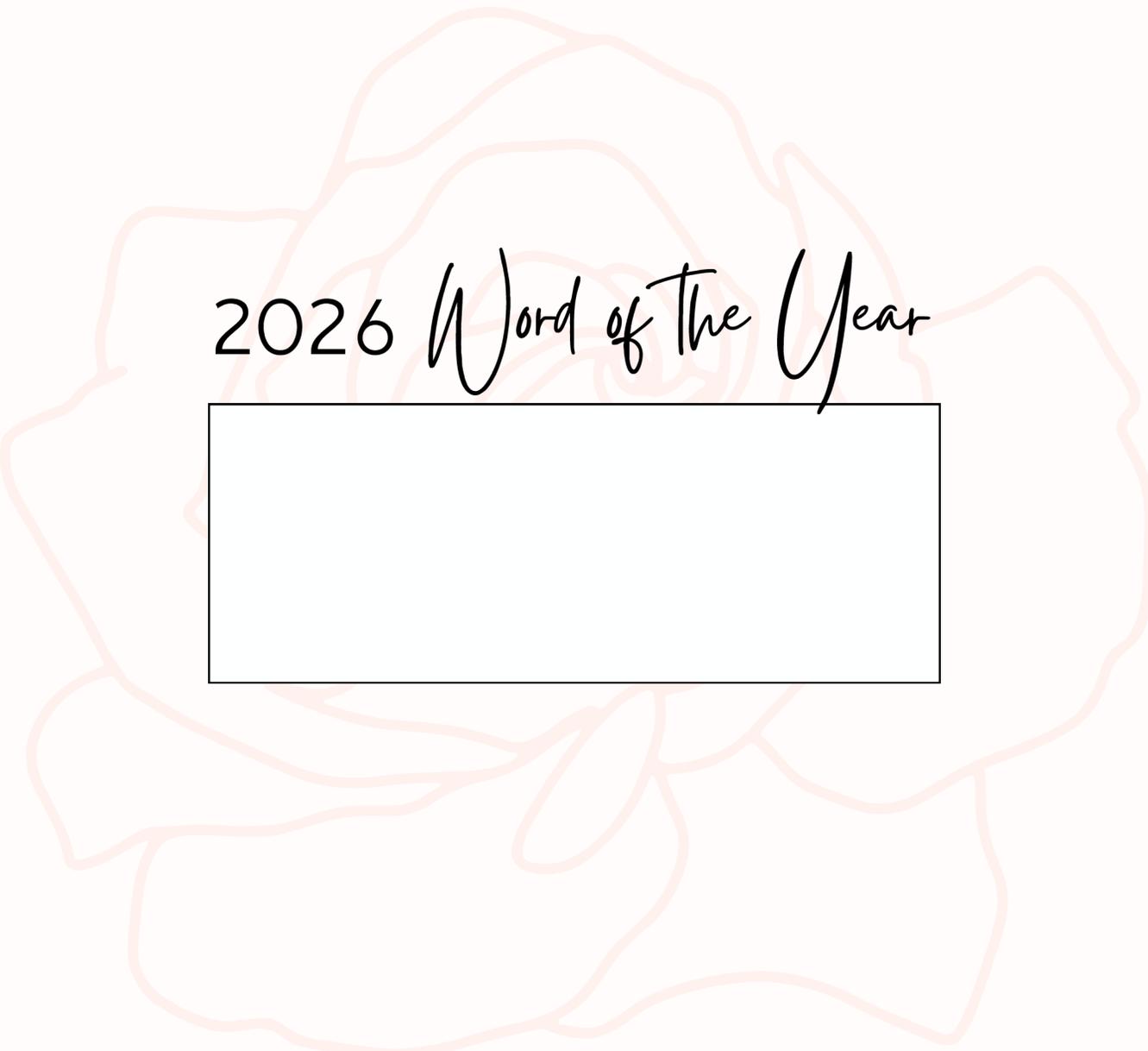
MY WELLNESS GOALS ARE

MY FINANCIAL GOALS ARE

MY CAREER / SERVICE GOALS ARE

MY SELF GROWTH GOALS ARE

MY SPIRITUAL GOALS ARE



2026 *Word of the Year*

December - January

In the womb, the Underworld

Connect with stillness

Water - my blood to Fire - my spirit

Conserve energy, rest, and renewal

Strengthen the Kidneys and Bladder

Grounding and strengthening practices

Root vegetables, warm soups, and teas

Ginger, cinnamon, peppermint

Bear Spirit Animal

Crystals Snowflake Obsidian and Selenite

The hearth, candles, fire

Meditating / creative day dreaming



AUTOMATIC WRITING PROMPT

What can i shed To reach new heights?

Winter Plans

MY INTENTIONS ARE:

THE ACTION STEPS ARE:

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NURTURING THE BEST ME:

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WHAT RESULTS DO I WANT TO ACHIEVE:

December - January Check-in

What was the best thing that happened?

Did I accomplish my goals?

What did I learn?

What are my wins?

What was the overall theme?

What did I improve?

What support, help, and solutions did I receive?

What did I do to take care of myself?

What did I release?

What do I want to change next month?

February - March

Coming out of the slumber. Are you ready?

Warmth is reaching your roots

Ascent to the Middle World

Earth - my body to Air - my breath

Strengthen the Liver and Gallbladder:

Fresh air, afternoon sun walks

Warm soups and teas

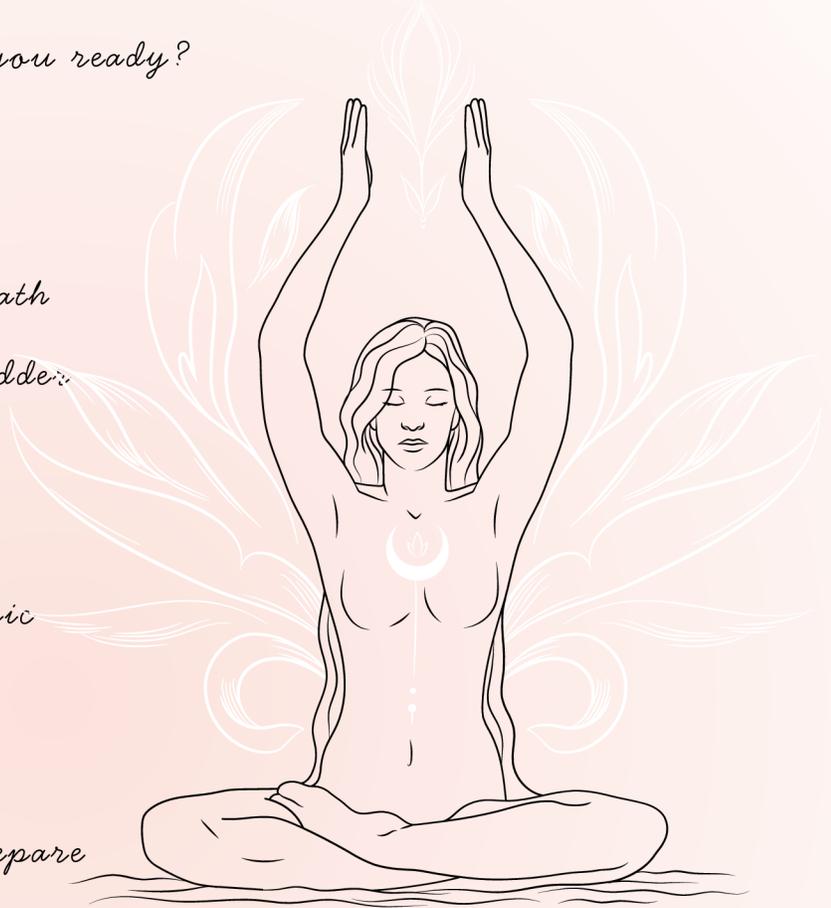
Dandelion Root, ginseng, turmeric

Eagle Spirit Animal

Crystals Citrine and Carnelian

Outline blueprints, organize, prepare

Create, heal, and energize with your hands



AUTOMATIC WRITING PROMPT

What intentions am i planting?

Late Winter / Early Spring Plans

MY INTENTIONS ARE:

THE ACTION STEPS ARE:

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NURTURING THE BEST ME:

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WHAT RESULTS DO I WANT TO ACHIEVE:

February - March Check-in

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What do I want to change next month?

April - May

Hello! There you are!

Changes in the wind - change your mind

Nature energizes new life in you

Water - my blood to Fire - my spirit

Focus on the breath

Strengthen the Liver and Gallbladder

Fermented foods, berries, eggs, lean protein

Nettle, raspberry leaf, mint

Deer Spirit Animal

Crystals Tiger's Eye and Malachite

Inquire, learn, trust your instincts

Hum to awaken your throat and voice



AUTOMATIC WRITING PROMPT

What is energizing my Spirit?

Spring Plans

MY INTENTIONS ARE:

THE ACTION STEPS ARE:

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NURTURING THE BEST ME:

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WHAT RESULTS DO I WANT TO ACHIEVE:

April - May Check-in

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June - July

You're here! The Upper World.

Nurture new growth

Earth - my body to Air - my breath

Solar charge your Solar Plexus Chakra

Strengthen the Heart and Small Intestine

Air feeds the Fire

Cooling foods

Dandelion, lemon balm, rose

Bee Spirit Animal

Crystals Rose Quartz and Pearl

Aspire, learn, seek support, trust your instincts

Move the body early mornings and late evening



AUTOMATIC WRITING PROMPT

What is next for me? What am i ready for?

Late Spring / Summer Plans

MY INTENTIONS ARE:

THE ACTION STEPS ARE:

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NURTURING THE BEST ME:

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WHAT RESULTS DO I WANT TO ACHIEVE:

June - July Check-in

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August - September

Shine bright with your leadership, abilities, and authority

Open your heart to receiving - receive your harvest!

Water - my blood to Fire - my spirit

Tune into your gut feelings through the heart centre

Strengthen the spleen and stomach

The Earth strengthens the body

Foods high in magnesium and melatonin

Hibiscus, chamomile, lavender

Horse Spirit Animal

Crystals hematite and sunstone

Surpass where you have been

Hike, explore new paths, outdoor adventures



AUTOMATIC WRITING PROMPT

i am blossoming into...

Summer Plans

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What did I release?

What do I want to change next month?

October - November

Clear, ground, and integrate your growth

Reflect on your accomplishments

Descent to the Middle World

Earth - my body to Air - my breath

Embrace ending and release

Strengthen the lungs and large intestine

Dive deep into your emotional intuition

Root vegetables, warm meals

Elderberry, cinnamon, rose hips

Buffalo Spirit Animal

Crystals obsidian and red jasper

Self care, cord cutting, cleanses, journaling



AUTOMATIC WRITING PROMPT

Who is the Goddess that i have become?

Autumn Plans

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THE SHAMANIC
Goddess Journey

2026 REFLECTIONS

MY 2026 SUMMARY

WANT TO GO DEEPER?

Join us on your Shamanic Drumming Journey of discovering your Goddess self. We are Journeying into the womb of the Great Mother to access all of the guidance, codes, activations, soul memories, gifts and talents, and more, all embodying your Goddess frequency of Source.

This journey will support you on awakening your Goddess self, as we move through each month of the printable Shamanic Goddess Journey Guidebook.

You can re-listen to this journey over the year to help you go deeper into awakening the real Goddess you!



Shamanic Drumming Goddess Journey

