

Artemis – Sister, Goddess of the Hunt, Moon & Wilderness

These researches are based on Jean Bolen's book 'Goddesses in Everywoman'.

With Artemis we enter the more independent aspects of a woman's psyche: she needs neither a man nor anybody else to give her identification or motivation for who she is and what she does. We explore the wild unleashed potential in a woman that needs to be expressed in one way or another. An Artemis woman has a strong urge to follow her own intuition. She is brave and wild and represents the independent woman who does what she believes in, no matter how those around her (society!) react to her behaviour. When young girls with a strong Artemis instinct are forced into a Persephone behaviour, to be a good girl, they can get completely cut off from their creativity and inherent intuition. This can lead to depression and other psychosomatic illnesses.

Artemis' powerful qualities, such as independence, self-confidence, fearlessness and courageousness are not always well seen in cultures of dominant men and submissive women. It is crucial for every woman to understand and cultivate Artemis' characteristics in her own personality so she is able to use her potential - no matter which archetype is dominant in her. Only with an integrated Artemis can she maintain her untouched wild side and put her dreams into reality. The Artemis Archetype is responsible for the important woman's movement that the world is witnessing today. (listen to Jean S. Bolen's 4minute speech 'we came to make a difference')

Let's have a closer look to this Goddess who is such a powerful force for focused action and important changes in this world:

Mythology

Artemis is the tall, lovely daughter of Leto and Zeus. She is the first born twin-sister of Apollo and assists her mother during an extremely difficult and painful labor of her brother. With 3 years, she first meets her father, Zeus, who is very pleased with her courage and beauty and offers her anything she wishes. At this young age, Artemis already knows exactly what she wants and asks for a bow and arrow, a pack of hounds to hunt with, nymphs to accompany her, a tunic short enough to run in, mountains and wilderness and the privilege of making the selections herself. In the myths, Artemis acts swiftly and decisively to protect and rescue those who appeal to her for help. She is also quick to punish those who offend her without mercy.

Artemis – the Archetype

Artemis, as Goddess of the Hunt, the Moon and the Wilderness is the personification of an independent feminine spirit. The archetype she represents enables a woman to seek her own goals on terrain of her own choosing. She belongs to the Virgin Goddesses and is 'One-in-Herself', representing a sense of wholeness. This attitude allows a woman to take care of herself, to function on her own with self-confidence and an independent spirit which makes her feel whole without a man. When men are intimidated by a woman and feel her capacity for merciless destruction, it is most likely a woman with a dominant Artemis Archetype.

Positive aspects

This archetype gives women the innate ability to concentrate intensely on whatever is important to her. Empowering qualities such as courage, concentration and initiative make her often the leader of important organizations and movements. She stands up and speaks out without fear of being rejected. Her strong sense for justice calls her into action of protection and rescue for those who need her help. Especially young girls and women in delicate circumstances are under her protection. An Artemis woman feels home in nature and loves exploring new fields. She loves to compete and is usually good in sports. Whatever she chooses for work, there must be a personal value behind her efforts rather than commercial success. By nature, Artemis women have a strong sense for sisterhood and appreciate the company of other women. An Artemis woman needs to take care of her inner freedom and independence especially when being in closer relationships, men or women. She is comfortable of not having children of her own.

Shadow aspects

Being a virgin goddess, Artemis lacks the capacity for intimacy. To her, involvement in career, creative project or cause, are primary to intimate relationships which makes her emotionally detached from others. She lacks a sense of empathy for others. Artemis the goddess never suffered, but usually caused others to suffer: she easily hurts other people's feelings, remains emotionally inaccessible and often lacks vulnerability or emotional commitment. If anybody offends her, an Artemis woman destroys and punishes without mercy. Humility is the lesson that returns her humanity.

How to balance a too strong Artemis character

If you are *missing* close and committed emotional intimacy or lack the capacity for empathy and compassion, apply the following practices:

Body

- Allow yourself to stroll along nature without goal
- Practice a gentle, nourishing Yoga Practice (Restorative & Yin Yoga)
- Allow your physical actions to be playful rather than competitive

Mind

- Reduce your sense of striving forward and allow yourself to be
- Cooperate with others, delegate, let others win
- When feeling offended think twice before reacting

Emotions

- Give others space, energetically & emotionally
- Make others feel important
- Become aware of your own destructiveness and stop it before it consumes you
- Invite Hestia (reflection) & Persephone (playfulness) into your life

How to activate Artemis in your life

If you want to cultivate determination, courage and focused concentration you may want to integrate the following practices:

Body

- Work out, go running, biking, swimming or climbing
- Practice Power Yoga, Martial art
- Get out of your comfort zone, push yourself wisely over your first edge

Mind

- Meditate to practice focused awareness
- Put your ideas into action
- Finish a task after you started it

Emotions

- Become aware of what you want and what makes you passionate about
- Stand up and speak out what you believe in
- Be initiative and take decisions
- Become aware who needs your help. Protect and support them

**“Artemis, keep me focused on that goal
in the distance”**

