

HESTIA – Wise Woman, Goddess of the Hearth & Temple

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

Hestia is the third of the Virgin Goddesses. Different to Artemis or Athena she is much more introverted and her focus goes inward. With her, we enter the realm of spirituality and sacred intuition which are qualities that are more felt than visible and are often described as 'feminine energies'. Women with a Hestia personality bring warmth into any place and group. They transform a neutral place or gathering into a sanctuary simply by their presence. These women do not get the same amount of attention as Artemis and Athena do; however when they are absent something important and inexplicable is missed.

When Hestia's feminine values are forgotten and dishonoured, the importance of inner sanctuary (going inward to find meaning and peace) and family as source of warmth are diminished or lost.

A woman with a dominant Hestia archetype struggles with the expectations of being social. She is irritated when gathering with groups or going out to loud places where she may get the feeling that something is wrong with her. When a Hestia woman understands her archetype she can take care of herself and of her need for quiet tranquility by seeking solitude and spending enough time on her own.

Let's have a closer look to this important Goddess who transforms a house into a home and brings warmth and safety into a group of people:

Mythology

Hestia was the first child born to Rhea and Cronos. By birth right, she was one of the twelve major Olympians, yet when she was not found on Mt. Olympus, did not protest when being replaced by Dionysus, God of Wine. She took no part in the love affairs and wars that so occupied Greek mythology, yet she is greatly honoured and receives the best offerings made by mortals to the gods. Hestia is one of the three that Aphrodite is unable to subdue or seduce.

Hestia – the Archetype

As the Goddess of the Hearth and Temple, Hestia keeps the fire and warmth of these places and makes a home or sacred place holy. Her significance is found in rituals, symbolized by fire. In order for a house to become a home, Hestia's presence is required. She is often paired with Hermes who stands at the door of a home to bring fertility in and keep evil out. They are related, but she keeps her internal world withdrawn from men. Hestia's presence is central in everyday life, providing a sense of intactness and wholeness.

Positive aspects

With the one-in-herself qualities, a Hestia woman feels whole as she is and gets totally absorbed in what she is doing. She has an inner centeredness and harmony that allows her to enjoy her daily tasks and spend long periods in joyful meditation. The Hestia archetype shares focused consciousness with the other two virgin goddesses, yet is focused on looking inward and connects with her intuition. Her quiet tranquility spreads a sense of safety and coziness to those around her. A Hestia woman is usually found in the background as prestige, power or material possessions do not mean anything to her. Her sanctuary is inside of her, thus she must go inward to find meaning, peace and purpose.

Shadow aspects

One of the biggest struggles for a woman with Hestia influence is when leaving her sanctuary and going out to the world. Interacting with others and coping with the outer world can be extremely challenging to her.

The inward Hestia may become emotionally detached and perceptually inattentive to others in her surroundings. Sexual life is often non-existent to a Hestia woman which can block important other qualities of hers, such as creativity and free expression of her thoughts and feelings. When spending too much time in solitude, she can easily get lonely and isolated, which may not even be noticed by her.

As an introverted person confronted with the faster, often competitive pace of others, she will be out of place until she develops other aspects of her personality.

How to balance a too strong Hestia character

If you find yourself isolated from the outer world and *with difficulties to interact freely with others*, apply the following practices:

Body

- Once a day, go for a walk in crowded places
- Start an activity that brings you in contact with others (team sport)
- Apply Kapalabati (Breathing exercise) to empower the third Chakra (courage)

Mind

- Integrate activities / gatherings with others
- Learn to listen actively to others in conversations
- Participate actively in what's going on in the world (News, Internet, Forums)

Emotions

- Allow negative emotions, such as fear, anger, frustration to arise and learn to express them
- Join women's circles where you feel safe and are encouraged to speak up
- Once a day, call a friend and ask her/him how they are
- Invite Artemis (sister) and Aphrodite (extrovert & connecting)

How to activate Hestia in your life

If you wish to cultivate inner peace and you want to feel at ease while being on your own integrate the following practices:

Body

- Meditate
- Spend time alone (home, in nature, walks)
- Practice a quiet form of Yoga (Hatha, Yin Yoga) to connect with your inner essence

Mind

- Become aware of your own thoughts and motivations
- Take yourself back in conversation
- Reduce the amount of inputs from the outer world (conscious use of media & internet)

Emotions

- Become your own best friend, 'there is nothing wrong with you'
- Make your home cozi with incense, flowers, candles, music
- Before you write another whats app or do another phone call, ask yourself why you are reaching out to somebody else

**“Hestia, honour me with your presence,
bring me peace & serenity”**

