



Meet the Moon Woman

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With over half a million followers on social media, Tanishka - known as the Moon Woman - shares her insights into the cosmic cycles, and how to embrace the Divine Feminine.
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TANISHKA'S journey to this wisdom has been rocky. Starting life feeling like an outsider, she spent her early career as a stand-up comedian, until she got on her knees one night 20 years ago and asked for female role models - and so her journey with the goddess began. Her book 'Goddess Wisdom' has recently been published by Hay House, and here she shares her insights with Amy Taylor-Kabbaz into what's happening around the world and how we can all embrace the feminine in our lives.

How did your early understanding of what it meant to be female shape you?

It wasn't until I began to write this book that it really struck me how I had observed, from as young as three years old, that I didn't fit the mould of what a girl should look like. Even from that age, I was very busy reading cues, particularly my father's, trying to work out how I could win his love and approval. There was no Barbie doll that looked like a white girl with freckles and an afro back then! So I felt quite disconnected from everyone. I didn't feel I belonged, and I didn't feel truly seen or understood by my parents. My dad, bless him, has got Asperger's, and my mum was just overwhelmed, as a lot of women were, raising multiple children without support.

However, I always felt a strong connection to the land. Between the ages of four and seven, my family lived in New Zealand, and I remember feeling more connected with the elements and with Spirit - even though that's not what I would have called it at the time - than I did with my family of origin. I used to sing to the moon every night to self-soothe - I thought I was praying to Kermit the Frog! It's amazing how innate kids' spirituality is: it's so intrinsic to who we are as beings. So when, at seven years old, my family abruptly decided to move back to Australia, it was such a shock. It felt like I was being taken away from my real family.

It's very common for priestess women and women who have served in temples and mystery schools down through the ages to choose a family lineage that they know they can help transmute and heal. So, the gift in not actually having great interpersonal interaction in your family of origin is that you open up those subtle senses early on. And because of this, like a lot of sensitive women - and men - I felt like I was cracked open early, like a mustard seed in the pan, being put in that crucible of intensity because I had pledged, as my sacred contract, to bring through ancient wisdom. That meant getting my third eye pried open like

an oyster shell pretty early. The gift in that is that now, in today's world, I have the awareness to stay centred in these times, and to be a midwife for the new earth, when a lot of people are absolutely terrified and suffering.

What do you think we were told being a woman meant back then?

That's a good question. Being loving, nurturing, but also being clean, quiet, and not a nuisance. A woman doesn't speak back, doesn't have big opinions, doesn't get mess on her clothes; she is a good girl, and is polite. In other words, a woman is someone who's there to serve others, and not someone who's there for themselves at all. This isn't sustainable for one thing, and it sends the message to us as girls that, whoever you are, you're

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too much, you're too big; you're too emotional, you're too sensitive. And that is a form of abuse, to constantly receive a message that who you are is unacceptable, that you're taking up too much space, that you are imposing or making demands, and that you are not welcome.

I feel this is universal, and I speak about it in my Goddess Wisdom talks that I've been giving around the country. In a patriarchal consciousness, men are pressured to be big, to be larger than life; therefore, steroid use is out of control, and men feel pressure to earn a lot or to drive a big car. Women are told the opposite: we must be demure, we must be a size zero; the only big thing about us must be our nurturing breasts and our doe eyes, so that we look as tiny and non-threatening as possible. None of that is balanced. It's an equal pressure put on men and women.

There is so much pressure on women to be all things - what are your thoughts about that? First of all, the mother is the primary spiritual teacher. This is of absolute key importance, because society has conditioned us to believe that being a mother is not as important as other women's roles. However, those first seven years of a child's life are when all their belief programs are forming

in their subconscious minds - and then for the rest of their lives, those programs dictate 95 percent of their behaviour and experience. That's how important it is! It is the hardest job on the planet. I was a sole parent for many years and I really struggled with it. I had a special needs child to boot, with no family support and her dad was interstate. So, I am absolutely passionate about the fact that it is a recipe for mental illness if we don't raise our children collectively as a village.

Now, most of us don't live in intentional communities - but finding community is a mindset. One strength of the mother archetype is resourcefulness, and this is something women are fantastic at. For example, if you're on your own, you can recognise, "OK, I can't do dinner policing my child's table manners seven nights a week on my own. For my own sake, for her sake, we need to do a community dinner at least once a week." So, find out if there are other single mothers, or even another family, where you can meal-share for one night a week. Kids love doing this.

I've also done things like take family holidays together, where I've gone away with another parent, and we've enjoyed that together so you can get the discounts going to theme parks for two adults and two children. I ran women's circles because I couldn't go out and do a yoga class at night, so the women would come to my place. It's more than just car-pooling. We are conditioned to think that if we don't have financial independence then we are powerless, and in Australia this actually comes from the Celtic influence: many of us are descendants of English, Irish, Scottish, or Welsh grandparents, and in the Celtic tradition, he who earned the money had the final say in the family unit; so it's almost encoded into our DNA.

What that also means is that, for our generation, many of us saw our mums as being financially powerless, and we resolved that we were never, ever going to experience what they went through; we promised ourselves that we were going to have our own money. That is why it is such a rude shock when we realise, "Oh, I'm the one with the boobs, so I'm the one who is breastfeeding - and that means I'm also the one who is doing the unpaid domestic chores around here." Postnatal depression is at an all-time high and getting higher: we don't even have the true statistics, because not everybody puts their hand up to ask the accepted channels for help. This is understandable because women aren't given rites of passage; they're not given mentoring to deal with the internal shift that happens when they transition from being an independent maiden to somebody who has dependents, 24/7. Post-natal

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depression is therefore a normal reaction to an abnormal situation.

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That is why what we're seeing currently on the planet is the third wave of the return of the feminine. We had the first wave in the suffragettes, bless them, who fought for voting rights. The second wave were the feminists that fought for reproductive and economic rights.

However, both of these waves were conducted in ways that saw women operating out of their masculine side, focusing on trying to acquire external status and power. The true power of the feminine lies within, and it comes when we reclaim ancient feminine traditions and wisdom, so that we are living in a way that's honouring our feminine side. This third wave that we are seeing today is a revolution that is happening in a truly feminine way.

It is happening at a grass-roots, community level, and that is its strength and its difference—when women share our resources, we draw together our strength.

What does this third wave mean for men?

Well, something began to change for men in 1977, too. That was the year that Star Wars came out, and it brought a new mythology for men: the strong, silent male role model, brought through the Light Bearer, which is linked to the Tantric, the Sky Walker, and the power of the





mind. Interestingly, Joseph Campbell - who is the father of modern mythology and was married to Marija Gimbutas, who did all the archaeological digs reclaiming the mythology of those archetypes - mentored George Lucas! Campbell was championing the return of the man who honours the feminine in himself, and who is following The Hero's Journey. Yoda, as a sage, is wise because he has integrated the feminine mystic within him.

This time period also coincided with the discovery of Chiron in our solar system. Chiron is a planetoid, meaning that it's halfway between a planet and an asteroid; it's also the archetype of what they call 'the wounded healer', or as I refer to it, the spiritual teacher - somebody who uses their wounds and struggles both to heal themselves and as a teaching parable to help others following in their footsteps. So, what happened in the late 1970s is that you had men born into a new archetypal energy of what a man really is. He is the male archetype that governs the throat chakra. He is the most feminine out of all the masculine archetypes, because he can practise vulnerability. He understands that being able to be gentle and tender with himself, and to acknowledge his feelings, is the key to healing, and is true, inner strength. It follows that, for a man to be whole and empowered, he must have the feminine. This makes him a king: someone who is well-rounded and whole.

What is exciting about the times that we're in now, is that even men born after 1977 are being dropped into their vulnerability - and it is terrifying for them! The best thing a man can do is to get to a circle, which is a feminine construct. It can be daunting for a man to sit in circle, and he may need one-on-one sessions to begin with. There is so much fear around being vulnerable. If we haven't journeyed into our shame, into those parts of ourselves that we've rejected and that we feel are abhorrent and unlovable, the last thing we can do is expose that shame to a room full of

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people. We have to start the healing journey one-on-one, with a spiritual midwife, or a shaman, a reader, a healer, or a counsellor. When we've done that for however long it needs to happen, then we're ready to take it up to the fifth gear, which is circle. That's where we grow in sisterhood and brotherhood, and if a man can't do brotherhood, if he can't learn to share power by passing around the talking stick and by being seen in his vulnerability, then he can't do intimacy with his opposite. We're living in transitional times. This is why the divorce rate is at 50 percent, this is why we have pandemic diseases, and why suicide is a major cause of death for men and women aged 15-44 in Australia.

If you're on this journey and you want your partner to come with you, how can you guide them?

This is a tough one! If we try to motivate, inspire, or facilitate our partners, that is actually co-dependency. That is mothering someone, and taking on over-responsibility. If we do that, we create a power see-saw dynamic, where we're emasculating them. What happens, according to the archetypes, is that when a woman goes into Mother Superior mode, saying "I know what you need to do", then even if what she is saying is coming from love, he'll go into Peter Pan mode. He'll try to run away, saying, "Don't stitch my shadow on me, Wendy." Then, in order to take his power back, he has to go into the stern, cold, shut-down, Authoritarian Father mode, and then the woman gets triggered and goes into Little Girl mode, with all the attendant Daddy issues. If this continues, we have a dynamic where there aren't two adults having a relationship, only two wounded children, each trying to get parented by the other in order to unconsciously heal their own wounds, instead of both taking full responsibility for them. I know that it's 'tough love' to even have to hear that, but the point is, we are in transition to becoming multi-dimensional, sacred and sovereign beings, and that means we can only be responsible for ourselves as adults, and for our own children.

Ultimately, we have to choose our own self-actualisation as being our number one

commitment, and then everything else will fall into place behind that. If, however, we're trying to save other people and bring them along with us, we're actually compromising our own journey. The role of the feminine is to inspire a man through our own example, not through badgering and cajoling him, or saying, "Here, read this self help book," or regurgitating it for them and lecturing them if they don't or won't read it. I've been there, I get it. And trust me, it doesn't work! We can see another example of this in the Tarot card of The Lovers. You see the couple, and above them is an archangel. The woman is looking up towards Spirit, but the man is looking at the woman for inspiration. Then, in the card of The Devil, we see the same couple, but they're chained together and looking at each other, meaning that they're trying to get their needs met from each other. These two cards represent how love is meant to be, and how it can be broken.

What do you believe your role is in this time of awakening to the feminine?

Oh, great question! Well, as I said to my dad last week when he said, "Love, after 21 years of writing spiritual books, maybe it's time you just start doing kids' books, because people will read those." I said, "Bless you Dad, I know you're coming from love, but I'm here to help raise the consciousness on the planet." And that's it in a nutshell. Primarily, I'm doing that through helping people to live in alignment with the natural cycles, and to understand how much they impact our energy levels, our moods, our headspace, our psyche, our libido, and our creativity. Because if we don't understand that everything is connected, and that the sign that the moon is in, or the phase that the moon is in, or the season, or the equinox, then it's very hard to take care of our needs. It's as if we are ignoring an important map. This is why all the indigenous cultures were humble enough to study the greater cycles and to live in alignment with them; and by doing that, they created socially sustainable communities. If we lose that connection, we are not creating sustainable lives on any level – emotionally, mentally, or physically. ✨

Of computers and chakras

The belief that we should be and feel the same every single day of the year, no matter the season or the month, is one of the biggest lies we've been told. No wonder we have such high levels of burnout, and adrenal fatigue, and depression. It's as if we're meant to be a computer.

Our culture presently only operates out of the bottom three chakras – the physical, emotional, and mental. So at most, we are ruled by the 10 percent rational mind, and the mind is linear: it only values what it can see has been productive in the past, because it can detect physical proof of this through the earthly senses; it's measurable. But the rational mind cannot measure inner growth. For example, if you have a 'mental health day' - a day off - that's considered not productive by the rational mind, and we end up internalising guilt, beating ourselves up for not being on top of things all of the time.

We are 65 percent water; the moon's gravitational pull affects the earth's oceans, and so of course it affects us, too. During the dark phase of the moon is when we're most likely to experience darker thoughts, darker emotions, and to not be able to project the persona that's expected of us in our culture that doesn't honour the inner journey. Instead, we're told we're a faulty product, rather than really exploring and revering that deep spiral journey within. This is The Hero's Journey - the journey of the person who is brave enough to risk chaos, and to face the darkest things about themselves by going within and meeting the feminine part of themselves. And that's what I'm here to inspire.