



RISE SISTER RISE

SISTERHOOD

YOUR INNER COUNCIL + THE FOUR STAGES OF WOMANHOOD

The Maiden, the Mother, the Wild Woman, and the Crone signify the four main stages that women journey through over both the duration of our lives and every month through our menstrual cycle.

As women we have access to each of these archetypes of womanhood (I call them our Inner Council of Wise Women') and are able to call upon them for guidance, strength, courage, advice, wisdom, clarity and support.

Our menstrual cycle is connected to the phases of the moon and, as the moon waxes and wanes, our bodies also transition through these four archetypes of womanhood each and every month.

Journeying through each stage of womanhood each month can feel as if we are having the rug pulled out from underneath us if we are not aware of the transitions that are taking place. But if we begin to see this process as an invitation to embody each of the feminine archetypes (the maiden, the mother, the wild woman and the crone), everything changes. As we move through each of these archetypes we are being invited to reclaim all aspects of who we are as a woman each and every month. To surrender to what is blooming and rising in us as well as what is falling away.

Connected to the moon and the mysterious force that controls all of life, your period has the potential to become a monthly initiation in deepening your potency as a wise, creative, powerful woman.

Here are the four main female stages of womanhood and how they relate to our monthly cycles, seasons and stages of the moon.

1. THE MAIDEN (PRE-OVULATION)



The Maiden is young, enthusiastic, strong, independent, determined, excitable, hopeful, courageous, energised, boundless, and positive. Full of ideas and excited about the future, what she lacks in years, she makes up in enthusiasm and zest for life. The Maiden is the Virgin, the innocent part of us that sees potential in everything. She is a woman one-inherself. She sees the magic in everything.

Shadow Maiden: Naive, self-centered, impressionable, inexperienced, lacking confidence, too many ideas, spends lots of time in thought, good at starting things but lacks drive to finish them, full of hope and big ideas but easily discouraged as they are not fully grounded yet; a tendency to overcommit, she says yes because she gets overexcited or doesn't want to miss out

Season: Spring (full of possibility)

Element: Air

Moon phase: Waxing/New moon

Rite of passage: Menarche (getting your period, becoming a woman)

Idols: Brigid, Athena, Priestess, Ostara, Persephone

Notes for Rising: This is the time for coming up with lots of ideas, playing and dreaming about what could be without restriction. Write your dreams, make your plans, the sky is the limit.

2. THE MOTHER (OVULATION)



The Mother is the fertile part of us, the part of us that births things into the world for real. She is compassionate, protective, nurturing, devotional, understanding, encouraging, and big-hearted. She is loving and nurturing, but also committed to doing whatever it takes to get the job done. She is able to take the energy and enthusiasm of the Maiden and turn it into focused action. Able to birth both life and creations into the world. Manifesting thought and concept into form.

Shadow Mother:	Overprotective, smothering, forgetting to look after self, controlling, codependence, abandoning, exhaustion, doesn't know when to stop, making others feel guilty for not needing her
Season:	Summer (everything is fertile)
Element:	Fire
Moon phase:	Full moon
Rites of passage:	Marriage (or partnership) and birth (both life and more metaphorically e.g. birthing a creation)
Idols:	Isis, Gaia, Mother Mary, Hathor, Quan Yin, Amma, Demeter, Rhea
Notes for Rising:	You're likely to feel and look at your best here. This is the ideal time to commit to what is rising in you and go about making it happen for real. Launch the program, write the book, host the event.

3. THE WISE, WILD WOMAN (PREMENSTRUAL)

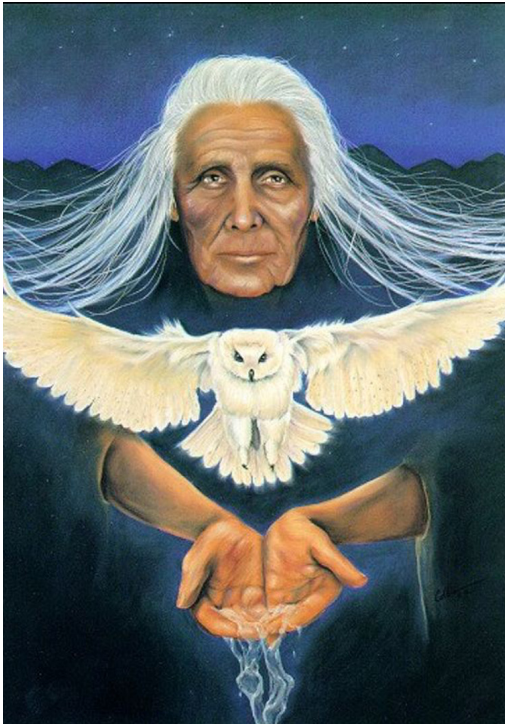


The Wise, Wild Woman is uninhibited and wise. She has journeyed through Maidenhood and Motherhood, knows who she is and isn't afraid to show it. Also known as the Medicine Woman or the Healer, she is in touch with and recognised for her inner medicine and magic. She knows her worth, is guided by her intuition and calls upon it regularly.

There is a certain ruthlessness about her because she can see through what is important and what isn't. You can't pull the wool over her eyes, she knows her power and she demands your respect. If you push her or do not respect her she will react and it might not be pretty. She's fierce. She's not afraid of what people think. She's not afraid to do what it takes to get what she wants.

- Shadow Wild Woman: Crazy, ruthless, angry, jealous, vindictive, impatient, blunt, end justifies the means
- Season: Fall/autumn (things are falling away)
- Element: Water
- Moon phase: Waning moon
- Rites of passage: Significant loss or mourning, such as death, loss of job, separation, an emotional ending, children leaving home; Saturn returns, being initiated by a mentor or teacher
- Idols: Artemis, The Wolf, Kali, Tara, Saraswati, witch, healer, medicine woman
- Notes for Rising: This is the best place to let things go, to refine, perfect, and refocus. Dance, sing, or do whatever you can to express and transmute your feelings into passion. It's a great time to de-clutter your life, negotiate fiercely, protect your boundaries, and create powerful and authentic work.

4. THE CRONE (MENSTRUATION)



In ancient societies the Crone was highly revered, however today she is often not given the reverence she deserves. She is the wisdom keeper, the one who has the ultimate perspective and has nothing left to prove.

She is able to see with absolute clarity and advise in a selfless way, as she has no ulterior motives. She has a certain patience about her, having been through it all herself, and no longer cares what people think.

The Crone is the part of us that is most potent in her wisdom. Is able to see through all inauthenticity and patterns from afar.

While the Maiden has an innocent purity about her, the Crone has a certain purity as well.

She is closest to Source and in surrender to Life.

Shadow Crone: Brutal, hermit, crazy, unforgiving, judgmental, bitter, jaded, lonely, self-pitying, defeated

Period cycle: Menstruation

Season: Winter

Element: Earth

Moon phase: Dark/New moon

Rite of passage: Menopause

Idols: Vali Myers, Maya Angelou, Woman of the Mist, Baba Yaga, Fairy Godmother, Morrigan, Cerridwen, Hecate

Notes for Rising: This is the best part of your cycle during which to rest. Don't believe you need to be physically active to be productive. It's an amazing time to make a decision, get clarity on a future project or be with the energy of what is rising in you. Prior to working with my cycle, I dreaded the premenstrual (Wise, Wild Woman – fall/ autumn) and menstruation (Crone – winter) parts of my cycle. I was much more comfortable in the pre-ovulation (Maiden – spring) and ovulation (Mother – summer).



RISE SISTER RISE

SISTERHOOD

YOUR INNER COUNCIL OF WISE WOMEN JOURNEY MEDITATION NOTES

Listen to the 'Inner Council of Wise Women' Journey Meditation and then fill in the following page with your notes. As you do, be sure to ask the part of you that knows. The part of you that is ancient and powerful and potent and is always guiding you.

Know that regardless of what your experience was during the journey meditation, you can continue to receive guidance from your Inner Council of Wise Women as you write and continue to remember as you go about your day.

Rise Sister Rise

MAIDEN:



Your optimistic, young, childlike, playful, joyous self...

What is she yearning for?

What does she want you to know?

What is she longing for?

What is her heart's deepest prayer for you?

What advice does she have for you?

What have you been avoiding or overlooking that she wants to shine a light on?

What wisdom does she have for you?

What does she want you to remember?

MOTHER



What have you been carrying that it's time to let go of?

What are you carrying that's not even yours?

Who's is it? Are you willing to release it?

What does your Mother want you to know?

What does she want you to remember?

What advice does she have for you?

What is her heart's deepest prayer for you?

WILD WOMAN



What does she want you to know?

What does she want you to remember?

How does she want you to be courageous in your life?

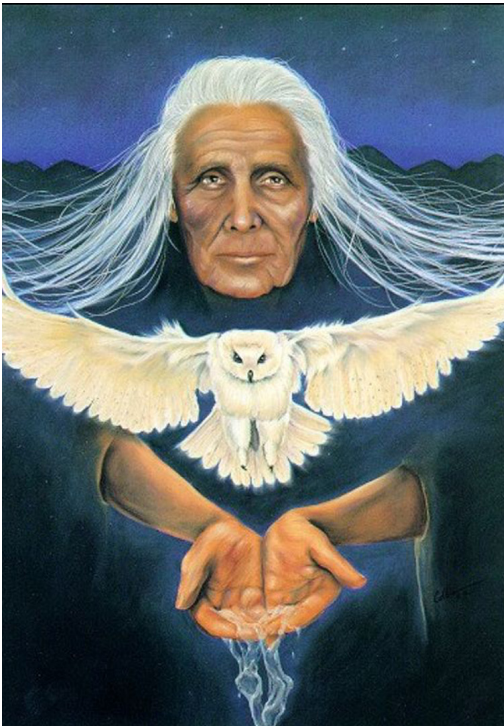
What advice does she have for you?

How can you be more assertive and more fierce?

What does she want you to birth into the world?

What is her heart's deepest prayer for you?

CRONE



What does she want you to know?

What are you doing that is tripping you up?

What action does she want you to take?

What advice does she have for you?

What is her heart's deepest prayer for you?