



04

*Wisdom of Winter*

# Wise Woman / Crone

Welcoming the Wisdom of Winter: The Crone/Wise Woman stage is the culmination of your life's journey, a time to honor the wisdom, insight, and serenity you've gained. As the winter of your life, this phase symbolizes reflection, deep understanding, and an unshakeable connection to the essence of who you are. In this module, you will explore the richness of your experiences, celebrate the depth of your sensuality, and acknowledge the invaluable lessons that only time can teach. Embrace the Crone within as a source of powerful wisdom and a guardian of the sacred mysteries of life.



# Welcome



Hello! I'm Kym

Welcome to a space where womanhood, sensuality, and empowerment intertwine. I'm Kym, a passionate advocate for women's self-discovery and pleasure. My journey, inspired by transformative experiences and mentors like Layla Martin, has led me to a profound realisation: true empowerment comes from embracing our sensuality and inner strength. Through a unique blend of traditional life coaching and energy practices, I guide women to rediscover their vibrant selves. My mission is to help you navigate life's transitions with confidence, reconnect with your sensual self, and embrace joy at every stage of your journey.

Join me in this transformative adventure, and let's celebrate the power and beauty of being authentically you.





# Special Instructions

## **Welcome to Your Journey:**

This playbook is designed to guide you through the transformative journey of rediscovering and embracing your sensuality at every stage of womanhood. The exercises and reflections within are invitations to explore, heal, and celebrate your sensual self.

### **1. Approach with Openness:**

Each exercise is an opportunity for deep personal exploration. Approach them with an open heart and mind, ready to uncover new insights about yourself. Remember, there is no "right" or "wrong" way to feel or respond.

### **2. Create a Sacred Space:**

Before engaging with the exercises, consider creating a space that feels safe and sacred to you. This could be a physical space in your home or a mental space you cultivate through meditation or setting intentions.

### **3. Honour Your Pace:**

Move through the playbook at a pace that feels comfortable and authentic to you. Some exercises may evoke strong emotions or require more reflection. Take the time you need to process and integrate these experiences.

### **4. Journaling as a Tool:**

Keeping a journal specifically for this journey can be incredibly valuable. Use it to record your thoughts, feelings, and revelations as you work through the exercises. Writing can be a powerful tool for processing and understanding your experiences.

### **5. Practice Self-Compassion:**

Be gentle with yourself throughout this process. Practicing self-compassion is crucial, especially when confronting challenges or uncovering painful memories. Remember, this journey is about healing, growth, and self-love.

### **6. Engage with Community:**

If you feel comfortable, consider sharing your experiences or insights with a trusted friend or supportive community. Connection can amplify the healing and transformative power of your journey.

### **7. Integration into Daily Life:**

Look for ways to integrate your insights and practices from the playbook into your daily life. This might involve setting new intentions, adopting self-care practices, or making changes in your relationships and interactions.

### **8. Reflect and Revisit:**

Your journey doesn't end when you complete the playbook. Sensuality and self-discovery are ongoing processes. Feel free to revisit exercises that resonated with you, and continue to reflect on your growth and evolution.

### **9. Celebrate Your Journey:**

Acknowledge and celebrate the work you've done and the growth you've experienced. This journey is a profound act of self-love and empowerment. Honour yourself for the courage and openness you've shown.

# FAQ's

## How much time should I dedicate to each exercise?

Each exercise is designed to be self-paced, allowing you to engage deeply and reflectively. While some exercises may take only 15-20 minutes, others could inspire hours of exploration. Listen to your intuition and allow yourself the time you need.

## What if I experience strong emotions during the exercises?

It's normal and even expected to encounter strong emotions as you explore aspects of your sensuality and personal growth. If emotions become overwhelming, pause and practice self-care or reach out to a supportive friend or professional. Remember, this journey is about nurturing and understanding yourself more deeply.

## Can I skip exercises that don't resonate with me?

Yes, this playbook is a tool for your personal journey. While we encourage you to try each exercise with an open mind, you know yourself best. If an exercise doesn't resonate, you may skip it or return to it later when you might feel differently.

## How can I integrate the insights gained from the playbook into my daily life?

Integration can be achieved through mindful reflection on how the insights impact your view of yourself and the world. Consider adopting new practices or rituals that align with your discoveries, and actively seek opportunities to apply your learning in relationships, decision-making, and self-care

## Is it beneficial to share my experiences with others?

Sharing can be incredibly powerful, offering validation, perspective, and community support. However, it's important to share within spaces where you feel safe and supported. Whether it's with trusted friends, family, or within a dedicated group, sharing should feel empowering and constructive.

*Crone*

Wisdom  
Focus  
Deep Power  
Surrender  
Magnetic  
Wise

*Maiden*

Youthful  
Curious  
Questioning  
Play  
Flirtation  
Blooming

The  
*Grounded*  
Woman

*Maga*

Learning  
Gratitude  
Letting Go  
Acknowledging  
Relaxing  
Releasing

*Mother*

Mature  
Masterful  
Colourful  
Full  
Outward  
Bright

Thoughts:



## *Journaling Exercise*

# **Sensuality and the Crone**

Reflecting on the transition into the Crone/Wise Woman phase and its impact on your sensuality provides a powerful opportunity to explore your growth and confront societal stereotypes. This journal prompt guides you through acknowledging the depth of your sensuality and wisdom that comes with age, challenging the narratives that seek to diminish it.

Journal Prompt: Sensuality and Wisdom in the Crone/Wise Woman Phase

Objective: To explore the evolution of your sensuality as you transition into the Crone/Wise Woman phase, recognizing the deepening of understanding and confronting societal misconceptions about aging, sensuality, and wisdom.

Reflection Guide:

### 1. Understanding the Transition:

- Begin by reflecting on what entering the Crone/Wise Woman phase means to you. How do you perceive this transition in the context of your life journey?
- Contemplate the changes in your body, spirit, and mind. How have these changes influenced your perception of your sensuality?

### 2. Deepening of Sensuality:

- Reflect on how your sensuality has evolved with this transition. What aspects of your sensuality have become more pronounced or nuanced?
- Consider how your experiences, victories, losses, and the wisdom gained have enriched your sensual life. How does this depth influence your relationships, self-expression, and enjoyment of life?

# Journaling Exercise

## Sensuality and the Crone

### 3. Confronting Societal Narratives:

- Identify societal narratives or stereotypes that overlook or diminish the sensuality and wisdom of the Crone/Wise Woman. How have these narratives affected you or women around you?
- Reflect on moments when you've felt challenged by these stereotypes. How did you respond, and what did these experiences teach you about your strength and sensuality?

### 4. Redefining Sensuality and Wisdom:

- Envision how you would like to redefine sensuality and wisdom in this phase of your life. What empowering truths do you hold about the Crone/Wise Woman's sensuality and wisdom?
- Write a declaration or affirmation that encapsulates your redefined vision of sensuality and wisdom as a Crone/Wise Woman. This could serve as a personal mantra to remind you of your power, depth, and vibrancy.

### Writing Your Reflection:

- Start with an overview of your journey into the Crone/Wise Woman phase, noting any initial fears or expectations you had about this transition.
- Dive deep into how this phase has enriched your sensuality, bringing in specific examples of moments or realizations that marked this evolution.
- Confront and dismantle the societal narratives that have sought to diminish your sensuality and wisdom, sharing your thoughts on how these narratives need to change.
- Conclude with your declaration of redefined sensuality and wisdom, envisioning the path forward filled with empowerment, depth, and continued growth.

This journal prompt is an invitation to celebrate the richness of the Crone/Wise Woman phase, embracing the complexities and joys of your sensual journey. It's a call to challenge and rewrite the societal scripts about aging, inviting a more inclusive and empowering narrative that honors the wisdom and sensuality of all phases of life.



# Myth Vs Truths

The "Myths vs. Truths" activity is a powerful way to confront and dispel the common myths about aging and sensuality, especially as they relate to the Crone/Wise Woman phase. This exercise encourages you to affirm and celebrate the enduring vibrancy, wisdom, and sensual depth that come with this stage of life.

## **Activity: Myths vs. Truths on Aging and Sensuality**

Objective: To challenge societal myths about aging and sensuality, affirming the truths of the Crone's sensual wisdom and rich life experience.

### **Instructions:**

#### 1. Preparation:

- Gather materials for writing, such as a journal and pens, or use a digital format if you prefer.
- Create a quiet and reflective space where you can think deeply and write without interruptions.

#### 2. Identifying Myths:

- On the left side of your page, list common myths you've encountered about aging and sensuality. These might include misconceptions like "Aging diminishes sensuality," "Older individuals don't have sexual desires," or "Wisdom and age make you less attractive."

#### 3. Articulating Truths:

- Next to each myth, on the right side of the page, write a truth that counters and dispels the myth. Focus on the positive realities of aging and sensuality that you've witnessed, experienced, or believe in.
- For example, against the myth "Aging diminishes sensuality," you might write, "Aging enriches sensuality with depth, confidence, and an understanding of true pleasure."





# Myth Vs Truths

## 4. Reflection and Expansion:

- Reflect on each myth and truth pairing. Consider how these truths reflect the strengths and experiences of the Crone/Wise Woman phase. How do they challenge societal perceptions and celebrate the reality of aging?
- Expand on a few truths by writing more in-depth reflections or personal anecdotes that illustrate these realities. This could involve stories of personal growth, moments of sensual joy, or observations of inspiring individuals who embody these truths.

## 5. Affirmation Creation:

- From your truths, craft one or more affirmations that encapsulate the celebration of sensuality and wisdom in aging. For instance, "I embrace my age as a journey of sensual wisdom and beauty," or "With every year, my sensuality deepens, enriched by a lifetime of experiences."

## 6. Sharing and Discussion (Optional):

- If you're comfortable, share your "Myths vs. Truths" chart or some of your affirmations with a trusted friend, support group, or online community. Engaging in conversations about these topics can help spread awareness, challenge societal norms, and empower others to embrace their aging journey with pride and confidence.

This activity not only serves as a personal reflection to affirm your own truths about aging and sensuality but also acts as a tool for broader cultural change. By confronting myths and celebrating truths, you contribute to a more inclusive, accurate, and empowering narrative about the Crone/Wise Woman phase and the rich, sensual life it can entail.



# Myth Vs Truth

<i>Myth</i>	<i>Truth</i>

**Strategies for Integration:**

# Evolution of Sensuality ~ Crone

Reflecting on the evolution of your sensuality as you transition into the Crone phase is a beautiful exercise in acknowledging growth, change, and the continual unfolding of your sensual self. This phase, characterized by wisdom and a deepened connection to one's inner life and the external world, offers unique opportunities to express and experience sensuality.

## **Sensual Navigation Exercise: The Evolution into the Crone Phase**

Objective: To explore and document how your sensuality has evolved with the transition into the Crone phase, focusing on the integration of wisdom in enhancing sensual experiences.

### **Instructions:**

#### 1. Preparation:

- Choose a comfortable and quiet space for reflection. You may want to light a candle or incense, play soft music, or create an ambiance that supports introspection.
- Have a journal or digital device ready for recording your thoughts and reflections.

#### 2. Reflecting on Sensual Evolution:

- Begin by contemplating your journey into the Crone phase. How has your understanding and expression of sensuality changed over time?
- Consider the different dimensions of sensuality—physical, emotional, intellectual, and spiritual. How have these aspects evolved as you've entered this stage of wisdom and maturity?

#### 3. Identifying Defining Practices and Experiences:

- Reflect on the practices, experiences, or rituals that now define your sensual expression. These could range from solitary activities that connect you with your body and senses, to shared experiences that deepen intimacy and understanding with partners or friends.
- Consider also the role of creativity, nature, and spirituality in your sensual life. How do these elements contribute to your sensual expression?



# Evolution of Sensuality ~ Crone

## 4. The Role of Wisdom:

- Delve into how your accumulated wisdom enhances your sensual experiences. How does understanding yourself and your desires more deeply influence the way you engage with sensuality?
- Think about the ways wisdom allows you to navigate sensuality with greater confidence, freedom, and presence. How does this wisdom affect your choices, boundaries, and expressions of sensuality?

## 5. Documenting Your Reflections:

- Write down your reflections, focusing on the evolution of your sensuality, the practices and experiences that define it now, and the role of wisdom in enriching these experiences.
- As you write, allow yourself to fully acknowledge and appreciate the depth and richness of your sensual life at this stage.

## 6. Planning for Continued Growth:

- Based on your reflections, consider how you might further explore or deepen your sensual expression in the Crone phase. Are there new practices, experiences, or areas of wisdom you wish to explore?
- Set intentions or goals for how you will continue to navigate and celebrate your sensuality, keeping your wisdom as a guiding light.

This exercise is not just a reflection but also an affirmation of your sensuality as an ever-evolving aspect of your being. It honours the integration of wisdom and experience in shaping a rich, nuanced sensual life in the Crone phase. By acknowledging the growth and changes in your sensuality, you open yourself to continued exploration, expression, and fulfillment.





# Cultural Archetypes and Personal Reflection

Exploring cultural and mythological archetypes of the Crone/Wise Woman offers a profound insight into how various societies understand and honor the complexity, wisdom, and sensuality inherent in this life stage. This cultural reflection is not just an academic exercise but a deeply personal journey that can enrich your understanding of your own path into the Crone phase.

## Cultural Reflection Exercise: Archetypes of the Crone/Wise Woman

**Objective:** To examine and reflect upon the Crone/Wise Woman archetypes from various cultures and mythologies, focusing on their embodiment of wisdom, complexity, and sensuality.

### Instructions:

#### 1. Research and Selection:

- Begin by researching or revisiting cultural and mythological figures that represent the Crone/Wise Woman archetype. Look for stories, myths, and legends across a variety of cultures that feature elder women figures endowed with wisdom, magical powers, or deep sensuality.
- Choose at least three archetypes that resonate with you or that you find particularly compelling. Examples might include Hecate from Greek mythology, as a goddess of magic and crossroads; Baba Yaga from Slavic folklore, a figure of power and transformation; or the Cailleach from Celtic mythology, representing winter and rejuvenation.

#### 2. Analysis of Complexity and Wisdom:

- For each chosen figure, explore how they embody the complexity and wisdom of the Crone/Wise Woman stage. Consider their roles in their respective myths or cultures, the lessons they impart, and the ways in which their wisdom is conveyed.
- Reflect on the symbols and attributes associated with these figures. How do these elements contribute to their portrayal as sources of wisdom and complexity?

# Cultural Archetypes and Personal Reflection

## 3. Exploration of Sensuality:

- Consider the aspect of sensuality within these archetypes. While traditionally, sensuality might not be the first attribute associated with the Crone/Wise Woman, some stories or interpretations offer a nuanced view of sensuality that transcends age and physicality, embodying a deeper, more spiritual or elemental form of sensual connection to the world.
- Reflect on how the sensuality of these figures is expressed or implied. What can their forms of sensuality teach us about the broader, more inclusive understanding of sensuality in the Crone phase?

## 4. Personal Connection:

- Identify elements from each archetype that you find relevant or inspiring to your own journey into the Crone/Wise Woman phase. How do these figures challenge or enrich your perceptions of wisdom, complexity, and sensuality?
- Consider writing a personal reflection or creating a piece of art that integrates these insights, expressing how you see yourself embodying the wisdom, complexity, and sensuality of the Crone/Wise Woman in your life.

## Sharing and Integration:

- If you feel comfortable, share your reflections, insights, or creative expressions with a supportive community, whether in person or online. Engaging in discussions about these archetypes can deepen your understanding and connection to the Crone/Wise Woman phase, offering new perspectives and validation of your experiences.

This exercise invites you to connect with the rich tapestry of cultural narratives surrounding the Crone/Wise Woman, offering a lens through which to view your own evolution into this phase with honor, complexity, and sensuality.





# Sensual Integration Exercise - Crone

Creating a ritual that honors your journey into the Crone phase is a powerful way to celebrate your wisdom, sensuality, and the profound transformation you've undergone. This ritual can serve as a bridge between your past experiences and the path ahead, integrating all aspects of your being into a harmonious whole.

## Sensual Integration Ritual for the Crone Phase

**Objective:** To design a personal ritual that celebrates your transition into the Crone phase, integrating your wisdom and sensuality through meditation, nature connection, or creative expression.

### Preparation:

- **Set the Intent:** Begin by clarifying your intent for the ritual. What aspects of your wisdom and sensuality do you wish to honor and integrate?
- **Gather Materials:** Collect items that symbolize your journey and achievements. These might include photographs, keepsakes, natural objects, or art supplies for a creative project.
- **Create a Sacred Space:** Choose a quiet, comfortable spot where you can perform your ritual undisturbed. Decorate this space with items that evoke a sense of wisdom and sensuality, such as candles, incense, fabrics, or crystals.

### Ritual Steps:

#### 1. Opening the Ritual:

- Start by grounding yourself through deep breathing or a brief meditation. Visualize your journey from Maiden through Mother/Creatrix to the Crone phase, acknowledging the growth and transformations along the way.
- Light a candle or incense as a symbolic gesture to mark the beginning of your ritual.

#### 2. Connecting with Nature:

- If possible, incorporate elements of nature into your ritual. This could be as simple as holding a piece of nature in your hands (a stone, leaf, or flower), going for a walk in a natural setting, or performing the ritual outdoors to directly connect with the earth's cycles, reflecting the cycle of your own life.

# Sensual Integration Exercise - Crone

## 3. Meditation on Wisdom and Sensuality:

- Engage in a meditation that focuses on the integration of your wisdom and sensuality. Reflect on how these aspects have enriched your life and how they manifest in your current phase.
- Consider using a guided meditation specifically designed for the Crone phase or creating your own affirmations to focus on during the meditation.

## 4. Creative Expression:

- Express your journey into the Crone phase through a creative project. This could be creating a piece of art, writing a poem or story, crafting a symbolic object, or composing a song. Let this creative expression be a testament to your wisdom, sensuality, and the power of transformation.

## 5. Closing the Ritual:

- Conclude your ritual by expressing gratitude for your experiences, the wisdom you've gained, and your sensual journey. Blow out the candle or let the incense burn out, symbolizing the end of the ritual but the continuation of your journey.
- Keep the item you created or the object you used during the ritual in a special place as a reminder of this moment and the intentions you've set.

## Reflection and Integration:

- After completing the ritual, take some time to journal about your experience. How did the ritual make you feel? What insights or inspirations emerged?
- Consider how you can carry the energy and intentions from this ritual into your daily life, continuing to honor your wisdom and sensuality in the Crone phase.

This ritual is a deeply personal way to honor your journey, the wisdom you've accumulated, and the sensuality that has shaped your life. It's a celebration of all you have become and a declaration of your presence and power in the Crone phase.



Creating a Sensual Vision for the Future is a powerful exercise for envisioning and manifesting your desired state of being, where your Wise Woman/Crone's sensuality is fully embraced and integrated into your life. This process involves both visualisation and tangible creation, allowing you to connect deeply with your aspirations for a sensually empowered future.

### **Objective:**

To envision your future self in a state of complete sensual empowerment, drawing from the Crone's energy of insight and reflection. You'll create a vision that represents this integrated, empowered sensuality, using either a vision board or detailed writing.

### **Materials Needed:**

- For a Vision Board: A large poster board or digital platform (like Pinterest), magazines, printed images, stickers, markers, glue.
- For Written Description: Journal or digital document, pens or keyboard.

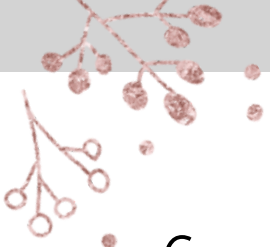
# Creating a Sensual Vision for the Future

### **Instructions:**

#### **Visualisation Process:**

1. *Find a Quiet Space:* Ensure you're in a comfortable, undisturbed environment. You may want to play soft music or light a candle to create a conducive atmosphere.
2. *Deep Breathing:* Begin with deep, slow breaths to center yourself. With each inhale, envision drawing in positive energy; with each exhale, release any doubts or fears.
3. *Visualize Your Future Self:* Close your eyes and imagine your future self, fully embodying and expressing your sensuality without inhibition or fear. Consider how this sensuality influences your posture, your interactions, and the energy you radiate.
4. *Engage the Senses:* Dive deeper into the visualisation by engaging all your senses. What textures do you feel? What scents are around you? What beauty do you see? What sounds do you hear? How do you taste life?
5. *Embrace Emotions:* Acknowledge the emotions your future self feels, living in this state of empowered sensuality. Confidence, joy, peace—let these feelings fill you.





# Creating a Sensual Vision for the Future

## **Creating the Vision:**

### **Option 1: Vision Board**

- **Collect Images:** Look for images that resonate with your visualised future self. These could include landscapes, activities, colours, and symbols that represent aspects of your sensuality.
- **Arrange and Glue:** Place these images on your board in a way that feels intuitive and inspiring. Leave spaces for words or quotes that capture your feelings and aspirations.
- **Add Text:** Use markers to write empowering affirmations or quotes around your images. These should reflect your sensual empowerment and goals.
- **Display:** Place your vision board somewhere you can see it daily, serving as a constant reminder and inspiration.

### **Option 2: Detailed Description**

- **Write Vividly:** Start by describing your future self in detail. How do you carry yourself? What activities fill your days? How do you express your sensuality?
- **Describe the Senses:** Incorporate how this empowered sensuality affects your engagement with the world. Describe sensory experiences in detail, from the feel of silk against your skin to the taste of your favorite indulgence.
- **Incorporate Emotions:** Weave in the emotional landscape of your future self. How does embracing your sensuality influence your happiness, confidence, and connections with others?
- **Future Letter:** Consider writing this description as a letter to your future self, outlining hopes, dreams, and the sensually empowered life you are manifesting.

### **Reflection and Integration:**

- After completing your vision board or written description, take time to reflect on the process. How did it make you feel? What insights or surprises arose?
- Think about small steps you can start taking now to bring this vision to life. Is it a mindset shift, a new activity, or perhaps a way of connecting with others?

By creating a sensual vision for the future, you're not just daydreaming. You're setting the groundwork for transformation, empowering yourself to integrate and celebrate your Crone sensuality fully. This vision serves as both a guide and inspiration, reminding you of the sensually empowered person you are becoming.

## **Honouring Your Legacy of Wisdom and Sensuality:**

As we conclude the Crone/Wise Woman module, take a moment to honour the incredible journey that has led you here.

This phase has offered you a unique perspective on life, love, and the enduring power of sensuality.

With wisdom as your guide, you are called to share your insights, to nurture those coming behind you, and to live fully in the beauty of the present.

May the legacy of your journey inspire not only your path but also light the way for others.

Embrace the Crone's wisdom, knowing that your sensuality and spirit are timeless gifts that continue to evolve and enrich the world around you.



## *Embracing the Unknown* **Transition/Baby**

The Transition/Baby Phase marks a profound period of change and rebirth, akin to the transformative power of the equinox or solstice, inviting us into a realm of fresh beginnings and infinite possibilities. This phase challenges us to embrace vulnerability and uncertainty, urging us to let go of old identities and to explore the unknown with the curiosity and openness of a baby. It's a time that underscores the importance of support and self-compassion as we navigate the uncertainties of change, offering a unique opportunity for growth, learning, and the discovery of new paths. Embracing this phase allows us to tap into our potential for transformation, reminding us that we are always capable of beginning anew and finding renewal in our journey of self-discovery and empowerment.

# TRANSITION / BABY ~ ANYTIME

**The Essence of Transition:** Life is punctuated by periods of profound change, moments when the familiar patterns give way to the unknown. These transition phases, akin to the equinox or solstice, mark a time of profound shift—where the old has not yet fully departed, and the new has not fully arrived. It's a phase brimming with possibility, a space where everything is in flux, offering a canvas for reimagining and reshaping our lives.

**Facing Uncertainty:** Transition brings a mixture of anticipation and apprehension. As adults, we're often conditioned to value certainty and control, to have our lives neatly plotted out. Yet, the transition phase challenges these expectations, confronting us with the reality that we don't have all the answers. This realization can stir fear and discomfort, yet it's a fundamental part of our growth.

**The Baby Phase Analogy:** Just as the baby experiences the world with wonder, openness, and reliance on support, so too must we embrace the vulnerability of not knowing during transition phases. This period is characterized by learning, exploration, and immense growth. It's a reminder that it's okay not to have everything figured out and that admitting this can open us up to receiving support and guidance.

**Embracing Possibility:** The discomfort of the unknown in the transition phase is also its gift. Here lies the potential for infinite possibilities and paths. This phase invites us to lean into the discomfort, to embrace the uncertainty as fertile ground for transformation. It's an opportunity to reassess, reimagine, and rebuild, to become more authentically aligned with who we are and who we wish to be.

**Navigating Transition:** To navigate this phase effectively, it's crucial to seek out support systems—be they friends, family, mentors, or communities that understand and respect the process of change. Practicing self-compassion, allowing yourself to feel and express vulnerability, and staying open to new experiences can transform this period from one of unrest to one of profound personal development.

**The Power of Transition:** Ultimately, the transition phase, with all its uncertainty and potential, is a powerful reminder of the dynamic nature of life. It's a call to embrace change, to find strength in vulnerability, and to trust in the journey of becoming. Like the baby, we are reminded that at any point in our lives, we can begin anew, filled with hope and open to the infinite possibilities that await.

# Creating Rituals

Creating a ritual can be a powerful way to honor a significant event or intention, mark a transition or milestone, or simply bring more meaning and purpose into your daily life. Here are some steps you can take to create a meaningful ritual:

- **Identify the purpose:** The first step in creating a ritual is to identify the purpose of the ritual. What is it that you want to celebrate, honor, or mark? What intention do you want to set? Clarifying the purpose of the ritual will help you to create a meaningful and focused experience.
- **Choose the elements:** The elements of a ritual can include symbols, actions, words, and objects. Consider what elements will best support the purpose of your ritual. For example, you may choose candles, incense, music, or specific colors to create a certain atmosphere. You may also choose to incorporate specific actions, such as walking a labyrinth, chanting, or journaling. It can be helpful to choose elements that have personal significance or meaning to you.
- **Plan the structure:** Once you have identified the purpose and elements of your ritual, it's time to plan the structure of the ritual. Consider the order of the elements, the duration of each element, and the flow of the ritual as a whole. It can be helpful to create an outline or script to guide you through the ritual.



- **Prepare the space:** Create a physical space that supports the purpose of your ritual. This could be a quiet, private space in your home or a natural setting outdoors. Set up the elements of the ritual in a way that feels meaningful and intentional.
- **Practice the ritual:** Before you perform the ritual, take time to practice it. This can help you to feel more comfortable with the structure and elements of the ritual, and to make any necessary adjustments. You may also want to invite others to participate in the ritual with you, if appropriate.
- **Perform the ritual:** When you're ready to perform the ritual, begin by centering yourself and setting your intention. Follow the structure of the ritual that you have planned, allowing yourself to fully engage with each element. Take time to be present and reflective throughout the ritual.
- **Reflect and integrate:** After the ritual is complete, take time to reflect on your experience. Consider what insights or emotions arose during the ritual, and how you can integrate the experience into your daily life. You may want to journal or meditate on your experience to deepen your understanding and awareness.

Creating a ritual can be a powerful way to bring more meaning and intention into your life. By identifying the purpose, choosing meaningful elements, planning the structure, preparing the space, practicing the ritual, performing the ritual, and reflecting and integrating, you can create a meaningful and transformative experience.

# Resourcing & Self-Regulation

Resourcing and self-regulation are two important concepts in psychology and mental health that can help you cope with stress, regulate your emotions, and build resilience.

Here's a closer look at what each of these concepts involves:

## ***Resourcing:***

Resourcing refers to identifying and using internal and external resources that can support your well-being and coping abilities. These resources can include positive memories, personal strengths, supportive relationships, spiritual or cultural practices, or physical activities. By focusing on and accessing these resources, you can build a sense of safety, calm, and self-efficacy, even in the midst of stress or trauma.

*To build resourcing skills, you can try the following:*

- Identify personal strengths and values
- Practice gratitude and positive thinking
- Cultivate supportive relationships
- Engage in creative or physical activities
- Develop a self-care plan that includes healthy habits, such as sleep, exercise, and healthy eating

Unlock Your Full Potential in just 2 hours

# Discover Your Breakthrough

## PERSONALISED ONE ON ONE SESSION

Are you ready to delve deeper into your personal journey and uncover which life stage might be holding you back?

**Our exclusive one-on-one breakthrough session is tailored to help you:**

- *Identify Your Current Phase:* Understand which stage – Maiden, Mother, Enchantress, or Crone – you might be 'stuck' in. This insight is crucial in pinpointing the specific challenges and opportunities you are facing.
- *Personalised Guidance:* Receive tailored advice and strategies from an expert coach who understands the nuances of each life phase. This session is your space to explore, ask questions, and gain clarity.
- *Evolve and Grow:* Develop a personalised plan to move forward. Whether you're transitioning from Maiden to Mother, or Mother to Enchantress, this session will provide you with the tools and insights to smoothly navigate these changes.
- *Supportive and Safe Environment:* Share your experiences and thoughts in a non-judgmental, supportive setting that fosters openness and transformation.
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**Special Offer:** As a valued member of The Grounded Woman's Circle, you have the unique opportunity to book this breakthrough session at a special rate. This is your chance to accelerate your journey and achieve profound personal growth.

**Take the Next Step in Your Journey:** This 2-hour session could be the key to unlocking a new level of self-awareness and empowerment. Don't let uncertainty or stagnation hold you back any longer. Book your session now and embrace the transformation waiting for you.

2 hour session ~~AU\$240~~ AU\$180

# About Me

With a passion for personal transformation and over 25 years immersed in energy-based modalities, I bring a depth of experience and wisdom to my coaching at Untamed Midlife. My journey began with the pioneering work of Roger Callahan, which opened the gateway to a world where energy profoundly influences our well-being. Inspired by innovators like Donna Eden, Gary Craig, Silvia Hartmann and Larry Nims, I've delved deep into practices that realign, revitalize, and rejuvenate the spirit. From the EFT foundations set by Craig to Hartmann's insights on energy body stress, my holistic approach blends time-tested techniques with modern insights. Whether you're seeking sensuality, inner peace, or just a deeper connection to yourself, I'm here to guide you on a journey of energetic enlightenment.



# Find Me

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