



WomanSpirit

"One is not born a woman, one becomes one."
Simone de Beauvoir

A clue to what women must do in order to truly embrace their power is contained in the legend of Psyche, a mortal woman who is loved by the god, Eros. In order to grow Psyche must complete four tasks that represent what the feminine psyche must learn in order to grow.

The four tasks involve her mind, her power, her insight and her strength. Her reward is marriage with Eros and the birth of their child, Pleasure.

It is in the company of women that we can become whole and grow into true womanhood.

WomanSpirit is an experience of the deep feminine that is every woman's true nature – an experience that grounds a woman in the deep power of feminine wisdom that informs the way she lives her life, conducts her friendships, expresses her creativity and talent and fulfils her dreams.

And it's not what we think it is.

It's not weak, it's wise.
It's not vague, it's diffuse.
It's not soft, it's yielding.
It's not passive, it's patient.
It's not fluffy, it's fiercely compassionate.

For the hundreds of women who have done the workshop it has been a profoundly life-changing experience. In their own words:

"At the end of the retreat I felt I had had a wonderful rest but had no idea at how what I learnt would fill a large gap in my everyday life."

"For now, I am committed to speaking my inner truth and living my life as an example for my girls for I know children learn by what you do, not by what you say."

"I was not sure how things would change or be for me - the course worked on a deep level but appeared on the surface to be so subtle. Now in my relationship with my partner I can relax and be woman, allowing him to be more of himself."

"The experience has helped me along my journey to discover my true voice."

Using creative expression, intuition, ritual, legend, myth and narrative you will:

- ◆ Know who you are as a woman.
- ◆ Change negative beliefs, attitudes and viewpoints that diminish your self-esteem and confidence as a woman.
- ◆ Heal or complete the primary relationship you have with father/mother so that you can move more fully into your life as your own woman.
- ◆ Explore your relationship with other women and the values you bring to your friendships.
- ◆ Explore the creative, intuitive aspects of your feminine nature.
- ◆ Deepen your connection to and respect for feminine wisdom and knowledge through your relationship with the women in your world.
- ◆ Reawaken the Divine Feminine in mind, body and spirit.
- ◆ Develop personal practices and viewpoints that support and nurture the presence of the Divine Feminine in everyday life.

"The participants were all so willing to give of themselves enhancing a sense of trust, love and one-ness amidst such a variety of personalities and backgrounds which in itself provided an enriched environment in which to work."

The balance of quiet time, talk, rest, work, play, dance and storytelling is deeply refreshing. The teaching is knowledgeable, experienced and respectful of the different ways we each live our lives. At the same time it is intended to uncover and bring to light aspects of your psyche that trigger learning and growth. Mostly it reveals to us the incredible power of the feminine and brings to our attention the need for each of us, as women, to speak up and voice our vision of the future – for ourselves, our families, our workplaces and our world.

"There is something mysterious in the power that is generated by a group of women. Little is said or done, however in the focussing of attention on each other there is a deep healing that takes place. The true wisdom of women is tapped and its effect is remarkable – sometimes miraculous. I have learned to have great respect for the power of the feminine and for the women who embody its characteristics." Gai

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