

## ***AWAKENING / CONNECTING WITH WISE WOMAN***



In the landscape of ***VISIBLE WOMAN*** and NLP, this is known as a mentor process or Circle of Excellence. A mentor is a symbolic representation of a powerful resource and can act as a guide, counselor or teacher. It can be anyone or anything, limited only by your imagination. A mentor could be a person you admire, either living or not; a fictional character; an entity, a location, or a powerfully positive situation. A mentor could be a special place in nature or a natural element such as a rainstorm or sunrise. A mentor could be an experience, either imagined or remembered. For instance, you could imagine what it might feel like to witness Earth rising from the Moon's surface, how incredible and awe-inspiring that experience would be. If you can imagine it, then whatever you may dream can act as a mentor. Your mentor can advise and share knowledge and skills with you. This is a highly effective way of gathering information and gaining new perspectives. We add even more power by connecting to resources from a Future You, accessing the treasures embedded within the process of TimeLines. We invite you to tap into your own unique wisdom as you ENJOY ... Connecting with your Wise Woman.

### **Preparation**

Prepare your physical space and energetic space. Attend to both external and internal. Carve time out of your schedule. Find and go to a quiet place, free of interruptions. Turn off the phones, alarms, computers or beepers. Allow plenty of room around you, stretching out your arms to the side. If desired, you may gather power objects or talismans. Decorate and make your space comfortable and beautiful. Settle your body -- Relax.

Now --- time to set your intention. Open your heart to awakening. Use whatever tools you already know: Breathe; Meditate; Engage your creative visualization or imagery. Listen to your internal dialogue. You may find it useful to close your eyes. Some find it easier to focus awareness by lessening external input, especially visual.

### **Intention**

Form in your mind a statement that precisely expresses your unique Intention in this process. **What do you want to achieve?** Make it a positive statement, such as "*I choose to connect with my Wise Woman*", or "*My intention is **Discovery***". Say your Intention statement out loud. You may use these words or others. You will hold this Intention, taking it with you as a guide, as you move through this process. You may speak your statement into open hands, as if breathing it into Life so that you may literally carry your Intention with you throughout this exploration.

[When working with a group – each woman can say her name and make her intention statement out loud. There is power in owning your intention and being witnessed by others as you claim it.]

### **Discovery**

Stand or sit comfortably, looking out in front of you. Begin to imagine a circle forming right there in front of you. Perhaps it appears as a beam or column of light. You may choose to create an actual, 'in-time-and-space' circle by physically arranging stones or other objects. Mark this space as your ***Circle of Discovery***. Make it large enough so that you can move and, if you like, dance freely within it.

[When working with a group, each woman will turn and face out from the circle of women. All are positioned with their backs to the center of the circle.]

## Inviting your Mentor, Wise Woman of the Future

Ask for a mentor or counselor, one who knows how to journey into the unknown, how to be open and receptive to new ideas, one who can surrender certainty and dance with mystery. This mentor may be a part of yourself, a friend, someone you admire. Many choose to invite Christ consciousness, aspects of the Goddess, guides, angels or power animals. Your mentor can be a fictional character or someone you have read about and admire. It can even be a force of nature, such as the wind of a hurricane or the steady flow of a gentle stream. Use whatever works for you to bring the qualities and strengths of **Discovery** into your circle.

As you look inside your Circle, begin to sense a gathering of **energy**. All the resources, gifts, talents, skills and knowledge are gathering within the Circle to help you, to guide you. You may sense a presence, get a feeling, see images, notice vibrations, or hear music, sounds or perhaps a voice. You may even perceive a symbol that signifies **Discovery**. Whatever form materializes is the perfect one for you right now. Ask yourself -- what is the color or colors of this energy, this ability to experience something new and different, the welcoming of a **powerful and positive resource**? Fill the circle with this color. What is the sound of this energy of **Discovery**? Or the vibration or movement? Continue to fill your Circle with any and all of these sensations, sounds or images.

### Connection

When your **Circle of Discovery** is filled appropriately with all of your desired resources, and you are ready to receive these gifts, then physically move your body forward. Move into the circle, into this special gathering places of resources. As you begin to move inside and connect, you may feel anticipation or eagerness. You may feel tingling or warmth. Whatever you may notice – whatever you may experience, see, hear or feel – is perfect for you right now. Use your arms to reach down and around, pulling the colors or energy up through your body ... from below your feet up and over ... around and through ... all the way up to the top of your head. Wrap the sensations and energy of your **Circle of Discovery** all around you. Surround yourself with the colors, sounds, vibrations and movements of your unique Circle.

When the Discovery energy envelops you, state your intention out loud. Hear yourself speaking aloud in a firm, confident voice ... "I choose to connect with my Wise Woman." Again you may experience this in whatever way works for you ... perhaps sensing, seeing, hearing or feeling a response ... noticing textures, shapes, colors, images, symbols or perhaps a dance of energy. The Circle and all your guides acknowledge your clear intention. Thank them all for their willingness to play, for their wisdom, courage and guidance.

### Invitation to your Wise Woman

Begin to move your own body, using your hands and your imagination to reach out and begin to physically sculpt a body shape in the air, out in front of you. This sculpting is your invitation to your own unique and powerful **Wise Woman**. She is your **Future Self**. She has lived through the current problems or challenges and overcome them. She has learned and discovered. She has gathered wisdom for you, knowing exactly how to move beyond your present limitations. She comes to share this gift with you. As you sculpt with your hands, allow your inner vision to see her materializing in the Circle. Shape her head and torso. Carve out her arms and breasts. Attend to her hips and thighs. Lovingly mold her legs and feet. As you gently touch and caress her feet, you can ground her into Mother Earth. As you move your hands, sculpting your Wise Woman, you can begin to notice Her, noticing in whatever works for you ... connecting with **ALL** of her.

You may begin to notice Her Beauty. She is standing beside you in the Circle of Discovery. As she becomes more and more present in your circle, you might move closer, touching your mouth to her mouth and breathe into her, filling her with **LifeForce Energy**. Share the Breathe of Life with her. Welcome your **Wise Woman of the Future** into your **Circle of Discovery**.

## Communion with Wisdom from the Future

Continue to breathe with your **Wise Woman**. Notice all that you can about her. Again you may sense or feel her. You may hear Her voice. Or perhaps you see her clearly. However she comes to you is perfect for you right now. Share your **Circle of Discovery** with her. Welcome Her. Thank Her. If there is anything you want to ask, feel free to ask as you open to receiving Her answer for you. She comes to you from your future, from a place of wisdom. She walks the Crone walk. Breathe. Listen. Hear. Know. Breathe, again. Feel. Open. Discover. Hold out your hand and receive whatever gifts she offers. The gifts may come as whispered wisdom, deeply felt knowings, or perhaps some symbol. Receive whatever gifts she offers, in whatever form, accepting them with Grace. You may want to tuck them away in a safe space, perhaps moving your hand to your heart and placing your gifts inside your heart. These gifts are seeds which will grow and blossom as you move through the next few hours, days and weeks.

## Dance of Celebration

Now begin to move your body, perhaps a gentle swaying of your arms, or perhaps a larger, wilder movement. Dance with your **Wise Woman**. Breathe. Sway. Swing. Float. Find your rhythm. Flow. Swirl. Stomp. Claim your **Circle of Discovery** with your movement. Make it your own. Gather energy. Match your movements to the dance of your **Wise Woman**. Dance your own Wisdom dance. And as you continue to move, you can also begin to merge with your **Wise Woman**. Feel Her enter your body, Her heart beating with yours, blending into communion, breathing One Breath, touching your skin from the inside out. Now, feel your body, moving with the joining, the rhythm of merging. Claim your Wisdom, finding a restful Peace inside this place of integration. And rest here for as long as you like, taking all the time you need to explore and enjoy, knowing that you can return to this any time you choose. Continuing to ... Breathe ... Notice ... Open /

Breathe ... Notice ... Receive /

Breathe ... Notice ... Enjoy /

Breathe ... Notice ... beginning now to bring this to a close.

## Honor and Gratitude

Finally, in whatever way seems most appropriate, you may send the energy of Gratitude and Appreciation out to all who have assisted you. Honor all parts of yourself who gathered to give you courage. Know this is available to you now and in the future. You can enter your **Circle of Discovery** and connect with your **Wise Woman of the Future** ... or other wisdom consultants ... now and in the future. You can begin to explore more fully your relationship with your own unique **Wise Woman**. Each time you explore, you may meet deepen your connection with your own wisdom. You may also discover new guides and guardians. And each time, you can feel powerfully connected, sensing your **Wise Woman** ... sometimes walking beside you ... always ... ALL Ways ... living in your heart.

[Within a circle, each woman turns, facing the center of the circle. Together they step back into their community circle of wise women. Each looks around at the faces of all those beautiful Wise Women.]

You are stepping into your Future – capable, generous, strong and wise.

***Divine Woman, Daughter of all Possibilities,***

***Mother of all Futures, Wise One***

***We are ... Honoring our dreams;***

***Breathing in Spirit; Opening;***

***Taking Pleasure in Life!***

***Blessings of Joy to you as you walk with and within your Wise Woman of the Future.***

***Mahalo.***