

Thirteen moons™



A Monthly gathering

Honoring the Spiritual Life Cycle of A Woman

*Reclaiming Personal
Power through Self Love*

April brings us to a critical place in our year-long process. The middle of our body is the organizational hub of personal power, the place where the self separates from the connection to Mother/Father, interpersonal relationships, and where universal oneness stands alone. It embodies the first real moment where we choose to be autonomous, look at the world and explore. The focus of this session requires looking within for courage, strength and faith to direct our energy in a purposeful way, and it requires self-esteem and confidence.

While both genders are called to the way of the warrior, usually only one is encouraged to develop and master power. We will come to understand authentic "power" farther down the Thirteen Moons™ path, but in this session we are students of girl power, where we learn to feed our personal fire, allow our minds to follow independent thoughts and actions and be fearless in expressing our emerging abilities. This is the first step in renewing our self-esteem and equilibrium in the masculine and feminine energies within.

Come join our sacred hoop as we let the wild and energetic spirit of the goddess Artemis lead us into the forest of undomesticated feminine energy within and find the courage to let her run free.

*April 4, 12:30- 4 pm
at Yoga Now*

*742 N. La Salle
yoganowchicago.com
773.509.4947*

*13moons@everyday
medicinewoman.com*

EverydayMedicineWoman.com

Susan A. Lipshutz, L.C.S.W. is a holistic practitioner with more than 20 years of teaching and private practice in Chicago. She brings a foundation in Western medicine and indigenous spiritual practice to her work, and has served as the Director of Behavioral Sciences for the Family Practice Residency Training Program with the Illinois Masonic Medical Center and West Suburban Hospital.

A student of cross-cultural spiritual practices including Andean wisdomkeepers and Mapuche ceremonialists, Susan integrates the ancient wisdom of our grandmothers with her powerful teachings, crafting an easy-to-understand style of empowerment and self-love attuned to the complexities of today's modern woman.

Because the sacred feminine is always growing and evolving, Susan is dedicated to weaving this understanding into ongoing training, studies and apprenticeships, as well as her individual consultations. She is dedicated to the empowerment and art of walking in beauty and harmony in today's world, and her commitment to self, family and service as a collective dream exemplifies the realized possibility to be found in the practice of living as an Everyday Medicine Woman.