

Thirteen MOONS™



A Monthly Gathering

Honoring the Spiritual Life Cycle

of A Woman

New Directions:

*Using Personal Experience on
the Path to Relationships*

*August 8, 12:30- 4 pm
at Yoga Now*

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This session can be seen as the completion of an initiation; a soul retrieval that has required much work and deserves much celebration. In earlier months the Thirteen Moons process involved an immersion into our personal story. While difficult, it is familiar terrain filled with information that can explain and justify why we mistrust relationships and doubt the possibility of intimate fulfillment.

Over the last three months, the extensive journey deep into the center of the self—the heart—offered an opportunity to not only discover, illuminate and make peace with old wounds, but to also claim the origin of direction for our personal experience. We now have the power and choice to decide if we are going to live from a place of love and faith, or a place of fear and doubt.

This ability is what separates emotional processing from spiritual awakening and growth. According to Maya Angelou, “when we know better we do better.” Through honest examination of our hidden motivations and fears, we can understand why we avoid taking steps toward greater love and support, and we can live the beauty of her words. As relationships can be painful, the strength our spiritual practice can give us the courage we need to love and be loved.

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.