

Over the course of thirteen months, together we will explore the life cycle process that is unique to all women, allowing us to:

Remember our ancient journey

Activate personal power

Honor our hearts

Embrace our sacredness

Rejoice in our connection to each other

Create a more joyful and abundant way to live

Bring greater meaning into our everyday lives



About Susan Lipshutz, LCSW

Susan A. Lipshutz, L.C.S.W., has more than 25 years of experience teaching and practicing integrative psychotherapy. She brings a foundation in Western medicine and indigenous spiritual practices to her work. Previously, she has served as the Director of Behavioral Sciences for the Family Practice Residency Training Programs with the Illinois Masonic Medical Center and West Suburban Hospital. Today, as a student of cross-cultural spiritual practices including Andean wisdom-keepers and Mapuche ceremonialists, Susan integrates the ancient divine feminine wisdom of our grandmothers with her own powerful modern 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 archetype is always growing and evolving, Susan is dedicated to weaving this understanding into ongoing training, studies and sacred journeys around the globe, as well as in her individual practice in Chicago. She has worked to create intentional communities where healing and evolution can occur at the deepest level, and encourages others to offer their personal change in service of the greater collective. Her passionate work in support of universal divine feminine wisdom teachings, embodying heartfelt love and shared purpose, offers both women and men the realization of an ancient and timeless dream – a dream that we have the privilege and responsibility not only to witness, but also to co-create.

AN EVERYDAY MEDICINE WOMAN EVENT

THIRTEEN MOONS

A MONTHLY SEMINAR SERIES HONORING THE SPIRITUAL LIFE CYCLE OF A WOMAN FACILITATED BY SUSAN LIPSHUTZ, LCSW

We invite you to join us on a journey to awaken and reclaim the divine feminine spirit within



The Thirteen Moons Seminar Series is an invitation to change a woman's personal, cultural and spiritual reference points from the stationary sun—signifying the masculine—to one more in harmony with our bodies, cycles and intuitive approach to life: the moon. By aligning with the flow of nature, we rebalance our natural rhythms and can get in touch with our most authentic selves.

The foundation of the Thirteen Moons Series is based on cross-cultural, earth-honoring spiritual principles that are simple—yet extraordinarily powerful—ways to help women find the wholeness we have lost in today's disconnected society. Because we can trace all of our current cultural, ethnic and religious ancestry to indigenous roots, these teachings bring us back to core principles of self, womanhood and our connection with nature. They awaken the wisdom of our great-grandmothers, connecting us to a timeless knowledge that honors our own sacredness. This, in turn, allows us to make clear choices that can heal our bodies, grow our spirits and bring relationships into harmony with our hearts.

Each of the thirteen seminars will speak to every woman in a unique, intimate and deep way. And while individual topics may spark more immediate interest, we highly recommend that you experience all of the seminars—not only because consistent participation will enhance greater personal growth, but also because this is an opportunity to create a supportive community with like-hearted women. In keeping with indigenous principles, seminars will combine: teachings, experiential journeys, interactive exercises and meditations, plus related exercises to do at home to anchor the topic that was covered in your own life. The intention of these seminars is to feed the spirit, engage the mind, clear and balance the emotions, center the energy and motivate the heart.

You need no previous studies in indigenous or spiritual traditions to attend, only an open mind and heart, as well as a desire to create or deepen a hands-on spiritual practice that you can integrate into your daily life. Come join a community of spirited women hungry to reawaken the divine and earthly goddess within. Together we can heal, grow, remember, evolve—and become beautiful, juicy and wise co-creators of our own personal journeys.

THIRTEEN MOONS

**A MONTHLY SEMINAR SERIES HONORING
THE SPIRITUAL LIFE CYCLE OF A WOMAN**

Seminars will be held on the following Saturdays during 2010 from 12:30 pm to 4 pm.

- 1. Open House: 13 Moons Overview:** An introduction to the series and an overview of the feminine life cycle. January 23.
- 2. Becoming a Daughter of Mother Earth:** Learning how to nurture and receive unconditional self-love. February 6.
- 3. Recovery of the Natural Self:** Clearing blocks and old messages that inhibit the natural flow of feelings, our creative gifts and spontaneous joy. March 6.
- 4. Self-Esteem Part I:** Welcoming our personal power by reconnecting and rebalancing our masculine/feminine centers and dissolving self-consciousness. April 3.
- 5. Self-Esteem Part II:** Revisiting the cultural and familial beliefs about our beauty and power in order to make peace with and celebrate our bodies. May 8.
- 6. Sexuality—Retrieving our Power:** Understanding ways to tap into, express and utilize sexual energy as a means for healing and liberating the whole self. June 5.
- 7. Cleansing Our Hearts:** Journeying into this sacred chamber to better appreciate the sensitive nature of the feminine spirit and to invite purification and restoration to the center of the self. July 10.



- 8. Creating Healthy Relationships—With Self, Others and the Divine:** Learning the art of listening and honoring our inner truth as well as finding courage to voice the authentic self. August 7.
- 9. Love and Partnerships:** Exploring fears that lead to the restriction of intimacy. Learning that a blend of self-respect, trust and faith can allow for the creation of healthy boundaries and a deep union. September 11.
- 10. Every Woman as "a Mother of the Creative Force":** Giving ourselves permission to deeply embrace motherhood so we can fully experience and explore the wonders of birthing—babies, dreams, projects, ideas—and nurturing that which we love. October 9.
- 11. Uncovering and Recovering Life Purpose:** Making ourselves available to our destiny by finding our individual gifts, purpose and direction. November 6.
- 12. Moonpause—A Time of Power, Liberation and Choice:** Embracing the indigenous view of menopause as the time when women come into their personal medicine and wisdom. December 4.
- 13. Wise Women—Honoring Our Elders:** The art of becoming a sacred wisdom keeper. January 2011, TBA.

Rainbow Journey, LLC
430 W. Erie St.
Suite 405
Chicago, IL 60654

773.509.4947
www.everydaymedicinewoman.com
13moons@everydaymedicinewoman.com