

Thirteen moons



A Monthly gathering Honoring the spiritual Life Cycle of A Woman

Unresolved relationships and cultural programming can cause us to yearn for unconditional love while fearing the outcome of its powerful grasp. This hide-and-seek for safety, security and worthiness can cause imbalances in body heart and spirit. Searching for this, as women, we risk confusing the desire for love with self and maternal love, often forgetting ourselves as we seek to love others.

From the gentle, curving umbilical twist of a budding sprout to the warming embrace of a sister spirit, Mother love is any nurturing gesture or act of loving support and nourishment. Though this wellspring of love is ever-present, as women, we tend to nourish and encourage others more than trusting and accepting this love for ourselves.

However, unless we have a solid foundation within ourselves, like a malnourished sprout or ancient tree, we too, will dry up without sustenance and nourishment needed to thrive. By awakening awareness and receptivity to our spiritual Mother in the natural world, we can be swept up in her embrace and learn how to flourish, heal and grow.

Join our sacred hoop and reclaim your birthright as daughter of two mothers, one biological and the other a holy divine mother which acts as Mother to the whole. See yourself reflected in the beautiful mirror of like hearted sisters who are learning to carry the mother within and share that understanding with friends, family and the world.

Maternal energy is all around you, in earth, air, wind and water; allow yourself to be swept up in its embrace and see how you too will flourish under its gentle touch.

Join us for the second session and learn how to become aware of this divine presence in yourself and others. See in yourself the beauty of unconditional love for all your parts, then ways in which compassion, comfort and self-love continue to develop in your world.

*Feb. 9, 12:30- 4 pm
at Yoga Now*

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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 Every Day Medicine Woman.