

# Thirteen MOONS™



*A Monthly gathering  
Honoring the Spiritual Life Cycle  
of A Woman*

*Session 3:*

*Recovery of the Natural Self*

As adult women, our struggles with the creative process, ever-changing emotions, and difficulties connecting with joy, pleasure and magic can be traced to the loss of a connection with our natural self. Infertility challenges, female related medical conditions, fatigue and addictions are all by-products of this loss of self, and can be erased as confidence and personal acceptance are restored.

The second chakra is the area that organizes and holds these energetic imprints and is the entry point for healing and rebalancing. The remedy to correcting these life-long inhibitions is to utilize this container to keep us intact and surrender to the river of life. Allowing the ice break or the dam to collapse requires a lot of trust in ourselves and environment, personal permission to be imperfect and desire to remove the wet suit and feel life. The biggest impediments to allowing this process can be a combination of awkwardness, self-consciousness and the internalized messages of the original wounds.

Gentle encouragement combined with an affirmation that one has the right to feel emotions and take pleasure in life, will support the healing and reunion with the natural essence of self.

Begin experiencing life as it was meant to be experienced: full of harmony, joy, creativity and sisterhood, at the Thirteen Moons™ March session. Step into our sacred hoop of wisdom and encouragement and feel the love and support wash over you.

*March 7, 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 Everyday Medicine Woman.