

# Thirteen moons™



*A Monthly gathering*

*Honoring the Spiritual Life Cycle of A Woman*

## *Celebrating Authentic Female Beauty*

*May 2, 12:30- 4 pm  
at Yoga Now*

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The most vulnerable aspect of a contemporary woman's self concept is her body image. Almost no adolescent or adult American woman is happy with the way her body looks. Our ability to see our bodies is subjective and the level of self-distortion is really a mosaic of myths inherited from our families and larger culture.

Reviving a love for the feminine from its natural state requires us to find a completely different way of viewing ourselves. Transforming these myths and distortions is not only challenging but can also be lonely and even perceived as threatening to the status quo of our culture, family and friends.

Earth honoring teachings provide a wonderful perspective by associating a woman's body with the body of the Earth. The curves, hair, bones and fluids are the same as the Earth's hills, grass, roots and waters. If we can see beauty in nature, perhaps we can see it when we look in the mirror.

This month, our sequential journey to reclaim authentic feminine wholeness invites us to honor our bodies by telling their story. Come take your place in the circle of a tribe that appreciates authentic beauty and supports self acceptance, healing and liberation from old cultural myths and internalized patterns of self doubt. Together we will unveil, make peace and celebrate who we really are.

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.