



The Midwife Journey Begins

6th Moon

The Midwife:

She is our wise and loving guide and mentor. The one who shares her deep wisdom and guides us along our path of becoming. She teaches us through real-life experiences; she opens the hidden door to allow even more truth and deeper knowing to rise to the surface of our consciousness. She is the one beside us every moment during the birthing process: while we are awakening from one state into another, while we are opening our self up to change, while we are birthing our self anew, over and over again. She is the one who encourages us to listen to our body wisdom, to speak our feelings and truth, to know our value and to trust our authority in the ways of woman, medicine and magick. The midwife is the aspect within us that is forever patient with our progress. She knows that we will emerge from the pain - whole, beautiful, wise and fully empowered! Her wisdom is the wisdom of every woman who has ever lived. She is the gatekeeper into the source of wisdom, power and life. She is wise in earth magick: herbs and the healing ways. She knows the Blood Mysteries. And, everything she knows, she freely shares with us. Her spirit is gentle and calm. She is patient and willing to listen for the depth of meaning within our being, through our unspoken forms of communication. She is the one who hears us on levels others do not, and offers a healing balm, an encouraging word, or a hand to show the way. The midwife is the part of our being who has a deep understanding and love for our female body and our sacred spiral ways of unfolding. She listens for the messages given and follows her instincts in replying to our needs. She shows us how to love and care for our bodies as divine temples of the Goddess.

Allow her to guide you, to be a bridge between your body and soul, and to assist your re-birth.

The midwife could have been any woman who reached out to you - to guide, instruct or assist you in being a more perfect version of yourself. She seeks only to help you remember who you are and how to wield your birthright of power. She could be a mentor, a teacher, a neighbor, or even a stranger, but she has your best interest at heart while she is sharing her deep soulful knowing with you. Listen and honor her gifts. *When did you first hear her voice? How did she offer her assistance to you? Have you yet, taken on the mantle of midwife?* You *have* if you offer your wisdom to teach a sister; if you selflessly share your gifts to aid another woman along her path; if you have been present with a mother while her baby (idea) was being born; or if you have learned the healing ways of Mother Earth. Most women enter this stage/ archetype after they become mothers because it takes the experience of birthing and transforming from one state of being into another to fully understand this mission. Though, if you have experienced trauma, a close call with death, or other life affirming or 'aha' experience, then you, too, possess the energies of midwife.



Spend some time exploring ways to fully awaken the midwife within yourself. The assignments below should help guide you.

Homework:

- * If you have a skill, a craft or a specific knowledge, spend time this moon sharing your wisdom and teaching your sistar/s. Your wise knowing will empower you both in the process.
- * Delve into earth mysteries. Take a course on herbalism and/or wildcrafting. Spend time in nature listening for *her* wisdom. Gather stones and study their healing properties. Learn the beauty and gentle art of flowers, they are true healers. Sit beneath the ancient trees and ask them to instruct you in the ways of knowing; they are the wisdom keepers. Watch for omens. All of earth's animals and elements are natural oracles. Listen for their messages. Seek to visit, understand and learn the hidden language of the unseen realms.
- * Take a sistar under your wing. Be a guide to her along her life path. Share with her your life experiences and the unfolding ways of womanhood. Listen to her stories, to her fears, to her soul longings, and offer your wisdom in *how to heal and obtain authentic wholeness*.
- * Discover ways you can share your gifts with women who are pregnant. Become a doula, or a professional midwife: assisting women before, during and after birth. Awaken your consciousness to the miracle of birth. Awaken to the mysteries of birthing your wise woman, medicine woman, midwife self.
- * Volunteer your time and service to women in a homeless shelter, or to troubled girls. Be the *storyteller*. There are many fables, fairy tales, and other stories passed down from generation to generation which when told by one who knows the ways of life, can reveal a wisdom deeper than words.
- * **Take a risk!** Do something for your good that is completely out of your comfort zone; something that requires a bit of courage and daring. In order to birth ourselves, we need to let go of what we are and embrace what we are to be. Allow your intuition to guide you. You will know the way.



Come to the Sanctuary: As the weeks of the midwife moon unfold, listen for her voice. Pay attention to what she has to share with you. Record her 'wisdom', even if it seems far from wise, as in days, weeks, or even months from now, you may look back at what she tells you now, and understand her wisdom in profound ways.



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Profile photo assignment: **Honoring the Midwife**

Post a photograph of yourself in the act of healing, teaching, storytelling, or midwifing a sister or a friend through a birth or other transition. If you cannot find a photo of yourself as a 'midwife', you may choose to post an image that represents her energies to you.

Midwives in the ancient past were the medicine women and healers, wild crafters, teachers, storytellers and wise women who assisted the women in her community during pregnancy, through childbirth and other sacred Blood Rites. Though her voice was silenced by patriarchy, her healing ways outlawed and her earth wisdom hidden, we, women, have her soul memories tucked away within our being. It's time to re-awaken them! Consider what it would mean to you if you had midwife patiently guiding you through your journey and birthing processes... Imagine the ways you would find healing, gain understanding, be honored as a woman giving birthing herself, cared for and supported as you re-envision, recreate and re-birth life anew.

We all have stories to tell...

Let's honor the midwife within by learning something new, trusting our deeper knowing, teaching someone something that we are well versed in, or by telling a healing or wise story. At some point during this moon, please acknowledge someone who has acted as a midwife to you in your life (a counselor, a teacher, a kind aunt who took you under her wing spilling secrets, laughter and empowerment, or perhaps, a stranger who gave encouragement when you needed it most). This can be *anything* - something as simple as taking time to remember them and the gifts they shared with you, the lessons they taught, or the stories they told. Or, you may do something more elaborate, such as sharing a personal sentiment of gratitude, send flowers, or pay it forward by shining your light and guiding a younger woman along her path. Whatever you choose to do, it needs to be from your heart, and based on your own personal abilities and experiences.



Afterward, please share what you did in honor of the 'midwife'. Your experiences empower us all...



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Our inner midwife is the keeper of our sacred blossoming.

What is your inner midwife encouraging you to do, or be?

Our inner midwife is our spiritual advocate. She is the archetypal energy or force which stands beside us, cheers us on, reminds us that we are more than capable accomplishing whatever it is that we set out to do or be.

She patiently supports us as we struggle to birth our dreams. She lovingly and effectively shows us how to be strong and trust our own wise bodies, our own inner wisdom, and our own ancient cellular memories. We are able to endure all that we must when we allow her to guide us in whatever ways are required. She is the one who honors our unique process of unfolding, acknowledges both our small and large goals and accomplishments, and joyfully celebrates with us as we progress through every phase of our sacred journey; of birthing ourselves and our dreams.

Some of the qualities of the midwife include:

HONESTY	EMPATHY	GENTLENESS	WISDOM	HUMILITY	COMPASSION	STRENGTH	CARING	TRUSTWORTHINESS
RESPECT	PATIENCE	INTEGRITY	CURIOSITY	BRAVERY	AUTONOMY	ROBUSTNESS	RESILIENCE	COOPERATION
INTUITIVE	DIGNITY	PRACTICALITY	BOLDNESS	LISTENING	DECISIVENESS	GENEROSITY	POSITIVITY	REFLECTIVENESS
SHARING	KINDNESS	SELF-EMPOWERED	POWER	COMMITMENT	FRIENDLINESS	LOYALTY	NURTURING	COMPANIONSHIP

Some of her talents and gifts include:

SELF-KNOWLEDGE
COMPASSIONATE EMPATHY
ABILITY TO CALM FEARS
SUPPORTING EMANCIPATION
SELF-RESPONSIBILITY
ORGANIZATIONAL SKILLS
FACES CHALLENGES WELL
DEVELOPES MIND/BODY/SPIRIT CONNECTIONS
FORGES BONDS AND INTER-RELATIONSHIP
NEGOTIATES AND HEALS RELATIONSHIPS
BALANCES LIFE, WORK AND PLAY
IS A WISE DECISION MAKER

What do these qualities mean to you? How would you benefit from them? In what ways do you already incorporate these qualities of being/expression in your daily way of life? In what ways do you need to strengthen them?

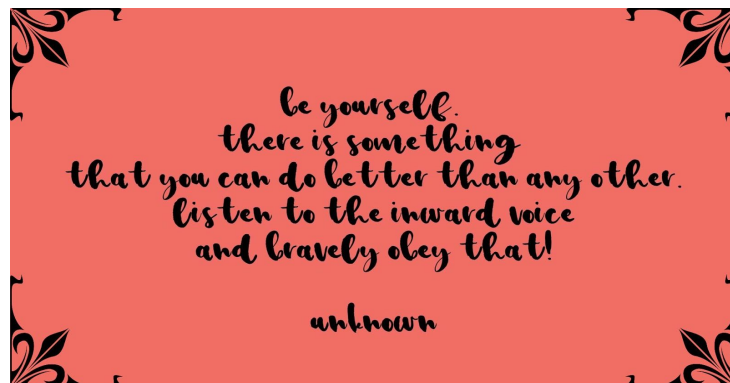
Being a good midwife to our self and others is a gift learned through personal experience. Sharing our wisdom and being calm in the midst of chaos is key to becoming a midwife of the soul. *How do you envision the ideal midwife? How would your life be different if you had a midwife to help guide you in your unfolding? What would you have her do or be for you in the past, and at this present moment in your life? How can you utilize her qualities and talents to empower your wise inner self? In what ways do you need her assistance in birthing your true and soulful self?*



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When we allow our inner midwife to hold a safe space for our divine feminine to fully emerge, we are empowered in ways we have yet only wished for. Our inner midwife is a healing force within which assists us in facing the problems and challenges ahead of us. She believes in the beauty of our dreams and our ability to birth them into reality. She guides us in restoring authentic and honest self-knowing. She knows the healing power of our erotic innocence and strives to help us to awaken our spiritual power by exploring the juicy, succulent pleasures of being a woman and to flow with our creative energies. We are connected to the Source of all creativity and we must learn to honor this gift in ourselves, and trust it to guide us in every way. Women are expectant with infinite possibility; the sweet anticipation of our desires await us to give them birth.

Our inner midwife is prepared and equipped to assist our shift in consciousness so that we may give birth to our new vision. She supports our pregnancy and stands beside us during our birthing process. Anticipating a healthy birth, she allows us to blossom in whatever ways we do, without force or undue interference.



She respects our sacred unfolding while encouraging us to take our own sweet time. It is so important that we do not skip over the painful parts of our journey *to self*. We must feel what we feel and express it, rather than numb it. Our naked honesty is vital for our authenticity. Our inner midwife holds our hand, soothes our fears and encourages us to breathe, knowing that eventually we will stop yelling, moaning, crying... that our pain will subside. She knows that we will be rewarded with the gift we have been holding inside for so long. She not only guides us to what is good, helpful, healthy and beautiful, but she does so without telling us *what to do* or *how to do it*. She trusts us to know, *and we do!*

She reminds us that it is okay to look or feel rough or messy, and even *ugly* while we are going through the process of change and unfoldment. She tells us we are beautiful even when we don't feel like it. She smiles at us because she can see the truth of who we are when we cannot. She helps us to celebrate the beauty of the moment, even when it hurts and feels too hard to traverse. She understands our struggle because she knows the sacredness of our unique process... She understands it takes time.... It is going to hurt but she is there to help us through it. She can help ease

our pain, but there is no way around it; we must move through it, and beyond. She teaches us that being present is more powerful and fulfilling than being disconnected and unaware. This is our time of awakening! This is our time of transformation... *'And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.'* —Anais Nin



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Journal Questions:

1. In what ways are you preparing to birth your authentic self? In what ways are you honoring your sacred process? How are you feeling physically, mentally, spiritually, emotionally? Are you acknowledging and honoring the pain? Are you remembering to breathe and focus on opening to the beauty within?
2. How are you utilizing the Earth's wisdom? How are you allowing your inner healer to comfort, soothe and heal your wounds? How are you aligning with your heart and womb energies to give birth to enlightenment or dreams?
3. In what ways are you taking care of your nutritional, physical, etheric, emotional and spiritual needs? Are you honoring your unique process of unfolding and blossoming? If yes, how? If not, *why not?*
4. What wisdom does your inner wise woman wish to share with you? Are you taking time to study her ways and to listen for her voice? Are you taking time to do what is necessary for your health on every level? What ways have you opened yourself up to healing, growth and fullness? What ways do you wish to?
5. Have you an awareness of your inner treasure? Have you envisioned what it looks like, how it will feel to live it, or what it will mean for you to embrace it with your full attention and devoted self care? Have you named it? Have you prepared a space for it in your daily life? If not, what is needed to do so?
6. Are you committed to your dreams? Are you willing to push through the pain of your personal obstacles so that you can give birth to your true soul purpose and authentic self expression? Are you letting go of shame, blame, self-judgement, social conditioning and fear so that you can be free of the weight of it all? *Aren't you looking forward to being lighter?*
7. In what ways are you accepting and celebrating your journey? In what ways are you struggling? How can you take responsibility for yourself so that you can experience new ways of thinking and feeling? Are you listening to your inner wisdom? Are you trusting your body wisdom? In what ways are you being a good midwife to yourself? In what ways are you fighting against her? **Remember: Ask for help or guidance if and when you need it.**
8. Are you learning to use your creative (sexual) energy to bring to life greater joy, vitalization, healing, love and enlightenment? Are you flowing with the rhythmic energies of life and using this source of power to effectively cultivate and empower your dreams? If so, how? If not, how might you?
9. Are you moving through painful, obstructive, or turbulent energy patterns and unknown issues with gentleness, respect, trust, hope, non-judgement, diligence, awareness and patience? If so, are you experiencing a deeper sense of peace and purpose? If you are not, ask yourself: "*What am I resisting?*" "*What am I afraid of?*" Listen to the answers with deep compassion, they reveal ways that may be helpful.
10. Are you learning to listen for your voice of inner wisdom? Are you being kind, patience and compassionate of yourself and your journey? In what ways are you moving beyond self-imposed limitations? In what ways are you living in the moment and releasing fear? Are you now ready to birth your dreams? Good! The time is NOW.



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A Gift From Your Inner Midwife:

You Have Been Granted Empowerment

Homework Assignment:

Listen very carefully to your inner midwife. She has an important message for you.

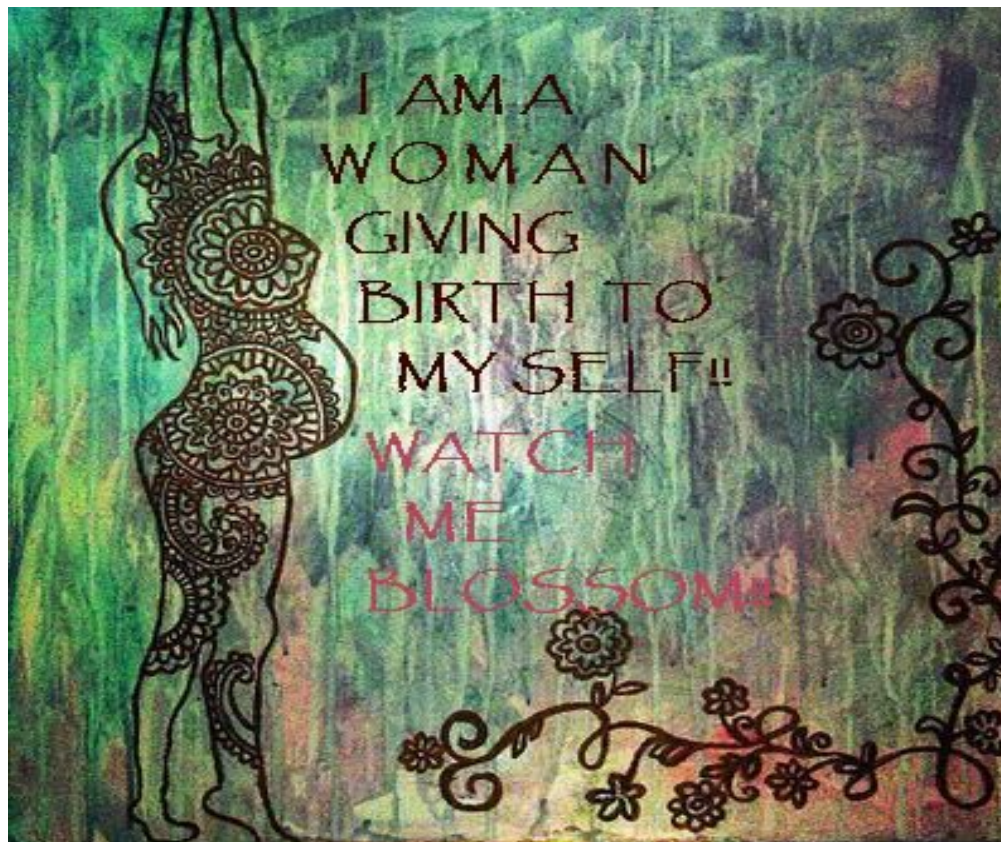
She wishes to grant you empowerment....



Are you willing to grow, change and blossom?

What wisdom are you about to give birth to?

Whatever 'it' is - Trust it! Let it Flow!





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Empowerment is a woman reaching beyond what she knows; opening up to her inner truth, and claiming authority for herself. Every woman has precious gifts to offer the world. When we trust in the process of our own unfolding - we become a stronger, wiser, more powerful force.

*In what ways do you trust your sacred journey?
Are you willing to accept assistance and guidance?
How are you preparing to birth your authenticity?
In what ways are you honoring your own wisdom?*



Remember:

You are stronger and wiser than you know! Celebrate the beauty of life and give birth to your true self so that you can share your unique gifts in honest and empowering ways. The world is awaiting you!



Honor Your Midwife Energies and Be Inspired!

Invite Your Inner Midwife to Play

Our inner midwife is our voice of encouragement, guidance, inspiration and support. She is our internal cheerleader. She is with us during every stage of our unfolding/blossoming. She tends to our needs so we can focus on opening. Though she can seem quite serious, she ultimately delights in our authentic self-expression. And, though our work of self-birthing is wrought with mystery and moments of uncertainty, it is also one of great joy. By allowing our process and honoring our unique path in ways that strengthen, empower and make space for flow, we can find the beauty and pleasure in even the most painful moments of opening, change and becoming. This moon, explore ways you can arouse your creativity, trust your passion, and birth your true soul purpose. Channel your wise midwife. Purposefully engage your inner strength and courage so that you can relax enough to fully open up to your own innate, divine, and feminine glory; your inner source of creation! The midwife is deeply connected to the Goddess; the Great Mother. She knows that when we hold sacred our feminine expression of the divine, we create space within ourselves to manifest *whatever* we desire. And, when we open ourselves up to pleasure, we are creating the very energies which heal, greet miracles, and are overflowing with grace. Perhaps, you've been struggling for far too long... Maybe you have been denying yourself the gifts of pleasure and bliss. **Please stop.** Did you know doing so denies the creative power within you? **Breathe, darling sister.** Let go of what you think you must 'endure' to have what you most want. Let go of the old wounds or stories that say you must suffer. Let go of anything that keeps you from experiencing the beauty and sweetness of life. You are deserving of everything you desire. You are so worthy of this and more!



It's time to really let your hair down and play!

Remember, play is synonymous with pleasure. *Are you willing to open your senses, your body, your mind and your emotions so you can wholeheartedly experience pleasure?* Yes! Reclaim your inner senses and explore ways to bring more joy into your life. Commit to making pleasure a priority in your daily life!

Midwife Play Dates:

- * Follow your dreams, even if it's frightening.
- * Indulge in a guilty pleasure every now and then (until you no longer feel guilty!)
- * Enjoy something new that is sensually pleasing.
- * Do that thing that you've always wanted to do, but didn't think you could.
- * Sleep in late on a rainy morning, or call in sick so you can have a day alone.
- * Discover a new body-based experience that feels soothing and/or arousing.
- * Incorporate some sensual pleasure into your daily life.
- * Warm your clothes in the dryer on a cold morning, or chill them in the freezer on a hot one.
- * Explore aroma and fragrance. Purchase some new essential oils.
- * Grow flowers or purchase a bouquet. (Flowers are uplifting!)
- * Relax outdoors; sit in the cool grass beneath a tree and picnic.
- * Read a good book or watch a foreign film.
- * Follow your heart and accomplish something important to you.
- * Go to the farmers market for some fresh produce.
- * Listen to soothing music.
- * Trust yourself and take one major step toward being who you authentically are.
- * Act in a way that makes you feel very erotic.
- * Splurge on a day spa. Allow yourself to be pampered.
- * Eat breakfast in bed (or dinner).
- * Hire a maid for a day, or ask for help organizing/cleaning.
- * Dance beneath the moonlight or on a beach.
- * Grow an herb garden or go wildcrafting.
- * Learn a healing practice, such as homeopathy or reiki.
- * Sew, knit, crochet or needlepoint something to wear.
- * Prepare a nutritious meal and invite your best friend(s) over.
- * Dare yourself to do something brave.
- * Encourage yourself to learn something that's important to you.

Be inspired by your own inner midwife. Ask her to help you create a play date list that appeals to your deep wants and needs for pleasure. Trust in your own desires and needs. Follow your heart and trust that you are safe, prepared, and able to shine bright and be beautiful even when you feel afraid. Allow yourself to open to new possibilities. Trust your inner guidance and give birth to what you have been holding precious within for so long! It's time, darling!

You can do it!!

I believe in you!

Do you believe in yourself? (say *yes*)



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Creative/Art Assignment:

Our inner midwife knows the importance of maintaining our physical and emotional well-being. The midwife healing arts are comprised of bodywork, nourishment and emotional support. This creative project offers 'recipes' for each of these areas. When you feel stressed, exhausted and/or overcome with distress and worry, please try one of my healing ritual recipes. They are exceptionally delightful.

Bodywork:

As midwife, seek ways to encourage, comfort, heal and care for your precious physical body.

Comforting Lavender Bath

- 1 cup dried organic lavender flowers
- 2 cups oatmeal
- 1 cup baking soda
- 5 drops of lavender essential oil

Grind and blend the dry ingredients in a blender or use a mortar and pestle, until they become a fine powder. *It should have the appearance of a whole-grain flour.* Place the powder in a clean glass jar with tight-fitting lid or in a resealable plastic bag. Add the drops of oil and gently shake to combine. Each of these ingredients are very soothing, gentle and softening to even fragile, dry skin.

To use: You may either place 1/2 cup directly into your warm/hot bath water or place in a cotton drawstring bag and hang beneath the faucet of running water. Soak for at least 20 minutes to allow the fragrant water to envelope your senses, and to calm and relax your body.

Makes 28 ounces (enough for 7 baths).

Healing Oatmeal/Sugar Body Scrub

- 1 cup oatmeal (old fashioned or roughly ground)
- 1/2 cup sugar (use brown sugar for sensitive skin)
- 1 tablespoon coconut oil

Blend all ingredients together and place in an unbreakable container.

To use: Stand naked in the shower or bathtub. Rinse your skin with warm water. *Stand or sit out of the water as you apply the scrub* Scoop a handful of the scrub and apply to your body in gentle scrubbing strokes. **Avoid your breasts and yoni areas.** If rough, you may wish to spend more time on elbows, knees and heels. *Be careful not to slip if you scrub the bottoms of your feet.* Rinse your skin thoroughly before drying with soft, absorbent towel.

Makes 2 batches.



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Moisture Care Bath Oil

1 ounce jojoba oil
1 1/2 ounce olive oil
3 ounces almond oil
1/2 ounce wheat germ oil
1/2 ounce apricot oil
1/2 ounce coconut oil
Essential oil of choice (one or more may be used)

Pour all oils in a clean glass jar with a tight fitting lid. Shake well to blend. Store in cool, dry location.

Makes 7 oz.

For massage oil:

Add 15-30 drops of essential oil per 1 ounce of the oil blend.
Massage gently into your skin.

For bath oil:

Add 15-30 drops of essential oil per 1 ounce of the oil blend.
Use only 1-2 tablespoons per bath.

Nourishment:

As midwife, attend to the nutritional needs of your body by getting the proper nutrients you need.
The following two recipes are delicious, healing and nutritious.

Chicken Soup

Broth:

1 whole chicken (discard organs & neck)
1 large onion (purple or yellow)
4 stalks of celery
2 large carrots (peeled)
2 teaspoon salt
1/2 teaspoon pepper

In a large stock pot (with strainer) place a clean, whole chicken. Cover with water. Peel the onion and chop into 4 quarters. Wash the celery and carrots. Cut off the ends and discard before cutting in half. Place vegetables in stock pot with chicken and cover with lid. Add salt and pepper. Boil gently on low heat until tender (approx 4-5 hours). Lift the strainer to remove chicken from the broth and place on a plate to finish draining. When cool, pull meat from the bones. Discard bones, skin, and vegetables. Set meat aside.

Soup Preparation:

6 large carrots (wash, peel and remove ends before slicing into circles).
4-5 large potatoes (wash, peel if desired, cut into large chunks).
4 fresh tomatoes, or 1 can stewed (diced).
If desired, add herbs to flavor (rosemary, tarragon or basil).



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Add to the broth. Simmer gently over medium-low heat until tender.

Saute:

1 bunch green onions (wash, remove roots, and slice on diagonal)
2 shallots (peel, fine chop)
1 leek (wash, remove roots, slice)
4 mushroom (wipe with damp cloth, slice)
6 garlic cloves (peel, slice or grate)
1 small yellow or purple onion (peel, chop fine)
2 zucchini (wash, ends removed, slice).
salt and pepper (to taste)
Add sweet corn, if desired.

In 3 tablespoons olive or coconut oil, saute the above ingredients on medium-low temperature until the onions are translucent and slightly caramelized. Set aside. Once the prepared vegetables are tender, you may add the sauteed vegetables to the broth, as well as the boneless chicken meat. Cook for an additional two minutes. Remove from heat and serve. Refrigerate leftovers, once cooled.

To serve:

Ladle soup into a bowl. Garnish with avocado slices, shredded cheese (cheddar or pepper jack) and blue corn chips. Enjoy!

Earth and Sea Salad (recipe from Wild Oats; *no longer in business*)

This may sound daunting with the seaweed, but rest assured, it's absolutely delicious!! It is not slimy or off putting in any way, I *promise*! Truly, it's been a favorite of mine for over 20 years! It's very hearty, yet light and refreshing.

Salad ingredients:

2 cups wild rice, cooked
1/4 cup wheat berries, cooked
1/2 green bell pepper - diced
1/2 red bell pepper - diced
1/4 cup hijiki seaweed, soaked and rinsed
1/4 cup arame seaweed, soaked and rinsed
a handful of whole cashews
3 green onions, sliced thinly (use green part, as well)

Dressing ingredients:

1/3 cup rice wine vinegar
1/3 cup toasted sesame oil
1/3 cup soy sauce or Bragg Liquid Aminos (it's all natural, healthy and tastes exactly like soy sauce)
2 Tbsp. turbinado raw sugar
2 Tbsp. fresh grated ginger



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Directions:

Prepare wild rice as directed. Soak Arame and Hijiki seaweed for 30 minutes. Squeeze out excess water and pick out any foreign matter, if needed. Mix dressing and set aside. Combine ingredients and let sit for an hour or two in the refrigerator to combine and marry the flavors. Serve chilled. Flat bread, such as Tandoori naan is a wonderful accompaniment.

Emotional Support:

As midwife, attend to your emotional needs by supporting and nourishing yourself. The following recipes will bring a sense of calm, harmony, balance and relaxation. Indulge as often as desired or required.

Emotional Support Tea

Gather:

2 teaspoons oat straw
1 tablespoon st. john's wort flowers
2 teaspoons chamomile flowers
1 teaspoon motherwort
1/2 teaspoon skullcap
1 teaspoon passiflora (passionflower) leaves
2 tablespoon red clover blossoms
1 teaspoon valerian root
1 teaspoon linden flower or lemon balm

Directions:

Mix the above (organic, is best) herbs, flowers and roots. Store in a tin with a tight fitting lid, in a cool, dry location. Use 1 teaspoon of the combined mixture per cup of tea. Pour boiling water over strainer of tea. Cover, and let steep for 10-15 minutes. Strain and serve with organic honey, if desired. Enjoy!

Emotional Relief Spray

3 drops Bergamot essential oil
2 drops Jasmine absolute essential oil
3 drops Lime essential oil
3 drops Grapefruit essential oil

Self Love Spray

7 drops Rose absolute essential oil
3 drops Lavender essential oil

Directions:

Add above drops to a 4 ounce amber or blue glass spray/mist bottle and fill with purified or distilled water. Add label. Use as often as needed to relieve emotional distress by spraying the air around you and breathing deeply. Self Love Spray may be sprayed directly on face, skin and hair (Test on wrist for 20 minutes if sensitivity is suspected. Never spray in eyes or mouth).



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Edible Spice Mixture

The following mixture is wonderful for balancing emotions.

- 1 teaspoon ground black pepper
- 1 teaspoon ground, dried ginger
- 2 teaspoons ground turmeric
- 2 teaspoons ground coriander
- 3 teaspoons ground cumin
- 1 teaspoon crushed black cumin (*women only!*)

Combine all the above spices together and store in an airtight container.

To use:

Saute the desired amount of spices in a small amount of butter or coconut oil and use to season vegetables and grains.



Journal Questions

Our inner midwife has many messages for us; her questions relate to our needs and desire to teach and share, and assist and birth. We open and transform our self in the process. The midwife archetype is empowered by our own life experiences. By birthing children and our dreams, we gain personal insight into the mystical realms of life. From our authentic and confident knowing comes the strength and will which encourages and enables our profoundly spiritual birthing. As you might guess, this is the heroine's journey, and the midwife is our own inner heroine! She has lived and experienced all the parts of our life that we have feared, and may still hide in the recesses of our psyche. Our inner midwife is brave and fearless. She guides us through our own shadow lands; knowing that this is where our truth and power resides. Once there, the light of our awareness shines brightly - bringing healing, love and beauty to what once was hidden; too fearful to see. This is where we discover how strong we really are. When we realize this, we can fully acknowledge and claim our power, because we now know that our shadows hold our treasure!

The wisdom of the midwife is earthy. She isn't afraid of blood, or of getting messy. Though her ways are gentle, she is strong. Her path is one of pure intention and sacred initiation. The midwife is prepared, qualified and fully committed to assist us through the process of our birthing. It is through the sacred act of self-birth by which we are empowered and compelled to eventually and authentically share who we are and what we have gained with other women. All that we have gathered: the good, the bad, the ugly and also, all which was too frightening or too much to process, *is* fertile ground for what now grows wildly in our shadowlands. Our inner midwife is wise, confident and more than willing to guide us through what we fear we cannot do alone. Be brave. Follow her lead. She knows the way to our truth!



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Consider *all* that you have been through, *all* that you have experienced, learned and felt.... Instantly, you know that there is far too much to list, and there is far too much to re-member. Thankfully, our midwife has been holding all the lessons and all the gifts of our insight for the precise moment in time when we are ready to give birth! When we allow our inner midwife to be our bright, guiding light through this unknown passage of our journey, she will help us to break through the veil of who we once *thought we were*, as she lovingly assists us to birth our most real and authentic self: our power, our truth and our own unique expression of beauty, wisdom and grace; of being a woman.

How does she do this?

By being very patient and kind. By being consistent in her care for us and by keeping record of our progress and our well-being on every level. She listens and answers our questions and calms our fears. She stays with us through our labor pains; comforting, encouraging and reminding us that "*There is no pain that you experience in which you are not strong enough to handle.*". She offers us the time and space required. She does not rush us, push us, or in any way make us feel that our own timing is unnatural, or not as it should be. She allows for our personal unfolding; gently holding the space open (in which we have already come) while reminding us to breath through the next stage of our birthing. Our inner midwife believes that our bodies, minds and souls are wiser than we know. She is a witness to our blossoming; ordaining us as sacred in the process. When we trust her, we begin to trust ourselves more fully. Once we remember that we are born gifted, intended to open and give birth, we can rest in the holiness of ourselves and our being and flow with the energies as they move through us. *Are you now ready to give birth to your most authentic self?* Perhaps, these questions will help you to find the answer. Listen for her voice of wisdom....

The Questions:

The easy ones-

1.

Do you feel a stirring for something new, wiser, deeper, more authentic within? Do you sense that now is the time to give birth to yourself in ways that you have long awaited? Are you ready for a major change?

2.

What do you need, or deeply desire to give birth to? Is it a dream? A soulful business? Or, a renewed, rejuvenated, authentic, fully restored or transformed version of yourself as you have always dreamed you would be? Spend time contemplating what it/you will look like, feel like, be like once you have birthed your new reality.

3.

In what ways do you wish your inner midwife to help empower you physically, mentally, socially, psychologically and spiritually? How will this inspire you to fully empower yourself to be more confident, happy and secure so that you can live your life more vibrantly?

4.

Your physical body is the sacred vessel for your soul. In what ways can you aid in your wellness? How do you care for yourself on a nutritional level? How do you care for yourself physically? How do you care for yourself emotionally? How do you care for yourself aetherically/spiritually? Spend time considering your soul connection to the Earthly realm and how it enhances your experiences.

5.

How can you facilitate and guide your own inner knowing on a deeper level within? What do you need in order to reclaim your self and your divinely authentic treasures?



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The hard ones-

6.

How can you honor fully the profound mystery of the feminine within yourself? How can you enhance your creative expression? In what ways can you celebrate your beauty and passion? What does power mean for you? How can you engage in your sense of wonder and aliveness? What brings you the most joy? Spend time developing and expanding each of these dynamic and radiant aspects of your woman self.

7.

What makes you feel safe and well cared for? How can you create a safe and sacred space for your authentic self to emerge? Allow your feelings and intuition to be your guides.

8.

In what ways can you exhibit braveness, courage and the willingness to step out of your comfort zone to give birth to your dreams and your true and desired self?

9.

In what ways do you trust your body? In what ways do you not? With a renewed sense of humility, patience and integrity toward your flaws or weaknesses, how are you now willing to trust in your own sacred process of unfolding/blossoming/birthing? What are you afraid of? How can you overcome these fears and step into your place of deep knowing and power?

10.

In what ways are you willing to take full responsibility for yourself and your dreams? In what ways do your actions hinder and help you along your path? Consider choices which will empower you to 'grow up' and truly love and care for yourself.



Poetic Praise for the Midwife

My Midwife

The first hands to touch me to break my first fall... The first hands to lovingly guide me forwards
Before any other, to touch my soft skin... The first helping hand brought me out from within
A hand never forceful, but there if I need it... Such delicate patience and love to precede me
Lovingly keeping watch, as I first bloom... Calm, steady presence holds firm in the room
Keeping my mother, soothing her through... Angelic and graceful, that's just all you
Discreet yet so present whatever may be... Troubles or calm, I know you've got me
This time like no other, we're given to you... In love, complete trust I know we'll get through
For you are the light, the grace we can see... The strong, able presence in our hour of need
All my trust you have forever and more... All my love you'll have far beyond
We are connected as only can be... A saviour, an angel my midwife and me

by *Angel (unknown)*

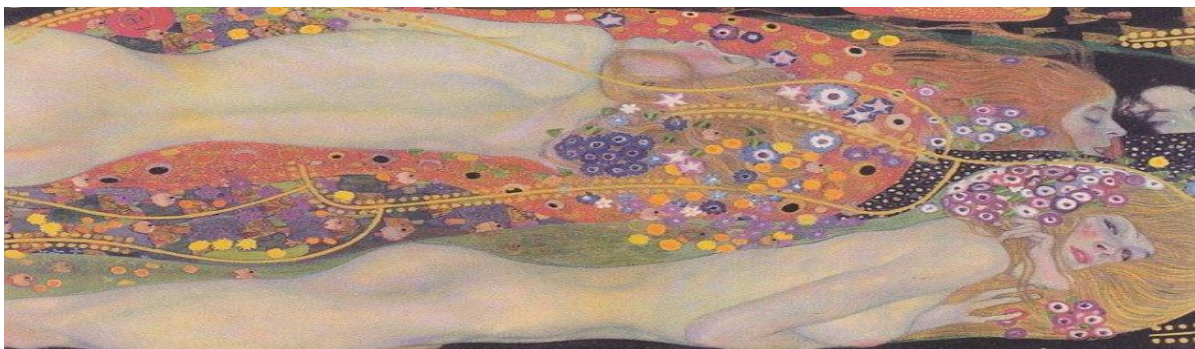


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To the Midwife

*The mother we don't acknowledge;
The mother ignored, Neglected
And unknown
Is you: the mother who is midwife.
A woman keens with contractions,
Labors under pain, Utterly reliant
On your compassion and care
You mother her, midwife.
Each tongue the world speaks
When a child is born,
The welcome
At the threshold of life
Is you, mother midwife.
From the day the egg
Implants in the womb,
As the earth's
Troubles stir,
As the child is counted,
She gazes,
Hard-breathing,
She cries.
The first in awe,
Enamored,
Is you: the mother who is midwife.
You are intent
On the baby's being;
First guide on the path
Of her wobbly walk,
That she might be as good as she can
One who atones for us.*

by Said Salah





18

Wise-Woman Visions

*I can imagine
myself as a midwife or a medicine woman —
waking early
wandering
the wood desert mountain
with bad-ass boots & a patch coat, pockets filled with
rosemary and crystals
driving an old truck that smells of rolled cigarettes and
gasoline
drinking hot tea out of a mason jar.*

*I see all of this & I wonder where this image will land
me.
Portland in the fall?
Nevada in the winter?
Colorado? Montana?*

*But I need the trees.
My power is in the mountains.
Or maybe it is in the moon - and her face isn't bound
to the side of the mountain.*

*I need the howl of the coyotes, the smell of pine, the
sound of running water over rocks, cold air, wind.
I crave this to the center of my
bones.*

*I want to dance with fire women, sing air songs, pray
to the earth, bathe in the water, and
speak with the
spirit mother & the red father that binds all of these
together in a chaotic harmony I will never understand.*

*I need to paint my body with the stain of poke berry
and
run, foot against stone, against decaying leaves.*

*there is a savage within me
that needs to run free*

that needs to bark at the moon and breathe clean air.

by Ashley Wade Parker

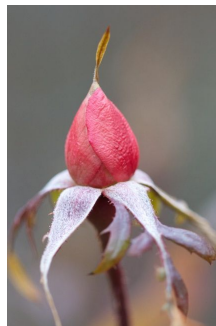


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Begin a Seasonal Practice of Self Love

Do you love yourself enough to allow time for your own beautiful blossoming? Or, do you feel an unspoken urgency or need to hurry... to 'get on with it' before it's *too late*? Have you ever wished you could skip the whole scary, painful process and just have what you want, instantly? Sometimes, we all do, but realistically this is not beneficial for us, or anyone, because without the process, we would not be prepared or opened up enough to receive.

Consider the rose bud....



It dreams of being a blossom, and yet, if one were to start prying its petals apart, trying to coax it to open before its time, it tear. Even if it were softened and just beginning to open, with help it still would not yet be fragrant, its colour would not have time to deepen, and it would not have yet fully developed enough to even survive. It would die. This is the way with us, too. Our dreams, our soulful essence, our desires, all require room to grow and to unfold in their own unique and proper time. Our inner midwife reminds us that our unfolding is a sacred process; one that cannot be rushed or forced, if we wish to enjoy the benefits of blooming naturally. Our inner midwife is akin to a spiritual midwife. She understands the organic cycles all women must follow to re-birth themselves, or to give birth to children, goals, ideas or dreams.

Giving birth to an infant doesn't just happen overnight! It, too, is a process. Our own rebirth is just as sacred and it requires the proper amount of time. Let's consider the unfolding process which the midwife guides all wise women to honor. Below you will find self-love prompts (suggestions and ideas for each are written in the parentheses).

note: *For best results, be sure to personalize them!*

Becoming Impregnated:

Allow spirit to stir within your awareness/consciousness, your body, your heart and your soul. This is the beginning. The thought process: the want, the need, the desire, the seed. Take time to record or make note of yours.

- * Plant seeds or bulbs (*for future flower bouquets*)
- * Seek inspiration (*take a trip, go to a museum, take a class*)
- * Awaken to ideas (*daydream, read, window shop, fantasize*)
- * Start something new (*lifestyle, relationship, hairstyle, plan an adventure*)
- * Begin a new routine (*form new habits, quit bad habits, start yoga/dance*)



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Gestation:

Allow the seed to take root within your sacred womb space. Feel it grow. Nurture yourself and your new creation. Acknowledge the changes. Take care of yourself during this time of excitement and uncertainty. Protect it and keep it hidden until it grows stronger.

- * Embrace what stirs within you (*plan for the future, imagine how it will be*)
- * Nurture and Protect (*eat healthy, gentle exercise, rest, design/decorate*)
- * Prepare (*make space, check off your to-do list, learn/educate yourself*)
- * Visualize (*imagine life differently, affirmations, make choices/decisions*)
- * Release fear (*ask for help, bodywork/stress relief, trust yourself*)

Pre-Labor:

Be prepared for setbacks, delays, surprises and unexpected timing. Open to the possibility, but try not to get too emotionally upset if things don't go as planned. Think of this time as a trial run, or a rehearsal for what is to come!

- * Awaken spiritually (*be alert for signs, silent nudges offer secret wisdom*)
- * Trust serendipity (*blessings in disguise, gifts, upset plans can reveal good*)
- * Embrace expectancy (*be hopeful, dream big, go with the flow, nest, hum*)
- * Seek messages in pain (*listen to your body, trust process, tie up loose ends*)
- * Honor feelings (*journal, art therapy, vent, sing, see professional if needed*)

Labor Pains:

Prepare for birthing. Move past the fear. Be encouraged. *You can do it!* Allow for intensity. Pace yourself. Flow with the energy; stop resisting.

- * Do the work (*follow through, try harder, don't give up - ever!*)
- * Get comfortable (*do 'it' your way, trust your wisdom, relax, float in water*)
- * Breathe (*meditate, practice conscious movement, center yourself*)
- * Take counsel (*seek wise others for assistance, listen to your higher knowing*)
- * Trust (*allow your soul purpose to guide your actions, act on intuition*)

Time to Push:

Push past the pain, the doubt, and all limitations. Let go of what you've been holding on to. Push yourself. Don't give up. Be strong! Breathe. Get into a rhythm. Allow transition. Open up. This is the point of no return. Embrace it! Come into alignment with your truth and vision - with what is.... Allow your spiritual work/healing to take place. You can overcome all obstacles and move beyond the pain. Tell yourself: *It will be worth it!*

- * Trust your strength (*go beyond your comfort zone, be bold, get wild*)
- * Open your awareness (*be positive, open to possibility/new ways of being*)
- * Embrace your fear (*do something you're afraid of, cry but do it anyway*)
- * Allow healing (*acknowledge life lessons, forgive, forget what is over, live!*)
- * Transition (*make a major move/change, go on a retreat/sojourn/sabbatical*)
- * BREATHE



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Birth:

You did it! Smile... Rejoice! Hold your precious spiritual self with eyes of love. Explore the wonder of your creation. Marvel at your divine handiwork. Glow with pride for your accomplishment. Celebrate. You're an amazing woman!

- * Release (*let go of struggle, breathe deeply, recover, be lovingly attended to*)
- * Acknowledge your goals/dreams/birth (*feel happy, relish in your own glory*)
- * Explore further (*inspect your creations, give blessings/name it, anoint/claim*)
- * Gently Behold (*share your work/gifts/self, feel appreciation/gratitude*)
- * Celebrate (*dance, travel, announce/advertise, market yourself, write a bio*)

New Life:

Learn to navigate new ways of living/being. Embrace the unfamiliar. Take time to reconnect, re-learn, and awaken to deeper understanding and new truths. Honor your unique gifts and talents. Claim your inner power and wisdom. You are a reflection of the divine Goddess. Shine!!

- * Embrace new experiences (*it's okay to be shy or uncertain, do it anyway!*)
- * Gather with those you love (*entertain, be intimate, widen your circle*)
- * Expand your Awareness Further (*delve deeper into a favorite topic/subject*)
- * Celebrate your uniqueness (*accentuate your beauty/style/talents/space*)
- * Be empowered (*claim what is yours, stand up for your rights, be confident*)

Our inner midwife encourages us during all these cycles of our unfolding and celebrates our fragrant blossoming with us! She reminds us to never allow anyone (including our self) to cause us to feel dishonored, disrespected, less than, or disgraced. We are empowered women and no one can take this healing accomplishment from us. When we honor our inner midwife we fully awaken to our truth, our beauty and our purpose. When we seek her wisdom we ever more deeply understand our gorgeously unique processes and can begin to joyfully celebrate and move in rhythm with our own personal flow. We become the midwife when we honor our sacred womb space and truthfully acknowledge that it holds our wisdom, our strength, our creativity, and our sacred power. From it all things are birthed.

Self love helps us to release all blockages and limitations which would deny us access to our personal source of creativity. Our sacred womb guides us to our purpose by allowing us to open up and follow our desires. Our inner midwife can help us to heal our wounds if we will listen to her ancient wisdom and begin the journey of truly loving ourselves. **Are you willing to change and grow?** If you need extra encouragement or a gentle reminder, consult your inner midwife. She is your most ardent support system.



Affirm:



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Birth Blessing

Close your eyes and breathe deep
Breathe in peace, breathe out pain
Imagine your feet
Toes curling into dirt
Think of yourself as rooted
Think of your place in the earth
How did you come to be here?

Through generations of women named
A maternal lineage
That brought you to this place
Think of their birth stories
What you know, what you believe to be true
Realize that their births carry deep wisdom
Some may carry the memory of joy and transcendence
Each birth is a powerful experience
Each birth traces down to you.

Just as you pass this knowledge onto your baby
Understand that your birth is your own
It will be different from all others
Like the swirls in your thumb
Your birth will have a unique pattern
Unfolding with each contraction
Rising and falling like a newborn's chest
This birth belongs to you

This birth is an opening
This birth is the end and a beginning
May this blessing of birth come to you without fear
May this blessing of birth come to you with great understanding
May this blessing of birth make your heart soar
May this blessing of birth bring shouts of delight to your lips
Blessings to you and your birth.

by *Natalie Evans*



Ancient Egyptian Midwife (frog) ring

A midwife should possess a Lady's hand, a Hawk's eye, and a Lion's Heart. From a 16th century Midwifery text.



23

The Home Midwife

She pulls up in a hatchback,
carries her leather case swollen
with years in and out of waters
a little vial of rose oil
and herbs transferred through belly skin
to help the body yawn.

She walks down a hallway
to brew a pot of raspberry leaf,
fennel, stinging nettle
and chats between the heavy breaths,
makes a joke about stir frying the placenta
but doesn't laugh.

No phone code or knife sharpening
for spine on spine, head up bottom down
or umbilical wrapped around the neck
she has whispering hands;
chinese point massage to coach
an aquatic half somersault
and unfurl the ribbon.
She reads faces too
guides hands to be in on the magic
of catching skin
slippery as water
it's a black art
to let a baby happen
in your living room.

by *Andrew Phillips*





24

Chant of the Pregnant Goddess

I am the mother of the moon
sister of the stars
child of the light in your eyes.

I am powerful.

The geometry of my shape shifts
from gently curved lines
to expanding circles: earth, moon, sun.

I am powerful. I am strong.

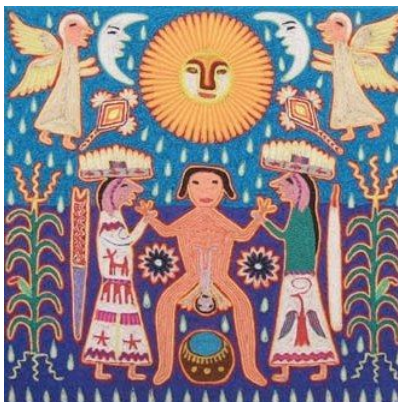
The tempo of my vibration quickens,
increasing from butterfly wings,
to floundering fish,
to beating drum,
erupting volcano,
the rhythm as old and constant as
the cycles of the sun
and the turn of the tides.

I am powerful. I am strong. I am beautiful.

I hold the hope of my ancestors
the knowledge of my time
the fate of my future.

I am powerful. I am strong. I am beautiful. I am mother.

by *Jana McCarthy*





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Eulogy for Midwives

You who sit beside the Breathmaker, *vigilant witness to the pulse of Life, the rhythms of souls coming into form, of souls transitioning to spirit..... skywalkers, earthdancers.

You who journey beyond map, into places one might not go willingly, if only one had far-reaching vision.....

You who journey with your mamas, holding hands, soothing brow, mopping tears and blood and sweat, singing sweetly as mother to newborn babe, Wiping bottoms and fronts, pressing backs and hips, offering fluids and food to mamas and their mates, offering rest, guidance, silence, sleep.

You who journey beyond space and time, beyond night and day, beyond knowing when this part of the journey will end. *When?* you are asked. Humbly you admit to not knowing. You savor the beauty in this, the preciousness of being in the heart of the Mystery, over and over again.

You who delve into the darkness with knowing touch, with confidence, you who swan-dive into fear, into the heart of doubt and distraction, who share the burdens of past violations and forgotten terrors, worn like medallions just beneath the skin.....

You whose eyes light the way to trust, to truth, to surrender.

You, the driven ones, the fiercely faithful, the guardians of Birth. You who have chosen a path of relentless service - you are to be honored, to be held in the arms of the Great Mother and rocked gently to a place of Peace, to a place of fullness in your own belly-mind, to the knowing that the world is a better place for your having offered up your heart.

by Constance Miles





26

Messages From My Inner Midwife

Intuitive Healing Assignments:

Listening to Your Divine Inner Guidance

Our inner midwife is a voice of compassion, healing and guidance. When we connect with her, we connect more deeply with our own intuitive and instinctual voice of wisdom. Deep listening is a skill our inner midwife has perfected. It is a skill we must learn to apply. To listen requires that we **stop**. When we stop physically, mentally and emotionally, *for even a moment*, we gain a sense of calm because we enter into the space of silence. It is in this inner quiet where we can truly hear what our bodies are expressing, what our thoughts are saying, and how we are feeling. **Listening is paying attention**. We are not distracted, judging, making excuses, manipulating the outcome, or being deceived. Rather, we are hearing the voice of our own deep, soulful inner guidance.

Listening is also a skill required to hear the voice of our spiritual allies. Our spiritual allies are those who vibrate on a different level; energetically faster or slower, than we do. Our spiritual allies can include: rocks/gemstones; animal totems; flowers / plants / trees / herbs; angelic beings; earth spirits (such as fairies), and other elemental spirits (such as cloud messengers), etc. **Have you yet discovered who your spiritual allies are?** Sometimes they choose us, other times we choose them.

For this creative assignment, gather the allies related to the midwife archetype so they can help strengthen her presence in your energetic field.

Gathering Earth Allies

the theme-

The Midwife is a natural healer. She is skilled in the ways of herbs and earth medicine. By listening closely to the wisdom of plants, rocks, animals and other Mother Earth messenger energies, she knows what is useful for protection or blessing, and what is healing for a particular ailment or condition. The Midwife is a **medicine woman**. Let her teach you her wise ways.

This creative assignment requires that you make (or acquire) a medicine pouch/bag, wherein you gather natural trinkets which align with your own personal medicine, or need thereof, as well as other small, but sacred items. These gifts from the earth, sea and sky, when found as walk your path of beauty, are assigned spiritual meaning by you to enhance your repertoire. The intended purpose of this pouch is to keep your 'medicine'(power, well-being, protection, blessings) or magick, close to your heart. (*Traditionally, medicine pouches are to be worn under clothing - not as a necklace for show. Therefore, the smaller and softer, the more comfortable.*).

materials needed-

* **amulet bag or drawstring pouch**

visual examples:





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* **a pinch of herbs** (choose the ones you need, desire, or feel drawn to)

Magickal Properties of Some Common Herbs & Wildflowers: (magickal properties may not be the same as healing properties)

Chamomile - sleep, money, purification
Dandelion - divination, wishes, calling spirits
Burdock Root - protection, healing
Black Cohosh - relaxation, courage, potency
Pennyroyal - strength
Meadowsweet - peace, happiness
Yarrow - psychic powers
Lady's Mantle - love
Sage - healing, cleansing, protection
Mullein - safe guard against evil or harm
Sweet Grass - attracts positive energy

* **gemstones** (choose as many as needed or desired)

Healing Properties of Some Common Gemstones:

Amber - stress reliever, confidence
Amethyst - spiritual awareness, dreams
Apache Tears - forgiveness, relieves sadness
Aventurine - good luck, abundance, career
Bloodstone - childbirth, grounding
Carnelian - reproduction, sexuality
Citrine - self esteem, joy
Fluorite - focus, centering, balance
Jade - health, wealth
Malachite - eyesight, clears blockages
Moonstone - menopause, deeper emotions
Onyx - stress relief, good fortune
Petrified wood - connection to earth/nature
Quartz crystal - focuses intention, rejuvenation
Jasper - promotes independence, responsibility
Rose Quartz - love, peace, nurturing, healing
Smoky Quartz - gathers scattered energies
Sodalite - pms, cramps, headaches
Tiger Eye - sharpens perception, clarity
Turquoise - grounding, protection, healing

note:

The above herb/wildflower and gemstone lists are limited. Please research whatever plant or rock you are drawn to. You may also intuit or look up their metaphysical/spiritual meanings, as well as other found objects such as: feathers, flowers, bone, talons, teeth, hag or holey stone, or any other natural item that has come to you during your midwife 'medicine woman' gathering process. **May they all be blessings and may your medicine be strong.**



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directions-

1. Make or purchase a pouch/bag.
2. Gather the desired herbs and stones which most resonate with you. *Herbs and stones may be purchased or found.*
3. Cleanse the items (*by smudging with sage or sweetgrass smoke, soaking them in sea salt water or earth overnight, placing them in the sun or moon light for at least an hour, or by speaking your intention over them*).
4. With sacred intent, place the items in your medicine pouch one at a time. As you do so, hold the item in your hand, listen for any message that may come through, acknowledge its power/property, and with gratitude, ask for its blessing, protection, gift, etc.
5. Once everything is in the pouch, close it. Speak a prayer of intention over your pouch. You may either wear it or carry it with you, place it on your altar, or keep it in an intentionally meaningful place (*under your pillow, in your car, etc.*)
6. Use your medicine pouch daily, or when you need the healing, guidance, protection, etc. of your inner midwife. The items in the bag are sacred. They are not meant to be shared, shown, or played with once they are in the pouch. At some future time you may feel the need or desire to bury it and its contents in the earth (*as a giveaway once it has served its purpose*), or give it to a sister or woman whom you wish to bless, protect or empower.



Animal Totems

During the Midwife moon, be watchful and alert of the animals that come to you. You may see a butterfly, fox, snake, ant, wolf, owl, dragonfly, wildcat, moose, bear, etc. Make note if you see anything unusual or something that strikes you as meaningful; it may be an animal totem or messenger. Pay attention to the messages that you receive. If you are having difficulty discerning the meaning, the following resource books are helpful on the topic.

[Animal Speak](#) by Ted Andrews

[The Medicine Cards](#) by Jamie Sams and David Carlton

You can also look up the metaphysical or spiritual meanings online. If you would like my assistance, please contact me.

If you are gifted by a repeat appearance from a totem animal, insect, reptile or bird, you can feel certain that this totem is a spirit guide that seeks to reveal wisdom, bless, protect or instruct you. Remember, it may come to you in a dream, in conversation or a song, on a billboard, magazine or a commercial. Pay attention. Listen. It has a message for you. Once you know what it is (even while being open to know), you may wish to do something creative to honor its presence in your life and make sacred space for more knowing to come through. Ask your inner midwife to show you the way to embody its energy and essence. ***This is your power. Claim it!***

Goddess Note:

Please share a photo of your medicine pouch with our sanctuary sisterhood if you desire. We would love to see and bless it.



29

Goddess Guides

She who nurtures, honors and celebrates the midwife.

There are countless Goddesses, each with their own energies, traits, themes, messages and expressions. Below are some Midwife Goddesses you may contact for guidance, support and blessings.

Cihuacoatl



The Goddess Cihuacoatl assists us as a midwife, so we may give birth to our dreams.

Her name means "Snake Woman", (pronounced see-wah-co-AH-tl).

She is strong and fierce. She reminds us to make our homes and actions sacred, to 'let go' of fear and anything that is at war with our spirit and to allow the winds of change to make a place for the new.

Her symbols: *eagle feathers, broom, snake, the Morning Star, sweat baths, water and earth.*





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Hepat



The Goddess Hepat assists us in reclaiming our power.

Her name translates to 'Mother of Everything'.

She presides over all things relating to women, and aids us in birthing our self. She reminds us that we are all midwives; empowered to assist and guide our sisters in their birth. Her earth energy and wisdom in the form of guidance and messengers are ours to discern.

Her symbols: *lion, winged or moon disc, snake, lotus, mirror, pomegranate, frog, and sun.*





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Eileithya



The Goddess Eileithya (or Ilithyia) assists us during labor, eases our pain and relieves our fear.

Her name means 'bringer', 'deliverer' or 'she who comes to aid'. (pronounced ee-lee-thigh-AH).

She reminds us that we are not alone while in the throes of birthing - a child or our self. She is our protector and the clever spinner of our fate. She heeds our inner desire to inspire others, and helps us align with our higher spiritual views so that we can use our creative powers effectively.

Her symbols: *caves, torch, white flowers, thread, cat or weasel.*



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IxChel



The Goddess IxChel assists us in connecting with Mother Earth and uniting the flow of our creative juices.

Her name means 'Our Grandmother the Nocturnal Physician', 'the goddess of medicine' and 'red goddess' or 'lady rainbow'.

She reminds us that we are her daughters: healer, shamaness, midwife, warrior, and we must allow our wisdom to flow freely like water.

Her symbols: *jaguar, serpent, moon, cave, rainbow, water, tapestry and crossbones.*



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Aveta



The Goddess Aveta assists us in healing.

Her name means 'She who is acquainted with childbirth' or 'midwifery'.

She is soft and pliant, offering us her wisdom and healing waters. She reminds us to honor our natural flow, our body, and the energies of water.

Her symbols: *lap dog, basket of fruit, fresh spring water, and fertility grains such as wheat and corn.*





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Pi Hsia Yuan Chun



The Goddess Pi Hsia Yuan Chun (or Bixia Yuanjin) assists our birthing by presiding over us with blessings.

Her name means 'Holy Mother' or 'She of rosy clouds'. (pronounced pee (big) zee a you on JEEN)

She brings health, protection and good fortune. She reminds us to go happily with the winds of change; they are for our highest good.

She bestows luck and good health unto us so that we can freely move in the direction of our sacred desires.

Her symbols are: *wind, clouds, 3 birds (Phoenix) with outstretched wings, chrysanthemum petals and kites.*



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Nintur



The Goddess Nintur (Nintud, Ninmah, or Belet-ili) assists our bodies in birthing, in transforming.

Her name means 'Queen of the (birthing) hut', 'The Lady of Birth' or 'Lady of the Womb' and 'umbilical cord-cutter'.

This ancient and great mother goddess purifies and initiates us into women's mysteries.

She reminds us that we are the heroine of our own lives, and that our stories of virtue and honor bring glory to all womankind.

Her symbols: *snake, lapis lazuli, and a uterus symbol that looks like the Greek omega (Ω) elongated.*





36

Meskhenet



The Goddess Meskhenet (Mesenet, Meskhent or Meshkent) assist us by guiding us in taking special care of our daily needs on every level so that we are healthy, harmoniously aligned and prepared for the unfolding of our sacred and spiritual rebirth.

Her name means 'birthing place' or 'place of birth'.

She reminds us that she is with us always - from birth through death and rebirth; protecting and guiding us on our journey.

Spiritually, she is our unseen mother, as she is the Creatress of the part of our soul called the KA.

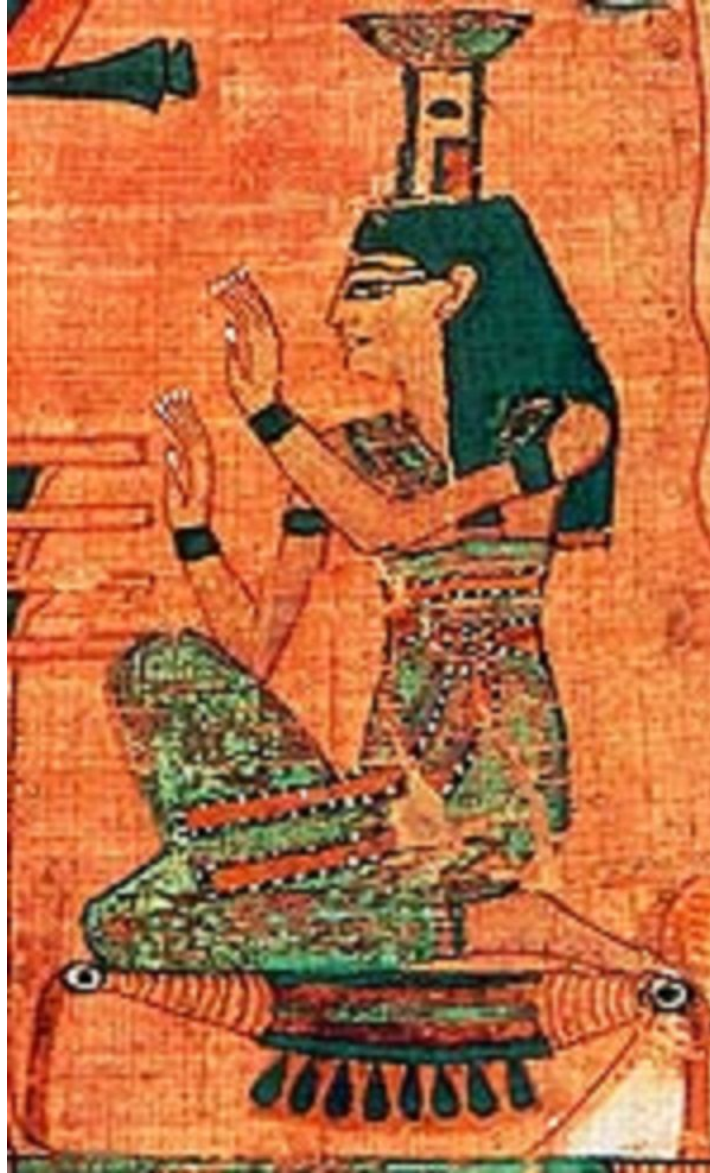
Her symbols: staff topped with flowers, cow uterus headdress, birth bricks or birthing chair, a Peseshkef knife, the Ankh, Was Scepter and Djed.





37

Nephthys



***The Goddess Nephthys** assists us in dying to the old so that we can be reborn fully into the present - task or relationship.*

Her name means 'Lady of the House [Temple] Enclosure', and 'Useful or Excellent Goddess'.

She is a Priestess and sister to Isis, who offers us divine assistance and protective guardianship.

She reminds us that we are never alone even in the darkest, most frightening moments.

Her symbols: kite (bird), crow, bones, skulls, green dress, small cake, the moon, weather, and water.





38

Ajysyt



The Goddess Ajysyt assists us in becoming a shamaness:

an ancient wise woman who knows the magick of birth and death, and who stands guard at these sacred portals.

Her name means 'birthgiver'. She is known as 'the Mother of cradles'.

She reminds us to call upon her when our birth pains begin; she will lessen them. She asks: "*What do you desire to birth and breathe life into?*".

Her symbols: *milk, horses, birthing bed atop a tall tree, cradle/bowl, and the golden book of fate.*





39

Carmenta



The Goddess Carmenta assists us in divining the meaning of oracles and omens.

Her name means 'magic spell, oracle, or song' and is the root word for *charm*.

She reminds us that life is very precious; honor it, ourselves and nature.

She grants us new beginnings, abundance and health when we live in a balanced, harmonious way.

Her symbols: *wells, raspberries, music, babies, poetry, and nature.*



MIDWIFE

40

Pukkeenegak



The Goddess Pukkeenegak assists us in taking care of our home and all other domestic needs, including sewing and cooking.

Her name means 'Goddess of Children, Childbirth and Clothing'.

She gifts women with the ability to birth dreams. She reminds us that to be creative, strong willed/minded and a leader is 'the wise woman way'.

Her symbols: *tattoos, handmade clothing, needle and thread, and boots.*



MIDWIFE

41

Atahensic



The Goddess Atahensic assists women in all female endeavors and feminine crafts.

Her name means 'Creatress of Earth and Sky' or 'Mother breath of Wind'.

She reminds us that women are part of her sacred body and mind, and of the importance to care for one another and the children.

Her symbols: *maize, heaven and earth, turtles, birds, and the deep seas.*





42

Lucina



The Goddess Lucina assists us in letting loose our hair when we are in labor which symbolically makes our transition easier.

She brings us through the dark and frightening passages of our lives. Her ways are kindness, charity and protection.

Her name means 'She who brings children into the light'.

She reminds us that to wear a tiny moon upon our forehead is a sign of initiation into the sacred rite of the wise women and midwifery.

Her symbols: *candles, ladybug, cuckoo, horse, wolf and light.*





43

Midwife Altar

Midwife altar in honor of the supportive, patient, caring essence.

Building an Altar helps us to focus our energies and intentions, and to honor all that our midwife self has been re-awakening within us.





44

Creating the Midwife Altar

Items Needed-

altar-foundation/base

I chose an antique wooden bench.

cloth-adornment

I chose a hand woven textile altar cloth; it represents weaving all aspects of women's wisdom throughout history together - our collective strength, purpose, comfort and creation.

candle-fire element

I chose a tall, blue candle; it represents the soothing energies of trust, inner peace, being true to oneself and one's mission, and to honor of the divine feminine.

rose quartz, honey, and mushroom-earth element

I chose a large rose quartz stone, honey of clover, and a mushroom; they represent unconditional love, connection, sustenance, magick, higher calling, healing, earthiness, grounding, new vision, and the sacred cycles of a woman's life.

special note:

Mushrooms assist us in trusting in the unknown forces that protect and nurture us. They were once believed to be sacred food from the Goddess/heaven. Since they are associated with the full moon, they represent the fullness before we are about to give birth to our dreams. They are also considered good luck and impart the mysteries of life and death.

mortar and pestle-water element

I chose a mortar and pestle; it represents alchemy, changing one thing into another, holding, healing, sexual completion and balance. It was an arcane tool used by wise women skilled in words, knowledge, healing, midwifery and wise woman wildcraft.

book and prayer necklace-air element

I chose [The Women's Book of Healing](#) by Diane Stein, a blackberry covered art journal, a raw amazonite (aka: thinkers stone) and a prayer necklace; they represent higher learning, ancient wisdom, record keeping, creativity, success, optimum health, and the alleviation of fear.

tools-power item

I chose four gemstone animal totems (crow, spider, rabbit, bee) with a handmade leather pouch. They represent:

crow - *personal transformation and the mystery of creation*

spider - *patience, feminine energy and receptivity*

rabbit - *rebirth, creativity, awareness and esoteric knowledge*

bee - *fertility, sexuality, accomplishing the impossible and blessings*

offerings-spiritual gifts or symbolic items

* Midwife statue; as a representation of the healer. She has a bowl in her lap with a small spoon, indicating the alchemical power of the womb.

* Turtle Shell; representing the Great Mother Earth and her sacred cycles. It reminds us that we are making slow, but steady progress and offers us its wisdom, strength, endurance, and protection.

* Healing Potions; representing '*all that we need can be found close at home*'. They are: herbal tea mixture, essential oil, healing balm, ointment, massage oil, and black sesame seeds.



45

Creating an Altar Ritual

helps us to integrate the wisdom we have gathered. It is a focus tool which helps us to manifest our intentions.

A private ritual is a personal matter. You may either write out and plan your ritual, or you may allow it to flow without a premeditated format. It can be as simple or as complicated as you deem needful. Create/design it to mirror your feelings, intentions, and intuitive knowing.

The following is a list of guidelines; *please make them your own.*

- * Gather the items needed and mindfully arrange them on your designated altar space.
- * Clear your energy (clap your hands, jump up & down or take a bath), calm your breath, center your thoughts.
- * With a sense of sincere, sacred and humble attitude begin your ritual with asking the energies of 'midwife' to come into the space you have created in her honor. Light a candle (or three) to help guide her there.
- * Speak, whisper, sing, or silently pray the words you have written or that flow freely from your consciousness.
- * Sit quietly in her energies and allow them to be one with your own. Communicate with your inner midwife in ways that feel effortless and natural.



- * Closure. You may either blow out the candle or allow it to extinguish by itself (never leave it unattended). You may choose to thank your midwife energies for spending time with you and release her (disassemble the altar) or you may choose to allow her to remain for as long as you desire, giving you the opportunity to leave little gifts for her, pray to her or spend more time with her when you feel the need.



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Midwife Moon

photo and art credit:

Page 6

Girl-friends by *Gustav Klimt* (cropped) quote added by *Leesa Wilson*

Page 7

TRUST inscribed clay heart by *Katherine Mathisen* | *Mudgoddess*

“Watch me Blossom” Poster art (*artist unknown*) by *Leesa Wilson*

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Water Serpents II by *Gustav Klimt*

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Knockout Rose bud by *John Willis*

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Power Thought affirmation card by *Louise L. Hay*

Page 22

Ancient gold and carnelian frog ring | swivel bezel seal (carved into the base is a stylized head of the Goddess Heqet)

Egypt ca. 1550 - 1295 BCE (New Kingdom, 18th Dynasty)

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The Midwife by *Adrian Baker*

Page 24

The Birth by *Antonio Carrillo de la Cruz*

Page 25

Yes by *Lara Harwood* } Always Trust Your Instincts poster by *Leesa Wilson*

Pages 29 - 42

Cihuacoatl | Goddess Cihuacoatl Rattle artifact A.D. 15th century

Postclassic, Aztec - Central Mexico / ceramic fertility goddess

Hepat } Goddess Kadesh Illustration - Ancient Images by Bible History Online

Eileithyia | Midwife bowl - artifact found in the cave of Eileithyia at Inatos, ca. 6th century BC

On display at Quai Branly Museum, Paris - photographed in the "new" [Archaeological Museum of Heraklion](#).

IxChel | Goddess IxChel by *Sharon McLeod*

Aveta { Goddess Aveta by *John Bauer*

Pi Hsia Yuan Chun | Sunset Kwan Yin by *Christal Banister*

Nintur | Goddess Nintu from Temple of Ninhursag, Tall al-Ubayd, Iraq

Meskhenet | Goddess Meskhenet - Painted reconstruction of the image on a birth brick found in South Abydos, Egypt

Found by Joe Wegner, an archaeologist at the Penn Museum

Nephthys | Goddess Nephthys - Lady Of The House found in the Book of the Dead

Ajsyt | The Sage Goddess by *Emily Balivet*

Carmenta | by *Rabeller*

Pukkeenegak | by *Sharon McLeod*

Atahensic | Ata-En-Sic (The Woman Who Fell From the Sky) by *Lynn Capaul-Czehiniak*

Lucina | The High Priestess by *Tammy Wampler*

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Midwife Altar by *Leesa Wilson* | The Gypsy Priestess

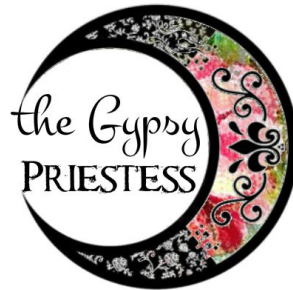
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Earth Mother Altar Candle private collection of *Leesa Wilson*





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The Midwife — 6th Moon | 13 Moons & 13 Faces of the Goddess: A 13 Month Journey
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Namaste

The goddess in me honors the goddess in you.



May you be infinitely blessed.