

# Chrysalis Woman

## Goddess Circles Packet



How might your life have been different  
if there had been a place for you,  
a place for you to go to be with your mother,  
with your sisters, and the aunts, with your grandmothers,  
and great grandmothers,  
a place of women, to go, to be,  
to return to as women?

How Might Your Life Be Different?

Celebrating the Sacred Cycles of  
Feminine Wisdom & Wellness

# Chrysalis Woman

## *MISSION*

The mission at Chrysalis Woman's Farm and Goddess Sanctuary is to provide holistic and woman centered information, education, ceremonies, programs, products and gifts that honor Sacred Feminine Wisdom & Wellness.

## *THE PHILOSOPHY*

For too long in our culture the ancient knowing of Women's Wisdom has been devalued, denied and forgotten. There was a time when our ways of knowing, healing and living was passed from Grandmother to Mother to Daughter. This wisdom line has been broken.

Women no longer trust themselves. They are disconnected from their own inner knowing, their own intuitive, instinctive responses and instead, look to "experts" or "professionals" that exist outside of themselves for answers. Because of this separation from our Wisdom, women in our society now suffer tremendously from a diverse range of Dis-ease, such as: low self esteem, distorted body image; numerous physical ailments and disconnection, a deep rejection of normal physiological processes and a give away of their own power.

**We believe it is a Woman's Rite and Responsibility to reclaim her own Wisdom**

Reclaiming Women's Wisdom is a returning to the knowing place within you. At Chrysalis Woman, women are guided to remember and reconnect with their inner knowing, thereby recreating a life of wholeness and wellness.

## *WOMAN'S WISDOM*

- Treasures the body's physiological cycles and inner ways of knowing
- Holds sacred the ways of living and dying
- Understands the connections between body & mind, emotion & spirit
- Is an interconnected way of life where one part affects the whole
- Understands the value of the void, of non-action, simply being in the face of whatever life presents
- Sees challenges as allies or aids for us in our transformational process
- Challenges us to care deeply for ourselves in a way that leads us to our truth
- Approaches healing with unconditional love and deep nourishment
- Nourishes a hunger our current culture cannot quench
- Lives in harmony with the Earth's rhythms, the Moon's phases and the Sun's light
- Honors the Earth's Gifts - Her creatures, Her food and Her medicine
- Understands, accepts and promotes self-love
- Brings out the wild and playful inner nature
- Heals feelings of unworthiness and sickness that come from ignoring deeper needs
- Breaks through fears, self-judgments, habits and perceptions that prevent change and wholeness
- Awakens sensual and emotional engagement with the world
- Expects personal responsibility for life's decisions
- Chooses only what serves wholeness and happiness
- Offers the chance to live dreams, satisfy hungers and embrace happiness
- Offers the Gift that is You... fulfilling Your most meaningful Purpose

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## *WHAT IS A WOMEN'S CIRCLE?*

### Women Supporting Women Working for Positive Change

- \*we provide support for all women on the path of positive change, be it in your life, the world, your relationships within and without
- \*we use female-affirming words, images, and symbols to create a nurturing environment for growth
  - \*we offer a safe space to share your story and be heard, accepted, and supported by women
  - \*we explore goddess archetypes as models of inner growth and herstory
- \*we introduce you to other women who are working for positive change personally, professionally, and spiritually
- \*we provide the opportunity to reclaim, discover, explore, and celebrate deep feminine values, processes, and ways of being
  - \*we are a sharing circle of women dedicated to consciously creating new paradigms to live by
  - \*we offer a cooperative community and communion of all women striving for peace, harmony, heart-centered healing and balance in our inner and outer worlds
  - \*we are a healing, wholing, holy place for women to gather and renew together

## *WHY COME TO A CIRCLE?*

### Women Need a Space to Call Their Own

With the busy lives we lead, having a sacred place where we gather, gives us the opportunity to listen to our own still voice which is important for our health- physically, emotionally, mentally & spiritually.

Taking this time for ourselves each month is an act of self love & preservation that honors our sweet woman souls.

Developing the ability to claim the time for us alone benefits our relationships with others, our children and thereby our communities. Come experience the Sacred Feminine in women only sacred space. We meet once a month on the Saturday closest to the Full Moon.

Our Circles are open to all women. There is no previous Goddess or Circle experience necessary.

All that is required is a desire to experience the Sacred Feminine and the ability to open to the wonderment within.

*(young women who have started their moon time are welcome to attend with their mothers)*

# Chrysalis Woman

## *WHAT DO WE DO?*

We create altars, share in sacred space, honor the elements & directions; experience a different Goddess each month from a specific culture and perform ritual that may include working with energy and healing, chanting, drumming, singing songs, meditating, dancing, making art and learning about creating change in our lives and our communities.

You are welcome to participate as little or as much as you feel called.

## *WHO ARE WE?*

We are a diverse community of women walking many spiritual paths who seek to honor the Sacred Feminine and remember/reclaim the practices of our forgotten herstory.

## *WHAT ARE THE GUIDELINES?*

Each woman speaks from her own place of experience and growth. We do not engage with each other's issues or statements. In other words, we are not sitting in circle to interact with each other's growth, but to be in audience of each woman's statement of her growth. Once a woman is finished speaking, she is not inviting another to comment upon her statements or to take exception or to react in any manner. In women's circle, we are not inviting others to make judgments or to lecture us on what we have said.

Confidentiality - All that is shared in the circle remains in the circle. There are no exceptions.

Speak from personal experience - Use "I" statements that reflect your personal experience.

Listen respectfully and actively - Give the speaker your undivided attention. Listen with the ears of your heart.

## *HOW DO I PARTICIPATE?*

At each circle you attend you'll need to bring a votive candle, (in a glass container), with the color relating to the current Goddess or Season we are celebrating. Typically invitations are sent out on the New Moon prior to every monthly circle. Please RSVP (email or phone) if you plan on attending. (RSVP deadlines are always the Monday before Circle) Directions to the location along with a Circle reminder of items to bring are sent the week prior to ritual.

*(Important – once you RSVP you are responsible for payment for your space... even if for some reason you decide or are unable to attend) Sorry No Refunds.*

If you have never attended a Chrysalis Woman Circle before – I'd appreciate hearing from you so that we can meet over the phone and I can share about what you can expect. Please do not show up if you have not contacted me first. If you are unable to attend due to financial reasons – please contact me – No woman is ever turned away due to lack of funds!

*Always feel free to forward the monthly circle invitations to other women who may be interested. Chrysalis Woman is open to all women. Just remind them that I need to hear from them first.*

# Chrysalis Woman

## *2010 Calendar of Circles for the Waxing Year*

All Circles Meet from 7pm-10pm

Saturday February 27<sup>th</sup> - The Goddess Brigid and Imbolc

Saturday March 27<sup>th</sup> - The Goddess Shakti and Spring Equinox

Saturday April 24<sup>th</sup> - The Goddess Lakshmi & Annual Money Pouring Ritual

Saturday May 29<sup>th</sup> - The Goddess Frey and Beltane

Saturday June 26<sup>th</sup> - The Goddess Isis & Summer Solstice

## *2010 Calendar of Circles for the Waning Year*

Saturday July 24<sup>th</sup> - The Goddess Yemaya and Annual Releasing Ritual

Saturday August 21<sup>st</sup> - The Goddess Pachamama & 1<sup>st</sup> Harvest

Saturday September 25<sup>th</sup> - The Goddess Coatlicue & Fall Equinox

Saturday October 23<sup>rd</sup> - The Goddess Lilith & Samhain

Chrysalis Woman enters the Womb of Winter and Rests

See you again in February of 2011!

*The Circle Awaits You!*

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## *EVENING FLOW*

**6:30pm**

Doors Open  
Signing In & Paying at the Door  
Placing of candles & altar items, arranging space, receiving refreshments and mingling

**7:00pm**

Part 1.

Check in

Welcoming the Ancestors  
Lighting of Altar/Circle Candles & Incense  
Sacred Sage Aura Cleansing & Moon Oil Anointing  
Entering Circle with Song  
Creating the Grove Meditation  
Calling in the Directions  
Invocation of Goddess  
The Welcoming and Announcement of Intention

Part 2:

Body of Ritual (Study, craft, etc.)

Part 3:

Raising Energy – Singing/chanting/dancing/etc.

Part 4:

Sharing of Experience

Part 5:

Releasing Sacred Space  
Thanking the Goddess  
Releasing the Directions  
Opening the Circle - Releasing Excess Energy

**10:00pm**

Clean up and Socializing

**11:00pm**

Doors Close - Good Night

# Chrysalis Woman



*Ayla*  
*Woman-Craft Priestess*

Ayla has been facilitating sacred space for women to gather and learn about the Sacred Feminine, Feminist Theory and Wise Woman Ways since 1998 and is completely devoted to helping women reawaken to their Sacred Divinity by remembering HER story, experiencing ritual and honoring their Sacred Cycle Wisdom.

She helps Women reawaken to this Wisdom by guiding them back to reconnect and reclaim the Womb Wisdom of Fertility Awareness, Empowered Pregnancy & Birth, Conscious Menstruation and Menopause Metamorphosis, while re-establishing the connection between Mother Earth, Grandmother Moon, the Sacred Feminine and the Woman Self.

She currently leads monthly Women's Circles, guides women through the nine month long Chrysalis Women, Circle Initiate and Priestess Programs, has attended home and hospital birth as a Certified Doula, creates organic, handcrafted Herbals for all of Women's Sacred Cycles and is the creatrix and publisher of CYCLES (an E-zine honoring the Sacred Cycles of Goddess, Earth, Moon & Woman Self).

She continues expanding her knowledge and experience in holistic Well Woman care and Womb Medicine Wisdom as taught in the Wise Woman Way, and passionately pursues her dream of developing a Wise Woman Center on land.

Personally, she loves growing flower/veggie & herb gardens, belly dancing, yoga, making herbals with the green allies, devouring books, and continues to strive for a self sufficient, sustainable, cyclical and community oriented life.

You can reach Ayla at [chrysaliswoman@yahoo.com](mailto:chrysaliswoman@yahoo.com) or (209)772-0511

If you have questions on Women's Wisdom, want to learn more about what Chrysalis Woman offers, would like to schedule a consultation or schedule Ayla for speaking engagements please give us a call.