

Chrysalis Woman

Consultations & Counsel In the
Medicine Woman Tradition



Providing Healing & Wholeness for Women by integrating:

Wild Green Herbals
Earth's Seasonal Rhythms
Women's Cycle Wisdom
Nourishing Whole Foods
Spiritual Midwifery

Celebrating the Sacred Cycles of
Feminine Wellness & Wisdom

Chrysalis Woman

THE MISSION

Our mission here at Chrysalis Woman is to provide Wholistic Education, Services and Products that honor the Seasonal Cycles of Goddess, Earth, Moon and Womb, awakening women to the Wise Woman Ways of healing Medicine, Sisterhood and The Sacred Feminine.

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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THE WISDOM & WELLNESS

Physical Health / Body Ecology Awareness / Cycle Transformations

A woman's power center, her intuitive knowing and place of creation, is her Womb. Not only is she capable of creating and giving birth to children, but all manners of new beginnings and acts of creation. When a woman's Womb is out of balance and she is not in-tune with the power currently operating in her life, physical dis-ease can develop. However, once a deeper connection is made to the Wisdom of her Womb, tremendous healing can occur.

Womb Wellness

Consultations provide guidance toward eliminating or preventing fibroid tumors, blocked fallopian tubes, cysts, emotional womb trauma and more, healing 1st, 2nd and 3rd chakra imbalances and helping women open to their creative energy flow and womb wellness.

Fertility Awareness

Women desiring conception receive personal guidance on identifying the physical cues that signal healthy fertility, learn how to nourish and rebalance the hormonal system responsible for conception, learn ways to connect with their unborn and pave the way for a vitally healthy pregnancy.

Transformative Pregnancy & Empowering Birth

Bringing a life into this world is a sacred and powerfully transformative experience for women and their families. They will remember their birth for the rest of their life and each deserves a powerfully transformative and empowering experience. Consultations provide guidance for a healthy and vital pregnancy, supporting the range of emotions and experiences on the journey to Motherhood, while also assisting in the navigation of the vast amount of choice making for an empowering birth experience and peaceful postpartum transition.

Conscious Menstruation

Our culture has taught women many myths and taboos about menstruation. These myths have taken root in their psyche often leading to heavy and painful cycles, PMS, breast tenderness, and a wide range of emotionally challenging experiences. Consultations provide nurturing guidance that helps women remember the power of their cycle, alleviates symptoms of disconnection and gives way to experiencing them as empowering, magical and recharging.

Menopause Metamorphosis

There are three distinct phases of the menopausal journey, each with their inherent wisdom and available transformative powers. In our culture, there is no honor given to women moving through this phase of their life's journey and the wisdom they now claim. Consultations nurture women through these changes, alleviating or lessening symptoms, while providing emotional and transformational knowledge about this sacred "rite of passage".

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THE MEDICINE

Cycle Wisdom

Women's lives are governed and transformed by the physiological and biological experiences of fertility, pregnancy/birth, menstruation and menopause. Each of these cycles represents a gateway of transformative power. Unfortunately in our culture, each of these gateways has been devalued. Instead of women experiencing deep reverence for their body's wisdom and the transformations that occur as they transition from one phase of life to another, they have come to believe each gate is something to be endured and therefore miss out on the experience of all it has to offer. To reclaim this wisdom is powerfully transforming. As a woman opens herself to remembering the energy and wisdom available at each cycle gate, she gains access to a greater connection with her body's wisdom and blossoms fully into the power of womanhood. This flowering is then passed down from Mother to Daughter and generations of women become more in tune with their bodies and the wisdom available at each gate of transformation.

Herb Wisdom

In ancient cultures the Herbwyfe played an active role in caring for the needs of the community. She understood the connection between people and plants and that the local land offered the best herbs for healing. Her approach was a simple one: Pay attention. Pay attention to plants. Look at them. Touch them. Smell them. Taste them. Spend time with them. Get to know them. What they like, where they hang out. Pay attention to people. Watch them. Listen to them. Don't pretend you know all about them. Investigate carefully. Ask questions and listen to the answers. Follow the threads. Pay attention to ecosystems. Notice how things affect each other. Remember the microscopic and the macroscopic, the inside and the outside. Observe elemental qualities: heat and cold, moisture and dryness, tension and laxity, intensity and lack. Discern where support is needed. Pay attention. That's all. Reclaiming this simple and traditional belief system when using green allies to aid in healing is fundamental to CW's herbal practice.

Food Wisdom

Food plays a vital and important role in our lives. Not only does it keep us alive, it is connected to our cultural and personal rituals and heritage. Food is the glue that holds us together. We share food at celebrations, gather around the dinner table with family and friends, share recipes handed down from the grandmothers and celebrate the milestones in our lives. All with food. Your food choices are often unconscious decisions based upon the cultural you live in and the family you belong to. Those choices are also unconsciously influenced by your beliefs and perceptions about food, what food is available where you live, and how you feel about food. Those choices directly affect your health and happiness, good or bad. It is hard to know what is true for you regarding what to eat. The media, the "experts", the food processing industry and even nutritionists all say something different. Learning to trust your own inner guidance, understanding the role of food in your life, and remembering the natural cycles of the seasons are vital pieces in the puzzle of what is healthy food.

Spiritual Midwifery

The thoughts and stories we play out in our minds, create our emotions. Emotions are energy and energy is made to move. If these emotions/energy don't move out of our body, they manifest as Dis-ease. Spiritual Midwifery provides the space to release these blocked emotions in an atmosphere of acceptance, support and non-judgment. This opens the gateways of resistance allowing the birth and blossoming of happiness, peace, healing, growth and wholeness.

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CONSULTATION FLOW

Consultation (1 hour) - Free

Come and meet Ayla at an introductory meeting. Enjoy freshly prepared nourishing herbal infusion while you share your ideas of wellness, your personal journey, goals, questions and concerns. Learn about the her-story of Ayla's path in Women's Wisdom and Wellness as well as her philosophy about wholistic and integrated health. Receive a Consultation Packet that outlines the information about this philosophy, all of the additional services available through Chrysalis Woman, and a detailed Wellness Assessment questionnaire.

Wellness Assessment (1.5 hours) - \$95.00

After reviewing your completed Wellness Assessment questionnaire, Ayla will share her ideas and recommendations for your care. You will receive your personal Wisdom & Wellness Binder that includes a step-by-step plan with recommendations to guide you along the journey of reclaiming your Wisdom and Wellness.

All women participating in CW Consultations series receive a 10% discount on all Apothecary purchases

Continued Assistance (1 hour) \$45.00-65.00

For those who wish to continue working one on one with Ayla, additional consultations can be scheduled for continued guidance, nurturance and support as you travel the journey toward reclaiming your health emotionally, spiritually and physically.

WHAT TO EXPECT

All consultations take place outdoors in the Chrysalis Woman Red Tent surrounded by herbal gardens (when weather allows), where you'll enjoy nourishing herbal infusions as we sit privately and discuss your personal dreams and aspirations, your unique path of growth and development and the wisdom and wellness that awaits within you... all in a safe and supportive environment.

Please arrive for your session with an open heart.

You will enter a prepared and sacred setting which will allow you to quiet your mind, release previous concerns of the day and open your heart to hearing your wisdom. Burning sage will clear the room and open your intuition, soft music will ease any stress you may be feeling and objects sacred to women create an environment that honors our wisdom. All of this is done purposefully, knowing the more relaxed you are, the deeper we can go during your consultation.

Herbal Infusion

Please drink a lot of infusion, during and after a session. Energetic and emotional work can be clearing for your system and the infusion will help wash away any heavy energies, alleviating the amount of release symptoms that your body may manifest.

Salt baths

Salt baths are also a great way to purify the body. They clear our mind, body and soul of heavy frequencies. From body aches and pains to emotional stress and fatigue, electromagnetic pollution and chemical toxins, Salt baths rid us of all this and more! When doing emotional clearing or energy work a salt bath is great after a session. The salts mineral structure works with the energy field to anchor and balance the energies.

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Melanie (Ayla) Miner
Doula, Herbalist, Woman-Craft Priestess, Spiritual Midwife

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 nine month long Women's Wisdom Apprenticeship and Circle Initiate Programs, has attended home and hospital birth as a Certified Doula, creates organic, handcrafted Herbals for all of Women's Sacred Cycles and was the creatrix and publisher of the BIRTH PAGES (a local resource for holistic prenatal & birth services) and CYCLES (an E-zine honoring the Sacred Cycles of Goddess, Earth, Moon & Woman Self).

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

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 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.