

Chrysalis Woman

Information 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?

*Farm *)O(* Goddess Sanctuary *)O(* College of Woman Craft*

Celebrating Feminine Wellness & Wisdom

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

Chrysalis Woman

Why the name Chrysalis?

Mention must be given in honor of the woman who suggested using “Chrysalis” as part of the work I do.

My blessed Mother, Patricia, listened intently one winter day almost a decade ago as I shared my goals for working with women. She listened intently as I shared about the sacredness and beauty of women’s cycles and the transformation that occurs as we move through menarche, fertility, sexuality, pregnancy, birth and menopause. We spoke of the inward journey that’s required at each stage and the growth and transformation that occurs. How we emerge transformed... a new woman, in a new stage.

After hearing my words, she understood.

“You should use the word Chrysalis in your business title”
“You know... like the cocoon of a butterfly” she said.

I knew that was it. Exactly it.

At each Sacred Cycle of our lives as Women (fertility, pregnancy/birth, menstruation, menopause) we truly enter a Cocoon of Change.

The woman who is with child enters the cocoon of preparation and change into the role of Mother; the woman shedding her monthly lining in the form of menstruation enters the cocoon of release and sheds with her blood all the previous months emotional residue so she can emerge cleansed and renewed; the woman moving into menopause enters the cocoon of change as she prepares to shed her life of childbearing and caring for others and begins the preparation of spiritual elder.

Each and every Sacred Cycle of a woman’s life and the transitional phases before, act as containers of support, change and growth – and when it’s time, we emerge from our cocoon ready for a new Cycle, transformed into a new and beautiful creation.

It is to my Mother that I offer my most beloved appreciation and to whom I dedicate my work...

I love you Mom...



Chrysalis Woman

2010 Offerings for Women

All Services run from February through October
(Information Packets Available for Each Offering)

GODDESS CIRCLES

Come and experience monthly gatherings with sisters of all paths who wish to reconnect with the Sacred Feminine within & without. We meet each month near the full moon to honor a Goddess from a specific culture and experience healing rituals that can include drumming, singing, art, dancing, meditation and self exploration.

GODDESS STUDIES

This program was created for women who wish to deepen their experience and understanding of the many faces & aspects of Goddess. Women in this program receive via email an introduction to the Goddess they'll be working with for the current lunation, links for additional research on Her correspondences & culture, instruction on how to build an altar to Her and suggested projects for connecting with Her energy. Each woman is then given the option of attending our corresponding Goddess Circle which deepens her experience. This program follows each lunar cycle & the monthly Goddess Circles and is available monthly or as a nine month program.

INITIATE PATH - Level I

Registration Now Open - Deadline January 30th

This beginner program is for women interested in participating in a nine month journey through the Woman's Wheel of the Year, Circle Casting, Invocation/Revocation of Directional Elements, Energy Work & much more! Initiates experience hands on learning of Circle elements, ritual work, writing and speaking invocations, sisterhood, service and much more. This program works side by side with the monthly CW Goddess Circles.

PRIESTESS PATH - Level II

Registration Now Open - Deadline January 30th

This program was created for women, who after graduating from the CW Initiate Program, wanted a way to continue working intimately within the monthly Circles. These women are invited to walk the path of Priestess and assist Ayla in the creation and facilitation of the CW monthly rituals, participate in monthly Goddess studies and be of service through CW for community ceremonies and rituals.

THE CHRYSALIS WOMAN PROGRAM - Level III

Registration Now Open - Deadline January 30th

This program is an intensive 9 month long journey through the labyrinth of Women's Wellness and Wisdom and encompasses all of CW Wisdom. It is a program of "remembering" at this time of coming Earth Changes of how necessary the Sacred Feminine is to the healing of our woman selves, families, communities and Mother Earth. Study includes: Feminism, Goddess Herstory, The Burning Times; A Woman's Wheel of the Year, Directions, Elements & Correspondences; Lunar Cycles; The Blood Mysteries of Women's Reproductive Cycles; The Cultural Inheritance of "History" and how to reclaim Women's Wisdom; The Wise Woman Tradition of Medicine & Healing; Hands-on Herbal Medicine Making; Nourishing Traditional Foods and Ferments; Graduation Ceremony and much more!

CIRCLE BED & BREAKFAST

Designed for women traveling a distance to attend the monthly CW Circles, the B&B provides overnight accommodations in tents, Moon Lodge Yurt (coming soon) or in-house suite. All bedding and organic whole foods breakfast (all local or grown on the farm) are included, along with mini morning yoga stretch and wise woman morning circle. Check out is 11am... or stay on for the afternoon and participate in the Work/Learn Farm Day - help out on the farm with chickens, gardens, harvesting, medicine making... whatever needs to be done that day. (children and family members welcome for the Farm Day... certain restrictions apply)

Chrysalis Woman

2010 Offerings for Women Cont'd

All Services run from February through October
(Information Packets Available for Each Offering)

CONSULTATIONS

Circle Guidance & Nurturing - Holding Space for Growth and Healing

These consultations provide the opportunity for women who attend the monthly circles to go deeper with whatever experiences arise during ceremony.

Blessing Way Ceremonies & Rites of Passage

Maidens (Menarche) / Mothers (Pregnancy & Birth) / Crones (Menopause)

It is time in our culture to resacralize the transformational cycles in a woman's life. Consultations are available for those who seek guidance in remembering this wisdom and who desire help in creating a ceremony that honors the specific life passage.

Cycle Wellness & Wisdom

Physical Health / Body Ecology Awareness / Cycle Transformations

Womb Wellness / Conception / Contraception / Transformative Pregnancy & Empowering Birth

Conscious Menstruation / Menopause Metamorphosis

These consultations provide guidance through the cycle transitions and/or health challenges experienced through Fertility, Pregnancy/Birth, Menstruation or Menopause. Recommendations are given to enhance vitality, creativity, assist direction, and ensure commitment to a personal process of growth and healing.

SEASONAL WISDOM & WELLNESS WORKSHOPS

Seasonal Wisdom / Fabulous Fermentations / Herbal Health / Seasonal Whole Foods

Each workshop is an evening full of information, hands on creation and sampling, sisterhood and a reclaiming of sacred and traditional food wisdom.

CYCLE WISDOM & WELLNESS WORKSHOPS

Conscious Conception / Empowered Birth / Mindful Menstruation / Menopause Metamorphosis

Each workshop is a day full of information, celebration, woman-craft, sisterhood and herbal wisdom.

CYCLES E-ZINE

The CW Farm / Turn of the Wheel / Women's Womb Wisdom / Herbal Healing / Sacred Nourishment

Herstory / Feminism / Altars / Sisterhood / Seasonal Crafts

An online magazine filled with information on the Sacred Cycles of Goddess, Mother Earth, Grandmother Moon and Women's Life Passages (Fertility, Pregnancy/Birth & Beyond, Moon-Time & Moon-Pause). Coming out eight times a year following the Earth's Holy Days, it is filled with earth & herbal wisdom, woman craft and sisterhood. Email for a free copy of a past issue.

Chrysalis Woman

Products for Wise Woman's Wellness and Wisdom

Catalog Now Available!

HERBAL APOTHECARY

Nourishing Teas - Tonifying Tinctures - Healing Belly/Breast Oils - Rejuvenating Yoni Baths

Lovingly Handcrafted Herbals from Organically Grown or Ethically Wild Crafted Green Allies for Women & their Sacred Cycles of Fertility, Sexuality, Pregnancy/Birth & Beyond, Menstruation & Menopause.

SACRED CYCLE PRODUCTS

Fertility

Cycle Charts, BBT Thermometers, DIY Speculum kits, Aromatherapy Candles, Sculptures

Pregnancy, Birth & Beyond

Belly Casting & Placenta Print kits, Henna Belly Kits, Aromatherapy Candles, Pregnancy Journals, Sculptures, Wonder of the Mother Cards

Menarche /Menstruation

Aromatherapy Candles, Journals, Sculptures, Glad Rags Cloth Pads, Reddy's "No Panty" Pads, The Keeper, Journey of the Maiden Cards

Menopause

Aromatherapy Candles, Embracing The Crone Cards, Sculptures

GIFT BASKETS

Looking to create a special and sacred gift honoring a woman in your life? Our gift baskets contain the finest in holistic products guaranteed to pamper, soothe, educate and celebrate the Sacred Cycles in a woman's life. Whether she has experienced her Menarche, desiring to become or just has become pregnant, wanting to reconnect with her Menstruation or transitioning into Menopause... Chrysalis Woman has what you're looking for. Each gift basket is filled with items of your choice, nestled in a basket sprinkled with special dried herbs, wrapped in organza fabric and then finished with dried flowers, herbs, raffia and a large velvet ribbon!

GIFT CERTIFICATES

A great way to pass on Chrysalis Woman to the women in your life. They can be made out to any amount and never expire. Good for birthdays, holydays, blessing way ceremonies, etc.

Chrysalis Woman

2010 Calendar of Dates

Initiate Path (5-9pm)
Priestess Path (5-9pm)
Goddess Circles (7pm-10pm)
Chrysalis Woman Program (10am-5pm)
Cycle Wisdom & Wellness Workshops (10am-5pm)
Seasonal Wisdom & Wellness Workshops (5pm-9pm)

FEBRUARY - The Waxing Season Begins
Saturday 2/13 Chrysalis Woman Program
Monday 2/15 Priestess Path
Tuesday 2/16 Initiate Path
Friday 2/19 Spring - Fabulous Fermentations
Saturday 2/27 Goddess Circle

MARCH
Saturday 3/13 Chrysalis Woman Program
Monday 3/15 Priestess Path
Tuesday 3/16 Initiate Path
Friday 3/19 Spring - Herbal Healing
Saturday 3/27 Goddess Circle
Sunday 3/7 Conscious Conception

APRIL
Saturday 4/10 Chrysalis Woman Program
Monday 4/12 Priestess Path
Tuesday 4/13 Initiate Path
Friday 4/16 Spring - Seasonal Whole Foods
Saturday 4/24 Goddess Circle
Sunday 4/4 Breast Health

MAY
Saturday 5/15 Chrysalis Woman Program
Monday 5/17 Priestess Path
Tuesday 5/18 Initiate Path
Friday 5/21 Summer - Fabulous Fermentations
Saturday 5/29 Goddess Circle
Sunday 5/9 Sacred Sexuality

JUNE
Saturday 6/12 Chrysalis Woman Program
Monday 6/14 Priestess Path
Tuesday 6/15 Initiate Path
Friday 6/18 Summer - Herbal Healing
Saturday 6/26 Goddess Circle
Sunday 6/6 Empowered Birth

JULY - The Waning Season Begins
Saturday 7/10 Chrysalis Woman Program
Monday 7/12 Priestess Path
Tuesday 7/13 Initiate Path
Friday 7/16 Summer - Seasonal Whole Foods
Saturday 7/24 Goddess Circle

AUGUST
Saturday 8/7 Chrysalis Woman Program
Monday 8/9 Priestess Path
Tuesday 8/10 Initiate Path
Friday 8/13 Fall/Winter - Fabulous Fermentations
Saturday 8/21 Goddess Circle

SEPTEMBER
Saturday 9/11 Chrysalis Woman Program
Monday 9/13 Priestess Path
Tuesday 9/14 Initiate Path
Friday 9/17 Fall - Herbal Healing
Saturday 9/25 Goddess Circle
Sunday 9/5 Mindful Menstruation

OCTOBER
Saturday 10/9 Chrysalis Woman Program
Monday 10/11 Priestess Path
Tuesday 10/12 Initiate Path
Friday 10/15 Fall - Seasonal Whole Foods
Saturday 10/23 Goddess Circle
Sunday 10/3 Menopause Metamorphosis

*Chrysalis Woman enters the Womb of Winter to Rest
(November - January) See you in 2011!*

Chrysalis Woman

Sisterhood Categories

Sisterhood in Chrysalis Woman was created to give women who regularly participate in our services and events an opportunity to receive discounts on fees. There are three options for Sisterhood, each offering the opportunity to receive a discount on all services grouped within each category.

For those who wish to take advantage of this bulk discount, but are unable to pay for the entire year all at once, please see the payment options outlined and available at the bottom of each category.

Women who become CW Sisters in either Category A or B will receive a Sister Card that must be presented at all Chrysalis Woman events in place of payment. In the following pages each Category has been fully explained, showing availability of services, amount of savings as well as payment options.

Simply send in your completed Sisterhood Form (last page), your signed and completed Category form and payment. If you should have any questions, please don't hesitate to contact me - (209) 772-0511.

Category A -

Annual dues: \$200.00

Includes:

2010 Subscription to the "Cycles" E-Zine
Attendance at all 2010 Monthly Goddess Circles
10% Discount on all CW Services, Workshops & Products
Sacred Woman E-group Membership
Receive Sisterhood Card

Category B -

Annual dues: \$272.00

Includes:

2010 Subscription to the "Cycles" E-Zine
Attendance at all 2010 Monthly Goddess Circles
Enrollment in Monthly Goddess Studies Program
10% Discount on all CW Services, Workshops & Products
Sacred Woman E-group Membership
Receive Sisterhood Card

Chrysalis Woman

Sisterhood Category "A"

Annual dues: \$200.00

For Women who wish to receive the Cycles E-Zine, attend the full year's worth of Circles, participate in a Sisterhood community and benefit from discounted rates.

<u>Includes:</u>	<u>Regular Cost:</u>	<u>Sisterhood Cost:</u>	<u>Sisterhood Savings:</u>
"Cycles" E-Zine	<u>\$25.00</u>	\$20.00	\$5.00
Monthly Goddess Circles	\$25.00/mo (9mos) <u>\$225.00/yr</u>	\$20.00/mo (9mos) \$180.00/yr	\$5.00/mo \$45.00/yr
Sacred Woman E-group	free		
Totals:	<u>\$250.00</u>	\$200.00	\$50.00

**** Sisters in this Category also receive a 10% discount on all additional CW Services, Products & Workshops**

Payment Options -

Please Check which option you've chosen & underline which payment method - Thank You!

_____ I am paying my 2010 annual Dues in Full (\$200.00) (by enclosed check or PayPal)

_____ I am paying my 2010 Deposit of **\$100.00** (by enclosed check or PayPal)
Next payment of **\$50.00** due May 1st 2010 (by check or PayPal)
Final payment of **\$50.00** due August 1st 2010 (by check or PayPal)

Sister Signature -

I hereby agree to fulfill my responsibility for the above checked remaining dues (if any) for my Sisterhood membership for 2010.

NAME

DATE

Chrysalis Woman

Sisterhood Category "B"

Annual dues: \$272.00

For Women who wish to not only attend all Chrysalis Woman Circles, but also participate in the Goddess Studies program, thereby deepening their experience of each Circle.

<u>Includes:</u>	<u>Regular Cost:</u>	<u>Sisterhood Cost:</u>	<u>Sisterhood Savings:</u>
"Cycles" E-Zine	<u>\$25.00</u>	\$20.00	\$5.00
Monthly Goddess Circles	\$25.00/mo (9mos) <u>\$225.00/yr</u>	\$20.00/mo (9mos) \$180.00/yr	\$5.00/mo \$45.00/yr
Monthly Goddess Studies	\$10/mo (9mos) <u>\$90.00/yr</u>	\$8.00/mo (9mos) \$72.00/yr	\$2.00/mo \$18.00/yr
Sacred Woman E-group	free		
Totals:	<u>\$340.00</u>	\$272.00	\$68.00

**** Sisters in this Category also receive a 10% discount on all additional CW Services & Workshops**

Payment Options ~

Please Check which option you've chosen & underline which payment method - Thank You!

_____ I am paying my 2010 annual Dues in Full (\$272.00) (by enclosed check or PayPal)

_____ I am paying my 2010 Deposit of **\$100.00** (by enclosed check or PayPal)
Next payment of **\$86.00** due May 1st 2010 (by check or PayPal)
Final payment of **\$86.00** due August 1st 2010 (by check or PayPal)

Sister Signature ~

I hereby agree to fulfill my responsibility for the above checked remaining dues (if any) for the renewal of my Sisterhood membership for 2010.

NAME

DATE

Chrysalis Woman

Sisterhood Application

Name (Last): _____ (First): _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Country: _____ Contact Phone: _____

Contact Email: _____

Date of Birth (mo/day/year) _____

*Please mail completed application, signed Category Sheet along with your payment addressed to:
(please make checks out to Melanie Miner):*

Chrysalis Woman

*Farm *)O(* Goddess Sanctuary *)O(* College of Woman Craft
c/o Sisterhood
6618 Goodell Road
Valley Springs, CA 95252*

Chrysalis Woman



Ayla

High Priestess, Herbalist, Woman-Craft Practitioner

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

She helps Women reawaken to their 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, teaches Initiate, Priestess and The Chrysalis Woman programs. She creates organic, handcrafted Herbals for all of Women's Sacred Cycles on her farm and is the creatrix and publisher of CYCLES (an E-zine honoring the Sacred Cycles of Goddess, Earth, Moon & Woman Self).

Her future goals are:

To continue expanding her knowledge and experience in Wholistic Well Woman care and Womb Medicine Wisdom as taught in the Wise Woman Way, expand her herbal gardens and passionately pursue 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 medicine with the green allies, devouring books, and continues to strive for a self sufficient, organic, 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 call.