



NEWSLETTER No 13 - SPRING 2013

Dear Women

Ah, the joy of Springtime. What a marvel it is to feel the surge of new life flooding into the world all around us. Such refreshment for the heart and soul to be reassured, once again, that energy returns, beauty returns, hope returns – no matter what. As I look around me today I can't help laughing to see just how many camellia flowers are trying to make it into the world, crowding and jostling out of one single bush in my garden. The birds are so eager to get singing in the mornings they start way before it's light – their racket offers a fantastic opportunity for us to be up in time to see the miracle that is light kissing the treetops at sunrise...

Spring is such a ringing YES to Life Itself. Are we awake to its magic, to what it's asking us, in its beguiling way, to let in to our own lives? Are we really up for something new? As I write this, so-called "world leaders" are gathered in St Petersburg to debate a most crucial decision regarding the world's response to Syria: should we go on in the old way, long proven not to work, and apply a bigger version of evil to try to remedy a smaller version of the very same thing? Or should we look for something new that might create Change instead of ever-worsening escalations of our old errors? President Obama is holding a lit fuse in his hands. What is *our* response? What is needed, now, for Life to be safeguarded and enhanced for all on this planet?

Imagine if that meeting of "leaders" were to admit they have exhausted the options they know, and decide to consult the world's women on what would be a different way forward... Would we be ready? What do we know, in our heart of hearts? What do we know, underneath all those layers of eons-long conditioning that has told us we are less clever, less knowledgeable, less able than men to run the world? What would we suggest? What would we demand? What would we desire? What could we create, together? What would it take for women to believe, with utter conviction, in every molecule of their being, that our knowing is not inferior because it is feminine, soft and emotional?

It is time now, it is time with utmost urgency, for women to trust again what we know, and to find new language, new connections with each other, to speak what we want into the world. To find our voice, our courage, our conviction and our confidence, we need to know, much more deeply than we ever have, what we are, what we are made of, and what we are part of. We are needed now as never before to bring new ways into a world that is dying of its old ways. And it is happening! All around the world, women are waking up and speaking up in huge numbers, saying NO to what has abused and silenced us. If you don't already know about it, Google "one billion rising" to be inspired, heartened, touched to your very core by what is happening for the re-emergence of The Feminine in our times.

Alongside that NO, we need a resounding YES! What do we want to say Yes to?

I urge you to pay close personal attention to the renewing energy of Spring – let's allow it to awaken us, stir us, re-energise those parts of us that have grown accustomed to putting up with what is not true or good for us or for the world. Let's allow the rapidly growing Light around us to show us new things, perhaps undreamed of, but more likely things we have always longed for in the secret depths of our feminine hearts.

Our time is coming, women. Wake up, wake up. What can we say Yes to as Spring is shouting its love-of-life Yes all around us? What if every woman in the world would start her day by going outside, into Nature, and facing East – opening her heart and soul to that ultimate source of renewal – of rekindling light, of beginnings, of the fresh and the bright? What if we were all to fill ourselves every morning with the feelings, the reassurance, the energy, the inspirations and intuitions that would come of that simple, conscious gesture? Shall we try it, each of us knowing she is not acting alone, but in unison creating an answering song, a deliberate discourse of renewal with no less potent a force-for-life than Sunrise itself!

COMING EVENTS

See the next page for details of workshops coming up around the country. Please feel free to pass information on to women you know in these areas who may like to attend. And, if there are women in your area who would like to dive in to the great adventure of Conscious Menstruality at any lifestage, do get in touch with me.

IN HOKITIKA

end of September

A 2 day workshop to inform, support and inspire women wishing to understand the Deep Feminine in themselves

You are welcome to attend one or both days

Saturday 28th September 9am to 4.30pm
The Whole of the Moon: Illuminating Your Menstrual Cycle

Sunday 29th September 9am to 4.30pm
The Alchemy of Menopause



Cost: \$140 for both days, or \$80 per day.

Bring: Cushion, pen, paper, snacks and a shared lunch

Where: Ruatapu, 10km South of Hokitika

Contact: Liala 03 755 6641 or 021 112 4942

Please register and pay before Thursday 17th September.

*There are a limited number of spaces available
so please ring/text early to secure your place.*

Or for further info contact Luna House www.lunahouse.co.nz

In Hanmer : first weekend in October

**a Very Special Treat
for Women Approaching or Experiencing Menopause**

Do you fancy a weekend away in lovely Hanmer, with meals provided, comfortable accommodation, convivial company, laughter and fun, and an enlightening, supportive, life-changing workshop?

Friday 4th to Sunday 6th October
(arrive Friday evening, depart Sunday afternoon)

The Alchemy of Menopause



Would you like to receive

An indepth, empowering and perhaps surprising new perspective that will make sense of all the things your Menopause might bring

A clear model to help you understand why our hormones behave as they do

Tools and practical strategies so we can support ourselves through the changes

A deep spiritual and developmental understanding of Menopause and its purpose in our lifelong journey toward being our fullest Self

Investment: \$265 - \$280 (choice of bedrooms)

Registration and payment required by 20th September

Limited Places Available for this very special weekend

Don't miss out - confirm your booking early

ph: (03) 332 5755 e: lunahouse@clear.net.nz w: www.lunahouse.co.nz

In Taranaki: first weekend in November

*A delicious and life-changing weekend for
women approaching or experiencing Menopause*

THE ALCHEMY OF MENOPAUSE



Would you like to

Come to see yourself in a whole new light through enriched self-knowledge
Discover the true nature and purpose of Menopause for your developmental path
Go far beyond medical models to explore spiritual and universal dimensions of Menopause
Ease struggles and difficulties through the alchemic arts of Conscious Menstruality
Maximise your potential for true self-possession in your Mature Life

You will be amazed at what there is to know

Saturday 2nd and Sunday 3rd November

Contact Luna House to be put in touch with local organizers

ph: (03) 332 5755 e: lunahouse@clear.net.nz w: www.lunahouse.co.nz

and a closing piece of wisdom for our times from Albert Einstein:

"We can't solve problems by using the same kind of thinking we used
when we created them."

With love to you all
Jane Catherine
At Luna House