



NEWSLETTER NO 15 SPRING 2014

Hello Dear Women

There's a greeting we sometimes see in women's circles that wishes "Bright Blessings". Looking out my window as I write this, I see that Spring in itself is a Bright Blessing. Everything is bright - the light clear and joyous, the new leaves so unbelievably green, flowers bringing colour where there has been none. For those of us able to have a vege garden, the sprouting of new seedlings is surely the brightest of all blessings, for they are fed by the Light itself from which they make our own food. Wherever you are, whatever you are encountering in your own personal world this Spring, I wish for you a bright sense of refreshment and new energy.

A friend sent me this picture the other day, and I immediately fell in love with it, seeing it as a picture of us, all the women of the world who are bringing back the authentic presence of The Feminine into visibility. When we really believe in what is feminine inside us; when we really know that our soft, sensitive and vulnerable ways are what the world needs; when we really are prepared to stand up for what our hearts know and what our love wants; when we value our own knowledge and speak in our own language; when we dare to let



Menstruality back into our daily lives, we are creating a whole new kind of moonrise in our world. Birthing is something we know how to do... and here we are, bringing all of our strength and joyous grace together to birth lunar consciousness out from its hiding place and into the visible, tangible world, where it has been missing for far too long.

Because of the work that I do with Luna House workshops, I am privileged to meet so many beautiful, wise, intelligent, talented, inspiring, creative and energetic women around the country, and it is pure joy to see this picture and feel all of us midwifing the moonbirth that will bring such transformation to our lives and our daughters' and grand-daughters' lives.

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One Billion Rising

If you don't already know this stunningly inspiring movement that is flourishing in many parts of the world, do look it up. It's so important, so hopeful, so empowering to know we are not alone, we are not few, WE ARE MANY women standing together across countries and cultures to end violence, ignorance and oppression against our gender. Just google One Billion Rising, or this link will take you straight into it: (Warning, this clip is quite hard-hitting)

<https://www.youtube.com/watch?v=gl2AO-7Vlzk>

NOTICES AND COMING EVENTS

Luna House Workshop in Wellington

Plans are afoot for a Menstrual Cycles weekend workshop in Wellington. If you know women in that region who may like to participate, please do let them know and ask them to contact me so I can include them in the unfolding plans. (You can refer them to the website, www.lunahouse.co.nz for more information).

Two Introductory Workshops in Christchurch

As the year is already in its last quarter - the one that disappears in a flash - we will not have time for any of the long courses this year. So I have decided to offer two one-day courses, so those of you who have been wanting to get knowledge and support for your Menstrual Cycles or Menopause can get started... scroll down for posters for **Menstrual Cycles Introductory Day, Saturday 8th November**, and **Menopause Introductory Day, Saturday 9th November**.

New Offering: Conscious Menstruality Training for Therapists

This is a training workshop for male as well as female therapists, on Friday November 21st. Scroll down for "M Words" workshop for therapists.

Please feel free to pass on these posters to anyone you think may be interested.

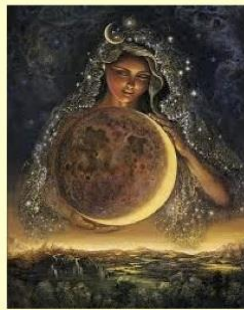
An Introductory Workshop

THE WHOLE OF THE MOON

Illuminating Your Menstrual Cycle

Would you like:

- ❖ A new understanding of female hormones and why they act as they do
- ❖ A clear model that makes sense of our changeability, emotions and physical experiences around the month
- ❖ Some tools and methods to minimise difficulties and help us align our daily life to our cycle energies
- ❖ An exploration of our cycle's special resonance with Nature
- ❖ An invitation to experience the Spiritual and Developmental dimensions of living our Menstrual Cycle consciously



Come along to be informed, supported and inspired in the company of other women.

Saturday 8th November, 9.30 - 4.30

Cost: \$75, for a day that will transform your life
with

Jane Catherine Severn

Psychotherapist, Pascha Therapist, Menstruality Educator

Limited Places. Register by 1st November.

To enquire or register:

ph: 332 5755, m: 021 029 19819, e: lunahouse@clear.net.nz

w: www.lunahouse.co.nz

An Introductory Workshop

The Alchemy of Menopause

Would you like

- ❖ An in-depth, empowering and perhaps surprising new perspective to make sense of all the things Menopause can bring us
- ❖ A clear model to help understand what our Menopause is trying to create in us, and why our hormones behave in the mysterious ways they do.
- ❖ Some tools and practical strategies for responding to what we experience and supporting ourselves through the changes. When we understand what is trying to happen we can enjoy and be inspired by our Menopause, instead of struggling or worrying in it.
- ❖ A deep Spiritual and Developmental understanding of Menopause and its purpose in our lifelong journey toward wholeness of Self.



Come along to be informed, supported and inspired in the company of other women.

Sunday 9th November, 9.30 – 4.30

Cost: \$75, for a day that will transform your life

with

Jane Catherine Severn

Psychotherapist, Pascha Therapist, Menstruality Educator

Limited Places. Register by 1st November.

To enquire or register:

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Welcome to
a ground-breaking new workshop for Counsellors and Psychotherapists

M Words

Essential Knowledge for our Work with Women

Inside every woman who comes to see us, something intricate, eloquent and profound is trying to be heard... something to which we as therapists have been trained to pay no attention!

At best our unawareness limits the help we can offer. At worst it may mean we are unwittingly working against the woman's natural healing and developmental processes.

This workshop will present new and original work outlining a model of women's psychospiritual development through their hormonally orchestrated sequence of "M Words": Menarche, Menstrual Cycle years, Menopause and Mature Life, and the immense, purpose-built therapeutic potentials available to us if we understand their original design. Whether you are male or female, it will offer you intriguing insights to enhance and enrich your practice with women clients and couples.



BY: Jane Catherine Severn, MNZAC, MNZAP, MNZAIPT

ON: Friday 21st November 2014, 9.30 - 4.30

AT: Cracroft Guide Centre, 151 Cashmere Road, Christchurch

COST: \$125 if registered by 9th November, or \$145 thereafter

To enquire or register: ph (03) 332 5755 or 021 029 19819 e: lunahouse@clear.net.nz

Jane Catherine Severn is a Counsellor, Psychotherapist, Pascha Therapist and Supervisor. Alongside her private practice of 25 years, she has spent her life developing the body of knowledge she will present in this workshop. In 2005 she created Luna House, an educational and therapeutic service, from which she offers workshops, seminars, courses and individual consultations. She is currently also trying to find time to write her book...

For more information, visit www.lunahouse.co.nz

Last Word

One morning recently I was sitting in a favourite grassy place up the hill just at the magic moment when the sun rose up over the ridgeline. Opening my Hafiz book at random, I read this:

*The Earth lifts its glass
to the sun
And light -
light is poured*

With love to you all
Jane Catherine
At Luna House