



The Maiden Journey Begins

2nd Moon Focus: the Maiden.

The MAIDEN:

She is our authentic inner awakening. The one who opens us up to our own unique, and individual expression. She contains the magick and potential for our blossoming. She is the aspect within us that is willing to take a risk on something she believes in, wants or simply thinks will be fun. Still innocent, yet also precocious, she is expanding in awareness and opening to new experiences, ideas and responsibility.

Find her secret treasure box of dreams:

Think back to when you were on the edge of blossoming. Do you remember being a little girl and then, seemingly over night, you awoke to discover your body beginning to change? Can you remember the strange and wonderful tenderness as your breasts when they began to bud? What were your feelings and thoughts about this awakening in your body and awareness? Were you excited to be 'growing up'? Or were you shy, embarrassed, or maybe, a little afraid?

Did you want to wear a bra (even if it was just a 'training' bra) to feel and prove to yourself or others, that you were becoming a woman? Of were you a tomboy, wanting to ignore or hide the fact that your body was changing? So much of our self esteem at this age was tainted by our feelings, thoughts, or the looks and comments of others. Do you recall how you felt about yourself and your body during this time of great change?

It's important that we re-member who we were at this stage, as so much was pivotal in developing who we became and who we are now.

Homework Journal Assignment:

- * Spend some time in meditative thought and reconnect with who you were between ages 8 and 14. Can you remember when the changes began; not just the changes in your body, but also the changes in your feelings, needs and wants?
- * What were your interests during this time? Do you remember playing happily one day and the very next, thinking it childish?
- * Recapture the dreams, aspirations and secret longings of this young maiden that you once were. Which ones grew, which died, and which linger still?
- * Were you upset to be given more responsibility during this time? Or, did you seek it out (such as asking for small ways to earn money)? What were your thoughts and feelings about the added chores and expectations placed upon you?
- * Do you remember what your favorite colour was? Or, what your bedroom looked like? Did you have to share a bedroom? Do you remember the sudden desire for even more privacy than usual? What were your thoughts or feelings concerning your changing needs? Did you feel heard and honored? Or did you feel misunderstood, or that you were on your own to figure things out?
- * How did you enjoy spending your free time? Was it with your girlfriends, or alone? What were your interests, hobbies, and favorite activities? What kind of movies, music and books did you like? What were your favorite subjects?

Listen for her voice as the weeks of this moon time unfold. Pay attention to what she has to share with you. Record her 'wisdom', even if it seems far from wise, as in days or weeks or even months from now, you may look back at what she tells you now, and understand her wisdom in profound ways.

Facebook Sanctuary Forum Suggestion: Share whatever thoughts or memories came up for you while contemplating these questions. Get the conversation started. Whether you share only a few words, or many, sharing helps us to honor our inner maiden and give her voice.

MAIDEN

2



As you looked at this image, did it trigger any memories or emotions? Sit with them for a few moments. Feel the feelings, entertain the memories or thoughts. Consider what is important to your inner maiden, and what is not... Be compassionate toward your inner maiden. Really listen. Record any insight or 'aha' moments in your journal.

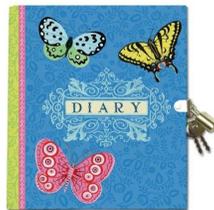


3

Honoring the Maiden

Listen for her voice.

Let's honor her this week by purchasing an inexpensive girls diary with a lock and key. Write your secrets upon its pages, then hide it under your mattress. See what emotions come to the surface of your consciousness during the coming days and weeks. Upon the empty pages, write your secret thoughts, desires, frustrations or fantasies.



Within the pages of your diary, you may soon discover some secret treasure long awaiting your attention. Perhaps, you'll be inspired to take a risk, go on a mini adventure or simply do something daring that takes you out of your comfort/known zone. Make note of her energy as it stirs within and unexpectedly springs forth.

Photo assignment

Find a photograph of yourself as a maiden, around the time of first budding. If you can not find a photo of yourself during this stage, look for one in a magazine or online that resonates or resembles how you felt, or find an image of something that reminds you of this time in your life (like a training bra you might have worn, a movie star you had a crush on, etc.).

This exercise will help us to connect with our inner maiden self and re-awaken her hidden aspects within us. For more focused intent, upload a photo screensaver to your computer desktop, it may subconsciously strengthen an ongoing and deeper connection.

Do you remember what she wish for most? What were her secret dreams? What did she write or think about then, that still whispers in some way of your secret longings now?

Her secrets are sacred. The things she chose to hide were as tender and fragile in their development as was she. Her thoughts and dreams and fears and feelings were the seeds contained within her. Some grew and some did not. All served a holy purpose in our life; they taught us the innate ability to give birth to the realities we desire.

Online Sanctuary Share:

Post the photograph of yourself as maiden in The Sanctuary, as your profile photo. Share a prominent memory of being a maiden. Tell us about your experience and why it felt exhilarating, scary or exciting. What did you learn or gain while in that place of possibility or uncertainty?



4

You Have Been Granted Freedom!
A gift from your inner maiden....

Homework assignment:



Listen very carefully to your inner maiden. She has an important message for you.

She wishes to give you **FREEDOM** to....

Freedom to *what*?When you discover what 'it' is - Do it!

Do you remember a time long ago when your inner maiden first began her journey?



As you stand at the edge of remembering, see her on her path with infinite possibilities ahead of her...

Ask Yourself:

Where did she wish to go?

What did she wish to do or be?

What blocked her path?

What kept her from going, doing, being what she dreamed of seeing, doing or being?

How can you, wise woman that you are now, bring her dreams back to life?

In what ways can you help her live them as vividly as she once imagined?



5

Sometime this moon, during the year, honor your inner maiden by going on a wild, daring adventure! Here's your ticket...



Take yourself on a trip to a place that will reawaken the 'feeling' or 'dream' your inner maiden held as sacred. This may take some digging, gathering, courage, time and resources to manifest. Allow yourself whatever is needed to manifest your maiden dream. It will be so empowering and will reconnect you with your deepest inner maiden self.

Expect to be amazed!

Journal Questions:

Your inner maiden has lots of questions.

Some have never been asked... Others have never been answered.

The Questions:

The hard ones -

1. **What were 3 challenges of being a teenager?**
2. **Were you seen as a woman by age 16? If so, how?**
3. **Are you still affected by the experience/s?**
4. **Where did you get stuck in maiden energy?**

Any disrespect to your budding sense of being a woman can be devastating, causing problems with your confidence, with your way of thinking, and even your deep sense of being, purpose and passion. Whether you got stuck psychically, emotionally, physically, mentally or spiritually, you can open that area within yourself and allow the energy to flow freely again.

By acknowledging where we think/feel we are stuck now, we can trace it back to the source. Often times, the simple acts of being aware, honest, and forgiving others and our self allows the blocked pathways to open. Even a small opening allows the light of healing to enter. Even a willingness to grow past *it* allows love to take root and grow where pain has made barren.

5. **How are you ignoring your authentic sense of self?**
6. **How will you empower and express your dreams?**
7. **How are you willing to move past old limitations?**

Healing does not always happen quickly, yet with proper care and attention, a positive attitude, and a gentle, loving intention, we are able to regain our maiden strength and independence.

The easy ones -

8. **What 3 lessons did your maiden self teach you?**
9. **What 5 gifts has your maiden self given you?**
10. **Describe your authentic maiden with 5 words.**



6

Remember Your Inner Maiden



Our inner maiden has many moods. She is innocent one moment and precocious the next. She is one moment spontaneous and ready for fun, and the following quiet; wanting to be alone in the privacy of her mind.

Invite your inner maiden to play! *Play* to the maiden, is the freedom to explore the many unspoken desires flowering within her being without limit and with a great deal of privacy. Sometimes, it involves others and other times, not. In honor of our inner maiden, I have suggest several 'play date' activities. Choose the ones that intrigue you, and take yourself on an adventure of self discovery. The purpose is to have fun!

A Maiden Adventure

A maiden adventure consists of anything that sounds exciting, daring, and will take you out of your daily routine of ordinary. Think of something that you have long dreamed of and do it! Whatever *it* is that sparks your sense of adventure, allow it to awaken your inner longing by choosing to visit a location, attend an event, or create an outing which follows where this exciting maiden energy leads.

Some adventures are spontaneous and unplanned, others are given great attention to detail and can take hours, days or years to fully explore. You decide what best suits your idea, your budget, and your schedule. As you delve into a topic of interest and further explore a secret desire - be daring and wildly brave. You may wish to go alone, being open to infinite possibilities, or you may wish to invite a friend or two to join in the fun. Either way, make sure this is your idea of an adventure. Please feel free to modify my suggestions to reflect your personality and desires.

A maiden adventure:

- * go to an art museum to view an exhibit of ancient runes or woven tapestries or the history of lingerie
- * enroll in a foreign language class or a tantric sex workshop or a cooking class
- * paint a spiritual mural the side of an old building
- * go on a shopping spree (with five exotic items on your list from your current favorite novel)
- * hula hoop, belly dance, perform, or recite poetry before the public eye
- * explore a new neighborhood or a cultural part of town for an afternoon
- * go on a mini vacation with a bunch of girlfriends
- * try a new hairstyle, get a tattoo, or create a new 'look' for the day or the season
- * do some brave thing that you've always wanted to do, but were afraid to try



Awakening to Pleasure

Awakening to pleasure consists of pampering, touch, and other acts of delight. Your maiden self is a budding flower. Every nerve is alive and open to sensual and erotic sensation. Though she may be very shy, she secretly longs to be known and explored. Honoring this deep need can be a sacred experience. Often our maiden self did not get the affection she wanted. Perhaps, because others were afraid of her budding power, sexuality and provocative innocence (which can cause our maiden self to feel flirtatious, awkward, or shy). During the maiden phase of our life, our boundaries begin to shift. Those who were attracted to our maidens budding charms, may have denied appropriate affection from fear of crossing the line.... Sadly, others had no qualms about crossing the line, causing our maiden self to suffer harm, guilt, shame, fear or confusion. Sexual, emotional, mental and psychological trauma leaves us unsure of our power, and uncomfortable in our own bodies. Therefore, it is important that we heal these old wounds so we may fully reclaim our magickal maiden power!

When we deny ourselves pleasure, we suffer. If you haven't already, it's time to receive and give yourself pleasure. Please modify the following play dates so that they arouse your personal sense of pleasure:

A Maiden's Pleasure:

- * have a slumber party with girlfriends to celebrate the senses (touch, taste, smell, sight, and hearing)
- * take a sensual, candle lit bubble bath with essential oils, soft music and a glass of wine
- * make an appointment for a relaxing, sensual body massage and completely let go of your inhibitions
- * get a facial, manicure, pedicure, or body scrub
- * skinny dip in a private hot springs or mineral spa
- * give yourself a loving hot oil massage while moving to the energy and beat of your favorite music
- * dance naked under a star filled sky
- * engage in a cuddle party
- * spend time holding or playing with a baby, or puppies
- * engage in an evening of self pleasuring or a romantic evening for two beneath the sheets
- * explore your sexuality in ways that feel safe, yet extremely stimulating or arousing.
- * eat chocolate, strawberries and other sensually pleasing foods, in a slow, savoring manner
- * read a romance novel or take time to imagine and enjoy your own fantasy

Delving into the Depths

Delving into the depths consists of private exploration into our secret selves. This can include taboo topics, uncharted temptations and vague curiosity. Often, as young women we desire to know more of our poetic soul, our secret siren, or our dominant traits, but we are afraid of being exposed, misunderstood or limited by others. The following are just peeks into the dark abyss of a maiden's heart. Please use them as a guide to finding the key to your own inner realm.

- * go to an obscure theatre and watch a foreign or erotic XXX film
- * read or write erotic poetry
- * record a poignant dream and try to re-enact it
- * audition for a part in a play
- * spend a day living as a secret persona or aspect of yourself; meet new like-minded people
- * keep a private journal of your deepest thoughts and desires; keep it under lock and key, if desired
- * explore your shadow self, give her a creative voice
- * make erotic art
- * paint your naked body and take a photograph
- * make a face or body mask of yourself, and paint it
- * visit a place or take part in an activity that represents your hidden self (such as attending a religious ceremony, a full moon ritual, or a protest march, or visiting a Chinese market, an art gallery, or a motorcycle shop, a sex club, etc.)
- * spend the night alone in nature

Which of these play dates intrigues you the most? Consider the reasons why... What suggestions inspire you? How many play dates will you treat yourself to this month? Listen to your inner maiden and try to please her. Take note of your experiences, how they make you feel, and what they awaken within.



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As you work in your journal, leave space for future notes...

You may wish to revisit your journal questions or notes, at which time you may want to report changes in thought, insight, your healing progress, something forgotten at the time and later remembered, or re-answer the questions altogether, if you feel that you have grown and your perception of your past has shifted your awareness/experience.



Behind the Mask of Maidenhood

Maiden:

Oh. Hello. I mistook you for a bank of leaves autumn-rusted, shaking off the winter like a blanket. I see you now as something of what you are, I think: your muzzle wants a mask, your feet are black as river damp. Would you like a biscuit? I've brought some to share. Only keep your cold wet nose away from the embroidered hem of my dress.

Fox:

Biscuit? Thank you, sugar, but I'm sweet enough. Not like you, though, all treacle and roses as you are, be-trinketed, as innocent as death. Here, goose. I bet you ain't never yet been lied to. Or else never had the sense to see. Don't you read books? Don't you know me? This face? Well, I've got plenty. This one's best for hunting pretty maids. And chickens. Also juicy. Also sweet. Ah, how they sing! Understand, girlie, I do get what I want, but I give just as good. You'll see.

Maiden:

What do you want? Not me, surely. A goose can't be treacle and roses too, not trinkets and death. I'm just a girl, fox, with crumbs on my fingers, flour on my lips. What could a fox, a many-masked fox, with eyes like brewed beer, with a tongue full of lies, want with my featherless skin? Better you take the biscuit from my hand. There's no better meal to be had from me.

Fox:

Ha! That's the way I like 'em! Leave the carrion for the crows, I always say; I'll have mine green-blooded as a bramble shoot, as venturesome, as tough. All the better to—well, never mind. Anyway, sugar, you wound me to the quick. Am I some cut-purse, then, to sneaky off with fripperies; some highwayman to bully you with sheer charisma and a brace of guns? I'm hurt. I die. Inter me at your slippered feet. And on my headstone, please, inscribe: Here lies the worst of knaves. No, sugar, all I want's a game. Here's cards. D'you play? See, if you win: a ring. Looks like your size. What? No, that isn't blood, there, on that pearl. It's . . . paint.

Maiden:

A painted fox! How novel, to be sure. I do play. I will play. But a ring from your hand is what I'd take in loss, Mr. Fox. Tell me: what if you win?

Fox:

Easy, sugar. A friendly game is all; just thought I'd sweeten up the deal for you. Look harder, and you'll find me quite the gentleman: misunderstood as any poet up in any garret, down in any gutter, yes; thankless as a canary in a coalmine, or a monster in a maze. I say again: a friendly game, and ain't we friends? So: if I win—a token, sugar, of your fine friendly intentions is all the blackguard that you take me for demands: one kiss.

Maiden:

Not a fig? Not a pomegranate fine? I'll play your game, but here's a deck, my autumn leaf, here's a pack of cards much better suited to your bushy tail, to your brewed yellow eyes, to my small hands. Do you be the Knight of Swords, of gnashing teeth, of edges sharp and double and I will be—well. That would be telling. Draw your card, handsome. No, it isn't for you to turn it over. Let me.

Fox:

Knight not knave? Why, sugar, you've gone and made me blush. But those are cards such as the country girls will tell their fortunes on: where's my lover, where's my ribboned hat, what will I find at crossroads, will my house burn down? It is my lot to be intrigued. All in a workaday day's work, my lady; all in fun. Well. You got that card flipped yet? Let's see.

Maiden:

Don't peek, you, don't sneak a glance at mine! That comes later. You wouldn't cheat me, would you? This is your suit. Swords to be found here, eight of them, shining, dance you into place. Do you know Rapunzel? How for love of her hair a prince thorned both his eyes to blackness born of sharp brown and red? Your colours, sweet, your autumn lies here, towered and shut, and do you know where you're going? Here: a second card.

Fox:

Well, they do say, sugar, love is blind. They don't say the same of me. I see what you're at. But your hedge-witchery tickles my poor heart, your talk of towers, roads, and thorns. I bow to you. Go on.

Maiden:

This is your suit. The Three of Swords stabs a heart three times, pulls slick red ribbons from the pulsing meat of it, stains its edges scarlet, slices ventricles and valves to glut itself on red, red salt. You know this card? I see it in your brewed eye's corner, a memory burrows in the damp hot sand. You know this card. It knows you better. Betrayal suits you like a sleeve. Shall I turn the third?



10

Fox:

Er. Well. Hey, sugar, wasn't this a friendly game? Where do the hearts and stabbing figure in? You've got me wrong, I tell you, wrong. But I am nothing if not generous. If it pleases you, to my slander, my undoing, what you will: ah, sugar, do your worst.

Maiden:

This is your suit. Wear it, my dear, as this poor soul wears it, ah, to the nines, the Nine of Swords sheaths itself in you, batters you down into the dirt, the mud, rubs that ruddy snout right in while the edges sing light into your veins. Nine swords, nine points, nine iron knives to tickle your ribs from back to front and anchor you in place. There is your future, dear. Does it sound at all incomplete?

Fox:

—Ah. Incomplete? No: complete as phantoms, sugar, self-replicating, self-engendered, locked in memory. But it does slightly— how to say it— disappointing. You've gone and done it, sugar, and I'm ensnared, enhedgewitched, what-you-will, for the first time in an age: yes, iron-bound, and consequently bound to say (ah, though it chafes, these words so rusty in a throat grown so accustomed to finesse!): ahem. You've . . . won. There. It's out. My reputation lies in tatters. And I dearly hope, you scrawny jezebel, you're satisfied.

Maiden:

Come, foxling, time for my prize, and did you not wonder what I would claim, what I want? You wanted a kiss from me. I want a kiss from you. I want it with you bound and tricked, I want it from your russet lips. I want it from your twisted tongue. I'll lick it from your pointed teeth. And you will taste of marigolds, of licorice and caramel. I know. I could tell. Did you think this meeting was chance?

The Maiden to the Fox Did Say

by: Amal El-Mohtar and Nicole Kornher-Stace



Fox medicine: *Fox is a wise guide into the realm of spirit. It represents the energies of play, mischief and opportunity. For the maiden, her foxy cleverness is acute. Call upon fox as your totem animal during the maiden moon to regain your curiosity, luck, magickal allure, innate knowing, 'quick as a flash' wit, sense of adventure, and good fortune.*



Our maiden self is the keeper of our dreams.

What dream is your inner maiden still holding for you?

Our maiden was gifted deep within her core being, the fertile ground for our dream seeds. Her very essence contains our aspirations, our soulful longings, and our hidden potential. She is the source our hope, and our sense of courage and adventure.

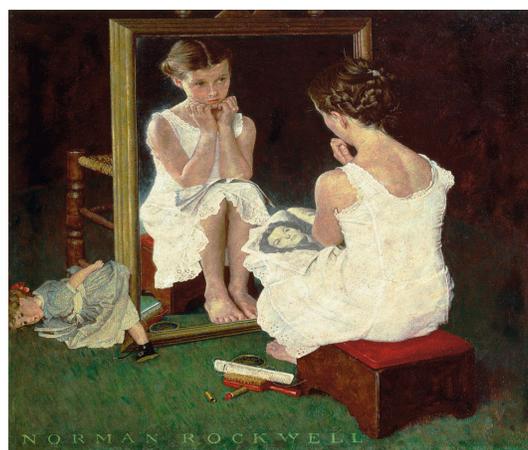
Honor Your Bright and Dark Maiden Energy

The maiden archetype is comprised of both bright and dark aspects. Follow her wild and intuitive ways; she guides us back into the creative energy space where we can reconnect with our honest expression. Heed her wise and gentle vision and she will lead us toward recovering our authentic self. She knows where and why we hid our youthful dream and has long awaited to show us how to reclaim what we have lost, misplaced or forgotten.

The maiden stands in two worlds. Though she is a charming mixture of giggles, sass and naive temptress, it is her depth of inner knowing that graces our path to self discovery and becoming the women we were born to be. As maiden, we must let go of the girl we were in order to embrace the young woman waiting to emerge. This process is our first rite of passage in which we all undergo a deep metamorphosis. One morning we wake to realize we are no longer the same girl, something has changed, *everything* has changed!

As with all change, it is not easy at the time we experience it. Our bodies were unfolding, our emotions were wild, romantic and sometimes frightening. Our hormones were fluctuating and filling us with mystery, uncertainty, doubt, excitement, worry and also a secret longing and a certain hint of joy. This was the sacred ground of transition where our dream seeds were planted.

Often, in the midst of so much chaos and confusion, we forget to give name to these dreams. They grow into an unknown need, a haunting desire or even an unspoken ache. Some of our dreams are etched upon our bones and woven into our minds in such a way that they become the very fiber of our being. Others, perhaps precious, were lost and scattered with our tears; they have grown into a thick red ribbon of roots that hide a treasure especially for us, now. It is our sacred mission to follow the red thread back to where it started. Close your eyes for a few moments and seek your maiden self. Can you remember her just as the flowering changes in her body were first being felt and noticed? Somewhere in the rich and potent mystery of our past, we will remember.... We will find what we are looking for. There was so much change occurring in our girl bodies: tender, budding breasts; unexpected body hair; dread or anticipation about the unknowable magick that would soon occur between our legs.





12

It is during this stage when our body image begins to take form in our mind's eye. It is also during this time when we began to develop our self esteem and define our sense of self. We began to question whether we were 'doing it right' or if we were 'good enough' or even normal or not... It was almost impossible not to compare ourselves with other girls. The thoughts and fears we held on to as maiden, later became deep roots in our souls garden; our psyche.

Do you remember what you felt and thought about all these changes in your body, in your life?

Journal Questions:

1. Did you have secret hopes and dreams of what it would be like to grow up? How did you want to be? What were your thoughts about becoming a woman? Do you remember hoping or expecting that your body would look a certain way?
2. How did you first find out about menstruation? Were you given books or pamphlets to read? Did you learn about it while at school, perhaps during a special health class? Did your mother, aunt, grandmother or other woman talk with you about it? Or, were you left alone to figure it out for yourself?
3. How did it feel knowing you were about to embark upon a personal and powerful journey? Were you nervous or excited, or maybe a little of both? What do you remember feeling? Was it a private matter, or was it something you talked about with your girl friends?
4. Did your friends start before you did? What was their attitude about it? What did you think? Or were you the first one to start? How did you feel? What messages did you hear from friends, family or commercials/ads which influenced how you thought and felt about getting your period?
5. How old were you when you first started bleeding? Were you happy or afraid? Where were you? Were you prepared? Do you remember what you thought and felt about it? Do you recall the smell of your first blood?
6. How was the occasion acknowledged? Did you feel special? Were you celebrated? How were you treated?
7. What are your feelings or thoughts now, concerning your monthly bleeding? Is it just another day? Do you go to great lengths to hide the fact that you are bleeding? Or, do you take time to honor yourself, rest, and simply allow your blood and emotions to flow?
8. Did you then, or do you now experience any pain, stress or other complications regarding your time of the moon? If so, how does this feel emotionally, physically, mentally and spiritually?

Our inner maiden has much to share with us about her transformation. How she was treated during this time, and how she experienced this unfolding speaks to us now as in how we love our bodies, tend to our needs, and cherish our dreams. It is important that she be recognized, and honored as a vital member of the ancient blood mysteries. It's the ritual of becoming woman that symbolically ties us to all womankind. It is in the acknowledgment that we each enter into the sacred power of woman that forms and strengthens our bonds to Mother Earth, to women in our family, to the future generations of daughters and to the great sisterhood.

We become empowered by embracing our inner maiden and reclaiming her rights in the sacred cycle of life. In celebrating her time of budding, she is free to fully bloom. Her blossoming is an unfolding of energies, of dreams, of wisdom - old and new.

Homework assignment:

Consider your first bleeding. Imagine it as an empowering experience. How could it have been a more nurturing, honoring, and meaningful? How would you have wanted your very first moon time to be celebrated? In some small or meaningful way, do something now to honor your first moon blood. Give yourself a token gift; change your attitude toward bleeding to one that aligns with the energies of sacred self-care, rest and creative fertility; begin to truly honor your body's wisdom; set aside an hour/day or your entire bleeding cycle to attune to the earth and to your inner truth.



MAIDEN

13

Maiden Poetry

Unfamiliar Places

*In this time of unspeakable
mystery,
of stories untold,
I am slowly grasping
strand upon strand of me.*

*Reaching out into the
darkness
into the unknown.
Reaching out where it
might be seen
and standing, holding this
place close.*

*Am I scared?
I can't tell, not just yet.*

*The flames are flickering
within me
fierce under the soft fresh
skin of youth.
Sometimes I feel them
raging
and it gives me strength
to stand on the feet I was
born with.*

*Sometimes their rage
leaves me cold
and scared.*

*I back away from their
heat,
their passion
and I find a place in my
mind
where I can hide
and feel safe.*

Written by Mallika (at age 16)





14

Begin a Weekly Practice of Self Love

Do you *know* yourself?

When was the last time you really felt like your authentic self? What does that mean to you? Do you even know your own heart anymore? When was the last time you *really* felt alive and in harmony with the deep essence of your being? When was the last time you felt excited? Are you willing to delve within to discover who you are now?

Often, in the course of 'growing up' we adopt thoughts, and follow 'rules', and adhere to obligations that we may not even agree with! Perhaps, they served a purpose at one time, but do no longer.... Perhaps they never did, but for whatever reason (society, culture, religion, family, friends, obligation, or want to normal and 'fit in') you blindly followed along.

During the next week or so, take time to really connect with your own inner compass. Let it guide you to your inner truth. Listen to its wisdom. Discover who you are and what is only part of your persona.

Consider why you do the things you do, think the thoughts you think and act the way you have and do. Which aspects of your life honor who you are, what you wish to accomplish and be, and your soul essence? Which ones deplete you, drain your energy, frustrate or sadden you?

Be brave dear maiden. Find ways to embrace everything that makes your spirit shine bright. Release everything that robs you of your innate power and soul presence. What brings joy? What brings angst or dread? Take notes. Be aware. Make wise choices. For the remainder of the month, focus on loving yourself fully by choosing to align with your soul song, your spirits calling and your own inner light.

Practice weekly:

- * **Be true to yourself.**
- * **Speak your truth with authority and kindness.**
- * **Listen to your heart.**
- * **Follow your sense of adventure.**
- * **Discover what makes you giddy with anticipation.**
- * **Learn something new about yourself.**
- * **Do something spontaneous and fun.**
- * **Honor your own instincts.**
- * **Release one thing that dulls or bores you.**
- * **Travel somewhere (either mentally or physically).**
- * **Explore your sexuality.**
- * **Set new boundaries.**
- * **Protect what is budding within you.**
- * **Celebrate your beauty, your wisdom, your self.**
- * **Take a risk, be brave, do one thing that scares you.**
- * **Flirt with life!**

By exploring who we are and who we have become, we can consciously choose how we respond and what we are now willing to accept or not. In knowing our self intimately, honestly and truly we can decide what is valuable to us and what keeps us bound and small. By knowing who we are on soulful levels we can open and become who we are meant to be. If it enhances our sense of well being, if it supports our dreams, and if it makes our hearts fill with hope, we can trust that it is authentically ours. If it drains us, discourages us or in any way causes undue stress, guilt or despair, we can trust that it is not for our highest purpose.

We honor our self when we take care of our inner maiden. When we know her needs, we fulfill our own. When she is healthy, happy and free, so are we!

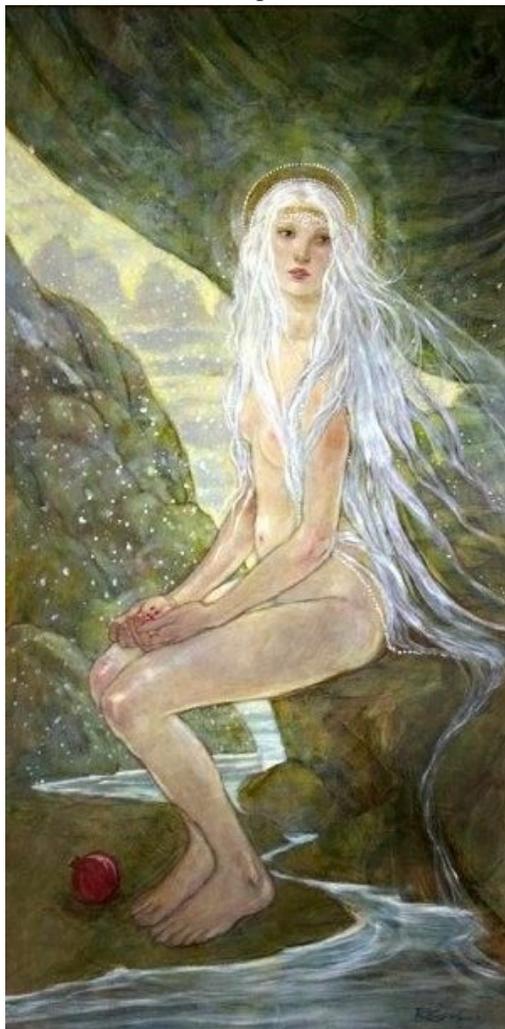


Goddess Guides

She who nurtures, honors and celebrates the maiden.

There are countless Goddesses, each with their own energies, traits, themes, messages and expressions. Below are some of the Goddesses who you may contact for guidance, support and blessings as you walk the maiden path:

Persephone



The Goddess Persephone assists the our maiden self in awakening to her sexuality; the hidden realms within.

Her name means 'spring' or 'voice of destruction'.

She reminds us of our vulnerability and guides us to choose wisely; to make choices that support our deepest desires.

Her symbols: *bat, pomegranate, flowers.*

MAIDEN

16

Siduri



The Goddess Siduri assists our maiden self to be content with the simple pleasures of life. Her name means "young woman" and she is known as the 'Lady of Happiness'. She reminds us to live in the moment with joy; our choices will ferment within our being making us stronger than we thought ourselves to be. Her symbols: *the sea, barley beer, wine, serpent (fertility)*.

Lada



The Goddess Lada assists our maiden in the art of dance, beauty, merriment and love. Her name means 'harmony' and she is known as the 'Lady of Flowers'. She reminds us to enjoy our youthful energies and to honor the nourishing beauty and power of our breasts. Her symbols: *birch, bells, cherries, wild roses, peonies, dandelion*.

MAIDEN

17

Oshun



The Goddess Oshun assists our maiden in healing her emotional wounds and in meeting her own needs.

Her name means "ocean".

She reminds us to enjoy our fertility, to revel in our beauty and sexuality, and use wisely our power of divination.
Her symbols: *gold and copper, the ocean, peacock feathers, mirrors, cowrie shells, amber beads, honey, cinnamon.*

Proserpina



The Goddess Proserpina assists our maiden in searching the dark corners of her soul, re-awakening her spiritual purity and shining her light.

Her name means "to emerge". She is known as the 'goddess of spring'.
She reminds us to be aware, to release past trauma and to protect our self.
Her symbols: *white rose, pomegranate, poppy flower, bat, torch.*

MAIDEN

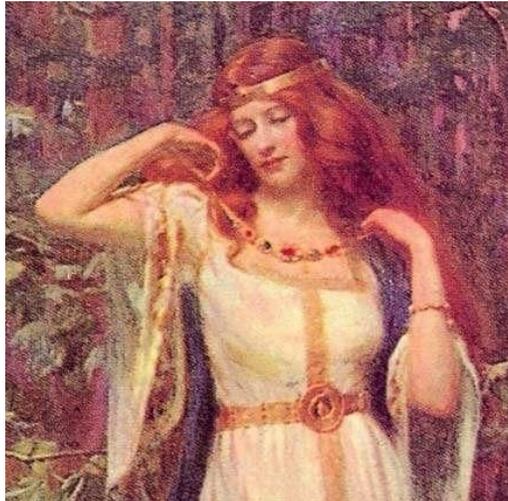
18

Branwen



The Goddess Branwen assists our maiden self by offering blessings, inspiration and guidance when facing new beginnings or starting projects. Her name means "white raven". She reminds us to honor the land, to remain independent and true to who we are; free and sovereign. Her symbols: *the cauldron, the waxing moon, the white raven or crow.*

Freyja



The Goddess Freyja assists our maiden in being an untamable force of nature by awakening fully to the power of sexuality. Her name means "lady". She reminds us to honor our female body, to be strong of mind and to speak our truth. Her symbols: *apple, spinning wheel, cats, horses, rose, sparrows, full moon, sandalwood.*

MAIDEN

19

Flora



The Goddess Flora assists our maiden self in awakening to the wonders of life, of sexuality, and of being alive.

Her name means 'flowers'. She is known as the 'Lady of Pleasure'.

She entices us to celebrate our own amorous nature.

Her symbols: *spring, flowers, exotic dance, fruit trees, milk, honey.*

Eostre



The Goddess Eostre assists our maiden to be a spirit of light and to be fertile with fresh and new possibilities.

Her name means 'shining'. She is the Goddess of spring and Easter.

She reminds us of the importance of renewal, joy, growth and balance in our daily life.

Her symbols: *hares or rabbits, eggs, dawn, spring flowers, birch trees, the serpent or dragon.*

MAIDEN

20

Blodeuwedd



The Goddess Blodeuwedd assists our maiden in expanding her sexual awareness.

Her name means "flower face". She is known as the 'Lily Maid'.

She reminds us that youthful beauty is only temporary. Fullness of blooming occurs when we reclaim our power to heal and nurture our self and when we release inhibitions and love with wild abandon. We must follow our instincts and take care not to betray our soul purpose.

Her symbols: *owl, primrose, lily, oak, the colour white.*

Thalia



The Goddess Thalia assists our inner maiden in seeing the humor and beauty of life.

Her name means "flourishing" or "blooming". She is the eighth born sister of the nine muses.

She inspires music, song, poetry and dance. She reminds us to have fun!

Her symbols: *a comic mask, wreath of ivy, narcissus, roses, shepherd's hook, a trumpet.*



MAIDEN

21

Maiden Altar

maiden altar in honor of my first blood.

Building an altar helps us to focus our energies and intentions and to honor all that our maiden self has been re-awakening within us.





22

How to create a 'maiden' altar

Items Needed:

altar-foundation/base

I chose a small iron table.

cloth-adornment

I chose a thick red moontime bath towel; it represents safety, self-care, blood.

candle-fire element

I chose a white votive in a little ceramic holder; it represents maiden energies and a glittery red candle; it represents excitement, blood power, celebration.

flower-earth element

I chose an oil of plumeria with a blossom; it represents natural beauty, creation energy, flawless beauty, and the life force within all women.

note:

Plumeria (also known as Frangipani). In Polynesian cultures plumeria means love is and worn to indicate relationship status: over the right ear the maiden is seeking a lover, and over the left ear the maiden is taken.

cup-bowl-water element

I chose a red glass goblet; it represents the sensual, passionate forces within as well as the deep mysteries of life.

incense-air element

I chose *The Mother Fragrances* and *Kwan Yin Breath* cone and charcoal incense on a seashell; they represent a mother's love for her daughter, kindness, gentleness, and the ability to transform and transcend all circumstances in life. (*a rattle, mobile, feather etc. can also be used*)

tools-power items

I chose three cowrie shells; they represent fertility, potential, wealth, inner vision, sacred yoni, womb and Goddess energy. Since ancient times women used them for divination purposes.

offerings-spiritual gifts or symbolic items

*a red heart on a red satin ribbon; it represents being true to myself and self-love. (*or a red butterfly; it represents unfolding, sacred moon cycles, and transformation*)

*a re-usable bleeding pad; it represents sacred intention to honor my self and mother earth, as my blood is holy and can be offered to the earth for healing.

*a red rose velvet purse to (belatedly) celebrate of my first moon blood. Rose represents the Goddess, love and growth; the purse symbolizes my ability to keep hidden what I desire to, to love, to hold life/seeds/blood and to release in time.

*Songs of Bleeding by *Spider* (a book of songs which celebrates the cycles of bleeding throughout a woman's life); it represents the blood ties we share with the sisterhood.

*Matryoshka (nesting) Dolls; they represent our connection with all the women in our family from the beginning of time and our connection with all womankind.

**Red Ribbon* ritual from Bewitched by *Titania*; represents the power of our blood.



Creating an Altar Ritual

A ritual helps us to integrate the wisdom we have gathered. It is a focus tool which helps us to manifest our intentions. A private ritual is a personal matter. You may either write out and plan your ritual, or you may allow it to flow without a premeditated format. It can be as simple or as complicated as you deem useful. Create/design it to suit your feelings, intentions, and intuitive knowing.

The following is a list of my guidelines; *you may alter them or make your own.*

Gather the items needed and mindfully arrange them on your designated altar space.

Clear your energy (clap your hands, jump up & down or take a bath), calm your breath, center your thoughts.

With a sense of sincere, sacred and humble attitude begin your ritual with asking the energies of 'maiden' to come into the space you have created in her honor. Light a candle to help guide her there.

Speak, whisper, sing or silently prayer the words you have written or that flow freely from your consciousness.

Sit quietly in her energies and allow them to be one with your own.

Communicate in any way that feels effortless and natural.

Closure.

You may either blow out the candle or allow it to extinguish by itself (please *never leave it unattended*).

You may choose to thank your maiden energies for spending time with you and release her (*disassemble the altar*) or you may choose to allow her to remain for as long as you desire, giving you the opportunity to leave little gifts for her, pray to her or spend more time with her, when you feel the need throughout this moon.





Maiden Moon
photo and art credit:

Page 2

Training Bra by *burning joan* on flickr

Page 3

Eeboo Beautiful Lock and Key Diary

Page 4

Be [Brave] - 'Little Birdie' by *Kim Hyer*
The Journey Begins by *Steven Stahlberg*

Page 6

Small Talk by *Loui Jover-Saatchi*

Page 10

Fox Maiden by *Sane Orchid* on deviantART

Page 11

Girl at Mirror by *Norman Rockwell*

Pages 15-20

Persephone | Persephone by Rebecca Guay (1970)

Siduri | The Winemaker by Robert Houghtaling

Lada | Goddess Lada by Lady Ghost on DeviantArt

Oshun | Oshun - the youngest of the Yoruban Orisha - unknown artist

Proserpina | Proserpina - unknown artist

Branwen | Branwen by Kathleen Nelson

Freya | Freya with Brisingamen (detail) by J. Penrose 1890

Flora | The Sacrifice of Flowers by Mihaly Munkacsy 1892

Eostre | Ostara the Spring Maiden by Maris Vision

Blodeuwedd | Blodeuwedd by Savage Goose deviantART

Thalia | Thalia by Thalia Took

Page 21

Maiden altar by *Leesa Wilson*





The Maiden — 2nd Moon | 13 Moons & 13 Faces of the Goddess: A 13 Month Journey
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