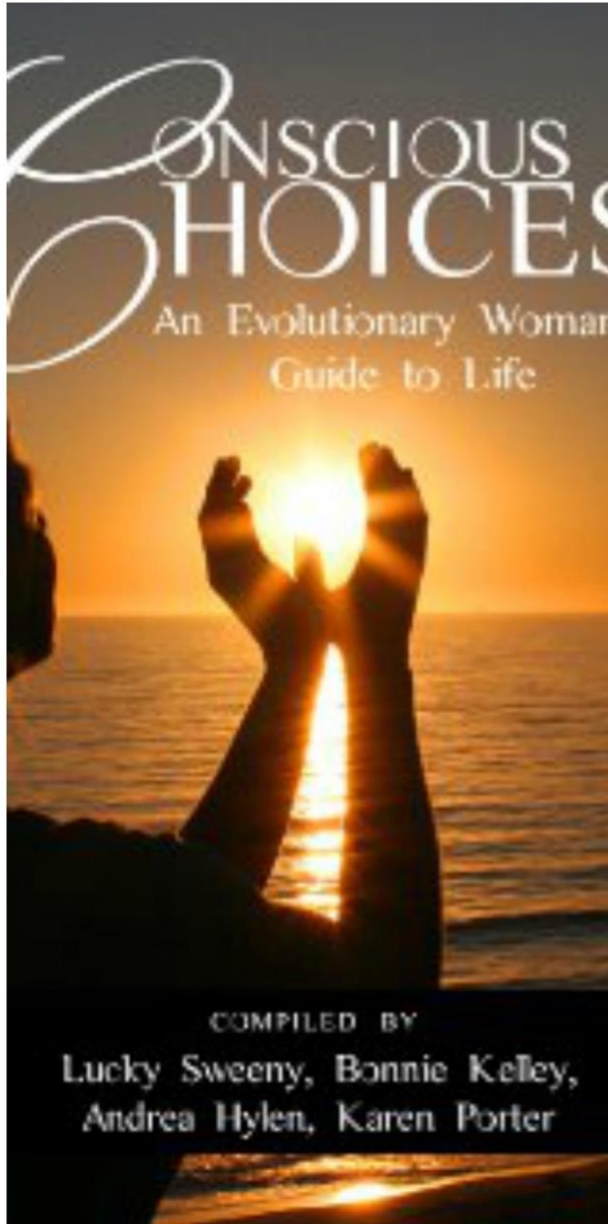


Study Guide

Conscious Choices: An Evolutionary Woman's Guide to Life



**A Blessing From
Her Holiness Sai Maa Lakshmi Devi**

OM JAI SAI MAA

Beloved Souls, Embodiments of the Divine Feminine,

Remember that the evolutionary birthing of a new human being, a Divine Human Species of Light, is in the womb of woman. You have the power of creation in every cell, every molecule, every atom of your very Being.

Knowing that we embody the Divine Feminine Principle of Life itself, let us commit to greater Awareness, to more conscious choice of what we are creating.

As evolutionary women, we are vessels of knowledge, wisdom, grace, beauty, joy and Love. Let us embrace these qualities and together unify humanity and transform the universe.

I bow to your divinity. I bless your transformation. I pranam to the enlightened Being that you are.

With Great Love and Blessings,

**Ever Yours,
Maa**

Introduction to Study Guide

By Andrea Hylen

In the preparation of this study guide, I was reminded once again of universal messages and the powerful voices in this book which was published in 2008. Reading the stories now, showed me the impact of the stories on my personal and professional life in the last ten years. I was 51 years old during the Conscious Choices, Evolutionary process and now looking back I can see how the women's stories provided me with a road map to navigate rough waters and find my way to the essence of me at each new landing point.

The age range of the women who wrote stories in this book was 21-78. Think about that for a moment. Isn't it amazing to have the voices of so many generations in one book? Women wrote about the past, the present and the future. Women wrote about rich experiences with challenges and triumphs, with hopes and dreams for making the world a better place, appreciating what is here now and opening arms wide to the evolutionary process of life on earth.

Now, we are all ready to go deeper and rise higher. It is a time of awakening for women and men to change. The study guide was created as a tool and resource to encourage you to awaken to more of your inner authority, to reflect on your choices and to tune in to the gifts and wisdom gained from your own experiences. It is divided into sections by each woman's story. There is a short description of the story topic, reflective questions about the story, resources that the author shared and a quote from the author's story.

The book is available on Amazon <https://www.amazon.com/Andrea-Hylen/e/B002C1XZCU/> or can be ordered through Heal My Voice by writing to healmyvoiceinc@gmail.com with the number of books you want and your name and address and email for an invoice.

Individual Reflection

The study guide can be used for individual reflection, meditating and journal writing. If you have a copy of the book, read the story and write about what it stirred in you. A feeling, a memory, a desire? If you do not have the book, read through the questions and reflect on them in general. The questions are for you to discover more of you, in whatever way you choose.

In reading the stories in this book or reading the quotes, you may want to start a journal and explore your relationships with women: A grandmother, mother, sister, aunt, cousin, neighbor, teacher, mentor, classmate, friend. Is there something you want to heal? Do you have a different perspective now?

Conscious Book Circles

If you want to start a conscious book circle to read the books, here are some tips and suggestions.

Set a structure

*Is this an ongoing circle or a defined amount of time. (4 weeks, 8 weeks, 12 weeks)

*How often do you meet? Once a week? Once a month?

*Choose a Day and Time

*Pick a location: This can be at different homes or the same home or a quiet, safe space in a library or coffee shop.

*Is this free or is there a cost? Donation? Fee?

*Do you want a co-leader? If you are going to different homes, is the woman who is hosting the circle, the leader or facilitator or time keeper of the group?

Confidentiality: Ask everyone to give a verbal yes to confidentiality. We each need to feel safe and to know that we can share our voices. Confidentiality creates safety in the group, enhances our ability to be vulnerable with each other and it helps expand the potential for new awareness, healing and exploration. Ask all group members to respect and honor one another and the sacredness of this conscious book circle space.

Open and close the circle with intention. Light a candle. Close your eyes and breathe together for a few moments. Turn off your cell phones. A short centering or meditation. Read a quote. Ask everyone to take a moment to tune in to their own intention for being in the group today.

Holding Space:

Some women share easily and can speak for a long period of time. Some women need silence and a space to formulate their thoughts and feelings before speaking. Allow space and quiet in between each woman's sharing. You can go around the circle or do it like popcorn style but make sure that every woman says something. Set a timer for a first round of sharing and then go around again. Welcome all feelings. One woman may have had the worst day of her life. Another woman had the best day. Encourage women to share feelings that are loss and celebration, anger and joy. All feelings have the same importance and value in the circle.

Setting Intentions: An intention is a starting point and an opportunity to set a conscious desire. An intention may be to listen, to speak up, to decompress, to open to new awareness, to learn something new. It is a way of setting your internal GPS to keep you focused on bringing your heart and mind into a connection.

Establish Guidelines for the Group. A women's circle with friends can be tricky during a time when one or two members are going through a crisis. Divorce. Cancer. Death of a loved one. Set a boundary around the intention of the group. Set up time to provide additional support for the women who are in crisis outside of the circle. Follow the intention of the book circle and create a separate space for supporting the friend in her crisis. A group can quickly deteriorate and fall apart if you turn this into a crisis management circle.

Set up boundaries: No fixing or giving advice. Share your own experiences. No formal teaching. This is a space for sharing and reflection. A place for sharing vulnerability and to process experiences that can be turned into wisdom. It is not a space to preach to other people. Create an environment for asking questions, sharing your voice and sharing your process. We are all teachers for each other by being who we are and sharing our own journey. We all have our own inner guidance and it is important to honor and respect that.

Start and end on time. One example is to open the doors and have 15 minutes for going to the bathroom, informal conversation and getting settled into a space to sit. Then, begin. Keep track of the time, bring the conversation to a close and have a closing.

General Questions for Each Story Reflection: The women who wrote endorsements for the inspiration of this story wrote some ideas of questions to ask when reading every story.

*How is this story like my own?

*What conscious choices will I make now?

*Is there a new perspective I see now at this age?

It is my greatest hope that reading the questions and the quote in each section, will help you to remember your own stories. Your voice is needed in your family, community, business and the world.

Your voice matters.

Foreword: *Evolutionary Women*
By Barbara Marx Hubbard
Founder for Conscious Evolution

This Foreword is a loving welcome from Barbara and a taste of the “field” that allowed this book to be birthed.

“Evolutionary Women arose out of a community of women and men who had come together to explore the principles and practices of Conscious Evolution. It was Grandmothered by the remarkable and brilliant Barbara Marx Hubbard.” ~Lucky Sweeny, Co-founder of Evolutionary Women

Reflective Questions

*Do you feel like you are an Evolutionary Woman (Man)?

*Are you aware of a “vocational arousal” that is compelling you to make changes in your life?

*What do you notice that is dying or changing in your life?

*What is the new that is emerging in your desires and actions?

*Are you ready for a Quantum Jump?

Resources:

Foundation for Conscious Evolution

Quotes:

We are blessed to be born at this precise moment in evolution when the old world is dying and the new world is being born. My sense is that Evolutionary Women are a vital part of that transition. There is encoded within us an emerging creativity that is vital to the future.

~Barbara Marx Hubbard

When we recognize ourselves as Evolutionary Women, something starts to change. Instead of getting older, we find we are getting newer every day. Why "new?" Because the fact is, we have not seen the authentic feminine self fully present for thousands of years. ~Barbara Marx Hubbard

We do not seek to be equal to men in a dysfunctional world, rather to be partners with men and women, cocreative couples and teams giving birth within ourselves to the evolving human and the emerging world. We are joining together spontaneously and naturally, cofounding a new family of humanity. ~Barbara Marx Hubbard

Introduction:

By Lucky Sweeny

Co-founder of Evolutionary Women

In this Introduction, Lucky shares some of the background of birthing Evolutionary Women with Bonnie Kelley and reflecting on the power of diversity that brings more choices and opportunities in a dynamically co-creative field.

Reflective Questions

*Are you connected with a conscious community?

*Do you have women and men in your life who are collaborators and co-creators?

*During your own evolution, as a woman, have you ever played small or stopped growing because you were afraid to disempower a man?

*Why is it important to celebrate women on International Women's Day, March 8?

Resources:

Conscious Evolution Community

Rumi

International Women's Day

Quotes:

"The wonderful thing about evolution is it loves diversity. More choices more opportunities. It's not competition, its cooperation." ~Lucky Sweeny

*"We've chosen to work with women because it's what we know. Evolutionary Women has no desire to be separate from men. We work, live and play with and love men, brothers, friends, partners, and husbands. We look forward to creating joint projects with men in the future."
~Lucky Sweeny*

Part I:

I Am an Evolutionary Woman

Story One: *I Love You Just the Way You Are* **By Andrea Hysten**

This story is about recovering and reclaiming a connection to the author's inner voice as she learned to practice self-love and heal from a divorce.

Reflective Questions

*Have you ever experienced a time in your life when everything "looked good" on the outside but you felt lost or lonely on the inside?

*Do you have dreams and hopes and passions that you have put on hold or stopped believing possible?

*Do you have daily practices that cultivate a connection to your inner voice and to self-love?

*Make a list of the practices. Recommit to them or try something new.

Resources:

Write in a journal

Listen to music that feeds your soul

Buy yourself flowers

Surround yourself with people who believe in you (and books, classes, and inspiring speakers like Ted Talks)

Give yourself time, patience and compassion.

Quote:

"The path to recovering, reclaiming and finding myself began with listening to my inner voice, even when my family and friends didn't understand my choices." ~Andrea Hysten

Story Two: *Who Do You Think You Are?*

By Pamela Mosley

This story explores the unlearning of restrictions and old habits of holding in, holding on, holding back that caused the author to play small before awakening to an inner knowing of, "There is more of me."

Reflective Questions

*What are some of the childhood messages that taught you to constrain yourself and to play small?

*Do you still play small or have you broken free?

*What restrictions have been holding you together?

*Who would you be if you let them all go?

*What support do you need to play bigger? To dream bigger?

*What creative parts of you want a bigger voice and expression now?

Resources:

June Jordan, poet

Human Design

Write Poetry

Quote:

"I've come to see that letting go of restrictions is my greatest gift to myself and to the world."

~Pamela Mosley

Story Three: *Removing the Mask* **By BB Harding**

This story is about a lifetime of hiding and the exploration that led the author to listen to the wisdom of her soul.

Reflective Questions

*Are there places in your life where you hide or withhold using your voice?

*Have you had an experience of the “wake up gong?”

*What did you discover about yourself in that awakening?

*Are you willing to go within and discover the beauty that is inside of you?

*What is an evolutionary woman?

Resources:

Essential Oils

Equine Gestalt Coaching

True Purpose Coaching

Quote:

“It isn’t that I chose to go into hiding; it is much more that it was easier to withhold my voice than make waves.” ~BB Harding

Story Four: Choosing an Open Heart

By Karen A. Porter

This story is about how the author learned how to open her heart and trust while continuing to do good deeds in the world.

Reflective Questions

"You do what you have to do." Do you have a mantra with roots from your family? Is that mantra or affirmation supportive of who you are now?

*When you see challenges in the world, do you take action and do something about them? Is there a challenge you see now?

*When did you risk having an open heart? What happened?

*What are some of the gifts you have received from opening your heart? What are some of the challenges?

*What is your experience of trust? Do you trust? Do you practice trust?

Resources:

Incest Survivor's Therapy
Knitting Circles
Home School Communities
Book Circles
Parenting Classes

Quote:

"We honored our inner wisdom and individual gifts and as we joined together, our combined respect and shared intentions created an atmosphere of safety that allowed me, for the first time in my life, to speak from my heart with little fear." ~Karen A. Porter

Story Five: To Be of Consequence

By Jeanie DeRousseau

This story is about early childhood experiences that the author interpreted in a way that made her feel inconsequential until she processed them in circles of women and discovered her strengths.

Reflective Questions

*Do you have a memory from your childhood that has shaped you into the person you are today?

*What was the challenge in that event?

*What was the gift?

*Do you have an experience of feeling that you didn't matter or you were of no consequence?

*Reading this story, what is something new you now understand about the situation?

Resources:

Gather the Women Global Matrix

LightPages

International Women's Day

Quote:

And now as I woke that morning, I myself recognized what I had really done. I had experienced an inner impulse to challenge and grow myself. I empowered myself to step forward into action, valuing that impulse enough to read the whole book! ~Jeanie DeRousseau

Story Six: Mastering our Feminine/Masculine: Stepping Into Divine Balance
By Lori Ann David

This story is about the author's quest to understand the divine feminine and masculine aspects in her and to find the balance to be who she is, by listening to her heart.

Reflective Questions

*What is your experience of the feminine and masculine aspects of your personality?

*Do you feel balanced?

*How do you nurture and cultivate both parts of yourself?

*Have there been times when you wanted to do something but you were told that only men (or only women) can do that?

*Have you broken through the gender barrier? Is there something else that wants to break free?

*Have you ever felt eclipsed by the masculine?

Resources:

Nature
Coaching

Quote:

"I believe we all start out in feminine/masculine balance inside, in our souls, and we are so pulled by external demands, we lose it and spend most of our lives reclaiming it!"

~Lori Ann David

Story Seven: *Diversity* **By Cara Michele Nether**

This story is about a black, gay woman and her search to find how to bring the three pieces of herself together into one central axis that would allow her to feel whole inside.

Reflective Questions

*Have you ever felt wrong for being who you are, for the way you think and feel, for your perspective about life and living?

*What are you currently searching to understand about yourself?

*Do you feel that you are an integral part of the bigger evolutionary plan?

*How does that influence the little actions you take in your day to day life?

Resources:

Acupuncture
Eastern medicine

Quote:

I think that I chose to "follow the string," so to speak, in my professional life because I was searching for myself in my personal life and had no known path to follow there.

~Cara Michele Nether

Story Eight: Finding My Way Home: The Path of Trauma as a Path to Awakening **By Anne Francis Martin**

This story is a reflection of the author's journey of healing and remembering who she really is and that we are all love. She breaks through social taboos by talking about childhood trauma and the extraordinary healing she has experienced by staying true to her own process, trusting her life and honoring its course.

Reflective Questions

*What are some ways that you have measured your life by a traditional "yardstick" of success?

*Has it stopped you from attending an event like a high school reunion or a friend's engagement party?

*How do you feel about that choice now?

*Have you broken social taboos in the way you have lived your life or by speaking out about secrets?

*What have you discovered about yourself?

Resources:

Therapy

Art

Body worker: massage and tantra

Quotes:

"What I have come to understand, and perhaps much more slowly to appreciate, is the life I have led, the experiences I have had, and the choices I have made, have all led me to remember who I am: that we all are love and love is God." ~Anne Frances Martin

"As women and men, we cannot wake up to who we truly are and claim our full power if we honor long held pacts of secrecy and silence." ~**Anne Frances Martin**

Story Nine: Mnemosyne's Granddaughters

By Marilyn F. Clark

This story is about the author's discovery of the Divine Feminine and the claiming of her creative voice.

Reflective Questions

*Take a few minutes to pause, connect with your heart, your soul and the Divine Feminine. Allow a stream of words to flow through you and write them down. Five words. Ten words. Then, place them in your journal or on a sticky note on your refrigerator. Reflect on the words and see what you notice what the words stir in you over the next few weeks.

*How do you connect with your self-expression?

*Have you compared yourself to someone else and disqualified yourself from ever realizing your creativity?

*Are there creativity practices you want to explore or to rekindle?

Resources:

Mandala drawing

Journal writing

Authentic Movement

Musical Improvisation

Mask making

Bonny Method of Guided Imagery and Music

Quote:

For women, there is no need to project beauty, creativity, or inspiration onto another. We experience it within ourselves. We need only lay aside the self-doubt and conditioned patterns of disempowerment to find our own external in-dwelling muse. ~Marilyn F. Clark

Part II:

I Co-create with Others

Story Ten: A Life Lived in Sisterhood

By Dotti Drumm

This story is about the power of leaning on a sisterhood during times of challenge and celebration. The author shares a few personal stories of friendships with women.

Reflective Questions

*Make a list of the women who have enhanced your life.

*Do you have a sisterhood or a tribe of women in your life now?

*How has the sisterhood helped you to break free from restrictions, to heal from challenges, to open your heart to explore ALL of life?

* What do you need now?

Resources:

Arts and crafts

Tombstone rubbings

Homeschooling

Quote:

“Looking back, I can see that being with Char and remembering how we related and how we got each other through scary and challenging times, would set a pattern for my life. With the help of friends, girls and women, I could face doubts and emerge free and aware.” ~Dotti Drumm

Story Eleven: *The Little Voice* **By Kelly Lundahl**

This story is about the author developing a relationship with her inner voice and learning to pay attention and trust the guidance.

Reflective Questions

*Are you aware of the guidance from your inner voice?

*Reflect on experiences when you have listened to your inner voice and when you have ignored it. What happened?

*Have the experiences of ignoring your inner voice helped you to develop a relationship that connects you to following the guidance and wisdom more?

Resources:

Art
Friendship
Nature

Quotes:

"It has taken me many years, but I am finally doing it. I am listening to the little voice. I have been hearing the little voice my whole life. Now I am paying attention." ~Kelly Lundahl

Story Twelve: *The Accidental Evolutionary Woman* **By Marcia Merrill**

This story is about the author's hesitation to experience Evolutionary Women Retreats and showing up only to discover that she IS an Evolutionary Woman!

Reflective Questions

- *Reflect on how you are living your life and what you value.
- *Are the choices you are making in alignment with your values?
- *What areas of your life would benefit from change?
- *Do you believe in a higher purpose and co-creating with others?

Resources:

Coaching
Retreats

Quotes:

When I decided to attend at Evolutionary Women weekend retreat, I really didn't know what to expect. I knew that I wanted to interact with more women. And, let's be real here. I thought it was a good business decision, too. ~Marcia Merrill

*I learned through the Evolutionary Women retreats, that like-minded voices spoke with joy and were united in the belief that we can make a difference in this world, and we need to do so. And I realized that the women believe, like I do, that the world is part of an abundant universe.
~Marcia Merrill*

Story Thirteen: *Living as if You Are Powerful Beyond Measure* **By Betsy McMahan**

This story is about remembering who you are by trusting your inner guidance and manifesting your true desires. The author shares a few examples and short stories from her life.

Reflective Questions

*Do you believe that you are powerful beyond measure?

*What would happen if you chose to let your light shine brighter?

*Have you opened to all the ways that God, Spirit, Source, the Universe, is working in your life?

*Do you see all the ways you have support even when there are challenges?

*What do you want to co-create? Do you have a list? Have you created a vision board?

Resources:

Return to Love by Marianne Williamson

Setting Intentions

Angels

Quote:

I began to embrace the possibility. Maybe I was powerful. Maybe if I let go of fear, I could do magnificent things. What could happen if I chose to let my light shine? What if I opened up to seeing all the ways God was working in my life? ~Betsy McMahan

Story Fourteen: "When Life Gives You Lemons..."

By LaVonne Rees

This story is about loss and starting with a blank slate to find your authentic voice. The author's husband died when she was 22 and she lost track of her sense of self until she made some changes.

Reflective Questions

*Is there a voice inside of you waiting to get out?

*What is the voice telling you?

Where is the voice leading you?

*Do you have a community that can help you define and redefine yourself?

*Do you have a story to tell?

*Reflect on loss in your life and how it impacted your sense of self and your voice.

Resources:

Classes at community colleges
Energy healing sessions and classes
Goddess Retreats
Shaklee health products
Reiki
Great Council of the Grandmothers

Quote:

With each holistic Healing class, I felt a rebirth of joy that had died with my husband. I found a community that helped me define who I wanted to be. I learned and I taught. I healed and I was healed. I shared my voice and I listened. ~Lavonne Rees

Story Fifteen: Deep Longing: A Sexual Evolution

By Megan Woolever

This story is about the author letting go of the protective superwoman to soften, connect with her vulnerability, unpack her sexuality and co-create in sexual union.

Reflective Questions

*What is your relationship with the protective superwoman and being on red alert for danger?

*Have you personally experienced trauma during your lifetime?

*Reflect on your journey of healing and what you need now.

*What is your deepest longing?

Resources:

*Sex for One: The Joy of Self-loving by Betty Dodson

*The Multi-Orgasmic Woman: Discover Your Full Desire, Pleasure and Vitality by Mantak Chia

*Tantra: The Art of Conscious Loving by Charles and Caroline Muir

Quotes:

I discovered that the sexual arousal energy inside of me was some of the most potent and powerful creative energy possible and that it could be used and directed for healing, growth, and transformation. ~Megan Woolever

Story Sixteen: *Conversations with Mother/Father God... My Universal Self*
By Marilyn Tedeschi

This story is about a woman's journey of the exploration of her roots and discovering a love of the feminine.

Reflective Questions

- *What is your relationship with the elderly in your family and in the world?
- *Do you feel roots and community are important?
- *Are there stories that have been told in your family that connect you with your roots?
- *Make some time to reflect on them and write them down.

Resources:

Community Projects
Women's Institute for Learning and Leadership

Quote:

I finally knew though, what love really was. The male harshness dissolved in me, and the mother energy flourished from this point on in my life. ~Marilyn Tedeschi

Story Seventeen: *Aging and Writing: Doors to the Next Dimension* By Billie C. Delawie, PH.D.

This story is about honoring and healing the feminine as she emerged from the author's consciousness over eight decades into the evolutionary crone.

Reflective Questions

- *Are you aware of a harsh critical voice inside of you?
- *What is the voice saying to you?
- *What does your inner child voice want or need from you now?
- *What is your relationship with your feminine creativity and sensual desires?
- *What disruptions have you had in your life to follow a desire that is calling you to be more of your authentic self?

Resources:

Nature
Council of Arimathea
Home is where you are by Billie Delawie
Crone Poet's Journal

Quote:

Divorcing my husband and giving him primary custody of our children disrupted everything the Ordinary Woman had been taught about womanhood. Yet within myself I knew that in responding to sexuality's call, I had responded to an energy even more powerful than that of motherhood - my own destiny. ~Billie C. Delawie PH. D.

Part III:

I Express my True Self

Story Eighteen: *The Light Within* **By Kim Prucha**

This story is about a woman's journey to discovering the light within herself.

Reflective Questions

*What was your parents relationship like when you were conceived and born?

*How did their relationship impact you?

*Do you have a connection to Spirit, God, or Universal Intelligence?

*How has that served you in your life?

*Do you see your light and the power of your presence?

Resources:

James Twyman
Spiritual Peacemaking Seminary
Kundalini Reiki

Quote:

*Through the years, people have often said that they see a Light within me. These have been people I truly respect, people who are respected by others. I've wondered if they're crazy. The woman in the mirror has looked ordinary to me. I could see a few wrinkles, a few laugh lines, a few pounds... But a Light? I just couldn't see it! ~**Kim Prucha***

Story Nineteen: *Coming into My Conscious Voice* **By Joanna Clark**

This story is about the author learning to make conscious choices in her self-expression and to find congruence with the inner and outer use of her voice.

Reflective Questions

"In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility." ~Eleanor Roosevelt

*What are your thoughts about this quote?

*Are your inner self and outer expression congruent?

*Do you set intentions for the year or around a project?

*Reflect on, "What is your intention for reading this book?"

*Where are you ready to bloom?

Resources:

Michael Bernard Beckwith, Agape International Spiritual Center
Vision building with Margaret Shepherd
Breathwork
Reading Books
Yoga

Quote:

There is a crowd of daffodils getting ready to bloom outside the window. They are the only spot of color in that part of the yard. What if they were not there? What if they did not bloom? The loss might not be noticed by most. You and I are those flowers. ~Joanna Clark

Story Twenty: *One Page at a Time ~ Writings of an Evolutionary Woman* By Sage Knight

This story is about an evolutionary woman sharing her thoughts and musings from her journal. Reflections, discoveries and self-care.

Reflective Questions

*Reflect on a time in your life when you were acting as if everything was okay, even though things were not.

*What was crying out to be heard, to be seen, to get out?

*Do you dialogue with God, angels, spirit, or deceased loved ones?

*Do you feel protected with a fierce love by anyone or anything? From yourself?

*Who are the women in your life with huevos? How about you?

*When you think about self-care, what is on your list?

Resources:

MacBook or a creative tool for writing and self-expression

A space of your own. Even a corner in a coffee shop that you claim as your own.

Nature

A tribe of women

Quote:

"Women with huevos - I am surrounded by them. I guess a man with huevos is a man with balls, guts, a guy who can tough it out. But the literal translation of 'huevos' is not 'balls.' It's 'eggs.' That's pretty funny! A woman with huevos has feminine guts: the courage to stop toughing it out and surrender to what she is birthing. ~Sage Knight

Story Twenty-One: *On Becoming a Wild Wonder Woman* **By Jan St. John**

This story is about a woman who explored the question, "What does my soul want to create?" It led the author to know that once you find your creative passion, you must follow it!

Reflective Questions

*What would life be like if you had the freedom and passion of Wonder Woman?

*Have you experienced a "Great Awakening"?

*What does your soul desire to create?

*What do the "sign of our times" say about women now?

*What are you magnetizing as a result of sharing your most creative and best Self?

Resources:

*Discover your version of creativity: Write your novel, sing your song, start a ministry of your own

*Jane Fonda's 3rd Act

Quote:

Once you discover your creative bent, follow it. See where it leads you. Have fun along the way and measure your success by the joy you experience on the journey. Ideas for funding, people to call and connections to make will flow to you when creativity is high. ~Jan St. John

**Story Twenty-two: From Emergency to Emergence:
Going from Survival Mode to Living an Authentic Heart-Centered Life
By Deborah Koppel Mitchell**

This story is about looking at what was not working for the author, redefining her self-worth and releasing the things that were no longer working to live a heart-centered life. The author shared ways to strengthen your, "Being Muscle."

Reflective Questions

*What is not working in your life?

*What are you willing to let go of?

*Ask yourself: *Who am I without...* (my house, my job, a relationship or all of the things I do)

*What practices do you have that cultivate your, "Being Muscle?"

Resources:

A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle
Nature
Circle gatherings
Sacred Space

Quote:

I found myself questioning my very identity. "Who am I," I asked myself, "when I can't keep juggling all the plates I have going? What if I stopped everything and no longer pressured myself with keeping my business going? Who am I without it?" ~Deborah Koppel Mitchell

Story Twenty-three: *Healing from Within: A Midlife Transformation* **By Kryta Deere**

This story is about the author taking charge of her health holistically while she reconnected with her identity as a woman, a creator, a nurturer.

Reflective Questions

*Reflecting on your fears, "What exactly are you afraid of? What is the worst thing that can happen?"

*Are you in a transition, a time of change?

*What are you noticing about the power of your creativity? Is it alive and well or does it need some attention?

*How do you feel about your identity as a woman?

*Make a list of your dreams that have been put on hold or that are awakening now.

Resources:

Holistic community

Vitamins

Walking

Resting

Quote:

I lost connection to my roots and creativity. I lost the joy of being alive. I forgot how to play. And now the womb, discarded like a piece of garbage. For the first time ever, I associated my reproductive organ with my identity as a woman, as a creator and nurturer. ~Kryta Deere

Story Twenty-four: *Walking Through the Fire: Facing Our Fears* **By Eleanor LeCain**

This story is about listening to your inner guidance and reframing the fears that are holding you back from using your voice.

Reflective Questions

*Do you receive messages when you meditate or on walks?

*Is there a message you have received recently?

*Using the experience and examples from the author, how can you reframe and get to the core of your fears?

*Is it time for you to speak up? What do you want to say?

Resources:

Meditation

Chicken Soup for the Soul by Jack Canfield and Mark Victor Hansen

Enlightened Wealth Institute

Quote:

Now is the time to speak our truth. This time we will not be burned at the stake. We will be part of an historic shift to reclaim the Feminine and rebalance our world. ~Eleanor LeCain

Story Twenty-five: *In Love with the Invisible* **By Star Riparetti**

This story is about the way the author has lived her life by following the joy factor.

Reflective Questions

*What is your relationship to joy and fun?

*When you read that question, what was the response from your body? What were the sensations?

*Do you make life choices from your head or your heart or a combination of the two?

*Reflect on some choices you made by listening to your heart. What was the outcome of those choices?

Resources:

Ringling Cedar Series
Flower and Gemstone Essences

Quote:

At the age of 49, right after my last period and the beginning of menopause and entering the next stage of life as a crone, I created the first 7 Orchid essences. I could always talk to plants. It was then I began to hear them. ~Star Riparetti

Story Twenty-six: *The Goldilocks Code: Getting Life Just Right* By Kimberly Marooney

This story is about uncovering the code to a journey of divine love and awakening. The author uses the Goldilocks story as an example.

Reflective Questions

*What are some questions you ask yourself during times of transition and change?

*Make a list and spend some time reflecting.

*How do you reawaken the knowledge of who you are now?

*Do you know what you really want?

*Where do you get stuck?

*How can you more closely follow the call of your soul?

Resources:

Mediation

Asking Questions

Angels and Angel Cards and Angel Blessings

Quote:

“The journey to God is merely the reawakening of the knowledge of where you are always, and what you are forever.” **ACIM, A Course in Miracles**

How do we reawaken the knowledge of where we are always, and what we are forever? Two ways: experience and choice. ~Kimberly Marooney

Story Twenty-seven: *How Many Two by Fours Does it Take to Wake Up?* **By Terri Diener**

This story is about an aha moment when the author saw that her life had been evolving even when she hadn't been aware of that in the moment.

Reflective Questions

*Have you had an experience when something ended that led you to a soul calling that brought you happiness?

*Where are you evolving in your life right now?

*What do you want to experience now?

Resources:

Astrology

Animal communicator

Acupuncture

Quote:

Nearly 30 years after the fact, I had one of those ah-ha moments - I discovered that evolution began for me while I was still asleep. I was going along, blissfully unaware, working in a job that was mostly fulfilling, dabbling in personal growth activities that were mostly worthwhile. Then, curiosity struck. ~Terri Diener

Story Twenty-eight: *Doing Well by Doing Good* **By Ginny Vaughn**

This story is about how the author listened to her inner voice and found the career that was perfect for her.

Reflective Questions

*Do you have a list of intentions on how you want to design your life?

*How often do you review them?

*Do you trust your inner voice?

*What practices do you have to cultivate your relationship with your inner voice?

Resources:

Magazine articles

Revolutionary, evolutionary, innovative business models

Quote:

The way of Evolutionary Women is not just to share our excitement about a product, book or new way of doing something; we feel most fulfilled when we can empower others and “teach them to fish” as well. ~Ginny Vaughn

Story Twenty-nine: *Awakening to my Entrepreneurial Journey* **By Christine Kloser**

This story is about the author discovering the entrepreneurial spirit inside of herself and how she embraced the blessings in the ups and downs.

Reflective Questions

*Make a list of a few times you have failed. It could be something small or large.

*Looking back, what were the gifts in failing?

*What surprised you about the way things worked out?

*Do you love your work?

*What change in your life would bring you more freedom?

Resources:

*Women's networking groups

*The E-myth by Michael Gerber

*Conversations with God by Neale Donald Walsch

*"America's Greatest Networker": Seth Godin

*Joe Vitale, author and speaker on The Secret

*The Freedom Formula by Christine Kloser

Quote:

Two of the most profound blessings of being an entrepreneur are the power of choice and the freedom to create work you love. ~Christine Kloser

Story Thirty: *The Razor's Edge* **By Sara Werbelow**

This story is a reflection about an awareness the author had about feeling the power and infinite potential of creating in the utopia of living heaven on earth and at the same time feeling the struggle and challenges.

Reflective Questions

*What are some questions you would like to ask women? The reader asked, "Will you stay awake with me?" "Reader, are you listening?"

*What are the questions you are asking yourself about your life?

*Reflect on a time when you were at a crossroads and it was time to make a choice to go one way or the other.

*Do you feel alone?

*When have you been brave in your life?

*What support do you need or want from women?

Resources:

Family lineage

Bible

Barbara Marx Hubbard

Quote:

It is staggering to me to hold the infinite while at the same time feel the weight of the struggle.

~Sara Werbelow

Part IV:

I Evolve my Relationships

Story Thirty-One: *Learning to Let My Light Shine* **By Mary K. Baxter (Mary K. Redington)**

This story is about making the best of a challenging situation and the author learning about who she really is in friendship.

Reflective Questions

*Share a valuable lesson you learned in your youth that has become an experience you draw on regularly.

*Talk about a friendship that developed during a challenging time and some of the things you shared.

*Have you ever had an experience when you gave up and you wish you didn't?

*Was there a time when you gave up and now you have regrets?

*What are some valuable traits you bring to friendships?

Resources:

Explore the world around you. Parks, Restaurants. Sightseeing
Friendship
Dramatic Adventure Theatre

Quote:

You never know how much you'll mean to someone, you'll never know how much you can help, just by being yourself and being present in each moment. ~Mary K. Baxter

Story Thirty-two: *The Magic of Women as Allies* **By Megan Joy Havrda**

This story is about the author's experience of women when she was growing up and discovering the power of women in a new way when she traveled to different parts of the world.

Reflective Questions

- *What was your experience of women while you were growing up?
- *How has that changed or been reinforced as you have grown older?
- *Do you trust women?
- *Do you trust yourself?
- *Reflect on the question: "What if we all lived **ALL** that we are, every day?"

Resources

Women's circles
Hummingbird Living School
Conscious Evolution Community
Barbara Marx Hubbard

Quote:

It was at this time that I recognized the power of gently reflecting one another for each other. This is a way of relating that means choosing to hold space for the truth, let the 'having to know and figure it out' impulse go and have patience for accuracy to surface...no matter the circumstances or self-imposed timelines. ~Megan Joy Havrda

Story Thirty-three: *Conscious Parenting* **By Jean Molina**

This story is about the author's experience of losing herself and knowing that she had to focus on her own personal needs. Divorce and conscious parenting are also explored in her story.

Reflective Questions

*What are some of the ways you nurture your spirit and personal needs outside of work or parenting?

*Reflect on a few ways you wish you were nurtured and supported by your mother and father.

*Have you found ways to give that to yourself in the form of self-care?

*What life lesson gifts did you receive from your parents?

Resources:

Spirituality Classes
Conscious Parenting Classes
Metaphysics 101

Quote:

On some level I began to realize that I was on the path of losing myself, and that if I didn't do something differently I would end up lonely and maybe crazy, and in the same unhappy marriage. The kids would be grown and living their own lives, and I would become a statistic for the 'empty nest syndrome.' So, slowly I started to turn some of my focus towards my own personal needs. ~Jean Molina

Story Thirty-four: Mothers and Daughters

By Nancy S. Ayer

The author demonstrates the power of using the Demeter Persephone myth to describe the loss of the joyous mother daughter relationship and to uncover new opportunities for meaning in life in that separation.

Reflective Questions

*Make a list of the women who have been mother figures in your life.

*What was or is your relationship like with your mother? With your daughter or women who are the “mothers” in your life?

*Have you experienced the heroine’s journey, walking away from something or someone to discover self-empowerment?

*Do you have experiences as the daughter, the mother, and the wise woman? Share what you see and feel at this time.

Resources:

Myths
Carol Christ
Pacifica

Quote:

Through working with the Demeter Persephone myth, I have come to understand that separation between Mother and Daughter is a form of death that is necessary for the growth of both souls.

~Nancy S. Ayer

Story Thirty-five: *Imagine My Surprise* **By Susan Gardener**

This story is about the power of healing the mother daughter relationship. The author shares the insights that came to her as she cared for her mother in hospice at home.

Reflective Questions

- *Who raised or influenced you while you were growing up?
- *Have you experienced the death of a loved one?
- *How did that impact you?
- *What are some character traits you share with your mother?

Resources:

Labyrinth
Grandmothers
Peace minister

Quote:

I am beginning to have clarity about how much less rich my life would be without the influence of my mother. I am beginning to love her for more than just giving me life. I am finally seeing her in my own life and welcoming the insights with open arms. ~Susan Gardener

**Story Thirty-six: *Watering the Seeds of the Evolving Self:
Sharing the Healing Feminine Energy with the Wounded Masculine***
By Natasha Westrich Wood

This story is about the author's experience with broken heart syndrome and how she healed the wounded Feminine with a sisterhood of evolutionary women.

Reflective Questions

*Do you have a sisterhood?

*How have the relationships in your life changed as you have "watered the seeds of your evolving self?"

*Do you know anyone who has experienced "broken heart syndrome?"

*Reflect on your own broken heart experiences. When did it happen?

*Make a list of ways you feed your soul.

Resources:

Drumming circles

Breath work

Dream work

Primordial sound meditation

Art to connect with your soul

Quotes:

I realized that in order to continue to bring what I experienced from the evolutionary women retreat into my daily life, I need to reach out to other evolutionary women on a regular basis; this is what fuels me and provides sustenance. ~Natasha Westrich Wood

The strength of my own healing multiplied when in the presence of other conscious women, so much so that I was eventually able to share the healing Feminine energy with my husband who embodied the wounded Masculine. ~Natasha Westrich Wood

Story Thirty-seven: *Finding My Voice, and Finding My Community...* **By Laura Mack**

This story is about honoring the people who came before us and the author's experience of finding her voice in community.

Reflective Questions

*Do you feel that your voice shut down when you were growing up?

*What shut it down?

*Do you know stories about your family lineage or the family who raised you?

*Who do you resonate the most with in your family and why?

*What is your experience of holding or being in a community that holds sacred space?

Resources:

Women of Vision and Passion
Sacred Space

Quote:

And this has been my truth: I found the way back from the pain of the inner isolation has been to connect with community; a community that will hold the sacred space for my voice to come out, even if it's initially as a whisper. ~Laura Mack

Story Thirty-eight: Sex Goddess of the Universe

By Judith Watson

This story is about the author's awakening sexuality at age 52 and what she learned about herself in the exploration of sexual joy and wonder.

Reflective Questions

*Reflect on some of your experiences around your sexuality: child, teenager, young adult and beyond.

*Have you noticed times in your life when you felt more sexual awakening in your body? What was that like?

*Has anyone ever spoken to you of sexual joy and wonder?

*What does "great sex" mean to you? What is great sex?

Resources:

*Books on sexuality

Quote:

For the vast, vast majority of us, no one in our culture, not our parents, our teachers, our therapists, our spouses, no one tells us that we are sexual beings. Tell me, please, if anyone, anywhere, at any time, has spoken to you of sexual joy and wonder. ~Judith Watson

Part V:

I See a World That Works for Everyone

Story Thirty-nine: *Water* **By Elizabeth Redington (Lizzie Red)**

This story is about an exploration of the fluidity of life, experiencing feelings, and feeling lost and uncertain while acknowledging the mystery.

Reflective Questions

- *What element describes your life right now: water, earth, fire, metal, air?
- *Describe the details of the element and how that connects to your life.
- *What can you learn from the different elements?
- *What would you do if there were only six years left of your earthly existence?
- *Where would you want to be and how would you leave your unique mark on the world?

Resources:

Yoga
Poetry

Quote:

Through awareness, and the courage to see myself as I am, I've found that I hold the power to evoke change, simply by making choices and committing to the ripples I form. And as I create change in myself, I create change in my world. ~Elizabeth Redington

Story Forty: Waking Up

By Gina Cawley

This story is about the author awakening to a deep understanding that we are Earth, that we are the web of life, and that what we do to the air, water and soil of Earth, we do to our bodies and to each other.

Reflective Questions

*When shopping for food or clothes, do you ask yourself questions like, “Where did this come from or how did it get here or how were the workers treated?”

*Have you made different choices when asking those questions?

*What conscious choices are you making to impact the Earth in a positive way?

*Do you feel a responsibility to be of service on the planet?

Resources:

The Universe Story by Thomas Berry and Brian Swimme
Indigenous people
Genesis Farm

Quote:

The fact is that I don't really believe that we are destroying the planet because we are inherently bad or greedy. I believe that it is happening because our understanding of what it means to be human has not developed as fast as our power. ~Gina Cawley

Story Forty-one: Answering the Call...Making a Difference While Doing What's Right for You

By Ginny Robertson

This story is about the author learning the difference between volunteering everywhere and acting from her heart to truly serve when her soul speaks to her.

Reflective Questions

- *What is the difference between making decisions from your head vs your heart?
- *How do you decide when and where to volunteer and if you have a calling to serve?
- *Is your plate too full to hear the calling of your soul?
- *Reflect on an experience of listening to your soul and following a call to be of service.

Resources:

Volunteer: choose with your heart and soul

Quote:

I now believe that we should only volunteer to make a difference if it is something we are passionate about. We should take those things we love to do and find a way to use them in service to others. We can act from our heart. ~Ginny Robertson

Story Forty-two: Evolutionary Power: Transforming Organizations for Collaborative Success
By Cynthia King

This story is about partnership principles that provide a roadmap for transforming organizations with the balance of feminine and masculine traits.

Reflective Questions

*Reflect on the four Partnership principles:

1. inclusion rather than promoting or even tolerating exclusion
2. mutually respectful communication
3. Accept and encourage other ways of knowing, learning and contributing
4. Recognize both individual and team efforts

*Are these principles used in your family, community and business?

*Do you have a vision of something you want to change in the world?

*What is one step you can take in working together with others to make that change?

Resources:

Creating Partnerships: Unleashing Collaborative Power in the Workplace (2005)

Quote:

The Partnership principles that provided the foundation for organizational transformation:

1. *inclusion rather than promoting or even tolerating exclusion*
2. *mutually respectful communication*
3. *Accept and encourage other ways of knowing, learning and contributing*
4. *Recognize both individual and team efforts*

~Cynthia King

Story Forty-three: *The Present* **By Amanda Koh**

This story is about the author's experience of being in the present moment and awakening to more questions about what else is possible.

Reflective Questions

*What does it feel like to be fully present?

*Reflect on a moment when you experienced being present, in the flow, in the zone?

*What is enlightenment?

*What could be possible, if we all experienced our Present, simultaneously?

Resources:

Art

Quote:

I felt this sudden sense of power rise within me. I remember my hands began to move in a rhythm all their own, as if they were in complete control. My hands, my arms, my body, all moved in effortless ability and I watched as an elegant, strong form began to emerge.

~Amanda Koh

Story Forty-four: Women and Deeksha: Empowering Humanity with the Feminine Presence

By Charlene Proctor

This story is about the darshan blessing and love and the qualities of being a healing presence for humanity by consciously touching the world with empowering wisdom.

Reflective Questions

*What are your spiritual roots?

*How do they appear in your life on a daily basis?

*Do you process by staying in the present and tuning in to your feelings?

Resources:

Chanting

The Oneness Blessing

The Goddess Network

Quote:

Women are on the verge of moving humanity forward because they are acutely aware of the energetic balance needed to evolve consciousness. Women are weary of approaching life purely from the Mind because they honor the internal process. ~Charlene Proctor

Afterword

By Bonnie Kelley, Co-founder of Evolutionary Women

In this afterword, Bonnie Kelley writes about the feelings of what it has meant to be involved in the conscious choices of this book project.

Reflective Questions

*Do you have places where you feel safe to use your voice? Where is that?

*What experiences have you had with women in co-creating, conscious circles?

*How has that shaped your life?

*What do you need now?

Quotes:

What revealed itself from the unfolding sequence, along with the book in your hands, is a multi-faceted human tapestry. It appears we initiated an experiential weaving process that used us as the colorful strands, each bringing in our own particular human gifts and resources, until finally the traits converged and transformed into a coherence. ~Bonnie Kelley

You might think I am exaggerating but I assure you this was an organic arising. We simply followed our innate attraction to bonding and the group sensitivity grew to heights none of us had experienced before. We were a synchronized species who suddenly recognized deep intimacy revealing itself during the flow of our actions; in this case we discovered an immense sense of synergy. ~Bonnie Kelley

From the Afterword:

Beyond seeking, you have already joined the field. Welcome. Breathe the open air, remembering Rumi's promise:

**"Beyond the realms of right and wrong there is a field
I will meet you there."**