

Imagine A Woman

Imagine a woman who believes it is right and good she is a woman. A woman who honors her experience and tells her stories. Who refuses to carry the sins of others within her body and life.

Imagine a woman who trusts and respects herself. A woman who listens to her needs and desires. Who meets them with tenderness and grace.

Imagine a woman who has acknowledged the past's influence on the present. A woman who has walked through her past. Who has healed into the present.

Imagine a woman who authors her own life. A woman who exerts, initiates, and moves on her own behalf. Who refuses to surrender except to her truest self and wisest voice.

Imagine a woman who names her own gods. A woman who imagines the divine in her image and likeness. Who designs a personal spirituality to inform her daily life.

Imagine a woman in love with her own body. A woman who believes her body is enough, just as it is. Who celebrates her body's rhythms and cycles as an exquisite resource.

Imagine a woman who honors the body of the Goddess in her changing body. A woman who celebrates the accumulation of her years and her wisdom. Who refuses to use her precious life energy disguising the changes in her body and life.

Imagine a woman who values the women in her life. A woman who sits in circles of women. Who is reminded of the truth about herself when she forgets.

Imagine yourself as this woman.