

# IMAGINE A WOMAN

by Patricia Lynn Reilly

**Imagine a woman** who believes it is right and good she is a woman.

A woman who honours 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 acknowledges 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 its rhythms and cycles as an exquisite resource.

**Imagine a woman** who honours 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 life-energy disguise 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.**

**Imagine a woman** who is interested in her own life.

A woman who embraces her life as teacher, healer, and challenge.

Who is grateful for the ordinary moments of beauty and grace.

**Imagine a woman** who participates in her own life.

A woman who meets each challenge with creativity.

Who takes action on her own behalf with clarity and strength.

**Imagine a woman** who has crafted a fully-formed solitude.

A woman who is available to herself.

Who chooses friends and lovers with the capacity to respect her solitude.

**Imagine a woman** who acknowledges the full range of human emotion.

A woman who expresses her feelings clearly and directly.

Who allows them to pass through her as naturally as the breath.

**Imagine a woman** who tells the truth.

A woman who trusts her experience of the world and expresses it.

Who refuses to defer to the perceptions, thoughts, and responses of others.

**Imagine a woman** who follows her creative impulses.

A woman who produces original creations.

Who refuses to colour inside someone else's lines.

**Imagine a woman** who has relinquished the desire for intellectual approval.

A woman who makes a powerful statement with every action she takes.

Who asserts to herself the right to reorder the world.

**Imagine a woman** who has grown in knowledge and love of herself.

A woman who has vowed faithfulness to her own life.

Who remains loyal to herself. Regardless.

**Imagine yourself as this woman.**

# WOMENS CIRCLE

## Mindfulness and Self-Discovery Worksheet

Let's explore. Below are some "I am" thought-provoking starters for self-reflection....

"I am" holds the transformative power to shape our self-awareness and nurture mindfulness. These two simple words can guide us on a profound journey of self-discovery, helping us reflect on where we are in this present moment and understand a little more about where we are going.

I am here, in this moment,  
I am the calm amidst life's storms,  
I am the observer of my thoughts,  
I am the stillness in the chaos,  
I am the architect of my destiny,  
I am the conductor of my own symphony,  
I am the painter of my canvas,  
I am the author of my story,  
I am the gardener of my mind,  
I am the captain of my ship,  
I am the alchemist of my emotions,  
I am the explorer of my inner world,  
I am the embodiment of gratitude,  
I am the weaver of connections,

Which of these resonates? Which of these are you drawn to? Which of these are so incredibly accurate? Which of these are you at this moment? Which of these is a path you may wish to journey along? And ask yourself why?

Let's delve a little deeper and incorporate the concept of being a woman. You can use the I am statements to begin and follow them up with some inspiration from Imagine a Woman.

**For example:**

I am the painter of my canvas,

A woman who uses the colours of the rainbow passionately, mismatching and correcting,

Who knows that when she paints with love, there is a feeling so pure

I am .....

A woman who .....

Who .....

I am .....

A woman who .....

Who .....

What have you discovered about yourself today? Or what can you reflect on about yourself today? If we look at self-discovery as never-ending, is it something you wish to delve more into? Are you already doing it? Do you like discovering the inner workings of your patterns, beliefs and emotions? Self-discovery is a journey that allows us to navigate the labyrinth of our inner world, unveiling the layers of our identity and opening doors to profound personal growth. So now close your eyes and ask something you know about yourself in this present moment, and allow that to be enough.



# WOMENS CIRCLE

## Conversations with Self Worksheet

### Journal Prompts

What self-talk is coming up for me?

What emotions are these thoughts bringing up for me?

Are my thoughts mostly negative or positive?

If my thoughts are mostly negative, is there any truth to this thinking? What evidence do I have to support these thoughts?

What evidence is there against these negative thoughts?

If my thoughts are mostly positive, how can I continue to foster this positive thinking?

## *Poems and Creative Words*

### My Inner Life - By Robert William Service

For I've a hidden life no one  
Can ever hope to see,  
A sacred sanctuary no one  
May share with me.

### My Mind To Me A Kingdom Is - By Sir Edward Dyer

My mind to me a Kingdom is;  
Such present joys therein I find,  
That it excels all other bliss  
That earth affords or grows by kind.

### Taking Full Credit For Me - PinkFaerie5

My inner voice gets louder when she thinks I am not listening to my heart. She shouted today, loudly startling me, so I decided to fool her. I sat right down and faced her, my shadow and my muse, determined to concentrate on what they wanted me to know. I heard them rapidly discussing this, in whispery ways.

They are not used to being listened to this hard. They stuttered and stammered, at a loss for words. I waited, willing to hear whoever wanted to take the helm. It took these three a while to get their composure. I was excited to feel that I was retaining my power, one tiny idea at a time; taking full credit for me.

## *Conversation and Letter to Self*

Write a letter to yourself addressing your self-talk as if you were writing to a friend.

