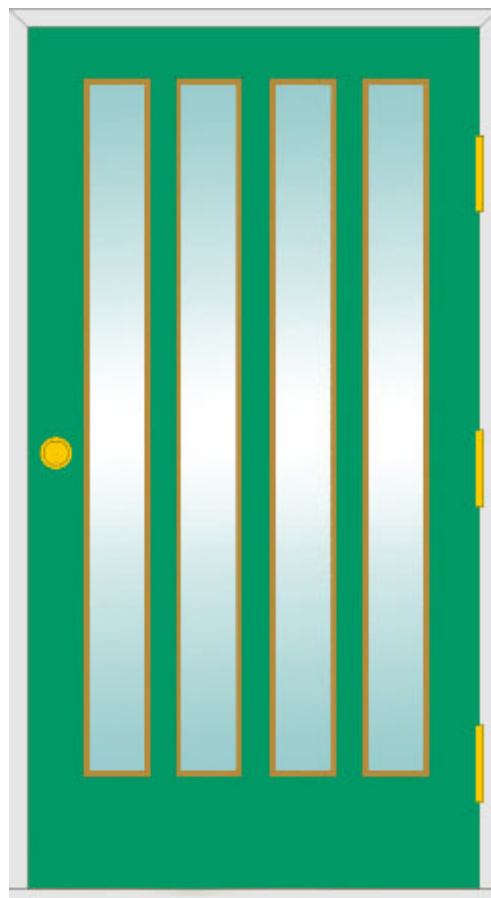


BEING CONSCIOUS PART V

The Behavior Door

MAIDEN, MOTHER, MENTOR
FATHER, WARRIOR, SAGE



By
Suzan Carroll PhD

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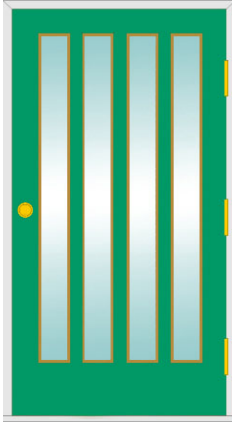
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THE FOURTH DOOR



The fourth door is marked: BEHAVIOR

We knock.

As the door opens, a message is displayed:

Our behaviors are based on emotional needs and mental forethought as our reactions evolve into responses. Behaviors that are consciously initiated and completed give our conscious mind clues as to our true goals and desires. We can then seek out what we really want rather than what we “should” want or what others want for us.

As past fear, pain, and negative programming is released, our behavior is appropriate to the situation, rather than a projection from our fears. Therefore, we have more positive and successful experiences, which builds our self-esteem. We learn to take responsibility for our ALL our behavior, which is now more loving and unselfish.

We also learn to accept the phases of our life and appreciate the beauty and wonder of being who we are now. We can look back to who we have been and the society that we lived in and find the foundation upon which we have created our present life in our present society. We can also look ahead to a time and the person whom we have not yet experienced.

Fortunately, there are mentors who can guide us as one day we will guide others.

MAIDEN, MOTHER, MENTOR

WARRIOR, FATHER, SAGE



Balancing the Planet and Ourselves

*By
Suzan Carroll Ph.D.*



THE CALL

Arise my ones
do hear my call.
The time has come
for one and all

to hear my plea,
to know my name.
I am the Goddess
of this Earth plane.

From high above

our earth's vibrations
there is assistance
to save our nations.

Listen now
and do not fear.
The answers are
for those who hear.

And now, my ones,
the time is nigh.
The Goddess needs you,
hear my cry.

For those who don't
I cannot save.
One is the master
or the slave.

The time has come
to pick which side.
One can no longer
run nor hide.

The Truth is now.
The Power's here.
Do you follow Love
or follow Fear?

Against my form
no longer sin.
This is the chance
to begin again.

To wash my surface
clear of mire.
For of the greed
I now do tire.

Hear my call
and join my force.
Arise my One,

NOW
make this choice!

I, the Goddess, am as indestructible as I am infinite.
I weary of this low vibration and
do not wish to be limited to it much longer.

For eons, I have held this vibratory rate,
slowly growing denser and denser
as my inhabitants have fallen deeper and deeper
into their forgetfulness.

Now, I will raise my Heart to its highest form and
I wish my children to join me.

But I can't wait much longer.
The moment is coming!

I need all of you to focus your attention in that direction.
It is time that you remember who you are
and accept the full power of that awareness.

Listen to me at regular intervals
and I shall give you direct messages.

The Goddess of Earth



*THE MAIDEN,
THE MOTHER, AND
THE MENTOR*

*THE WARRIOR,
THE FATHER, AND
THE SAGE*

*THE BABY BOOMERS
BREAK THE RULES*

INTRODUCTION

The maiden, the mother, and the crone have been used to represent three distinct phases of womanhood for many years across many different cultures. Unfortunately, the term crone has taken on a negative connotation in our society so we have replaced it with the term, mentor.

For many generations, women were locked into certain socially acceptable behaviors for each of these phases. Most societies in our recorded history have been primarily patriarchal in nature. Classically within these societies, the maiden was a virgin and needed to be protected by her father until she took a husband. At that time, if she were lucky, she would then be protected and cared for by her husband. Her role was then to become a mother. If she was unable to do so, she was considered to be less of a woman. Not being able to bear children was grounds for divorce in many early societies. The man was seldom considered to be the cause of this problem. After her children were raised, the woman could then gain some power to be a teacher of other women.

Men's power was considered to be synonymous with the Sun and could be experienced directly. Women's power, however, was likened to the moon and could only be reflected off the Sun. Women could experience direct and overt power in the social system only if they shared it with their husbands or sons. In some cases, such as in the case of Queen Elizabeth, there were no men available and as a process of elimination, a woman could take the position of power. Over many long years of "civilization", women have gradually gained more overt power in

some societies. In many societies, however, a woman holds the same position of subservience that she has held for thousands of years. Of course, there have been societies that were matriarchal in nature, such as the very early Greeks and the Celts. However, this matriarchal power system was usually replaced over time by a more patriarchal one.

In the United States, women who worked very hard to settle the land and found a new nation followed their men from countries all over the world. The population of the multicultural United States is rich with women from every corner of the world. To a large extent, women have found more freedom to be independent and powerful in the United States than in many other countries around the globe.

With the birth of the Baby Boomers, women have been breaking all the rules of how to behave in each of the three phases mentioned above. The advent of the "pill" allowed women to choose when they wanted to be a mother or even to not bear children at all. Women at last had the freedom to enjoy their maiden phase in a sexual relationship without fear of pregnancy. When the baby-boomers became mothers, they often did so in ways that were very different from their parent's generation.

DEFINITIONS OF MAIDEN, MOTHER AND MENTOR

Maiden, mother, and mentor represent both the qualities within a woman and the progression of a woman's life through time. These phases also represent the placement of a woman within the female hierarchy of her family unit as daughter, mother, and grandmother. Although certain chronological ages enhance the experience of these phases, all three lie dormant within us to be called forth when needed.

Historically, women have been limited to certain socially acceptable behaviors for each of these phases. Since the post-World War II generation, which was born between 1946 and 1964, often called the Baby Boomers, women have been breaking old molds and creating a new place for themselves in society. This Baby Boomer generation represents one-third of the US population. The women of this generation were maidens in the 1960s and 1970s, mothers in the 1970s, 1980s, and 1990s and are now entering the mentor phase.

MAIDEN

The Maiden phase represents the extremes of innocence and sexuality as well as freedom and limitation. She embraces both polarities, as she has not yet gathered the experience to find her center. Maidenhood is the beginning of our

transformation from a girl into a woman and represents our inner child in transition. She is that part of the self that has not yet been tried by interactions with life.

The maiden will be called forward whenever we wish to be sexual and sensual or when we wish to try something new that we have never experienced before. It is the part of us that CAN be selfish and egotistical as it does not carry the responsibilities of adulthood. The maiden remains youthful regardless of our age. The maiden holds our Love Force in a sensual, playful way.

Maidenhood usually begins at puberty and can extend physiologically into adulthood. Historically, the maiden was considered to be the daughter until she took a husband. She then entered the mother phase. Today, women can reach independence from their parents without having a husband or a child. In fact, many Baby Boomers have chosen to go to college and marry later, or not marry at all. Since their maidenhood, women have had access to birth control, which has given them new choices that were not available to their mothers.

I, THE MAIDEN, SPEAK TO YOU FROM MY SPIRIT. I EXPERIENCE THE NEWNESS OF EVERY DAWN AND DANCE AND SING IN THE SETTING SUN. MY YOUTH IS ETERNAL AND I FACE LIFE WITH THE INNOCENCE OF A CHILD. I SEEK THE LOVE OF A MAN AND OF THE MAN WITHIN MYSELF. JOIN ME. TOGETHER WE CAN HAVE FUN!

MOTHER

The mother phase represents a woman's creative and nurturing component. It is the time when women are taking on the responsibilities of adulthood. They are gathering experiences and gaining wisdom from the lessons of life.

The mother within us comes forward when we wish to create and nurture. The mother holds our Love Force in a protective, maternal way.

Historically, a woman was only considered a mother if she had a child. Today women can express this component of themselves in other ways. Since the Baby Boomer generation, they have found many new avenues for directing maternal energy through their creativity and extending this creative energy beyond the home and out into the world. This expansion has presented many new challenges for women with children, as they have had to juggle home, family, career, and themselves.

I, THE MOTHER, SPEAK TO YOU FROM MY HEART. MY ARMS EMBRACE THE EARTH AND MY LOVE IS A HEALING FORCE OF WHICH I

*GIVE FREELY. I NURTURE THE CHILDREN AND THE CHILD WITHIN MYSELF
FROM DAWN TO DUSK AND DEEP INTO THE NIGHT. MY SERVICE IS
TIRELESS. AND, AS I GIVE, I RECEIVE.*

JOIN ME. TOGETHER WE CAN HEAL THE WORLD!

MENTOR

The mentor phase represents a woman's inherent spirituality and intuition. The true essence of the crone/mentor is wisdom refined through experience. However, the seed of these qualities is present throughout her entire life.

The mentor is called forward in our lives whenever we need higher guidance and direction. It is through the grounding of this higher force that we become the crone/mentor. The mentor holds our Love Force in a spiritual and intuitive way.

The status of the mentor was traditionally achieved in a woman's later years and when she became a grandmother. The first wave of the Baby Boomer women is entering this phase now. Just as old limitations of maidenhood and motherhood have been broken, there is a redefinition of the crone/mentor in process now. Female Wisdom, Power and Love are much needed in today's world and women of all ages are now learning to become mentors to others less fortunate or less experienced than themselves.

I, THE MENTOR, SPEAK TO YOU FROM MY SOUL.

I AM WISDOM.

I AM POWER.

I AM LOVE.

I AM THE SEED OF LIFE AND THE FLOWER IN FULL BLOOM.

JOIN ME. TOGETHER WE CAN KNOW TRUTH!



THE INNER GODDESS

The Inner Goddess
peers at you from behind
the tree of life

which floats above
the waters of emotion
and touches the glistening sky

She garlands her hair with
leaves which are the
symbol of regeneration

Just as the tree survives
the long winter without its leaves

the Soul survives the
transition of Life to Death
to Life

Her eyes beckon you to
know her and
to feel her name

Her heart is open to
receive and express
the Spiritual Essence
which flows from the Source

Her voice is sweet and clear
and resonates deep
within your Soul

Join me
my life is your life
we are Wisdom
we are Power
we are Love
Together we are One

Together we can express
The purity of
Peaceful Purpose

THE WARRIOR, THE FATHER, AND THE SAGE

The terms "maiden", "mother", and "crone" have been used to represent the three phases and aspects of womanhood for many years across many different cultures. The terms "warrior", "father", and "sage" are used in this writing as the male counterpart of the above three female phases and qualities. Warrior, father, and sage represent both the qualities within a man and the progression of a man's life through time. These phases also represent the placement of a man within the male hierarchy of his family unit of son, father, and grandfather. Although certain chronological ages enhance the experience of these stages, all three lie dormant within to be called forth when needed.

Historically, men have also been limited to certain socially acceptable behaviors for each of these phases. Baby Boomer men have been exploring new ideas and concepts and expanding their awareness to encompass the feminine component of themselves, as well as the masculine. These men were warriors in the 1960s and 1970s and were the first generation in the history of our country to launch a wide-scale demonstration against a war and stopped the fighting. These men were fathers in the 1970s, 1980s, and 1990s and are now entering the sage phase.

WARRIOR

The warrior phase represents the extremes of curiosity and reluctance as well as freedom and limitation. This phase embraces both polarities, as the warrior has not yet gathered the experience to find his center. The warrior marks the beginning of a transformation from a boy into a man and represents the inner child in transition. He is that part of the self that has not yet been tried by interactions with life.

The warrior will be called forward whenever he wishes to explore new horizons or break through old limitations. The warrior protects and conquers, whether it is a country, a job, or a woman. It is the part of a man that is selfish and egotistical, as he sees himself as the hunter and protector and must put himself first for the sake of the family and/or tribe. The warrior remains youthful regardless of age and holds his Wisdom in his courage.

The warrior phase usually begins at puberty and can extend physiologically into adulthood. Historically, the warrior was considered to be the son until he left the home and could stand on his own. With the increased prosperity of the Baby Boomer generation, more men have chosen to go to college. However, the Vietnam War interrupted the education and other adult plans of many of these men. War has been a factor in every generation since the birth of our country, but this

war did not allow the soldiers to return home as the conquering heroes. Many Vietnam veterans have never recovered from the traumas of this unheralded war, and those who chose not to go to war suffered greatly for their decisions.

I, THE WARRIOR, SPEAK TO YOU FROM MY SPIRIT. I HOLD THE SWORD OF TRUTH AND WEAR THE CROWN OF COURAGE. I FIGHT THE DRAGONS OF THE WORLD AND WITHIN MYSELF TO FIND THE TREASURES OF LIFE.

JOIN ME. TOGETHER WE WILL CONQUER FEAR!

FATHER

The father phase represents a man's supportive and protective component. It is the time when men are taking on the responsibilities of adulthood. They are gathering experiences and gaining wisdom from the lessons of life.

The father within comes forward when he wishes to produce and establish his place in society. The father holds his Wisdom in a loving and responsible way.

Historically, a man entered the father phase when he had a child, became a leader in the community, or gave birth to new concepts or ideas. Since the Baby Boomer generation, many men have become involved in child rearing and domestic responsibilities because more women now work outside the home. This new family configuration has presented a challenge to men, as they must redefine their structure of power within the home and community.

I, THE FATHER, SPEAK TO YOU FROM MY HEART. I SUPPORT AND PROTECT THE CHILDREN OF THE EARTH AND THE CHILD WITHIN MYSELF. I SEEK THE LOVE OF A WOMAN TO OPEN MY HEART AND EMBRACE MY SEED.

JOIN ME. TOGETHER WE CAN CREATE A NEW WORLD!

SAGE

The sage phase represents a man's inherent connection to the unlimited potentials in every form of life. He has gone through a long passage and he no longer has the ego-based needs of recognition through performance and success. He is free to accomplish and contribute for the sake of beauty and inner purpose. The seed of these qualities is present throughout his life.

The sage is called forward whenever a man needs to call upon his highest integrity and guidance. It is through the grounding of this higher intelligence that he becomes the sage. The sage holds his Wisdom in the gentle way that honors all life.

The status of the sage was traditionally achieved in a man's later years and/or when he became a grandfather. Spirituality is often lost in the materialistic struggle to be "good enough" in a modern, competitive world. However, the men of the Baby Boomer generation have dared to explore realms of consciousness that were taboo to their fathers. These men are now entering the sage phase of their lives. Their courage and wisdom is much needed to address the challenges of today.

I, THE SAGE, SPEAK TO YOU FROM MY SOUL. I LIVE THE TRUTH,
WHICH THE WARRIOR CONQUERED. MY POWER IS BALANCED BY MY
WISDOM AND LOVE. I AM THE ALPHA AND THE OMEGA.
JOIN ME. TOGETHER WE CAN KNOW TRUTH!

THE WARRIOR AND THE MAIDEN



* THE WARRIOR *

He looked so dejected
as he stared at the ground.
The battle was won and
his treasures were found.

The dead lay about him.
The survivors were gone.
Had he been the general
or only the pawn?

His answers would come
when his own life was over.
His bones and his victories
then covered with clover.

But would death then end it?
If he's dead, can he fight?
Will they remember his courage
and honor his might?

"I'm home now," he'll tell them.
"I can't help you from here.
"You must fight your own battles
and face your own fear.

"Good bye now all warriors
the battle is ended.
We all had our glory
or at least we pretended."

The clover is tall now
it grows 'neath a tree
where the hills are the highest
and mankind's still free.

~ The Maiden ~

The maiden awaited her warrior's return.
Of his final death she never did learn.

Their love had continued in a child of their heart,
but he was an orphan from his very start.
Could the maiden remember the love of her youth
and allow it to grow into wisdom and truth?

Or would the lost love diminish her spirit?
Could she feel all her pain then release it and clear it?

The Goddess called to her, "You now are a mother.
Come to me for healing and you'll love another."

"I'll come to you, Goddess, for you'll make me whole,
but when is love safe? I ask from my Soul."

"The safety of love is not yet in your life,
but soon you will rise above battle and strife."

"For in healing yourself you help heal my earth.
It is for this reason that your Soul did take birth."





BABY BOOMERS REMEMBER

THE FLOWERING OF THE GODDESS

THE GODDESS

Who and what is the Goddess? The Goddess is the beacon of female power. What is female power, you may ask? Female power is the power of love. This power of love is not limited to women or even to humans. Love is an energy field. When we choose to incarnate in a female body we are born to be the representatives of the living Goddess. Women are the ones who bear the children and hold the family together. They are the ones who nurture and heal and who grow the seeds of our creativity into manifestation. Men may also live this Goddess power. Now, many more of them are doing so every day through celebrating their ability to nurture their children, showing their emotions, and freely expressing their creativity.

The Goddess is the Great Mother. She is also known as Lady Gaia or Mother Earth. We are all her children and for many eons we have lived upon her body. Once, when we were “primitive”, we worshipped her and now that we are “civilized,” we have tried to conquer her. But how does one conquer the power of love? How can one capture an energy field or limit an invisible force? The Goddess has been calling and some of us have been listening. The Native Americans have held Her vigil since the conquest of “civilized” man. Now, there is a growing group that is beginning to celebrate Her reemergence. Some of us are women and some of us are men. Listen now. Can you hear her? Can you feel the power of her love?

MY EXPERIENCE

My name is Suzanne and I am a Baby Boomer. I was born in 1946, among the first of the post World War II babies. The United States had just rescued the world, at least according to our story, and we were Number One! I grew up in the fifties as the good daughter of a good wife. I watched *Father Knows Best*, *Ozzie and Harriet*, and *I Love Lucy*. I knew that a “good woman” put her husband and children before her self. A “good woman” always looked beautiful, even when washing the dishes, and never got angry. The man was the king of the household and the woman manipulated him to get what she wanted. A good

woman found a good man to take care of her and then, and only then, would she be “happy”.

Then came the sixties, and a “good woman” was fun, adventurous, free, and sexually open. In the sixties I became a maiden. I started my “period” and began the process of becoming a woman. I grew up in a very conservative environment and didn’t even know what marijuana was until the late sixties and I got married before I could really learn what “free love” was. My first child was born when I was 23 and I was a maiden at the same time that I was a mother, at least at first.

In the mid-seventies, I started graduate school and the fun-loving and angst-ridden Maiden went down into the depths of my psyche to be summoned forward when the stresses of life became too much to bear. In the eighties, the Maiden was released when true love entered my life.

Now, in the late nineties, I have completed menopause (for several years now), I am a grandmother, and I am celebrating my fiftieth birthday before the close of 1996. I think I am officially a “crone”. Since the term crone has become associated with age and ugliness, I will use the term mentor.

MY EXPERIENCE OF THE AWAKENING GODDESS AS A MAIDEN

When I was a maiden I saw a great transformation in the social view of women. In the environment in which I lived, the Goddess was never spoken of. We were Methodists and God was a man, Jesus was a man, and all of our Spiritual leaders were men. I never saw a female spiritual leader unless she stood behind her husband and “helped” him.

Then, in the late sixties, women began to have something they had never had—freedom and independence. Gradually, a woman became defined, not by the man she stood behind and supported, but by her Self. I, however, missed that “bus” because I got married in 1968 and became the wife/woman I had been trained to become in the fifties. Still, there was no mention of the Goddess in my world. Then the hippie movement entered my consciousness. I was a conservative hippie in that I owned my home, and my husband worked. I started gardening, grew some of my own food, and experienced the growth of the Goddess within me.

It was the dawning of the Age of Aquarius and we were beginning to remember that there was more to life than making money. We began to remember LOVE and PEACE. The Goddess was awake. She told us not to kill strangers in a far-off jungle just because our Uncle Sam told us to. She whispered to us, “What if they had a war and no one came.” She covered Her poster with flowers that

looked like children had drawn them. The Goddess did not care *where* in the world the children were. She only knew that she must protect them.

In the sixties, women began to go to college to find a career and not just to find a husband. We began to think for ourselves and we found men who wanted us to do so! The Goddess smiled! We liked thinking for ourselves, and when we graduated, a lot of us pursued a career. This was not a “job” like our mothers may have had until they got married or until they had children. We wanted careers that would last while we were married and when we had children. The Goddess was gaining power.

However, we became guilty that we were neglecting our men and children and so we did everything. We did all the work our mothers had done and all the work our fathers had done. The Goddess got tired and so did we. But—we felt too guilty to ask our husbands for help. Did we ever see Father Knows Best, or Desi Arnaz doing dishes?

But some of us didn't feel guilty! Some of us believed that if we helped raise/earn money, that the man could help in the house and with the children. Some men were happy to help. While we were awakening our masculine selves—they were awakening their feminine selves. The Goddess was very happy about this arrangement. Women began to have more power in the world and men began to respect women for having power in the world.

THE AWAKENING GODDESS' INFLUENCE ON MY MAIDEN'S PERCEPTION OF GOD

It was 1970 when I became a mother, but I still had all the naiveté of a maiden. I had grown up hearing that God was a man and He lived far away in Heaven. With the Hippie Movement, I began to think that the Goddess might also be important. We wanted to live in Nature and we thought about ecology. It was when I was about age 28 that I began my Spiritual path in earnest, and I began thinking about God as Father/Mother God. The female was no longer behind the man. Now she was beside him. However, she was still attached to a man. It wasn't until I was in my Mother phase that I began to allow the Goddess to have the importance of standing on her own. This was, coincidentally, after I had left my husband and began to learn to stand on my own.

MY EXPERIENCE OF THE AWAKENING GODDESS AS A MOTHER

The process of being pregnant and having a child was the primary experience in my life that awakened the Goddess within me. When I was only a few weeks

pregnant, I contracted Rubella which is a form of measles and very dangerous to the fetus. I had just finished my degree in Speech Therapy and I was completely aware of the ramifications of my situation. Abortion was almost impossible in those days, but it didn't matter. I wanted the child completely. My only concern was that I would not be up to the task of raising a child with special problems. I put my life in God's hands. My conception of the Goddess at that time was that She could help women, but that She did not have the power to assist me in such a grave situation. The Goddess could only help with matters of the Earth, but matters of Spirit had to be left to God. Even then, the woman was only powerful in the home (Earth) and the man had the primary power over everyone's destiny.

While I was pregnant, I experienced the Goddess in my daily life. I found a baby bird and raised it to adulthood, rented a house (a complete disaster) and made it into a home, and taught my new dog enough tricks to be in the Circus. There were many problems in my life, but I pushed them away while I focused on making a body for my baby who had much to deal with before she was even born. God answered my unspoken prayers. I dared not ask Him that the baby be normal and healthy as I believed that was too much to ask for. However, the baby was completely normal, but when she was only three weeks old, disaster struck again. My husband had a serious accident and was laid up for three months. I had to do *everything*, inside and outside of the home. This was the beginning of finding my power. The Goddess was still confined to the home. But she was much stronger, as was I, and she was peeking her head out of the door and into the world.

It was at this time that the Hippie Movement was coming to conservative Glendale, California. My husband's near-death left him 1Y with the draft board and we finally took a deep breath. We had honestly considered moving to Canada to avoid the draft. Neither one of us felt that the Vietnam War was morally correct, and we did not want to participate in it. However, we held no contempt against those who went to fight in the war, as many of them were our friends. Too many failed to return and the ones who did were forever different.

Among our age group, there was the usual desperate seeking of fun and adventure that happens during a time of war. "Live to the fullest for tomorrow you may die." When we learned that we would not have to face the decision of "fight or flight," we relaxed, but we still lived the desperate and wild energy of our early twenties. We had many parties, at least two to three a week. I was happy because the energy from our wild partying distracted me from my recurrent depression. The parties also offered many wonderful discussions filled with the hope and idealism of the hippie mentality.

With the birth of my second child we moved into our own home and the Goddess fully awakened in me. I landscaped the entire house and made all the curtains, quilts, pillows, etc. and many of our clothes. I had a flower garden in the front yard and a vegetable garden in the back yard. I shopped at Albertson's' market,

which was known for marking every item for its ecological impact on the Earth. The Goddess had finally stepped outside of the house in our consciousness. The Hippie Movement made us think about the land, and the war had made us think about peace. However, there was only peace in my home if I ignored the many things that were happening in my marriage. Therefore, I ignored them! The Goddess told me to raise my own children and I heard her very clearly.

THE AWAKENING GODDESS' INFLUENCE ON MY PERCEPTION OF GOD IN MY MOTHER PHASE

I was about 28, in the mid-seventies, when I finally began to integrate the Goddess into my concept of God. I had been married for about seven years. I had my two children, my own home, and my husband. I had achieved the same status as Harriet Nelson, Lucy Arnez, and the “wife” in *Father Knows Best*. Funny how I could never remember her name, even though that was my favorite of the three shows. I guess that was because I could no longer remember *my* name. About this time I was at a party and someone asked me who I was. I rapidly replied—a wife and a mother. That was wonderful, but there was no ME! I know that I had been raised to totally surrender myself to my husband and family, but I was not enjoying that process. I loved my children deeply, but the “Good Man” was not taking very good care of me. I had been so ignored that I found that the only way that I could continue this coping mechanism was to ignore myself. All those years of perfect training did not work. I could not be a non-person and be happy. I could not define myself by others. I had to find a Self.

It was in the process of finding my Self that the Goddess began to leave the house and stand on her own. It was at this time that I stepped upon my Spiritual Path. One of the first things that I read was that when one steps onto the Spiritual Path, they must do so ALONE! As I walked this path, I discovered that I had always been alone except for a few friends and my children. The real me, my spiritual self, was something that I had learned at a very young age to keep to myself. The Church had told me about God and Jesus, but it did not recognize the many Beings who had always inhabited my inner world. Now, as I advanced along my Spiritual Path, I discovered that there were also female Spirit Guides. I had not been raised Catholic and I did not have a relationship with Mother Mary. She was always portrayed as being in pain and suffering. How could I go to someone for help when they had the same problems as I?

It was at this time that I met my first spiritual teacher, Mrs. Reed. Mrs. Reed was over 84 when I met her and she was my first true Mentor. She lived in a wondrous house in the hills above my house. From the first moment that I stepped into her home, I realized that I had found a new beginning. Mrs. Reed had never had children and had been a widow for over fifteen years. She had

had a long and happy marriage to a musician and she had been an opera singer. She had the same warmth that my dear Grandmother had, but she also emanated a personal power that was not a reflection of her husband's or her family's. She was her own woman *and* she was spiritual and powerful at the same time. The Goddess embraced me and welcomed me Home.

Through my studies with Mrs. Reed, I gained the courage and confidence to move beyond the female limitations that I had learned as a child. I was one of the few women in my entire extended family to go to college. Those who had gotten a degree "gladly" surrendered their careers when they became mothers. Now I was going to graduate school. "Who would feed my husband?" was the question. "Mac Donald's!" was my reply. It was sacrilege to not feed your man. I gained my first glimpse of power. I could say "NO" to a man and to the social morays that I had been raised with.

However, even though I had gained enough power to stand up for myself, I still could not tell myself the truth because I was unable to see it until my entire world shattered around me. Then, I was cast into a "dark night of the soul" where even my deep faith in Spirit was threatened.

ON MY OWN

It was 1979. I had finished my classes, taken my comprehensive examinations, and found an internship. I had succeeded...or had I? Nixon had ended the war "with dignity", but "HE" had failed. I remember when I watched him on the television, before the entire American population, failing. "How mortified and embarrassed he must feel," was my main thought. The world had changed. Even Presidents could make mistakes, and get caught. Well, I got caught as well. I was captured by my fears. For the entire three years of my Master's program I had said, "I am so afraid that I will fail my final exams" and "I am so afraid that my marriage will fail". Well, I did fail, or maybe I succeeded. I succeeded in creating the very thing that I had feared. I had learned a powerful lesson—Fear Precipitates.

Just as Nixon had lied to the American people, I had lied to myself. I had told myself that I was going to get my degree so that I could save my marriage, and I had also told myself that I was "not smart enough" to get a Master's degree. Those were lies. I actually wanted to get my degree so that I could get a good job and leave the marriage and I didn't think that I wasn't smart. That was my mother's voice and the old social indoctrination of my youth. The 50's and early 60's message, at least in my world, was "you can be pretty or you can be smart." I picked pretty and therefore I could not be smart. "You can't have it all," the social myth continued.

The truth was that I felt guilty. I felt guilty because I wanted more. I wanted my own identity and my own life. I had been afraid of that truth and created lies to cover it. I had been taught to see the world the way I should see it rather than how I actually experienced it. Therefore, I created an appropriate illusion to support my denial and when that illusion burst, I felt the deep pain of disillusionment.

The deepest pain, though, was not the failure of the marriage or of my education. It was the failure of my faith. I had been in deep communication with the Goddess throughout my entire three years of graduate school. My work with Mrs. Reed had given me the courage to expand my world and go to graduate school, but I had not yet gained the courage to rise above my fears. I obsessively clung to the message from the Goddess that I would complete my education and gain a profession, while I simultaneously sabotaged myself at every turn. When I failed my exams I felt as though the Goddess had lied to me. I was devastated - but - I was also free. I was no longer in an unhappy marriage and I was no longer in school. I was working and making more money working three days a week than I had ever made working full time.

However, I was living with my parents again. They had been wonderful and supportive, but once I had recovered enough, I was ready to face living alone. As it turned out, I never had to. Three weeks after my separation I met the love that I had always longed to find. Instantly, we fell in love and have stayed in love to this day. The Maiden reemerged. When, after about two months, I moved into my own place he moved in with me. I was not yet strong enough to face the world without a man by my side, but I was strong enough to face the responsibilities of daily financial survival. It was the materialistic 80's and I was ready to join the ranks of the many hippies who had become yuppies.

The Goddess was correct, after all. I **did** pass the test the next time I took it, and my new career did support my children and me. My fears no longer caused me to obsess about loneliness or failure. Now, I obsessed about money instead. Could I, alone, without the financial assistance of a man, support my children and myself? Unfortunately, I found that I hated my new profession. It was boring and I knew that I would not be able to spend the rest of my life doing it. So, back to school I went to get my Ph.D. I had not exactly planned that move, but the Goddess pushed me and before I knew it, I was enrolled. Now the money was really tight. Thank God for credit cards! Since I was in a Ph.D. program and actually making very good money, the banks were lining up to make me their creditor. I happily obliged. Free money!! My illusion that I had gone to school to save my marriage was replaced with the illusion that I had more money than I really had. But, illusions can and did help dissipate fear. That is, of course, until the bubble of illusion burst.

It was 1986 and I had done it all. I had finished my Ph.D. program, had obtained my license, and had been practicing psychotherapy for several years. So why

was I so miserable? My second graduate program had been wonderful. I had learned to release my fears of failure, and I really did believe that I was smart. That is, with everything but money. And oh yes, with men, as well. My wonderful love story had turned into a real relationship with stepchildren, money worries, and lots and lots of anger. My new husband expressed all the anger that I had never expressed in my life, and there was a mountain of it. Because of that, I learned to express my anger and fight like a man and it almost did me in. But, the release of my anger allowed me to use my masculine energy in the world as well as in my home. I was running two successful businesses, caring for two adolescent children, managing a home, and paying the many bills that I had gathered around me. I did it all! I was superwoman. So why did I feel so weak? Maybe I was tired. The Goddess tried to tell me that I could be gentle and loving at the same time that I could be powerful, but I found the combination difficult, especially with my man. In order to be loving, I would have to trust. I could trust my children, my friends, and my clients. But could I trust a man?

MY EXPERIENCE OF THE AWAKENED GODDESS AS A MENTOR

Before I could trust a man, I would have to learn to trust ALL of myself. I had sabotaged myself with money because I could not release all of my beliefs about a woman's dependence on a man. I had drawn a man into my life who was not of great financial assistance so that I would never again fall into the trap of staying too long in a relationship because I could not afford to live on my own. But now I was trapped by love. I could not leave him, not because I was afraid to be alone, but because I was afraid to be without his love. But if I loved him so much, why couldn't I trust him? I realized that the old "find a good man to take of you"- myth still echoed in my head. The fine print read that "take care of you" meant to take care of you financially. Could I trust a man who could not meet my financial needs? Or would I rather meet those needs myself?

I joined the ranks of the 80's women who entered into and stayed in a relationship with a man who did not meet their financial needs but met their emotional needs. Women were looking at relationships differently. They could now express their own masculinity in the world and they needed a man who could express his feminine side in the home and care for them emotionally. But did he meet my emotional needs? Of course--except for his anger. Or was it my anger? Maybe it was *our* anger from being in a frightening world? And, because we were afraid, we magnified that social fear by continually frightening each other with our own anger. I had grown up with the rule that a man could be angry because that meant he was brave and protective. But if he was sad or afraid, he was weak. A woman, on the other hand, could be sad or afraid because she needed protection, but if she was angry, she was a bitch. Now in the late 80's the rules were changing. The Goddess was becoming more masculine and the God was becoming more feminine. Women were expected to be brave and

protect themselves and men were expected to express their emotions. But how does one express anger without hurting the one they are expressing it to?

It was in helping others that I learned how to help myself with this problem. Many women came into my practice who were seeking their own power and who were unable to free it until they could release their years - and generations - of pent-up anger. As women, we had sought victim-hood to explain our entrapment. In order to release that trap, we had to release the concept that we were victims. We had to let go of the blame that we had “done it wrong” or had not been “good enough” and take responsibility for the lives that we, yes we, had created for ourselves. We had created these lives with the beliefs that we clung to and the emotion that we fed into those beliefs. Could we really believe that we were the masters of our own destiny? Could we really believe that we could have Power and Love at the same time and that we could be wise enough to join these two in our hearts? Before we could do that, we would have to heal our broken hearts. We would have to forgive everyone who had hurt us in our life and we would have to forgive ourselves for letting them hurt us. If we could take responsibility for our own participation in our pain, then we could free the victim who was deep inside waiting to be a Goddess.

At the close of 1991, I turned 45 and my doctor told me to stop taking my birth control pills. When I did, I found myself in full-blown menopause. Young women and men told me that a healthy, balanced woman should feel no symptoms when in menopause. “Try it and then tell me that again,” I spit through my teeth. My nest was empty and had been so for about a year, but I had two children in college and their father said, “No one helped me so why should I help them?” “Good logic,” I said, “if you wish to teach them to be as selfish as you are.” I was on my own, again and still. Education had been my liberation and I was dedicated to the idea that my children would have one as well. Both the kids were helping with their education. My daughter took out loans and my son got a scholarship, but there were still expenses to be met. I was working two careers and was self-employed in both which gave me great freedom yet added responsibility. The hot flashes and lack of sleep were not helpful. I questioned, “Should I be healthy and natural?” I tried it. In fact, I tried everything. In the end, I said, “Give me the hormones. I have to sleep and hot flashes are not pretty.”

In the final year of my kid’s college, my body gave out. The Goddess said, “Dear, you cannot continue running at this pace. Learn to enjoy life. I will help you.” Could I trust that advice? I sprained my ankle and my back went out. Superwoman was getting tired and needed a rest. I decided to trust the Goddess, and myself, and maybe even my man—maybe. The old belief, “you can’t have it all”, was still strong in my subconscious. But, I did stop running and started “enjoying” and “allowing”. I had “tried”, “struggled”, “suffered” and “worked hard”. As I healed my pain and fear, I could “deserve”, “allow”, and “accept”.

Often it is difficult to acknowledge how far we have come until we remember where we started. It had taken years for my self-esteem to catch up with my accomplishments, and it was the meeting of the two that consummated my mentor phase. It was during the pregnancy of my daughter and the birth of her son that I really reviewed the broken heart of my inner maiden and the pain and fear of my mother phase. When my daughter was about five months pregnant, she had a very bad car accident and almost died. They had to remove her spleen. The trauma was too much for the fetus and she began labor. They gave her medication to stop the contractions, but they could not be sure that it would work. It was that night in the intensive care unit, when I sat at the foot of her bed holding on to the ebbing life-force of the mother and baby, that I reviewed my own life. The Goddess welled up in me and together we used the force of Love to hold the mother and child in peace so that the healing could occur. I witnessed yet another miracle. They both survived and are doing well. Yes, it is the power of Love that heals. It heals our pain and heals our anger and fear. If we can allow the Goddess to live within our hearts, we can live the healing power of love.

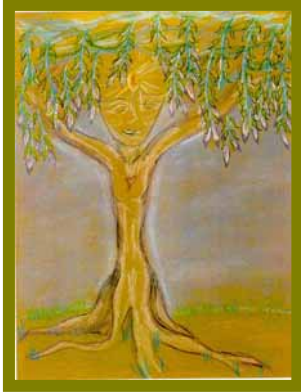
THE AWAKENED GODDESS' INFLUENCE ON MY PERCEPTION OF GOD IN MY MENTOR PHASE

In my Mentor phase, the Goddess and the God have become God/Goddess/All That Is. As the polarities within myself have become more resolved, I no longer need "God" to have polarities. I see relationships with my man as a reflection of my relationship with myself. When I am getting along with me, I can get along with him. Now, he is also a part of the quotient so there are times when he is much more difficult to get along with than others. When I am at peace within myself, I can release his conflict as his problem and stay out of "his storm". I no longer feel the need to "fix" or "mother" him although, I do occasionally forget. Maybe this time I can "make him be the way I need him to be." Maybe this time I can "make him happy". But, soon enough, I remember. I do not have the power to change another person. I only have the power to change myself. And as I change, my world changes in response.

In 1992, I started a three-year-long process of journaling, in novel form, the many personas inside of myself. As a result, the old pain of limitation and separation is gone. I have fallen in love with the man inside of me and can therefore truly love the man in my outside world. I see the young people around me and in the world freed from the old indoctrination of gender specific rules and regulations. People are being given the freedom to be complete beings. Two halves no longer make a whole. Instead, it is two whole, complete people that make a complete relationship.

Many Baby Boomers did not live by the limitations that were our childhood indoctrination. Women have learned to explore independence, without a man, in the Maiden phase and careers along with mothering in the Mother phase. As a result, men are now able to explore the freedom of an equal relationship with a woman and the joys of parenting. Couples now say, "We are pregnant!" and men are in the delivery room and very active in all parts of parenting. It is no longer emasculating for them to do the dishes nor is it selfish for a mother to have a career or creative endeavor.

The Baby Boomers now march into middle age with the same free spirit that we brought to maidenhood and motherhood. Men are no longer our rulers and therefore, they no longer need to be our enemies. We have learned to embrace and integrate both the male and female portions of ourselves and - Yes - we are holding our Power with the Love in our hearts as we assist those younger than we in the Wisdom of Mentorship.



Merging With the Goddess

“Let us merge into one being,” spoke the Goddess.

It was my dream again, only this time it seemed so real. I saw the Goddess before me in her form as an elegant Priestess. She wore a flowing opalescent gown that wrapped loosely around her body and was clasped at her left shoulder with a silver Owl.

Her delicate facial features were highlighted by her abundant dark hair, which she wore swept up on top of her head. Small ringlets caressed her cheeks and the nape of her neck. An aura of feminine power surrounded her and seemed to radiate from her like a beacon.

Copper snakes coiled around each of her upper arms, and around her neck she wore a magnificent amethyst necklace. One huge amethyst jewel hung from the center of the necklace and rested between her breasts. The gem seemed to magnify the radiance flowing from her heart. But what struck me the most were her eyes. They were as violet as the jewel against her heart and they penetrated my very Soul.

“Let us merge into one being,” she spoke again as she stood before me, face to face and heart to heart.

Even if the Goddess had come to me in my sleep, the honor was the same. How could I resist her request? She raised her hands to the level of her heart and I mirrored her motion. She stepped towards me and I stepped towards her. As our palms touched, so did our hearts.

Slowly, I could feel that we were merging. I felt the copper bracelets cool upon my upper arms and the weight of the amethyst necklace heavy upon my breast. I felt the gossamer gown soft against my skin and the weight of the silver owl which held it in place. My hair was also pulled high upon my head and I felt the breeze playing with the wisps of hair that tickled my face and neck. On our feet we wore simple sandals and we were standing upon the fertile soil of Earth.

The Goddess sent roots down from her feet deep into the body of the Mother and I felt their pull upon the soles of my feet as well. These roots, carrying our consciousness with them, traveled deeper and deeper, past the topsoil, into the sand, beyond the bedrock, and into the caves of enlightenment. Yes, the Goddess was alive there too, pregnant with all life.

Deeper still the roots traveled carrying our joint consciousness down, down into the molten core of the Earth. Once there, we surrendered our spirit flame into Mother Earth's. Now, our flames were all One. Light as a feather, we floated again to the surface where our combined essence re-entered our body. The Goddess and

I had completely merged into one body now and, in so doing, I had merged with Mother Earth.

From deep inside my expanded being, I could feel my legs pull nourishment from the earth. I felt the sweet love of the Mother, Lady Gaia, travel up my body. I was the Mother—I was the Earth. From my solar plexus, I communed with the waters of my great oceans and all the life that lived within them. I remembered how my creatures had first crawled from these waters to learn to live upon the land and in the air. I could hear the call of each life as it spoke to me of its needs, knew intimately the growing of each plant, and felt the burden of every mountain and hill.

Within my heart was Unconditional Love for all that lived upon me. I felt the birth of each babe and the opening of each flower. My emotions changed the weather and the sky echoed my thoughts. I witnessed the continuous rising and setting of the Sun and felt the pull of the Moon as it orbited around me.

Then my awareness expanded to encompass the entire solar system. I welcomed the energy field of love radiating from Father/Mother Sun which kept each Brother and Sister Planet in orbit. Venus sent a special ray of love to me, her dear sister Earth. This love further expanded my consciousness and I became a traveler in the Milky Way. The Great Central Sun beckoned me Home. Then I saw the Milky Way as it surrounded me. I was the central body of life within the vast expanse of space.

Off in the distance, at the very edge of my Universe, I saw a star. It was Father/Mother Sun and it was calling me. Calling me home to Earth. With a gentle tug, I traveled instantly back into the Milky Way, back to my Solar System, back to Earth and back into a small body that was preparing to awaken. The jolt was so intense that my eyes flew open. As I set up in my bed I saw the Goddess before me and, deep in her violet eyes, I saw my Soul.

QUESTIONNAIRE

There have been many books and interviews about the “Rich, Famous, and Beautiful”, but what about the people who are “Famous” only to those in their sphere? These people may not be “Rich” or even “Beautiful” on the outside, but they carry a deep inner beauty and are rich with life experiences. As a society, we have honored our Stars. Can we now learn to honor ourselves and to honor the people that we share our everyday life with?

Below is a questionnaire to direct your thinking. Answer the questionnaire as honestly as you can, as there is no right or wrong answer. Give yourself time to ponder each question, so that you listen to your Higher SELF, who will assist you in better understand who you are and why.

QUESTIONS

[1] Which phase of life are you experiencing the most at this time and why?

[2] How are you experiencing your role of “Maiden” or “Warrior” today?

[3] How are you experiencing your role of “Mother” or “Father” today?

[4] How are you experiencing your role of “Mentor” or “Sage” today?

[5] In what way was your mother a role model for you?

[6] Have you perceived your mother as a powerful woman?
Yes or No. Briefly explain:

[7] Do you perceive your feminine side as being powerful?
Yes or No. Briefly explain:

[8] In what way was your father a role model for you?

[9] Have you perceived your father as a powerful man?
Yes or No. Briefly explain:

[10] Do you perceive your masculine side as being powerful?
Yes or No. Briefly explain:

[11] What was your greatest challenge as a “Maiden” or “Warrior”
and how did Spirit assist you?

[12] What was your greatest challenge as a “Mother” or “Father”

and how did Love assist you?

[13] What is your greatest challenge as a “Mentor” or “Sage”
and how does Wisdom assist you?

[14] How do you want to be a role model?



ARISE

Arise, awaken, the Mother calls.
Alight your wings your tails, your claws.

The Earth is ready for a change
and many dread disaster's range.

Fear not for Light and Love and Purity,
but rather know them as security.

If you have learned to Love each other,
you've learned to Love Earth as your Mother.

But, if in your greed, you have taken all
it is that choice that is your fall.

Release them now your many things.
They close the eyes and clip the wings.

For that which is possessed possesses.
And that which is released releases.

The flight of the Phoenix began with a fire
to cleanse and purify the mire.

The streams of Life will flow forever.
The breath of Spirit, it ceases never.

Protect the Earth.
Embrace the Moon.
Accept the Sun.

The hour is SOON!

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