

Releasing the Shame & Reclaiming the Brilliance of Maiden, Mother, & Crone

A Ritual Teleclass with Meggie Winchell, M.Ed.



Thursday, Dec. 8th: 8:30 pm EST / 5:30 pm PT
Friday, Dec. 9th: 1 pm EST / 10 am PT / 6 pm GMT

Dial-in from USA & Canada: (641) 715 3580
Access Code: 400-314

[Check International Numbers](#)

Welcome!

You could be anywhere right now. And you've chosen to be here. I am honored and I welcome you! I so look forward to sharing this time together. To get the most out of this experience, give yourself the gift of a little quiet space and a cup of your favorite tea. Bring a pen. Be truthful with yourself. And enjoy!

If you'd like to have an even deeper experience, **gather the items on the Ritual Bring List prior to the call (below)**. If this isn't possible, no worries. You can simply follow along as we go and participate to the level you are comfortable with. All are welcome.

Ritual Bring List:

- A small object to symbolize the energy of Maiden (ex: a teddy bear)
- A small object to symbolize the energy of Mother (ex: a special round stone)
- A small object to symbolize the energy of Crone (ex: your grandmother's ring)
- A mirror
- Your printed worksheet, a journal, and something to write with
- Wear some red to the call!

* * * * *

Goddess Card:

Goddess: _____ Essence: _____

Resonance for you:

Name 5 Ways that _____ shows up for you.

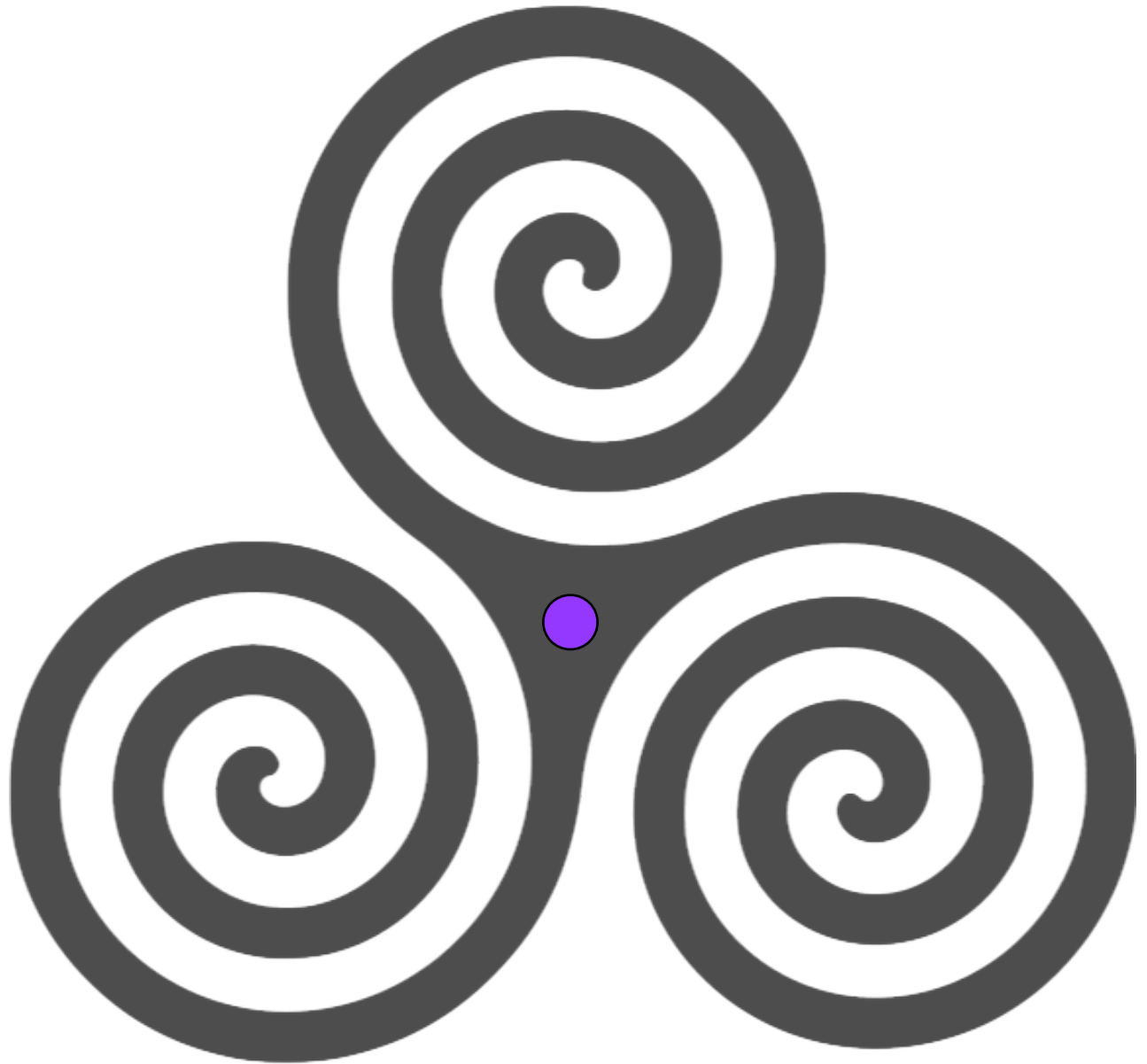
1. _____
2. _____
3. _____
4. _____
5. _____

Reflect upon _____:

How would life look different if you were _____?

~ Ritual Space ~

MAIDEN



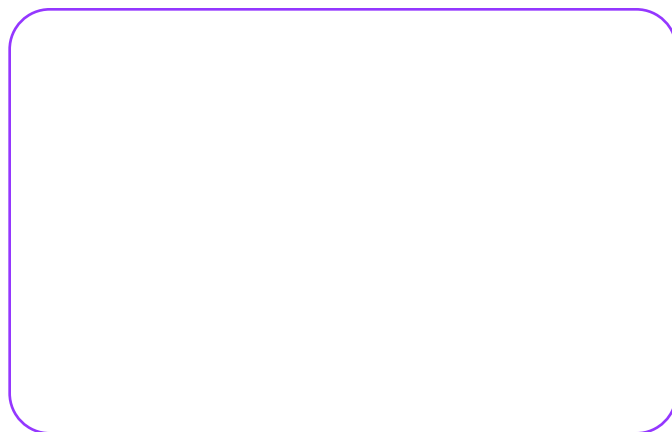
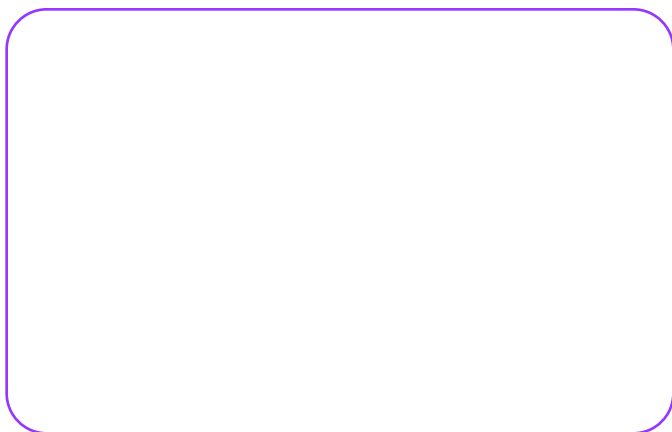
CRONE

MOTHER

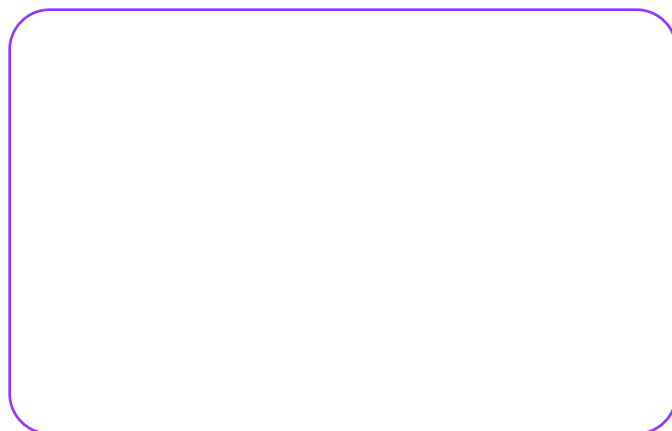
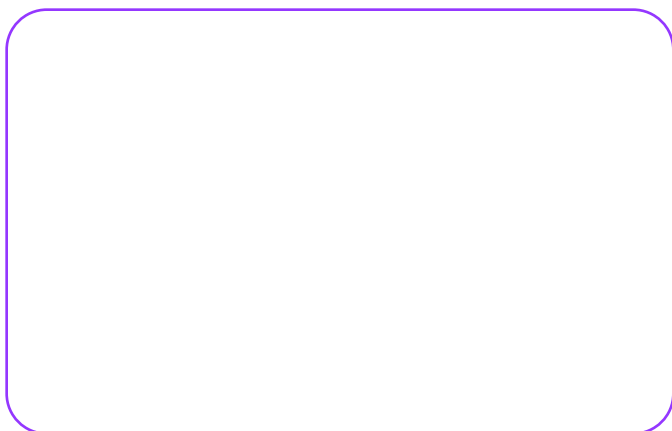
MAIDEN ~ Symbolic object: _____



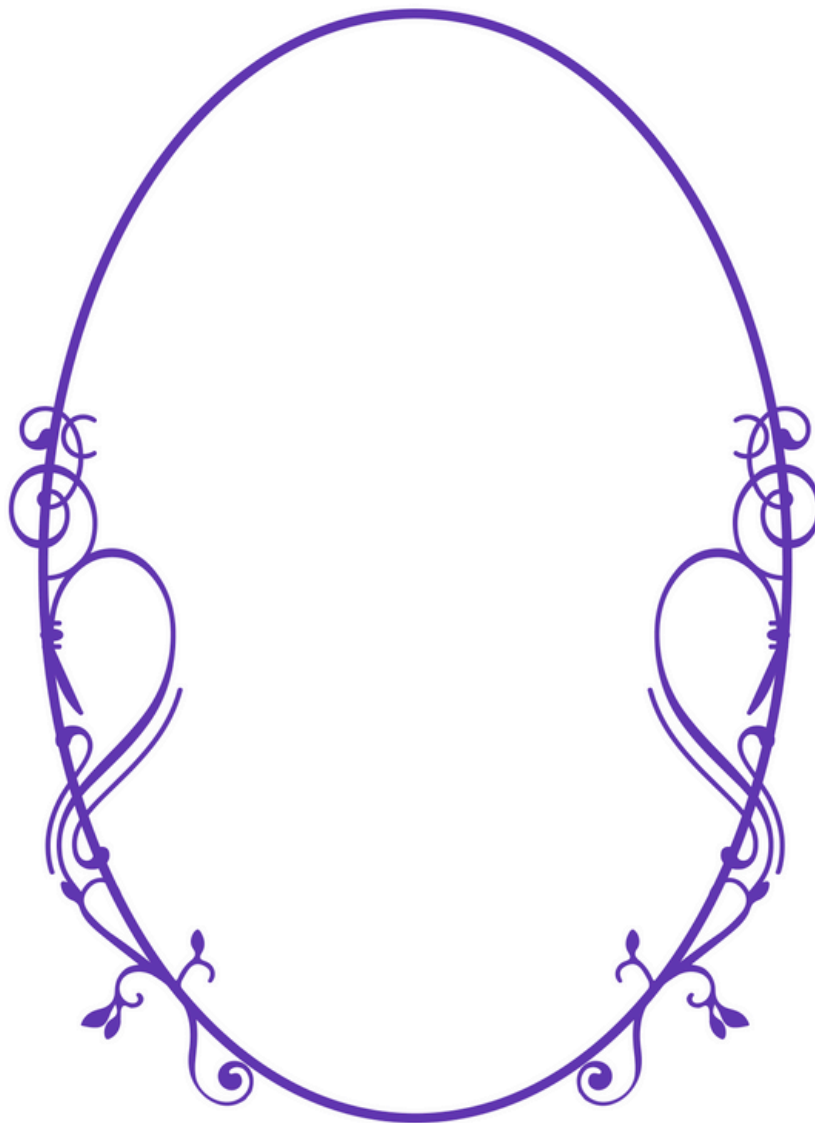
MOTHER ~ Symbolic object: _____



CRONE ~ Symbolic object: _____



MIRROR OF _____ :



We Are the Women

We are the women calling in the sacred.
We are the women dancing the divine.
We are the women standing in our power!
We are the women know your truth and mine.
Maiden, Mother, Crone... Have your wisdom known.
Maiden, Mother, Crone... Bring the Goddess home!

Checking in with _____:

What were your 3 biggies?

1. _____
2. _____
3. _____

SPECIAL BONUS: A Free Mindset-Insight Session

Apply NOW!

<http://www.soulcenteredlifecoaching.com/mindset-insight.html>

Women's Wisdom Rising:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

BONUS #1: _____

BONUS #2: _____

Apply for your **FREE Mindset Insight Session:**
<http://www.soulcenteredlifecoaching.com/mindset-insight.html>

Meggie Winchell, M.Ed. is a certified life coach, expert mindset mentor, ritualist, and women's empowerment facilitator. She is a practitioner of The Work of Byron Katie and Transformational Kinesiology. As an initiated Priestess she received training in sacred feminine leadership and became core staff at the Priestess Path Apprenticeship: A Women's Mystery School. Meggie has taught at the Belly & Womb Conference, Daughters of the Earth, Red Tents, and Sacred Sisters Rising. Her passion is creating opportunities for transformational growth for women in sacred space. She is the founder and facilitator of Women's Wisdom Rising: A 6-Month Journey in Transformational Self-Care, Ritual, and Personal Empowerment.

Questions? Email me at
meggie@soulcenteredlifecoaching.com

