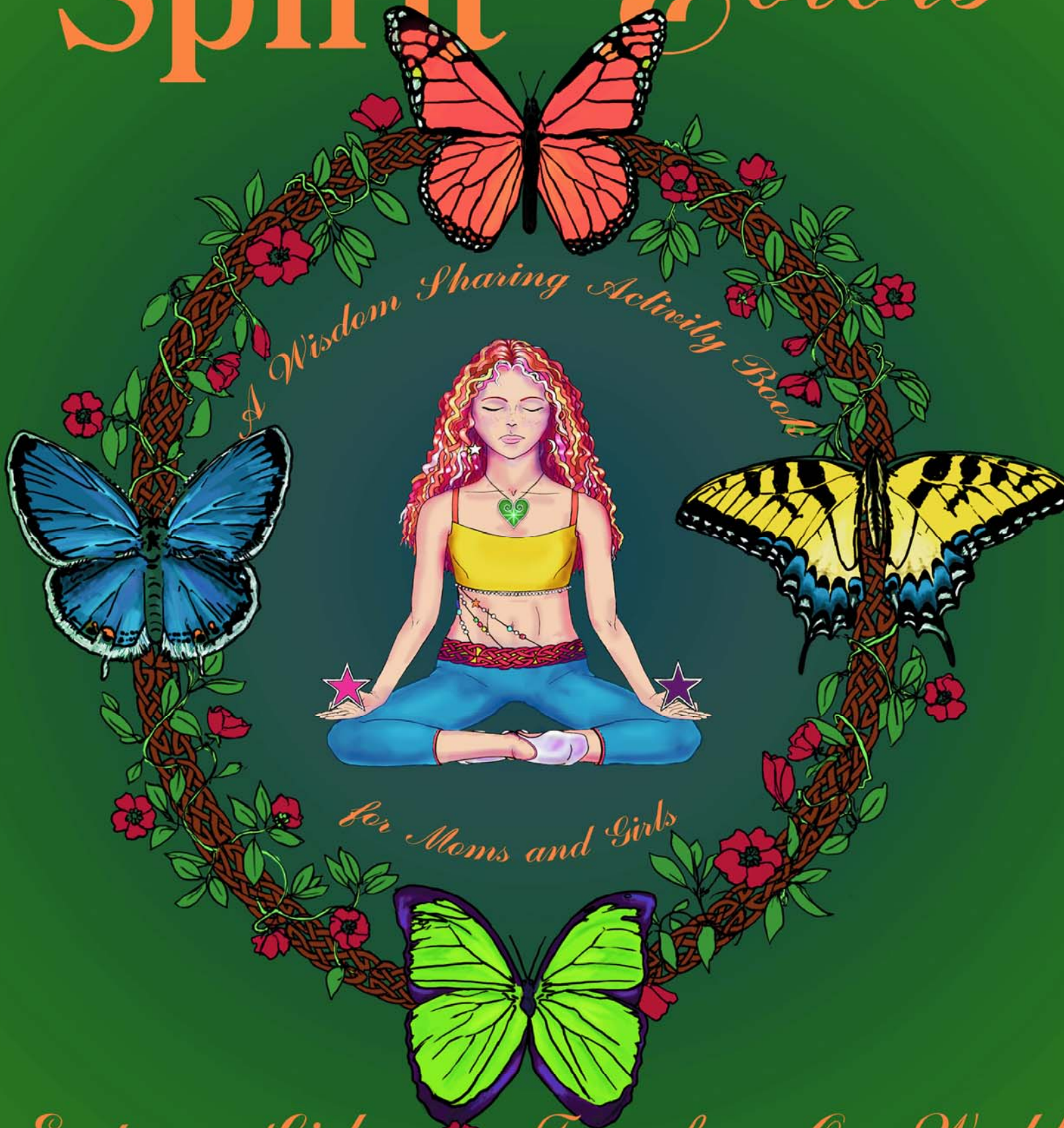


Maiden Spirit™ Colors



A Wisdom Sharing Activity Book

for Moms and Girls

Empower Girls Transform Our World

www.maidenspirit.com

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Welcome to MAIDEN SPIRIT COLORS!

MAIDEN SPIRIT COLORS is a mother-daughter journey to explore deep questions of life together and open a space for greater connection. This activity book will give you a structure to practice listening to the part of you that KNOWS through intuition or inner wisdom as you explore seven beautiful wisdom topics. Most importantly, MAIDEN SPIRIT COLORS is a place for you to enjoy the pleasure of creative expression and to simply be together in love. When completed, this book could become a family keepsake to pass along to the next generation of mothers and girls in your family.

Even though designed as a mother-daughter process, MAIDEN SPIRIT COLORS can be used by grandmothers, aunts, fairy godmothers and the GIRL WITHIN any woman.

HOW TO USE THIS BOOK

I recommend taking some special time out to go through this book, perhaps one page a day. Give yourself the gift of slowing down to be as fully present for each other as you can. You may be surprised at what might open up!

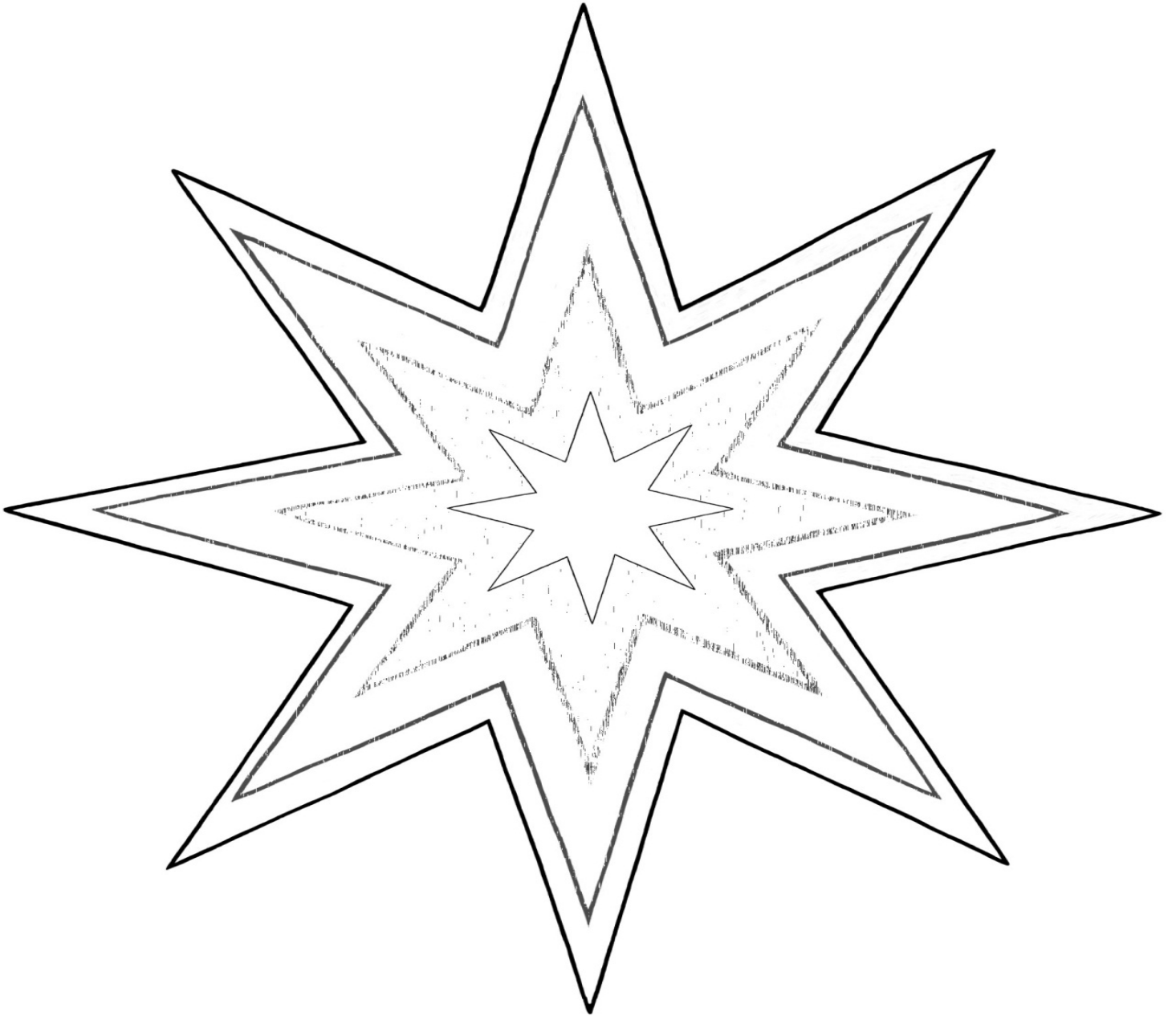
NOTE: You may want too make photocopies of the drawings so that you can both color and to share this process with your friends.

May your journey together through MAIDIEN SPIRIT COLORS be delightful!

Georgette Star

P. S. ABOUT MAIDEN SPIRIT:

As founder of the Maiden Spirit program for Moms and Girls, it is with great joy that I offer this gift to you. It is a distillation of some of the Maiden Spirit program curriculum. If you would like to learn more about Maiden Spirit, contact just let us know. info@lifeblessing.com



THE REAL ME

Take turns guiding one another into this guided journey to discover *The Real Me*.

Close your eyes. Relax deeply. Notice the sensation of your breath. Feel each part of your body relaxing, from head to toe... Now imagine a blank movie screen in front of you. Looking at the blank screen, ask it to project answers to the question I'm about to ask you... if you could describe the colors of your spirit, what would they be?... Take a moment to tune in to the colors of your spirit. What color or colors is your spirit most like?

When you are done taking turns going on the guided journey and recording your experience. Color in the picture of the star, a symbol of *The Real Me*, with the colors of your spirit.

Mom:

Girl:



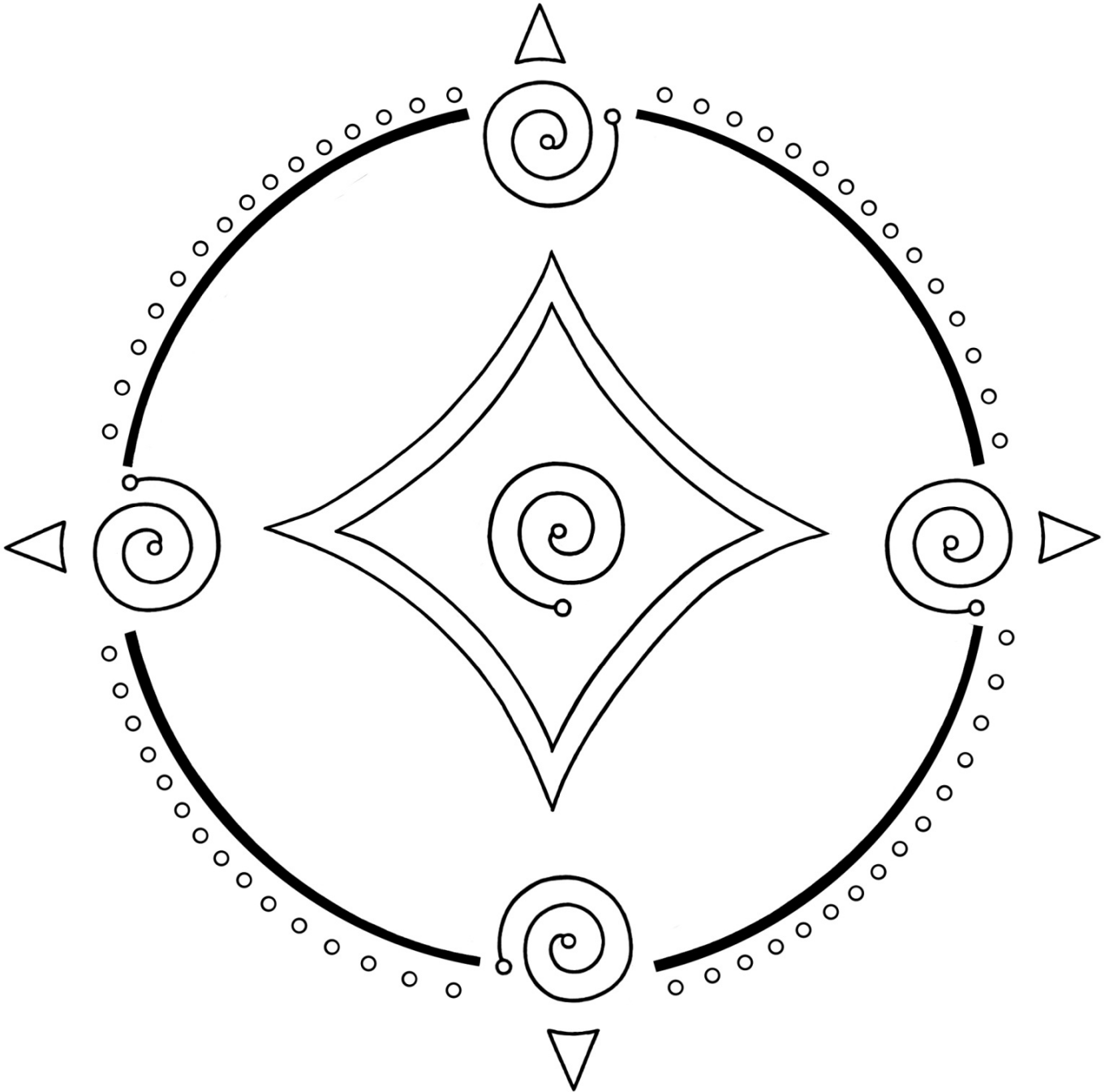
MY GRANDMOTHERS

This drawing is called *Abuelita's Heart*. Abuelita is the Spanish word for grandmother. Write down the names of your grandmothers and other female ancestors. Mom, perhaps you could share memories about your mother or other female relatives. Write down those memories.

Add stars to the drawing. They represent all of your grandmothers and their love back through time.

Mom:

Girl:



A WISE WOMAN KNOWS HER DIRECTIONS!

There are seven directions in life: east, south, west, north, below, above, and, most importantly, *within*. These directions can provide a compass to guide our own journey. The four cardinal directions represent the four seasons. One way to look at it is east: spring, south: summer, west: autumn, and north: winter.

Close your eyes and imagine a blank screen in front of your mind’s eye. What season is your spirit most like?

Fill in the drawing with your name in the center. Draw images that remind you of each season. (For example: a cherry blossom in the east, a beach ball in the south, a pumpkin in the west and a snowflake in the winter.) *A Wise Woman knows her Directions!*

Mom:

Girl:



THE SEASONS OF A WOMAN'S LIFE

Just as our beautiful Mother Earth has her rhythms and seasons, so too does a woman's life.

Below are the four *Seasons of a Woman's Life*:

- Girl/Maiden
- Mother
- Midlife Woman
- Wise Woman Elder/Grandmother

Interview each other and record your answers to the following questions:

1. How old are you now and what season of a woman's life are you in?
2. What is challenging about being a _____?
3. What do you love about being a _____?

Mom:

Girl:



SYMBOLS OF THE FEMININE SPIRIT

In the drawing you will see a goddess, a butterfly, the moon and a rose, all symbols of the feminine. What are all the ways that each of these symbols reminds you of the feminine?

Write it down and color in the drawing. Create your own symbol for your feminine spirit.

Mom:

Girl:



MAIDEN SPIRIT LOOKS WITHIN

On the page about the *Wise Woman Knows Her Directions*, we learned that there are seven directions and that *within* is the most important direction of all. In Maiden Spirit, we look to a source of knowing inside of us, the wise woman within.

Take turns: Visualize a blank screen out in front of your mind's eye. Take a few deep breaths and relax... Imagine a beautiful place in nature and how wonderful it feels to be there... Where is it? What do you see, hear, smell, feel?

Your wise woman within is there; she has been waiting for you. She comes to you now. Notice everything about her. How does she appear? What color is her skin, hair, eyes, clothing? Take note of all of the details. Is she wearing jewelry? Is she holding anything in her hands?

Ask your wise woman for a special message; listen to what she says. Whatever you see, feel, hear, or know during this inner journey is just right for you. Ask if there is anything else she wants you to know and then say goodbye, for now. You can return to consult with her anytime.

Record your experience and color in the Maiden Spirit drawing.

Mom:

Girl:



A GODDESS WHO LOOKS LIKE ME

Meet Artemis, the goddess in this drawing. Artemis is special to Maiden Spirit because she remains eternally whole and complete within herself. She decides what she wants, takes aim, and goes for it! If you were a goddess, which goddess would you be? Perhaps you might like to do some research and learn about the many, many goddesses throughout time. Draw a picture of yourself as a goddess.

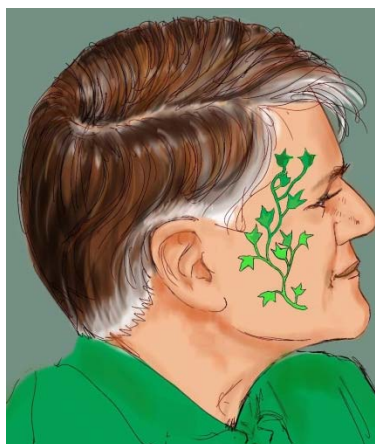
Mom:

Girl:



About the Author:

Georgette Star, D.Min., started her journey to discover a life of heart and meaning as a girl with the help of her wise parents. Her search evolved into the study of eastern and western spiritual traditions, Native American pathways, goddess spirituality traditions, western psychology, and a variety of traditional and non-traditional healing and creative art forms. Her explorations have been enriched through two decades of private practice as a soul coach and a continuous inner journey. *Maiden Spirit Colors: A Wisdom Sharing Activity Book for Moms and Girls* is based upon her work as the founder of the Life Blessing Institute and through the Maiden Spirit and Peace Warrior youth empowerment programs. Dr. Star resides near Oregon City, beside the Clackamas River.



About the Illustrator:

Paul M. Shaffer, B.F.A., D. Min., is an Episcopal priest. He studied painting and drawing at the Kansas City Art Institute while exploring a variety of spiritual traditions. He received his doctorate in the same creation spirituality program as Georgette Star and has been collaborating with her for the past four years, doing illustration for both the Maiden Spirit and Peace Warrior guidebooks, and other projects, including mandala creation. Rev. Paul resides in Minneapolis, Minnesota where he is a priest-in-residence, active artist, and teacher of drawing.

Several of the art pieces in this book are adaptations of those created by Alexandra Rains, one of the very first Maiden Spirit girls.

To learn more about Maiden Spirit programs, visit our website: www.maidenspirit.com. To share your drawings and the beauty you create with our Maiden Spirit community please send it to: gettestar@maidenspirit.com.

For more inspired playtime with beloved daughters, the *girl within*, mothers, or any woman who enjoys exploring inner wisdom and coloring, the complete version of *Maiden Spirit Colors: A Wisdom Sharing Activity Book for Moms and Girls* is available on our website: www.maidenspirit.com.

